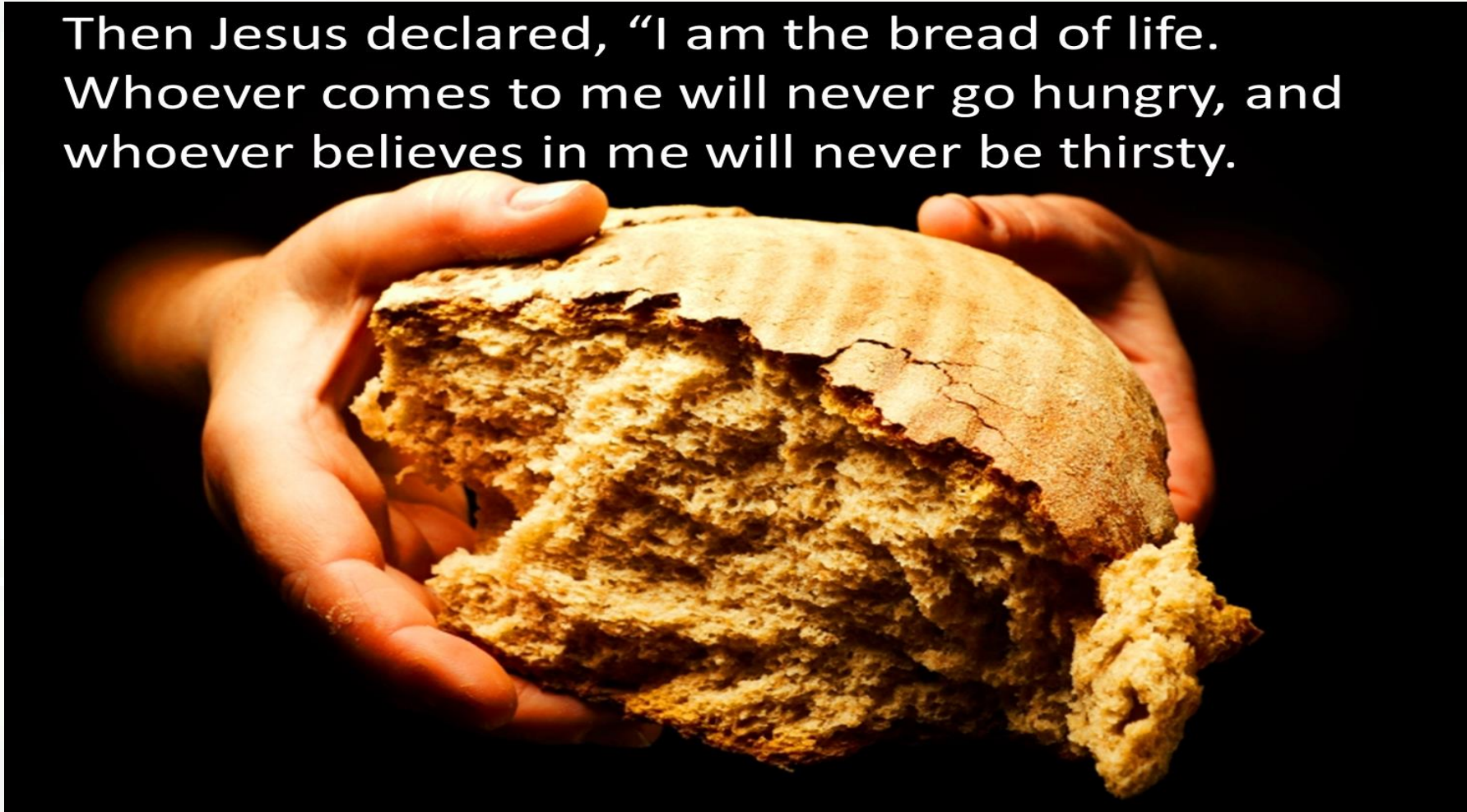


# Adoremus Spring Term Week 1

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."



## TEACHER SLIDE: GO THROUGH FORMAT OF COLLECTIVE WORSHIP THIS TERM

### Before the Meditation

- Read the appropriate passage from Scripture to yourself, imagining yourself in the story.
- Play quiet 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.

### To End

- Slowly lower the volume of the music until it is muted.
- Pause for some silence.
- Thank the class for participating. And for those who led part of the collective worship.

**In the name of the Father....**

**Read together / teacher led**

**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*

# 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.

Just keep breathing, slowly, calmly, and gently.

Be very still.

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. **REPEAT: Come Lord Jesus Come.**

## A Reading from the Holy Gospel according to John

**Glory to you Lord**

**Child Led:**

**John 13:34-35**

<sup>34</sup> “A new command I give you: Love one another. As I have loved you, so you must love one another. <sup>35</sup> By this everyone will know that you are my disciples, if you 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?

Listen to this beautiful song and reflect on the love Jesus has for us.



Love each other one another.mp4

**Lord our God,  
May we recognise your  
presence in others wherever  
this may be.  
Help us not to be blind to your  
goodness or turn away from  
your need in others.  
May your presence in the  
Eucharist fill us with your  
goodness so that we can be an  
example to you everywhere.**

**Listen now to this beautiful  
song.**



Lord I Lift Your Name on High.mp4

