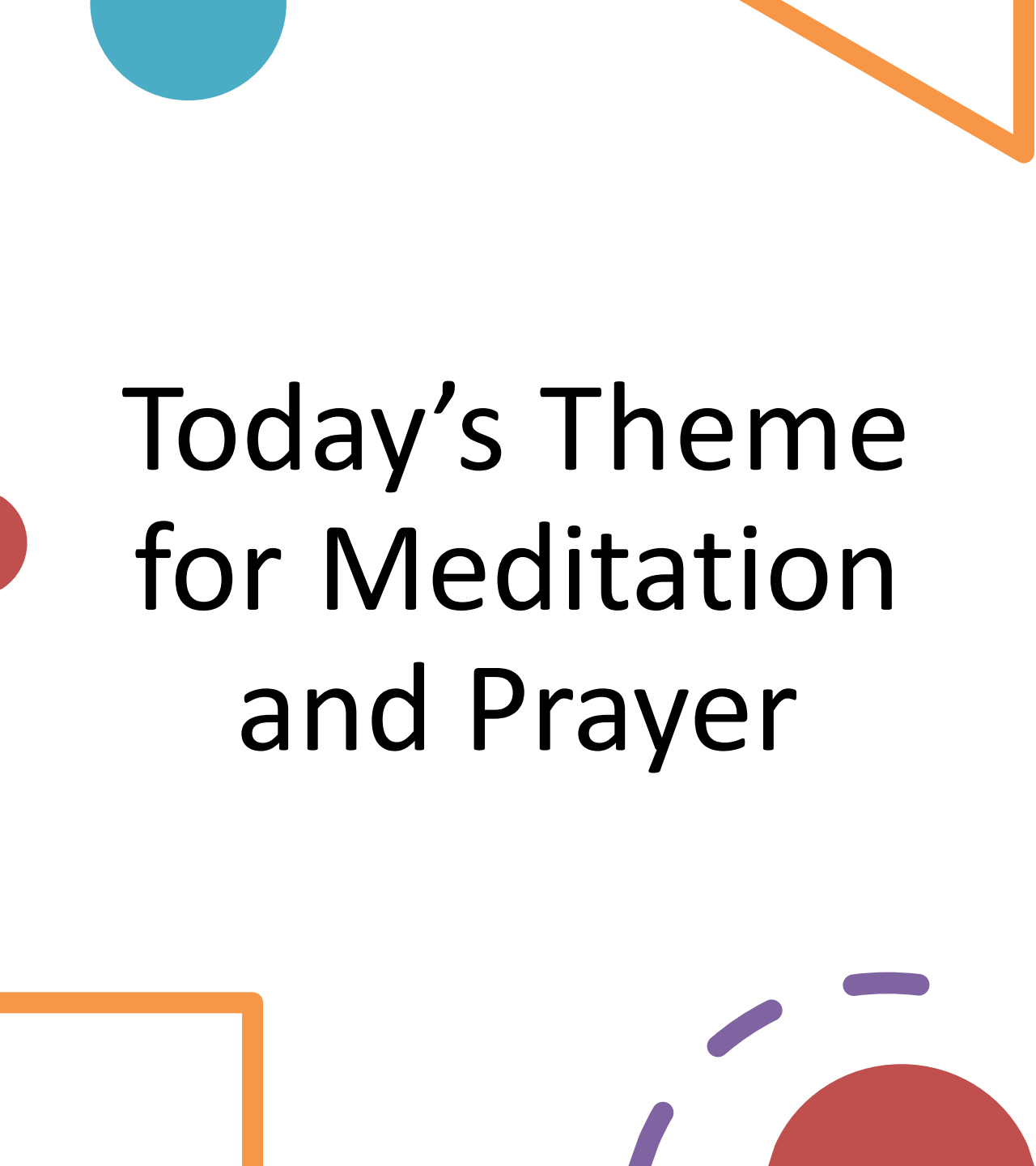




**Watch
+ Pray**

Meditation and Prayer During Lent



Today's Theme for Meditation and Prayer



Friday, February 16, 2024

Opening Prayer

“Heavenly Father, we come before you with grateful hearts, acknowledging your boundless compassion and mercy towards us. Help us to cultivate compassion in our hearts and extend mercy to others as you have shown us. Guide us in our journey of faith.

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



Bible verses


1. Micha 6:8 “He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.
2. Psalm 103:8 : “The LORD is compassionate and gracious, slow to anger, abounding in love.
3. Luke 6:36: “Be merciful, just as your Father is merciful.

Mercy is

compassion

in
Action

Friday, February 16, 2024



HIS MERCY IS MORE



Angels Voice on  YouTube



Lord, I Need You

“Because You have been my help,
Therefore in the shadow of Your wings I will rejoice.”

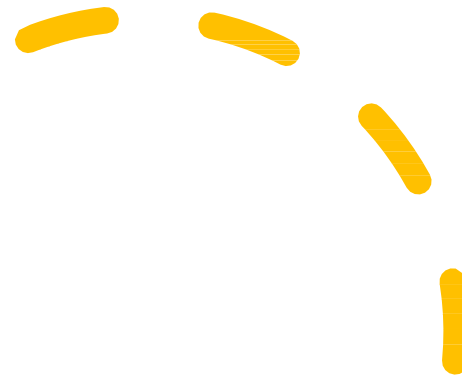
Psalm 63:7



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.



Pray as the Lord leads you...



Closing Prayer...

“Gracious God, we thank you for your unfailing compassion and mercy towards us. Help us to be instruments of your love in the world, showing kindness and mercy to all we encounter. Grant us the grace to forgive as we have been forgiven and to love as you have loved us. We ask this through Christ our Lord, Amen.”



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

Friday, February 16, 2024