



**Watch
+ Pray**

Meditation and Prayer During Lent

19th February 2024

Today's Theme for Meditation and
Prayer:

Humility
and
Self-examination



Opening Prayer

Father God, You have asked us to act justly, love mercy and walk humbly before You. Father, help us to examine ourselves in Your light, confess our need of You and to grow in the likeness of Jesus, who humbled Himself and was born as man, became like a slave and was totally obedient to the point of death on a cross.

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



Bible verses

Be completely
Humble and Gentle;
be Patient,
bearing with one another
in Love.
Ephesians 4:2



Please share other Bible verses related to this topic.



**Search me, O God,
and know my heart today,
Try me, O Savior,
know my thoughts, I pray;**



LUKE 14:11



Reflection and Meditation (Journaling)

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

- Reflect on how humility and self-examination can deepen your relationship with God and others.
- Contemplate on your life at this moment that needs deeper self-examination to bring before the Lord.
- Reflect silently on areas in your life where you can take practical steps to grow in humility.

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...

Father God, we thank you for your word that says, the reward for humility is the fear of the Lord, riches and honour and life. As we submit to you, You will grow us from glory to glory through Your Holy Spirit working in us.

We ask this through Jesus 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