



# Watch + Pray

# Meditation and Prayer During Lent

20<sup>th</sup> February 2024: Today's Theme for Meditation and Prayer

*Trust and Surrender*

A landscape photograph featuring snow-capped mountains and a body of water under a blue sky with a rainbow. The image is overlaid with a grid of white lines that form a series of overlapping arches, creating a sense of depth and structure. The text "Trust and Surrender" is written in a cursive font across the center of the image.

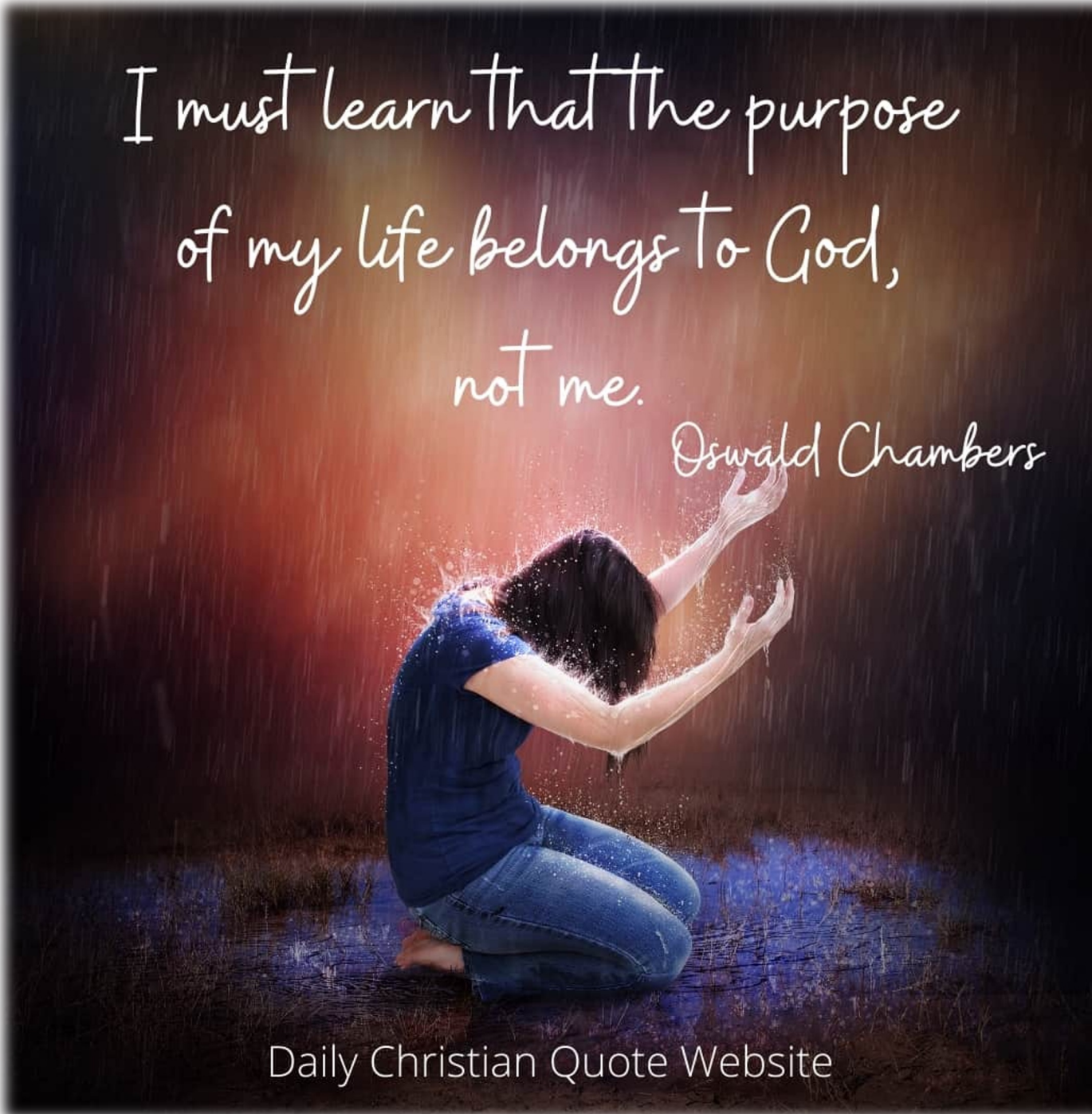
## Opening Prayer

Father God, Heavenly Father, we come before you with hearts open to trust and surrender to your will.

Help us to release our anxieties and fears, knowing that you are in control. Grant us the faith to trust in your goodness and the courage to surrender to your plan for our lives.

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

Tuesday, February 20, 2024

A woman with long dark hair, wearing a blue t-shirt and jeans, is kneeling on a dark, reflective surface. Her hands are raised in a prayerful gesture, and a stream of glowing, golden particles is falling from her hands. The background is a dark, textured wall with a warm, reddish-orange glow emanating from behind her.

I must learn that the purpose  
of my life belongs to God,  
not me.  
Oswald Chambers

Daily Christian Quote Website

# Bible verses



Please share / note down other Bible verses related to this topic.



# ***I SURRENDER ALL***

*(With Lyrics)*

[https://www.youtube.com/watch?v=j04Bx9pKwpU&ab\\_channel=RosemarySiemens](https://www.youtube.com/watch?v=j04Bx9pKwpU&ab_channel=RosemarySiemens)

Tuesday, February 20, 2024



# TRUST IN YOU

Lauren Daigle

# Reflection & Meditation and Journaling

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

- Reflect silently on God's invitation to trust and surrender yourself to Him.
- Consider times and areas in your life when you have struggled to trust God.
- Reflect on any areas in your life now where you need to relinquish control and trust in God's provision.

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

Take a few moments to journal your reflections on Trust and Surrender:

- Journal what what you need to do to surrender your control, desires, needs, wants and plans to God.
- Consider how you can deepen your trust and surrender in your daily walk with God





Pray as the Lord leads you...





## Closing Prayer...

“Loving God, we thank you that you are a good Father, always strong and trustworthy. Help us to release our grip on control and surrender to your loving guidance. Give us the strength to trust in your promises, even when we cannot see the way ahead. May our lives be a testimony to your faithfulness and grace. We offer this prayer in the name of Jesus Christ, our Lord. Amen.”



# Lent 2024: Daily Meditation and Prayer Themes

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



# Lent 2024: Daily Meditation and Prayer Themes

- |                           |                                       |
|---------------------------|---------------------------------------|
| 9. Monday, 26-Feb-24:     | Spiritual Discipline and Perseverance |
| 10. Tuesday, 27-Feb-24:   | Transformation and Growth             |
| 11. Thursday, 29-Feb-24:  | Prayer and Contemplation              |
| 12. Friday, 1-Mar-24:     | Generosity and Stewardship            |
| 13. Saturday, 2-March-24: | Healing and Restoration               |
| 14. Monday, 4-March-24:   | Faith and Trust in God's Promise      |
| 15. Tuesday, 5-March-24:  | Justice and Righteousness             |
| 16. Thursday, 7-March-24: | Community and Fellowship              |
| 17. Friday, 8-March-24:   | Grace and Forgiveness                 |
| 18. Saturday, 9-March-24: | Compassion and Marginalised           |





# Lent 2024: Daily Meditation and Prayer Themes

- 19. Monday, 11-March-24: Renewal of Faith
- 20. Tuesday, 12-March-24: Detachment from Worldly desires
- 21. Thursday, 14-March-24: Integrity and Honesty
- 22. Friday, 15-March-24: Redemption and Suffering
- 23. Saturday, 16-March-24: Rest and Reflection
- 24. Monday, 18-March-24: Patience and Perseverance
- 25. Tuesday, 19-March-24: Trust in God's Providence
- 26. Thursday, 21-March-24: Gratitude for Blessings
- 27. Friday, 22-March-24: Seeking God's Guidance
- 28. Saturday, 23-March-24: Renewal and Commitment



watch  
+ pray