



# Watch + Pray

# Meditation and Prayer During Lent

TCE Lent 2024-Day 11: 1-March-2024

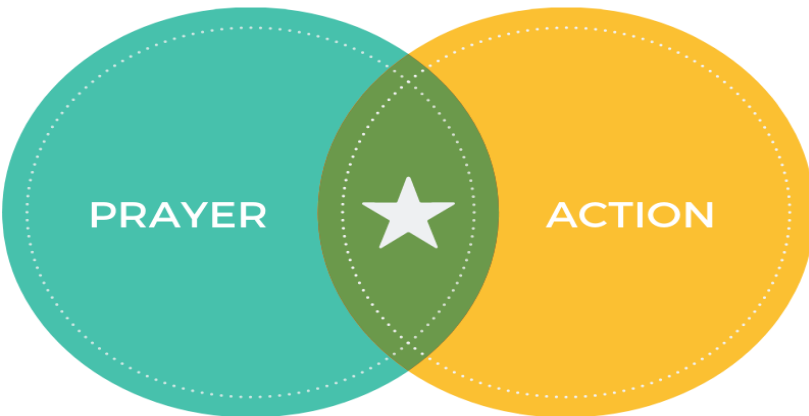
Led by: Bala Asirvatham & Helen Amos

**Day 15: 1<sup>st</sup> March 2024:**

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



Stewardship is the intersection of prayer and action. It's discipleship – living your faith.



**Stewardship  
and Generosity**

## 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.”



Much will be required of everyone who has been given much. And even more will be expected of the one who has been entrusted with more.

Luke 12:48

The point is this:

whoever  
**SOWS  
SPARINGLY**

will also  
**REAP  
SPARINGLY,**



and whoever  
**SOWS  
BOUNTIFULLY**  
will also  
**REAP  
BOUNTIFULLY.**

2 Corinthians 9:6-7

# IF YOU CAN USE ANYTHING LORD

[Link to the song](#)

An aerial photograph of a dense forest. The trees are mostly green, but there are significant patches of yellow and orange, suggesting autumn. The forest is dense and covers a large area. The text "I WILL BUILD MY LIFE" is overlaid in the center in a white, serif font.

I WILL  
BUILD MY LIFE

[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.

- Consider the blessings and resources that God has entrusted to you.
- Meditate on how you can use these gifts to bless others and honour God.

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

Take a few moments to journal your reflection and meditation:

- Consider three specific actions that you can take (or to continue) to serve God and people and be sacrificial in your giving (time, talent and finances).





Watch  
+ Pray

Pray as the Lord leads you...





## Closing Prayer...

Loving Heavenly Father,

We thank you for the privilege of stewardship and the call to generosity. Help us to be faithful stewards of all that you have entrusted to us, our time, talents and finances for the building of your kingdom and the blessing of others.

Grant us the courage to give sacrificially and the joy of knowing that our generosity honours you.

May our lives be a testimony to your goodness and grace. 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.



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+ pray