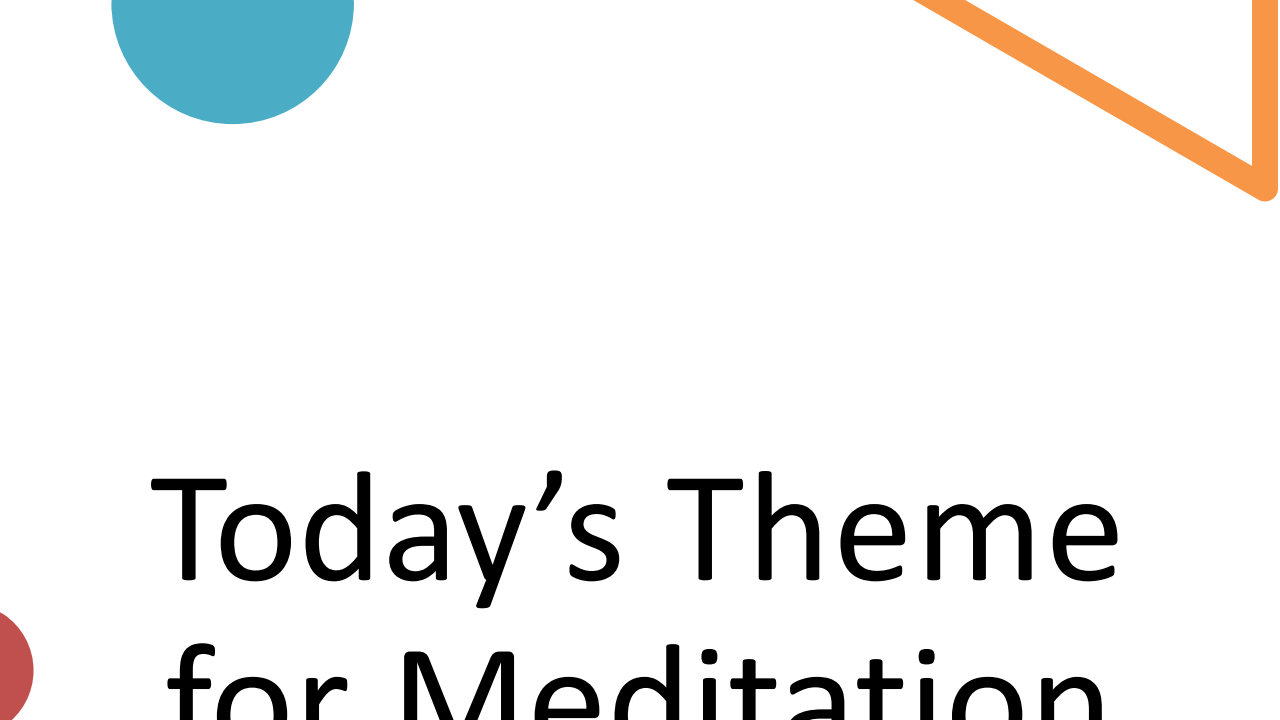


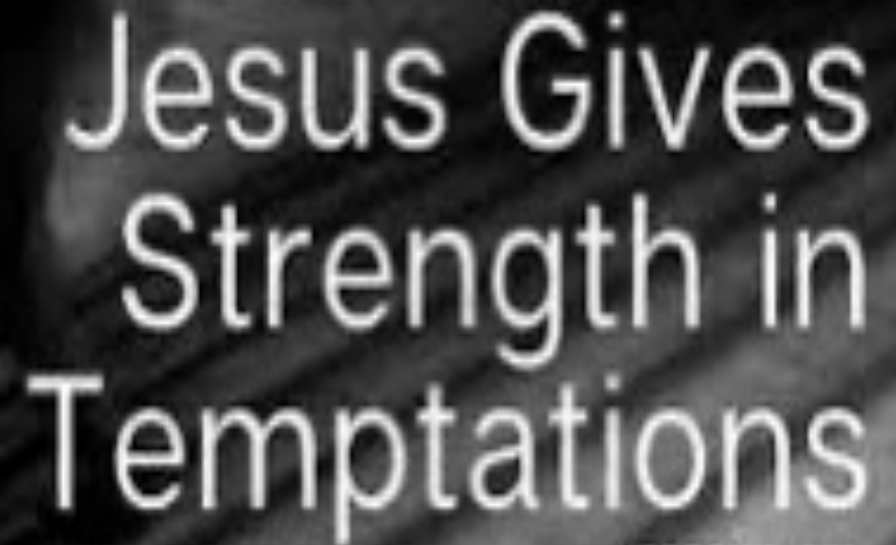


# Watch + Pray

# Meditation and Prayer During Lent



# Today's Theme for Meditation and Prayer



Jesus Gives  
Strength in  
Temptations

HEBREWS 2:18



Saturday, February 17, 2024

## Opening Prayer

“Heavenly Father, we come before you acknowledging our human frailty and vulnerability to temptation. Grant us the strength to resist temptation and the wisdom to discern your will. Strengthen us with your grace as we face the challenges of life.

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

Saturday, February 17, 2024



# Bible verses

1. 1 Corinthians 10:13: “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”
2. James 1:12: “Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.”

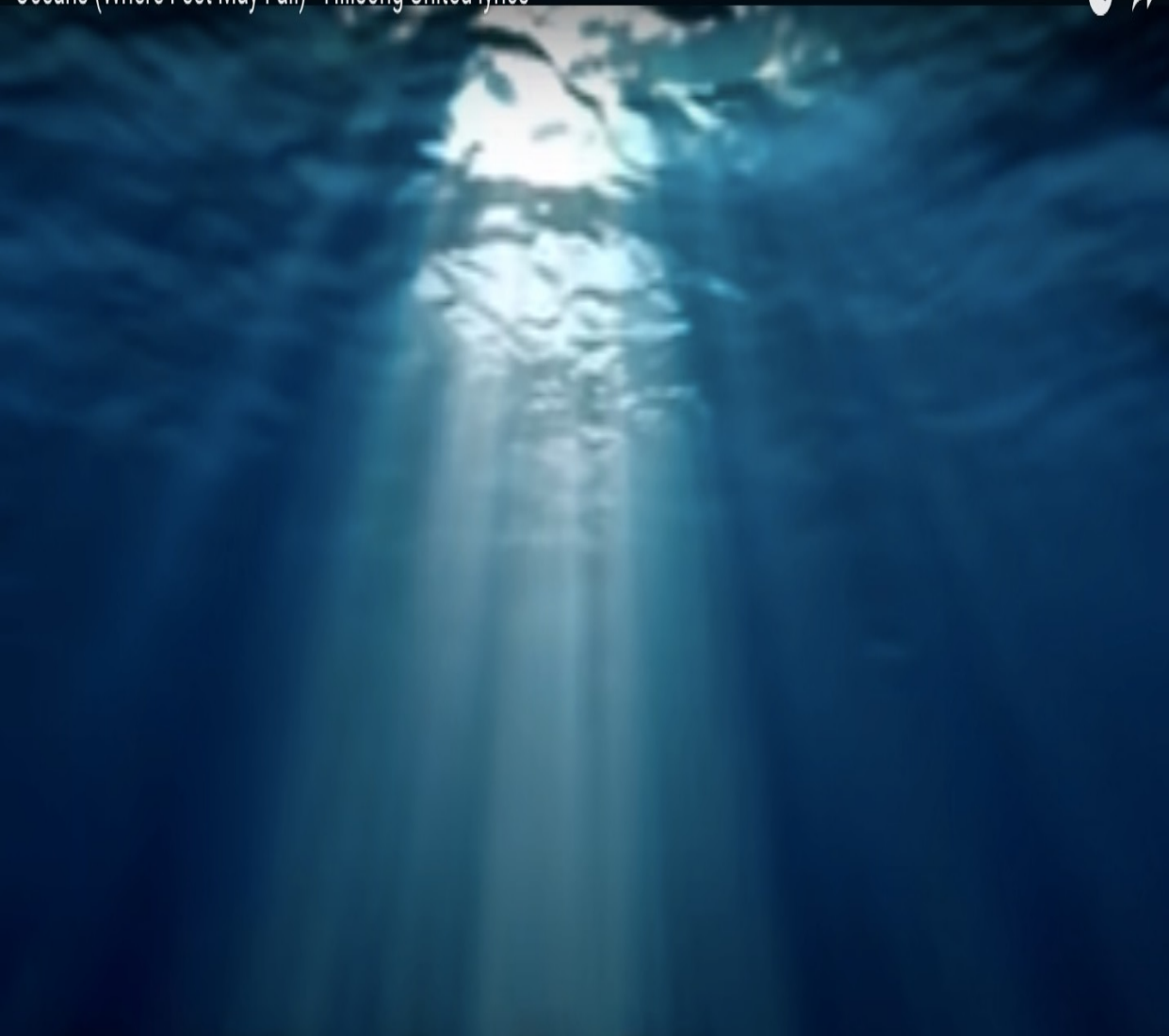
Note: Please share other Bible verses related to this topic.

*He gives strength  
to the weary  
and increases the  
power of weak*

Isaiah 40:29



Saturday, February 17, 2024



Oceans (Where Feet May Fail)  
Hillsong United



# YOU ARE MY STRENGTH

*Hillsong Worship  
Lyrics*



# 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...

Saturday, February 17, 2024



## Closing Prayer...

“Heavenly Father, we thank you for reminding us of your love and that you are our strength.

We thank you that your Holy Spirit lives within us and counsels us. We thank you for Jesus who is the Way, the Truth and Life. Help us remember that greater is He that is within us and with you, we are more than conquerors during all trials and temptations of life.

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



Saturday, February 17, 2024



# Watch + Pray

Saturday, February 17, 2024