



**Watch  
+ Pray**

# Meditation and Prayer During Lent

TCE Lent 2024-Day 11: 26-February-2024

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# Day 11: 26<sup>th</sup> February 2024: Today's Theme for Meditation and Prayer



# Opening Prayer

Loving Heavenly Father, as we embark on this journey of spiritual discipline and perseverance, we ask for your strength and guidance.

Grant us the discipline to follow the path you have set before us and the perseverance to endure through challenges and trials.

May our hearts be steadfast in seeking you and our spirits unwavering in faith.

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





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**DISCIPLINE  
YOURSELF FOR THE  
PURPOSE OF  
GODLINESS**

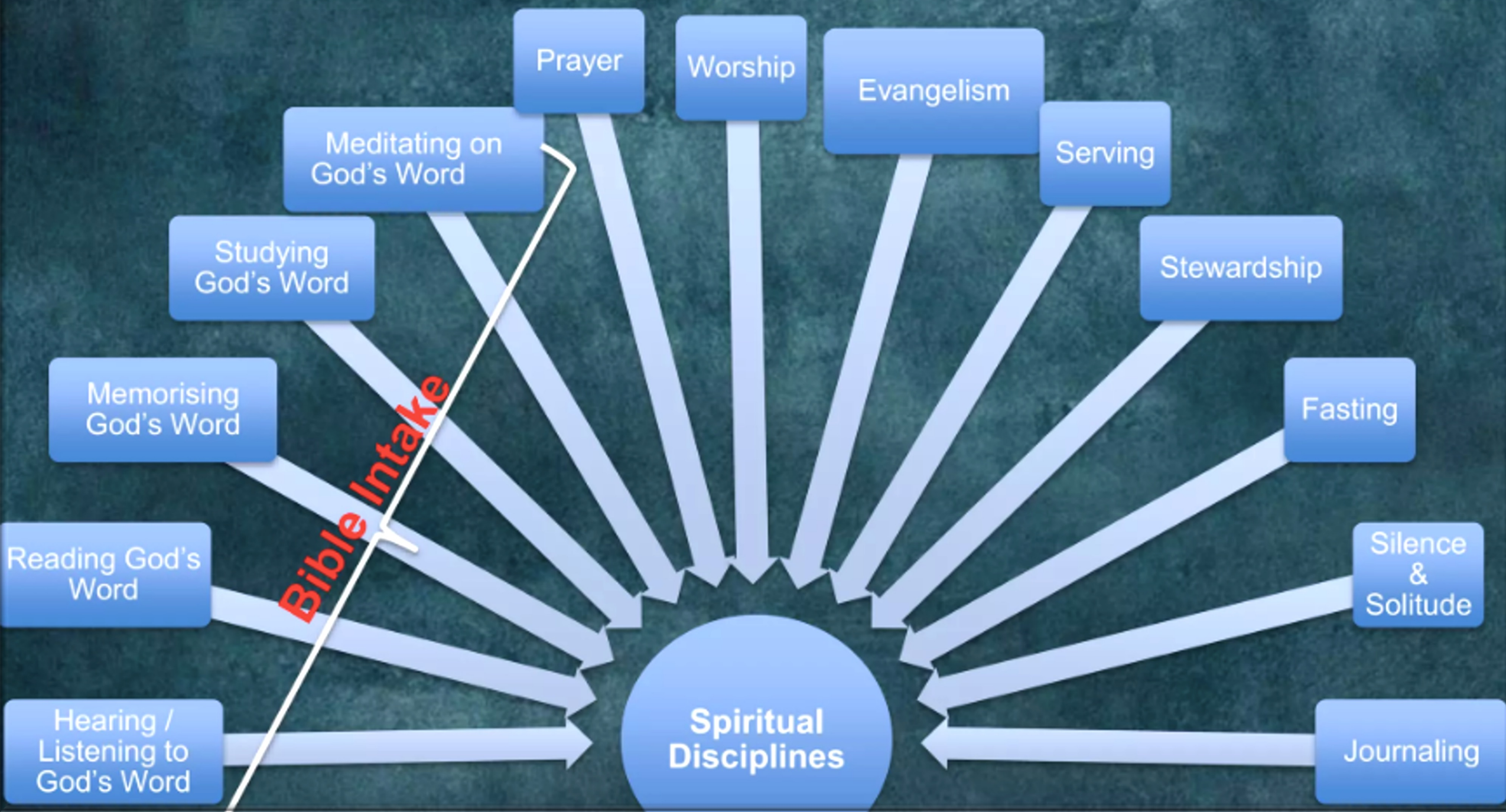
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1 TIMOTHY 4:7  
PRETTYSIMPLEIDEAS.COM

A photograph of a cloudy sky with green tree branches in the upper left and bottom right corners.

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

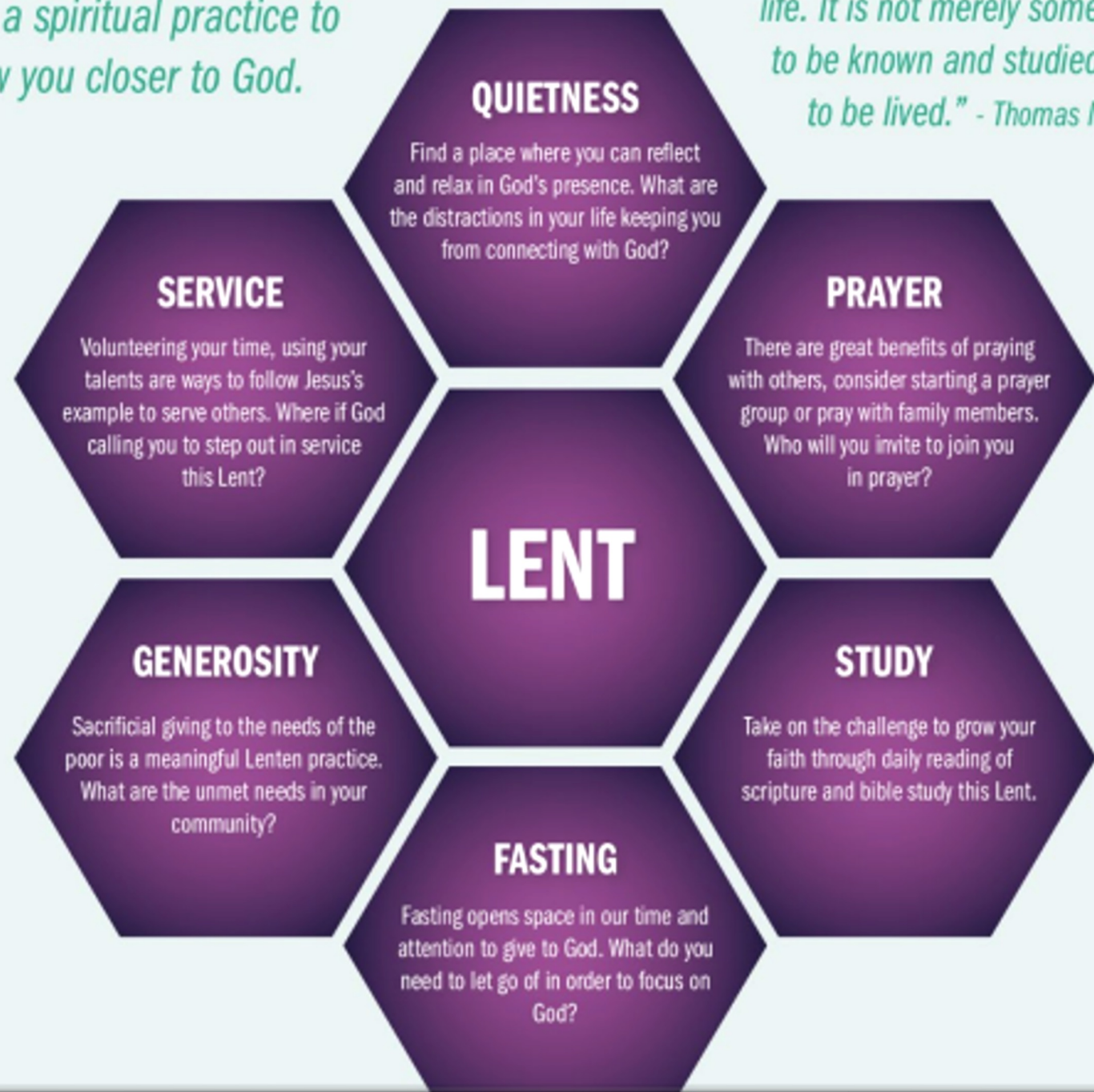
Hebrews 12:11 NIV





*This Lent, I challenge you to delve into a spiritual practice to draw you closer to God.*

*"The spiritual life is first of all a life. It is not merely something to be known and studied, it is to be lived." - Thomas Merton*



A large, powerful waterfall cascading down a rocky cliff, with white water and mist. The background is a soft, hazy blue and white.

# Pray without ceasing.

1 Thessalonians 5:17

A silhouette of a person running on a path, set against a warm, golden-orange background of a sunset or sunrise. The runner is in the lower-left foreground, and tall grasses are visible in the bottom right corner.

...let us run with  
**perseverance**  
the race marked out for us.

- Hebrews 12 : 1

A close-up photograph of a woman with dark hair, wearing a dark top and a large, ornate earring. She is singing into a black microphone. The background is a light-colored wall with a grid pattern. The text "DESERT SONG" is overlaid in the center of the image in a white, pixelated font.

# DESERT SONG

[Link to the song](#)



Be Thou My Vision (Official Music Video) - Keith & Kristyn Getty



[Link to the song](#)

# Reflection & Meditation and Journaling



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

- Reflect silently on the importance of spiritual discipline and perseverance in the Christian life.
- Consider areas in your life where you need to cultivate greater discipline and perseverance in prayer, reading the Holy Word of God, and in service.
- Meditate on the examples of perseverance in the Bible and how they inspire you to endure in your faith journey.

## **Journal (write-down):**

Take a few moments to journal your reflections on Spiritual discipline and perseverance.

- Reflect on any challenges or obstacles you have faced in your faith journey and how you have persevered through them through the power of the Holy Spirit.
- What are the three goals you can prayerfully set for your spiritual growth.



Pray as the Lord leads you...





## Closing Prayer...

Loving Heavenly Father, we thank you for the gift of spiritual discipline and the strength to persevere in our faith journey.

Help us to remain steadfast in our devotion to you and committed to the disciplines that lead to spiritual growth.

Grant us the courage to persevere through trials and challenges, knowing that you are always with us.

May our lives be a reflection of your grace and glory. 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