



# Watch + Pray

# Meditation and Prayer During Lent

TCE Lent 2024-Day 14: 29-February-2024

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**Day 14: 29<sup>th</sup> February 2024:**

**Today's Theme for Lent  
Meditation and Prayer**



**Contemplation  
here means  
Being still and waiting in  
the presence of the Lord**

**ON PRAYER AND  
CONTEMPLATION**

# Opening Prayer

Loving Heavenly Father, as we enter into this time of prayer, we invite your presence to fill our hearts and minds.

Grant us the gift of deep communion with you as we seek your face in prayer and reflection.

May this time be a sacred encounter with your divine presence and divine will for our lives.

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



DO NOT BE ANXIOUS ABOUT ANYTHING,  
BUT IN EVERY SITUATION, BY *prayer*  
& PETITION, WITH *thanksgiving*.  
PRESENT YOUR REQUESTS TO GOD.

AND THE  
*peace of God*  
WHICH TRANSCENDS

ALL UNDERSTANDING, WILL  
*guard your hearts*  
AND YOUR MINDS IN CHRIST JESUS.

- Philippians 4:6-7

# *Be still*

IN THE PRESENCE  
OF THE LORD, AND  
WAIT PATIENTLY  
FOR HIM TO ACT.

P S A L M 3 7 : 7



# BE STILL MY SOUL (IN YOU I REST)

[Link to the song](#)



# PASSION

Lord, I Need You  
Capo 4



[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 your prayer life and deepen your intimacy with God.

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

Take a few moments to journal your reflection and meditation:

- Consider three specific actions that will improve your prayer life and intimacy with God.





Pray as the Lord leads you...





## Closing Prayer...

Loving Heavenly Father,

Thank you, Lord, for this time we had in your presence. As we conclude this time of prayer, we ask for your continued presence and guidance in our lives.

Help us to pray in Spirit and truth. Grant us the grace to be faithful in prayer and attentive to your voice as we seek your will.

May our hearts be continually turned towards you in love and devotion. 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