Image by Our Lady of Dolours, Westminster

Spring 2

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|  | eucharistic adoration for schools  This booklet provides some support materials and exemplification to begin Eucharistic Adoration/Benediction in schools and parishes. It accompanies ‘My Blessed Sacrament Booklet’, Guidance Notes and supporting PowerPoint. |

**The Liturgical Year**

This booklet is to support schools/parishes with Adoration during Lent, although the resources could be used and adapted for different times of the year. Each ‘worship session’ can be adapted to suit the needs and abilities of all pupils.

This structure is here as a guide but there is scope for it to be amended. It is important to speak to your parish clergy beforehand.

There are different ways of worshipping during Adoration/Exposition. In previous resources there have been scripture passages and litanies as well as other prayers. The ‘worship sessions’ in this pack use meditations on scripture and have proven to be effective for pupils of various ages and abilities. They have been written by Albert Lawes (a trainee priest) and kindly provided by The Good Shepherd Primary School in Hammersmith and Fulham.

Here are some helpful suggestions for the meditations:

Recommended   
• Quiet, peaceful, instrumental background music – See Dappytkeys Piano Worship on YouTube or some other suitable music   
• A bell or some other suitable item to signal the end of the meditation. (optional)

Before the Meditation  
• Read the appropriate passage from Scripture to yourself, imagining yourself in the story.  
• Clear a space so that nothing can distract the children during meditation.  
• Ensure the lighting is appropriate

To Begin  
• Play the music, loud enough to be heard, but quiet enough that it doesn’t drown your voice out. If needs be, alter the volume during the meditation.  
• Get the children to close their eyes and get into a comfortable position and listen to the music.

Meditation  
• Talk very slowly and gently.  
• Listen to the music and let it guide the rhythm of your meditation.  
• The resources here are examples of meditation; they may be read out, or adapted. If they are read out, read very, very slowly. DO NOT rush them.

To End  
• Slowly lower the volume of the music until it is muted.  
• Pause for some silence.  
• Ring the bell to signal the end of the meditation. (optional)  
• Thank the class for participating.

**For God So Loved the World:**

**John 3:16-21**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***Come, Lord Jesus (x3) Come again*

**Prayer:**

Lord our God,  
We thank you for loving us so much  
That You sent Your only Son, Jesus,  
to live amongst us to show us how to live.  
We thank You for giving us Jesus  
in the sacrament of the Eucharist.  
Help us to stay with Him now in our hearts and minds   
and give us the wisdom to live   
in love and in light.  
We ask this through Christ our Lord. Amen

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St John***

**Listen:**

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2

Imagine that you are sitting around a campfire, late at night. Look up into the sky and see the hundreds and thousands of stars glittering in the sky. A shooting star streaks across the dark sky. It is a warm summer’s night and you can hear the sound of crickets chirping in the grass. You can feel the warmth of the fire and see the hot, orange glow of the embers. The flames seem to gently dance around as they rise from the burning wood up into the air. Around the fire are your friends. Some of them are toasting food over the flames and you can hear the noise of chatter. Sitting next to you is Jesus with His head leaning backwards, looking up into the sky, smiling.

Part 3

Next to Him is an important looking man, with a long beard and a long robe. He is a Pharisee who believes in Jesus, a man called Nicodemus. He has been asking Jesus questions about the kingdom of God and what God is like. You turn your head to listen. Jesus stands up and says, “God so loved the world that He gave His only Son, that whoever believes in Him will not die but have eternal life. For God sent the Son into the world, not to condemn the world, not to find the world guilty, but so that the world might be saved by the Son. Those who believe in the Son of God, will be saved. There will be judgement, but this is the judgement: The Light of God has come into the world, but some people like the darkness better because they love doing what is wrong. Because everyone who loves what is wrong, hates the Light, but everyone who loves doing what is good, loves the light.” Jesus looks at you, smiling with eyes filled with love. “I am the Son of God, I am the Light.” He says. “If you believe in Me you will not die but live forever. This is the reason I came into the world, to save it, to save you, because I love you. I will give everything I have to you. Don’t turn away from Me and live in darkness, don’t love doing what is wrong, love doing what is right. I came into the world because God the Father loves you so much that He sent Me to save you, to show you how much He loves you, and how you should love one another. Don’t live in darkness, live in My Light. Love Me. Listen to Me. Do what I ask and you will live forever. And what I ask you is this: that you love one another, as I have loved you.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**   
Our Father…

**Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition** *(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:**   
*Come, Lord Jesus (x3) Come again*

**Almsgiving, Prayer & Fasting:**

**Matthew 6:1-6, 16-18**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**   
**Sing:**  *Ubi caritas et amor, Deus ibi est.  
 Ubi caritas et amor, Deus ibi est***Prayer:**  
Lord our God,  
We thank you for giving us the gift of prayer  
so that we can talk to You at any time  
and know that You will always listen to us.  
to live amongst us to show us how to live.  
Help us to listen to Jesus  
in the sacrament of the Eucharist  
and give us the kindness to walk  
in charity and humility with others.  
We ask this through Christ our Lord. Amen

***Adoration  
We listen to God speaking to us in a reading from the Gospel of St Matthew***

***Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that you are walking down a busy street in the city. There is a lot of noise all around you, buses, cars, motorbikes, people talking. On either side of the street there are huge, tall buildings, stretching up into the sky. The sky is grey with clouds but the sun is breaking through. The wind is blowing strongly between the buildings but you wrap your coat tightly around you to keep warm. There are shops along the street. Some sell food, others shoes, clothes, books or jewellery. And walking beside you, looking after you is Jesus. His warm, strong hand holds yours, and the other has a bag with some food in it; you’re walking to the park for a picnic. As you walk along, Jesus asks you, “What is your favourite thing to do, and why do you like it?” Answer Him, tell Him what you like, Jesus is listening to you. (Pause for a moment to allow them to talk with Jesus.)

Part 3  
As you walk along, you pass by people who need help. Jesus always stops to offer them His help. With some He shares His food, with others He greets and hugs, and others He heals. Whoever it is, no matter who they are, Jesus loves to help them, to show them how much He loves them. Finally, you reach the park and as your sitting on a bench, looking at the ducks on the pond you say to Jesus, “Everyone loves You; You help so many people.” And Jesus looks at you and replies, “I do it because I love them. You must be careful when helping others that pride doesn’t spoil your good actions. Don’t help others to make yourself look good. The best kind of help, is the help that others don’t know about. When you share what you have, it must be as if you left hand doesn’t know what your right hand is giving, let it be secret. Your Father in heaven sees it and will reward you. But if it is seen and people say, ‘Look how good you are!’ you have already received your reward. The same when you pray. Don’t pray to make yourself look holy and good, that’s what the hypocrites do. Pray in secret and your Father in heaven who sees you will reward you. And also when you fast, when you give things up to help others. If you do it in order to look good, your Father in heaven won’t reward you. It’s better if nobody else knows. God your Father can see it and He loves it and will reward you. If you love people, you will help them not to look good but simply to help them. If you love God, you will do what He asks not to look good but just because He asks you to. If you love Me, you will do what I ask, simply because you love Me. And the only thing that I ask is that you love others, the same way that I love you, and I love you very, vey much.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you? **Prayer:**   
Our Father…  
 **Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition:** *(The Blessed Sacrament is placed back in the Tabernacle)* **Sing:**  *Ubi caritas et amor, Deus ibi est.  
 Ubi caritas et amor, Deus ibi est*

**Don’t Judge Others:**

**Matthew 7:1-5**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:** *A new commandment…***Prayer:**Lord our God,  
We thank you for showing compassion and mercy  
especially when we have hurt others.  
Help us to become more loving and merciful  
by getting to know Jesus  
in the sacrament of the Eucharist.  
Help us not to judge others or focus on their weaknesses,  
but to see them with loving eyes as You do. Amen

***Adoration  
We listen to God speaking to us in a reading from the Gospel of St Matthew  
  
Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that you are in a faraway country, a long time ago. You are walking down a street through the middle of a town. The buildings either side of you are a dusty brown colour, made from bricks, wood and stone. It is a busy street, there are people coming and going. The pavement below your feet is of hard stone, worn smooth by people walking over it. You move out of the way to let a donkey and cart pass. All around you can hear the noise of people talking and working. Just ahead of you, there is a house being built. You can see builders laying bricks and carpenters with their saws. It’s very dusty and bits of sawdust blows around in the wind. You cover your eyes as the winds blows the dust towards you. Nearby there is a small group of people. With them is Jesus. You walk over to say hello. Jesus immediately sees you, smiles and waves. He is chatting with His friends about how to live as God wants us to.

Part 3  
Jesus says, “Do not judge others, so that you will not be judged. Because the way you judge others is the same way that you will be judged, and what you give out will be the same that you get. Why do you see the speck of sawdust in your brother’s eye, but don’t notice the log that is in your own eye? How can you then say, ‘Let me take the speck of sawdust out of your eye’ when you can’t see because of the log in your own eye? First take the log out of your eye, and then you will see clearly to take the speck out of your brother’s eye.” Jesus looks at you and says, “Do you understand? Don’t try to fix what you think is wrong in somebody else until you have first dealt with what you do wrong. If you judge another person’s faults, without judging your own then you are a hypocrite. But if you seek to help them, know yourself well first, then you will be able to be their friend. Don’t judge others, otherwise you will be judged. Rather, love each other so that you will be loved. Love one another, as I love you. Every single person is important to Me; you are important to Me. So, do not judge, but love one another.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?  
 **Prayer:**   
Our Father…

**Benediction:** *(if priest/deacon is present)*

All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*  
 **Sing:**

*A new commandment…*

**The Transfiguration:**

**Matthew 17:1-13**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***Shine Jesus Shine (verse 1)*

**Prayer:**Lord our God,  
We thank you for showing us Your power and glory  
through Your beloved Son, Jesus  
who is a perfect example of love and holiness.  
Through the gift of the Eucharist,  
may we grow in holiness   
to be an image of  
Christ our Lord. Amen

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St Matthew***

***Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that you are walking along a steep, stony path that leads to the top of a mountain. You’re climbing this path, following Jesus and his closest disciples. It’s hard work and your legs feel tired. You are breathing heavily and you can feel the tiny drops of sweat on your forehead. The sky is cloudy and the air is cool and windy, blowing you from side to side, but each step brings you closer and closer to the top of the mountain. As you get near to the top you slip and begin to fall, but Jesus reaches out to catch you. Smiling, He pulls you up. Finally, you’ve made it. The view is amazing! You can see for miles and miles. Below, you can see towns and villages like little white dots on the green hills. You can see a huge lake, glistening in the distance. All you can hear is the noise of the wind.

Part 3  
Jesus turns to you and says, “Follow Me.” He leads you along to a sheltered, rocky place nearby. “Stay here and pray with Me”, He says. So, you kneel down next to Peter, Jesus’ best friend and you try to pray. Jesus climbs up on to a rock, a little but higher up from you and turns His eyes to heaven and begins to pray. You watch Jesus praying. Suddenly, His face begins to shine as bright as the Sun and His clothes seem to turn into pure white light. You cover your eyes with your hand, it’s too bright to look at. Next to Jesus you can see two people who weren’t there before. One, you recognise as Moses, the one God gave His commandments to. The other is Elijah, the greatest of the prophets. Jesus begins to talk to them. Next to you, Peter calls out, “Lord, it is good that we’re here; if You wish, I will make three tents here, one for You, one for Moses, and one for Elijah.” Just as he finishes speaking a big cloud covers the mountain and its fog surrounds you. And a loud voice begins to speak all around you, shaking the ground. “This is My Beloved Son”, it says, “with whom I am well pleased; listen to Him.” You fall down on your face and cover your ears, terrified by the bright light and the noise. Then you feel a gentle hand on your shoulder and hear a gentle voice, “Get up, don’t be afraid.” You lift your eyes up and see Jesus standing beside you, no longer shining. You look up. The cloud has gone, Moses and Elijah have gone, it’s just you, Jesus and the other disciples. Jesus smiles at you. “You have seen the power of God, you have seen My power. Don’t forget, even when you can’t see it, My power and glory is still there, even when it looks like everything has gone wrong. Remember this, remember Me. Have faith! That is why I showed it to you. Believe in Me. Trust in Me. I love you and I will give everything I have to you, even My life, if you believe in Me. Remember My power and glory and have faith!”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:** Our Father…

**Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:** *Shine, Jesus, Shine (verse 3)*

**A Sinful Woman Forgiven:**

**Luke 7:36-50**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:** *God forgave my sin in Jesus' name….*

**Prayer:**

Lord our God,  
We thank you for the gift of forgiveness   
and for loving us no matter what we do.  
Help us to forgive others freely as You do  
and to recognise Jesus’s presence in our midst,  
We ask this through Christ our Lord, Amen

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St Luke  
  
Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that you are in a faraway country, a long time ago. You are walking down the street of a little town. The houses on either side of you a little ad built of stone and dried mud. There are tall palm trees growing in between the houses along the side of the road and their leaves make a rustling sound as the wind blows past them. You look down at your feet as you walk along. You are wearing sandals because it is a warm day, but the street is dusty and your feet are getting covered with dirt. You look up and see Jesus and some of your friends walking ahead of you. You run up and join them. You are all on your way to the house of Simon the Pharisee, who has invited you all to dinner. You come to the end of the street and see a large house. Simon is a very important man. He greets Jesus and His friends and you all go inside. In front of you is a large table covered with all sorts of food, you can see your favourite! The room is filled with the smell of cooking food, enough to make you feel hungry.

Part 3  
Everyone sits down around the table, and after thanking God for His blessings, you begin to eat and talk. Suddenly an uninvited woman comes into the room. You recognise her as a sinful woman of the town. Simon tries to stop her but she falls at the feet of Jesus, crying. Her tears begin to wash the dirt of Jesus’ feet. She opens a jar of perfume and pours it all over His feet, the beautiful smell fills the room. She begins to wipe His feet with her hair and kiss them. You hear Simon say to himself, “If this man were a prophet, he would have known who and what sort of woman this is who is touching him, for she is a sinner.” Jesus answers him, “Simon, I have something to say to you. Once there was a man who had two people who owed him money. The first one owed him five-hundred silver coins, the other owed him fifty. He forgave them both what they owed him. Which of them do you think will love him more?” Simon answers, “The one who he forgave more.” Jesus replies, “You are right. Do you see this woman, Simon? When I came into your house, you didn’t wash My feet or greet Me with a kiss or anoint Me with oil, but she has washed My feet with her tears, continually kissed them and anointed Me with precious perfume. Therefore, I tell you, her sins, which are forgiven, for she loved much; but whoever is forgiven little, loves little.” And looking at the woman with great love in His eyes, Jesus says to her, “Your sins are forgiven. Your faith has saved you; go in peace.” The woman smiles and looks with love at Jesus, she gets up and leaves full of joy. Jesus turns to you and says, “Do you understand? Love is what will make you happy. But if you want to love, you need forgiveness. So, come to Me, be sorry for your own sins, ask for my forgiveness, and I promise that you will have it. I love you very much.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**   
Our Father…

**Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:** *God forgave my sin in Jesus name…*

***Welcome to our Adoration***

**The Parable of the Unforgiving Servant:**

**Matthew 18:23-35**

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**   
**Sing:** *I saw the grass, I saw the trees and the boats along the shore…***Prayer:**Merciful and ever-loving God,  
We thank You for Your gift of compassion and understanding.  
Help us to be filled with Your compassion   
So that we may see others through Your eyes.  
As we sit in the presence of Your son, Jesus   
May all selfish and unkind thoughts melt away.  
Through Christ our Lord. Amen.

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St Matthew***

***Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine yourself in a town by a lake. Jutting out from the town into the lake is a long wooden pier. You are sitting on the edge of the pier, with your feet dangling above the water. On either side you see boats that have been tied up, bobbing up and down on the waves. Inside the boats are fishing nets. The air is filled with smell of fish as the fisherman collect their catches and bring them into the town. You look towards the end of the pier and see a crowd gathering. In front of them is Jesus, who hops into the boat of Simon Peter, so that everyone can see him. You get up and run down the pier to hear what Jesus is going to talk about today.

Part 3  
You here Peter ask, “Lord, how often should I forgive my brother if he sins against me? As many as seven times?” Jesus answers, “I do not say to you seven times, but seventy times seven.” Jesus looks at you. “Let me tell you a story”, He says. “The kingdom of heaven is like a king who wanted to settle his debts with his servants. Now one of his servants owed him sixty million silver coins which he could not repay. So, the king ordered him to be sold in order to make the payment. But the servant fell on his knees and cried out, ‘Lord, have mercy on me, I will repay you everything.’ The king felt sorry for hi servant and so he forgave him all the money that he owed him. When that servant left the king, he met another servant who owed him one hundred silver coins. He grabbed that servant and said to him, ‘Pay me everything you owe me!’ The other servant fell on his knees and cried out, ‘Have mercy on me, I will repay you everything.’ But the servant refused and had the poor man thrown into jail until he could pay back the money. When the king heard about what had happened he was really angry. He ordered that the servant who had owed him sixty million silver coins be brought to him. The king said, ‘You wicked servant! I forgave you the sixty million when you pleaded with me, should you not also have forgiven your fellow servant the one hundred coins he owed you?’ And the king had that wicked servant thrown into jail till he should pay back everything.” Jesus looks at you all standing in front of Him. “I say to you; my Heavenly Father will act the same way towards you if you do not forgive one another from your hearts.” Jesus looks at you and says, “Forgive one another or you will not be able to receive God’s forgiveness. Love one another or you will not be able to receive God’s love, and God loves you more than you can know. I love you more than you can know. Always forgive each other and you will always be forgiven

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**   
Our Father…

**Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:**

*I saw the grass, I saw the trees and the boats along the shore…*

**The Rich Young Man:**

**Mark 10:17-27**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***We Hold a Treasure (Earthen Vessels)*

**Prayer:**Lord our God,  
We thank You for Your son, Jesus,  
To show us the way to eternal life with You.  
Help us to listen to His message, even when it is difficult,  
And to follow Jesus, the greatest treasure. Amen.

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St Mark  
  
Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine yourself sitting on a bench in the park. You can see the green of the grass stretching out in front of you. There are trees lining the paths, stretching out their branches across the paths, almost making a tunnel. Around you there are people walking their dogs, going for a run, mum’s pushing their prams. You can hear the sound of children playing, dogs barking and birds singing. You can hear the noise of traffic outside the park and you see a plane fly overhead. The sky above is cloudy and you can hear the wind rustling the leaves of the trees. You are sitting on a bench in this park, but you are not alone. Sitting with you is Jesus. He looks at you, He says your name, and He says to you, “What a wonderful day! Don’t you just love the park? What’s your favourite thing about it?” (Pause) “What else do you love? Tell Me about them! I love talking to you.” (Pause and allow them some time to talk to Jesus)

Part 3  
As you are talking to Jesus, you see a young, very smartly dressed, man come up to Jesus. He has noticed who it is, and he wants to ask Jesus something. He kneels down and says, “Good Teacher, what must I do to inherit eternal life?” And Jesus replies, “You know the commandments: ‘Do not kill, Do not commit adultery, Do not steal, Do not lie, Do not cheat, Honour your father and mother.” The young man replies, “Teacher, I have done all these things since I was little.” Jesus looks at him and you can see in His eyes just how much Jesus loves this man. Jesus says, “You lack one thing; go, sell what you have, and give the money to the poor, and you will have treasure in heaven; and come and follow Me.” You see the man’s face become sad and upset. He doesn’t say anything but walks away. Jesus looks at you and says, “How hard it is for those who have riches to enter the kingdom of God! They trust too much in the things they own and not in God. It is easier for a camel to fit through the eye of a needle than for a rich man to enter the kingdom of God.” Jesus looks kindly at you. “Don’t be like that young man. Love God more than the things you own. Trust in God, not in money. God loves you very much, you are His treasure, He will look after you. Follow the commandments and put your trust in God and then you will enter the Kingdom of God.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**   
Our Father….

**Benediction:** *(if priest/deacon is present)*

All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:**

*We Hold a Treasure (Earthen Vessels)*

**The Widow’s Offering:**

**Mark 12:41-44**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**   
**Sing:***Peace perfect peace…***Prayer:***Loving and generous Father,  
We thank You for all You have given us  
And for all of Your marvellous works.  
Help us to be generous of heart like Your son, Jesus,  
Who is present with us here in the Eucharist.  
May we, too, give without counting the cost  
And gain more by giving rather than receiving  
Through Christ our Lord. . Amen.*

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St Mark***

***Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that you are standing in front of a huge gate in the middle of a large sandy stone wall. There are people coming and going from the gate. You walk through, into the shade, past huge, white columns and out into the sunlight of a vast courtyard, paved with sand-coloured stone. Around the courtyard there is a covered area, held up by huge, white columns, giving shade from the sun. The first thing you see as you enter the courtyard is a massive, square building of white marble and decorated with gold. There is a door at one end where you can see a stream of people going in and out. This is the Temple of God in Jerusalem and the people are coming to offer prayer and worship to God. At the entrance to the courtyard where you are standing are large bowls filled with treasure, offerings people are making to God. But people have also come to listen to an important teacher. You see a crowd gathering in the shade of the columns on one side of the courtyard. You walk over and there you see Him, sitting in the middle of the people. Jesus is teaching them about God. About what He is like, who He is, and how much He loves His people. Jesus is answering their questions and teaching them how to love God in return.

Part 3  
You sit down at the feet of Jesus and listen to what He has to say to you. Jesus lifts up His hand and points to the entrance where you came in. You see a very rich man enter, dressed in expensive clothing with servants carrying bags of gold behind him. The servants pour the gold into the bowls of treasure. Behind him, you see a beautiful woman, dressed beautifully, and her servants follow her, also carrying large bags of gold. They too, pour the gold into the treasure bowls. And then, behind her, you see a small, old woman. She is not rich, she doesn’t have any servants. She is wearing a cheap, brown cloak, covered in patches. She is thin and looks tired. In her hand she carries, not gold, but two, small copper coins. She places them in the treasury along with all the gold. Jesus says to you, ‘Do you see that woman? I tell you, she has given a greater gift than all the gold of the rich people, because they gave from what they had to spare, but she has given from what she has to live on. I tell you, it is not the size of your gift that matters to God, but the amount of love by which you give it. That old lady was far more generous and loving than the rich people. So also, your little gifts, if given with love are worth more than all the treasure in the world. God loves your gifts of kindness and generosity, not big gifts to make you look good. God has been generous with you, you too must be generous with your gifts to Him. Be generous and love one another and you will have treasure in heaven.’

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:** Our Father…

**Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition** *(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:***Love perfect love…*

**Jesus’ Entry into Jerusalem:**

**Matthew 21:1-11; Mark 11:1-11; Luke 19:28-40; John 12:12-18**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***Sing Hosanna…***Prayer:**Lord our God,We praise You and we worship You  
We love You and adore You.  
May we never be slow or afraid   
to give glory to You or Your son, Jesus  
through our words, songs or actions.  
We ask this through Christ our Lord. Amen.

***Adoration***

***We listen to God speaking to us in a reading from Matthew 21:1-11; Mark 11:1-11; Luke 19:28-40; John 12:12-18***

***Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that you live in a country far, far away, in a time long, long ago. You live in a little farm near a village. Your village is between two very big hills. It is a sunny day and big fluffy clouds pass by in the blue sky. There are palm trees and olive trees dotted about on the hills. It is a warm day and you can feel the heat of the sun on your skin. You are standing next to an animal pen, fenced around with wood. Inside is your donkey, short and grey, and next to her is her colt, a young donkey. The colt is big enough now for someone to ride on. While you’re standing there, you see two men come running up. When they reach the pen, they begin to untie the colt. You say to them, “What are you doing? That’s our donkey.” The men reply, “We are disciples of Jesus. The Lord has need of it, we’re taking it to Jesus. Come with us, you can bring him.” You think to yourself, “Jesus is back! I can’t wait to see Him!”, so you untie your colt and lead it away with the two disciples.

Part 3  
You reach a large crowd of people and with your donkey you’re led to Jesus. He smiles at you and calls your name. He opens His arms and greets you with a great big hug. “Thank you”, He says, “I need to use your donkey today.” The disciples throw their cloaks over the donkey to make a seat for Jesus to sit on. The whole crowd then begins to move, climbing up the hill. When you reach the top, you see a great big city with tall walls all around it. Everyone around you getting really excited. People begin to rush to the trees and cut down branches. They wave them like flags and the people begin to sing, “Blessed is the King who comes in the name of the Lord! Peace in heaven and glory in the highest! Hosanna! Hosanna to the Son of David! Blessed is He who comes in the name of the Lord! Hosanna in the highest!” Some people begin to lay their cloaks on the ground for the donkey to walk upon. You join in the singing, “Hosanna! Hosanna in the highest!” “Who is this?”, you hear someone say. “It is Jesus of Nazareth of Galilee!” someone replies. You see the walls of the city grow taller and taller as you get closer and closer. The people continue to sing. You spot Peter, the disciple of Jesus nearby and you run up to him and ask, “What does all this mean?” Peter replies with a big grin on his face, “It means that the time has come. God is going to save His people. God is going to show how much He loves you, how much He loves all of us! Jesus is the king God promised us, He is going to save us all. Hosanna in the highest!”

***Respond in silent reflection:***  
What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**   
Our Father..

**Benediction:** *(if priest/deacon is present)*

All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:**

*Sing Hosanna…*

**Jesus Washes His Disciples’ Feet:**

**John 13:1-17**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***A new commandment I give unto you that you love one another as I have loved you…*

**Prayer:**Lord our God,We praise You and thank You   
For sending Your son, Jesus, to be our servant king  
to show us how to love You  
By serving those around us.  
Through His presence here in the Eucharist,   
May we be strengthened and inspired   
to go out to be servants of one another  
and to build up Your kingdom on earth. Amen.

***Adoration***

***We listen to God speaking to us in a reading from the Gospel of St John  
  
Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine that your standing at a window looking out across a very old city, built on a hill. It is night-time, but you can see the outlines of the square houses all very close to each other. Here and there you can see the orange glow from the fires that light the streets and houses. You look up into the dark sky and see the moon shining brightly up above. Around there are stars twinkling gently. You can see a tall wall surrounding the city, with strong towers and battlements. It is very quiet now, the streets are empty, everyone has gone into their homes. You turn away from the window and look at the room you are in. It is a large room and in the middle is a table surrounded by chairs. In one corner there is a fire, making the room warm and filling it with light. At the table there are all your friends. You sit down. Then you notice Jesus walk into the room.

Part 3  
He has taken off His cloak and wrapped a towel around His waist. In one hand He is carrying a brown, clay jug of water, in the other hand He is holding a bowl. Jesus kneels down in front of you, takes off your shoes and begins to wash your feet. The water is slightly cold but Jesus uses His towel to dry them. It is soft and warm. One by one, He kneels down and washes everyone’s feet. You and your friends just sit there in silence, wondering what He is doing. When Jesus has finished, He takes off the towel and wraps His cloak around Him. Then He says to you, “Do you know what I have done to you? You call Me Teacher and Lord; and you are right, because I am. If I then, your Teacher and Lord, have washed your feet, you also ought to wash one another’s feet. For I have given you an example, that you also should do as I have done to you. Truly, truly, I say to you, a servant is not greater than his master; nor is the messenger greater than the one who sent him.” Jesus looks at you. “I am your example, follow Me. If I serve you, you must serve one another. The greatest one of you is the one who makes themselves the servant of all. I serve you, so serve one another as I have served you. I love you, so love one another as I have loved you. I have loved you very much.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**

Our Father…

**Benediction:** *(if priest/deacon is present)*

All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:**

*A new commandment I give unto you that you love one another as I have loved you,*

*That you love one another as I have loved you.  
By this shall all men know you are My disciples: if you have love one for another.*

**The Last Supper  
Luke 22:14-23**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***This is my body…*

**Prayer:**

Lord our God,  
We thank you for the presence of Jesus  
in the sacrament of the Eucharist.  
Help us to obey Your commands  
and follow His example by loving others   
As He has shown us. Amen

***Adoration***

**Listen**

***We listen to God speaking to us in a meditation based on the Gospel of St Luke***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine yourself outside walking along the street. It’s the end of the day and you’re on the way home from school. Look at the sky, the houses that you pass, the cars parked along the side of the street. See the trees, a bus driving by, people passing as you walk. Beside you, holding your hand, is Jesus. His hand feels warm, gentle and strong around yours. You look at His face and you can see His eyes sparkling, happy to be walking with you, a great big smile across His face. And Jesus looks at you and says your name. He says, “How was your day today? What did you do? Tell me about it. What did you enjoy? What did you learn? What did you find difficult about today? Anything at all, just tell me about yourself. Share your life with me.” So, what are you going to say to Jesus? What are you going to tell Him? Talk to Him now. (Pause to allow them to spend some time talking with Jesus)

Part 3  
You are getting close to your home, you can see it now; the colour of its walls, it windows and the door. Jesus says your name, He looks at you and He says, “As the Father has loved Me, so I have loved you; abide in My love. If you keep my commandments, you will abide in My love, just as I have kept my Father’s commandments and abide in His love. I have said these things to you so that My joy may be in you, and that your joy may be complete. This is My commandment, that you love one another as I have loved you. No one has greater love than this, to lay down your life for your friends. You are my friend, if you do what I command you. I do not call you My servant because a servant doesn’t know what the master is doing; but I call you My friend because I have made known to you everything I have heard from My Father. You did not choose Me but I chose you. And I have sent you to go and bear fruit, fruit that will last, the fruit of love, so that the Father will give you whatever you ask Him in My name. I am giving you these commands so that you may love one another.” You reach your front door. You knock and one of your parents opens the door with a smile. Jesus bends down and holds you in tight hug. “No matter where you go, or what you do,” He says, “I will be with you always, just call My name and I’ll be there for you. You are my friend, so love others the way that I love you, and I love you very, very much.” Jesus stands up and waves goodbye. You see Him walk on His way and you shut the door. But you remember what He told you, “I am with you always. Love one another as I have loved you. I love you very, very much.”

***Respond in silent reflection:*** What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:**   
Lord Jesus, be with us as we go out into the world having been filled with Your love here in the Blessed Sacrament. May we love others as You have loved us and serve You in serving those in most need. Amen

**Benediction:** *(if priest/deacon is present)*

All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition** *(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:***This is my body…*

**The Agony in the Garden:**

**Matthew 26:36-56; Mark 14-32-52; Luke 22:39-53**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**   
**Sing:** *Stay with me and keep watch with me, watch and pray, watch and pray (Repeat)***Prayer:**Lord our God,  
We thank You for sending Your son Jesus   
who loved us so much that He chose to suffer on the cross   
And give up His life for us.  
Help us to accept our own cup of suffering   
So that we, too, may do Your holy will  
and bring about Your kingdom.  
Through Jesus Christ our Lord. Amen.

***Adoration***

***Listen:  
We listen to God speaking to us in a reading from Matthew 26:36-56; Mark 14-32-52; Luke 22:39-53***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2

Imagine that you are walking along a small, stony path that climbs a hill. It is night-time but the brightness of the moons lights up your way. On either side you can see dark, twisted olive trees, casting their shadow across the path. You look up into the sky and see the twinkling of the stars through the branches. The hill is steep. You stop and look out across the valley. On the other side there is another hill, and on that hill a large city, surrounded by a tall stone wall. You can see the lights from the houses flickering. It is a cold night and the breeze blows gently around you. Ahead on the path you can see some lights. You arrive at a garden; and in the garden there are a couple of fires gently burning. Around them you can see people, your friends and others that you know. They are lying close to the fire, trying to keep warm.

Part 3

In the dark ahead of you, you notice a man kneeling down. You creep closer, trying to be quiet. You recognise who it is, it’s Jesus. He doesn’t look the way you’re used to seeing Him, He looks tired and afraid. Nearby you can see Peter, James and John, sleeping. As you get closer, you hear what He is saying. “Father, Father!”, Jesus cries out, “if it is possible, let this chalice pass from me.” Jesus is shaking; He is very afraid. Sweat is dropping off Him. “Nevertheless”, He says, “not as I will but as You will.” Again, and again, you hear Him pray, “Father! Father! Not as I will but may Your will be done!” Then Jesus gets up, He walks over to Peter, James and John and wakes them up saying, “Couldn’t you watch with Me for just one hour?” Again Jesus falls down and prays, “Father, Father! Help Me! But may Your will be done, not Mine!” After a while you see Jesus become calm. He gets up off the ground and wakes his disciples again. “The hour has come”, He says “Come, let us go.” As He walks past you, Jesus stops. He looks at you, reaches out and put His hand on your shoulder. “Don’t be afraid”, He says, “I love you very much. All that is about to happen, I do for you. There is no greater love than this: that you lay down your life for your friends. You are My friend, and I give My life for you.” At that moment, there is a loud violent noise in the garden and suddenly it is filled with soldiers. Most of the people get up and run away. You hide behind a tree. You see Judas walk towards Jesus and give Him a kiss. Jesus looks at Him sadly and says, “Judas, would you betray Me with a kiss?” The soldiers grab Jesus, tie Him up and drag Him away. The noise of the soldiers dies away and you are left in the dark garden, all alone. But you remember what Jesus said to you. “I love you very much. Do not be afraid. You are My friend, and I give My life for you.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:** Our Father…

**Benediction:** *(if priest/deacon is present)*All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*  
**Sing:** *Stay with me and keep watch with me…*

**The Crucifixion and Death of Jesus:**

**Matthew 27:32-61; Mark 15:21-47; Luke 23:26-56; John 19:17-42**

***Welcome to our Adoration***

**Exposition***The Blessed Sacrament is removed from the Tabernacle and brought to the altar*. All kneel

**Gather:**

**Sing:***Jesus, remember me, when You come into Your kingdom (repeat)*

**Prayer:**Loving and all-powerful God,  
We thank You for loving us so much  
That You sent Your son, Jesus,  
To take away our sin  
So that we could have everlasting life with You in Heaven.  
Through this time in the presence of the Eucharist  
May we grow in love and self-sacrifice  
So that we, too, would lay our life down   
For You and for others. Amen

***Adoration***

***We listen to God speaking to us in a reading from the Gospels***

***Listen:***

Part 1

Close your eyes. Listen to the music. Clear your mind of other thoughts, just listen to the music. Breathe slowly. Breathe in. Breathe out. Breathe in. Breathe out. Breathe in. Breathe out. Just keep breathing, slowly, calmly, and gently. Breathe in. Breathe out. Be very still. Focus on your breathing. Listen to the beat of your heart. Feel yourself become very still. Feel a small, still place in your heart. With every breath let it grow. Let it grow. Let that stillness fill your entire body. Feel the peace. Feel the calm within you. It is there that God lives within you, waiting for you, just wanting to show you how much He loves you. In that quiet, still place pray: Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Come, Lord Jesus. Just keep repeating that in your heart. Come, Lord Jesus.

Part 2  
Imagine yourself standing on rocky hill looking out over a city, surrounded by a wall. The stones beneath your feet are hard and sharp, with small tufts of prickly grass growing between them. It is a grey day and there are dark clouds gathering. The wind is cold as it blows past you. It makes you shiver. There are no trees on the hill, it is bare, the only noise is the wind rushing past your ears. You look down on the city and you can hear faint noise of people. It gets louder and louder. Out of a gate in the huge stone walls, you see a crowd of people all shouting. The crowd begins to move away from the city and up the hill towards you. As it gets closer, you can hear the angry shouts, people saying nasty things to others. As it reaches the top, suddenly you recognise the man in the middle. He doesn’t look at all the way you remember Him, but you know that it is Him. Jesus is there, covered with cuts and bruises, a crown of thorns on His head and weighed down by a very heavy cross across His back.

Part 3

At the top of the hill some Roman soldiers clear a space in the crowd. They take Jesus’ clothes from Him, lay Him down on the cross and nail His hands and feet to it. Finally, they lift Him up and place the cross in a hole to hold it. On either side of Him there are two other men, thieves, on crosses. There you see Him, Jesus whom you love, Who loves you very much. Jesus who has looked after you, cared for you, listened to you, told you stories, laughed with you. Now He is in great pain and there are angry people around Him, shouting at Him, saying, “He saved others; let Him save Himself, if He is the Christ of God, His Chosen One!” Jesus says nothing. Standing in front of Him with the disciple John, you see Mary, Jesus’ Mother. She looks at Him and loves Him dearly but she cries quietly for what is happening to her Son. Jesus looks down at her and John and says, “Behold your son”, and turning to John He says, “Behold your, mother.” The sky becomes darker and darker. Suddenly, Jesus cries out, “My God, My God! Why have you forsaken Me?” And then at last, He says, “It is finished. Father into Your hands I commend My spirit!” You see Jesus’ head drop and He dies. (Pause for a moment) In that moment, looking at Jesus on the cross, you remember His words to you. “Love one another as I have loved you. No one has greater love than this: that they lay down their life for their friends. You are My friend, I do all this for you.”

***Respond in silent reflection:***What would you like to say to Jesus? What do you think he would like to say to you?

**Prayer:** Our Father…

**Benediction:** *(if priest/deacon is present)*

All bow their heads in prayer when the priest/deacon raises the monstrance.

**Reposition***(The Blessed Sacrament is placed back in the Tabernacle)*

**Sing:** *Jesus, remember me, when You come into Your kingdom (repeat)*

**Useful resources and links**

For more guided meditations for children please see   
*Guided Meditations for Children* by Jane Reehorst BVM ISBN 0-15-901099-3

For various LENT resources to support teaching, assemblies and prayer please see

<https://cafod.org.uk/Education/Primary-teaching-resources/Lent>

For resources to support reflections on the Stations of the Cross as well as LENT assemblies and activities, see

<https://missio.org.uk/lent-and-eastertide/>

For scripture-based activities for both home and school including GODLY PLAY see  
<https://livingmontessorinow.com/montessori-based-lenten-activities/>

For fun creative LENTEN activities see  
<http://www.catholicicing.com/lenten-activities-for-children/>

For Lenten prayers for those of all ages see  
<https://www.lords-prayer-words.com/times/meaning_of_lent_prayers.html>

Families

<https://www.worldmeeting2018.ie/WMOF/media/downloads/Lets-Talk-Family-Lets-Be-Family-Brochure-1.pdf> (Prayer services)

**Home/school/parish**

In 2018 there was a World Meeting of Families called for by the Holy Father. Consider sharing these links with your families through your newsletter to encourage family prayer and support family life.

For other free resources on the special feasts and Sunday readings see also. Simply click on the grade you want (eg Grade 1-3) or on family for some thoughts/reflections  
<https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>

For other useful resources for children and families see:

<https://www.loyolapress.com/our-catholic-faith/family/holidays-and-special-occasions/lent-and-easter/helping-children-with-lent>

For lots of activities in the classroom and at home see the link below  
<https://www.worldmeeting2018.ie/WMOF/media/downloads/Lets-Talk-Family-Lets-Be-Family-Brochure-1.pdf> (Prayer services)

For other free resources on the special feasts and Sunday readings see also. Simply click on the grade you want (eg Grade 1-3) or on family for some thoughts/reflections  
<https://www.loyolapress.com/our-catholic-faith/liturgical-year/sunday-connection>

For ideas to strengthen the home/school link see

<http://catholicmom.com/kids/lenten-activities-for-children/>

For resource s to support families in general see

<https://www.worldmeeting2018.ie/WMOF/media/downloads/WMOF2018_A4pages_prayathon_LowRes-2.pdf>

<https://amoris.ie/>

<https://rcdow.org.uk/diocese/marriage-and-family-life/resources/the-world-meeting-of-families-2018/>

**For other activities, see Wednesday Word or Children’s Liturgy sheets**