



Watch + Pray

Meditation and Prayer During Lent

Today's Theme for Prayer and Meditation

**FORGIVENESS
& RECONCILIATION**

Bible verses

1. Matthew 6:14-15: "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."
2. Matthew 18:21-22: "Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times? Jesus answered, "I tell you, not seven times, but seventy-seven times."
3. Colossians 3:13: "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
4. Ephesians 4:32: Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.
5. 2 Corinthians 5:18-19: All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: 19that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation.

FORGIVENESS & RECONCILIATION

in the Bible



watch
+ Pray

FORGIVENESS

MATTHEW WEST



Thursday, February 15, 2024



Make Me A Channel Of Your Peace

(Prayer of St. Francis)





Reflection and Meditation

Invite the Holy Spirit to guide your thoughts and emotions during this time of reflection and meditation.

- Reflect silently on instances where forgiveness and reconciliation have played a significant role in your life or the lives of others.
- Contemplate on any areas where forgiveness is needed, both in giving and receiving.
- Reflect on how forgiveness and reconciliation can deepen your relationship with God and others.
- Take a few moments to jot down any insights or resolutions that arise during this reflection and meditation.



Daily Meditation and Prayer Themes – Lent 2024



1. Thursday, 15-Feb-24: Forgiveness and Reconciliation
2. Friday, 16-Feb-24: Compassion and Mercy
3. Saturday, 17-Feb-24: Temptation and Strength
4. Monday, 19-Feb-24: Humility and Self-Examination
5. Tuesday, 20-Feb-24: Trust and Surrender
6. Thursday, 22-Feb-24: Gratitude and Thanksgiving
7. Friday, 23-Feb-24: Fasting and Prayer
8. Saturday, 24-Feb-24: Sacrifice and Penance



watch + pray