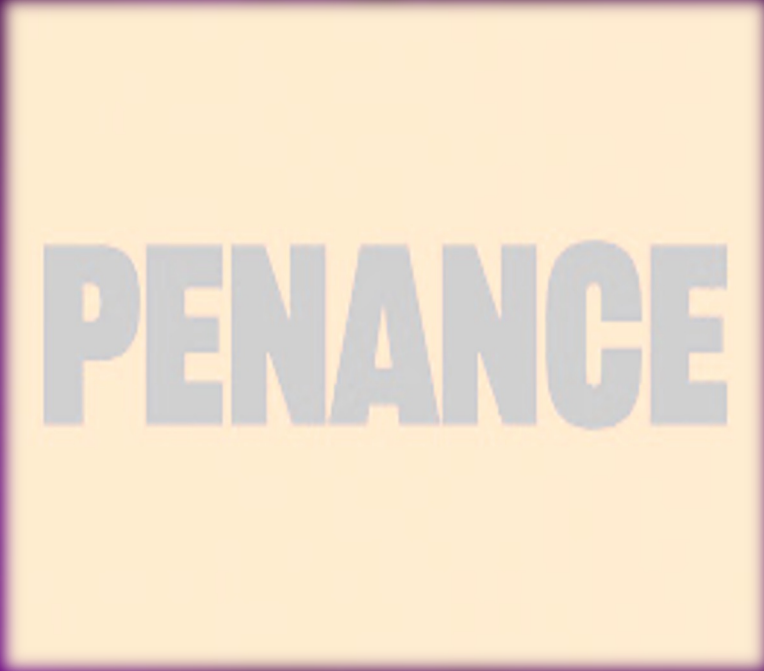




Meditation and Prayer During Lent

TCE Lent 2024-Day 10: 24-February-2024

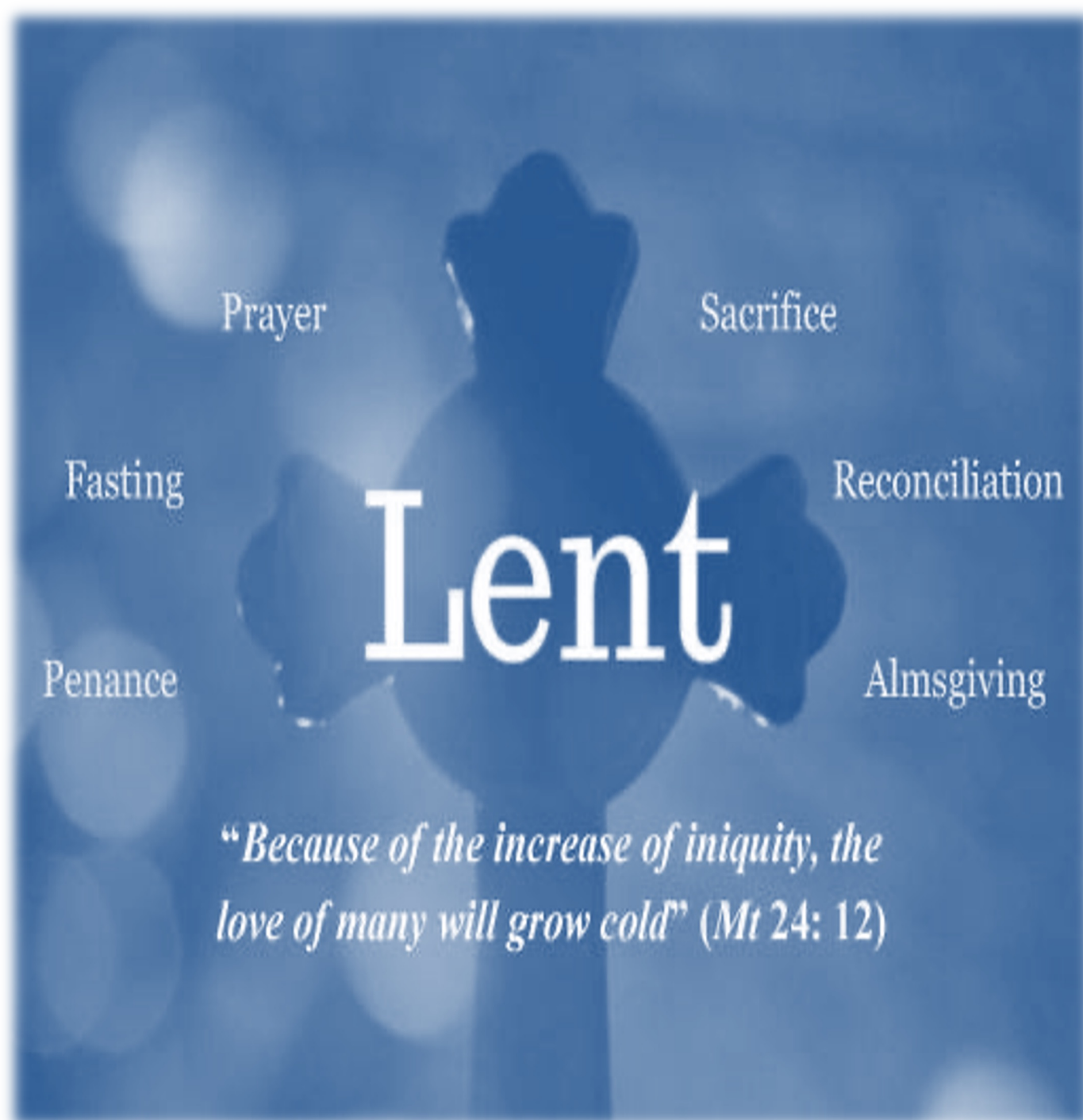
Led by: Bala Asirvatham & Helen Amos



Opening Prayer

“Heavenly Father, as we contemplate the meaning of sacrifice and penance, we acknowledge the depth of your love demonstrated through the ultimate sacrifice of your Son, Jesus Christ. Grant us the grace to embrace sacrificial love and to repent for our shortcomings. May our sacrifices be pleasing to you and draw us closer to your heart.

In the name of the Father, Son, and Holy Spirit, Amen.”



Bible verses

**Present
your bodies
as a living
sacrifice,
holy
and pleasing
to God,
this is
our spiritual
worship**

Romans 12-1

The sacrifices of God are a broken spirit:
a broken and contrite heart, O God,
thou wilt not despise.

☞ Psalm 51:17 (KJV)



Please share / note down other Bible verses related to “Sacrifice and Penance”

One in Praise

AT THE CROSS

HILLSONG WORHSIP

[Link to the song](#)

IN CHRIST ALONE

L I V E F R O M S Y D N E Y

KEITH & KRISTYN GETTY + CITYALIGHT

[Link to the song](#)



**He was wounded for our transgressions,
crushed for our iniquities; by His wounds
we are healed.**

Isaiah 53

700 BC

Reflection & Meditation and Journaling

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

- Consider the sacrifices made by Jesus Christ for you.
- Meditate on instances where you have been the recipient of someone's sacrificial gift of time or love and how it helped you grow.

Journal (write-down):

Take a few moments to journal your reflections on Sacrifice and Penance.

- Reflect on how you can deepen your relationship with God and others through acts of sacrificial love.
- Consider ways you can offer sacrificial love and engage in acts of penance for reconciliation and spiritual growth.





Pray as the Lord leads you...



Closing Prayer...

Gracious God, we thank you for the gift of sacrifice and the opportunity to repent for our sins. Help us to offer ourselves as living sacrifices, holy and pleasing to you. Grant us the humility to acknowledge our need for forgiveness. May our life be a testimony to your love and mercy. We offer this prayer in the name of Jesus Christ, our Lord. Amen.



Lent 2024: Daily Meditation and Prayer Themes

Day 1: Wednesday, 14-Feb-24: Ash Wednesday @TCE

Day 2: Thursday, 15-Feb-24: Forgiveness and Reconciliation

Day 3: Friday, 16-Feb-24: Compassion and Mercy

Day 4: Saturday, 17-Feb-24: Temptation and Strength

Day 5: Monday, 19-Feb-24: Humility and Self-Examination

Day 6: Tuesday, 20-Feb-24: Trust and Surrender

Day 7: Wednesday, 21-Feb-24: Communal Prayer at 8 p.m. @TCE

Day 8: Thursday, 22-Feb-24: Gratitude and Thanksgiving

Day 9: Friday, 23-Feb-24: Fasting and Prayer

Day 10: Saturday, 24-Feb-24: Sacrifice and Penance





Lent 2024: Daily Meditation and Prayer Themes

Day 11: Monday, 26-Feb-24: Spiritual Discipline and Perseverance

Day 12: Tuesday, 27-Feb-24: Transformation and Growth

Day 13: Wednesday, 28-Feb-24: Communal Prayer at 8 p.m. @TCE

Day 14: Thursday, 29-Feb-24: Prayer and Contemplation

Day 15: Friday, 1-Mar-24: Generosity and Stewardship

Day 16: Saturday, 2-Mar-24: Healing and Restoration

Day 17: Monday, 4-Mar-24: Faith and Trust in God's Promise

Day 18: Tuesday, 5-Mar-24: Justice and Righteousness

Day 19: Wednesday, 6-Mar-24: Communal Prayer at 8 p.m. @TCE

Day 20: Thursday, 7-Mar-24: Community and Fellowship

Day 21: Friday, 8-Mar-24: Grace and Forgiveness

Day 22: Saturday, 9-Mar-24: Compassion and Marginalised

Lent 2024: Daily Meditation and Prayer Themes



Day 23: Monday, 11-Mar-24: Renewal of Faith

Day 24: Tuesday, 12-Mar-24: Detachment from Worldly desires

Day 25: Wednesday, 13-Mar-24: Communal Prayer at 8 p.m. @TCE

Day 26: Thursday, 14-Mar-24: Integrity and Honesty

Day 27: Friday, 15-Mar-24: Redemption and Suffering

Day 28: Saturday, 16-Mar-24: Rest and Reflection

Day 29: Monday, 18-Mar-24: Patience and Perseverance

Day 30: Tuesday, 19-Mar-24: Trust in God's Providence

Day 31: Wednesday, 20-Mar-24: Communal Prayer at 8 p.m. @TCE

Day 32: Thursday, 21-Mar-24: Gratitude for Blessings

Day 33: Friday, 22-Mar-24: Seeking God's Guidance

Day 34: Saturday, 23-Mar-24: Renewal and Commitment

During 25th-to 30th March Holy Week Service will be @TCE.



watch
+ pray