



**Watch
+ Pray**

Meditation and Prayer During Lent

TCE Lent 2024-Day 8: 22-February-2024

Led by: Bala Asirvatham & Helen Amos

A still life composition featuring autumnal elements on a dark wooden surface. On the left, a large, textured pumpkin. In the center, a bright orange pumpkin. To the right, a red apple, a cluster of small red berries, and several nuts. Scattered around are various autumn leaves in shades of orange, red, and yellow.

Day 8: 22nd February 2024: Today's Theme for Meditation and Prayer

Gratitude and
Thanksgiving

Opening Prayer

Loving Heavenly Father, we come before you with hearts overflowing with gratitude for the abundant blessings you have bestowed upon us. Teach us to cultivate a spirit of thanksgiving in all circumstances and to recognize your goodness in every aspect of our lives.

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

THE MORE YOU FOCUS ON

gratitude,

THE MORE YOU

truly desire TO

give thanks in

ALL THINGS,

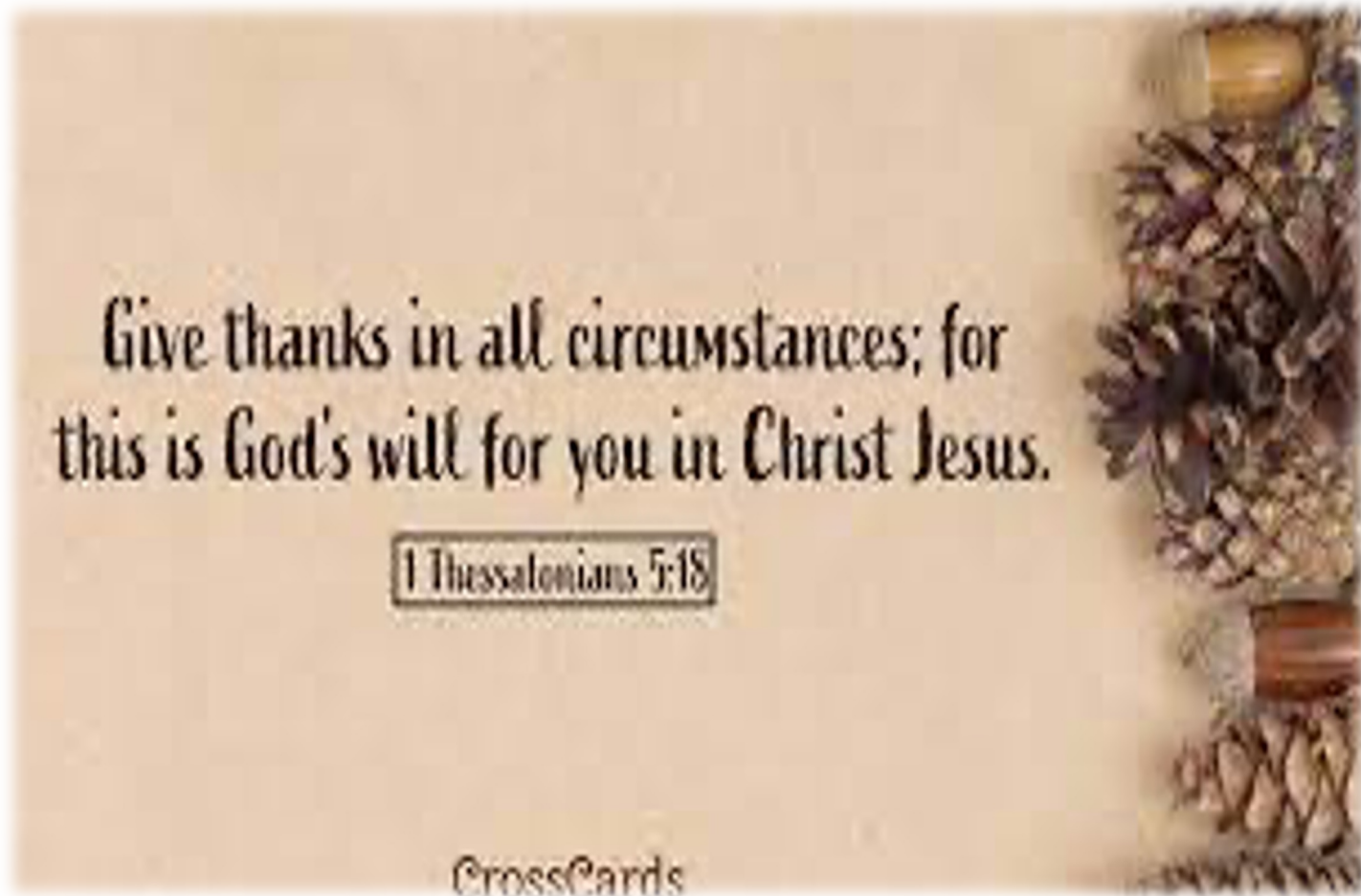
AND THE MORE IT BECOMES

a *practiced* way of

life **EVERY DAY**

-BARBARA RAINEY

Bible verses



Give thanks
to the LORD,
for he is good;
His
Love endures
forever.

PSALM 107 1

Please share / note down other Bible verses related to “Gratitude and Thanksgiving”.



10000 Reasons

(Bless the Lord, oh my Soul)

LYRICAL VIDEO

[Link to the song](#)



Thank You, Lord

lyrics and music by Paul Baloche and Don Moen
arr Lura Foster

[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.

- Reflect silently on the blessings and gifts that you have received from God.
- Meditate on instances where a closed door or a “no” was a sign of God’s provision and grace.
- Consider the ways in which gratitude can transform your perspective and attitude towards life.

Journal (write-down):

Take a few moments to journal your reflections on Gratitude and Thanksgiving.

- Reflect on how expressing gratitude and thanksgiving can deepen your relationship with God and others.
- Consider ways you can incorporate gratitude and thanksgiving into your daily prayers and interactions.





Pray as the Lord leads you...





Closing Prayer...

“Heavenly Father, we thank you for the countless blessings you have poured out upon us. Help us to cultivate a heart of gratitude that overflows with thanksgiving for your goodness and faithfulness. May our lives be a testament to your grace and love. We offer this prayer with hearts full of thanksgiving, 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.



watch
+ pray