



Watch + Pray

Meditation and Prayer During Lent

TCE Lent 2024-Day 9: 23-February-2024

Led by: Bala Asirvatham & Helen Amos

Day 9: 23rd February 2024: Today's Theme for Meditation and Prayer

Prayer +
FASTING



Opening Prayer

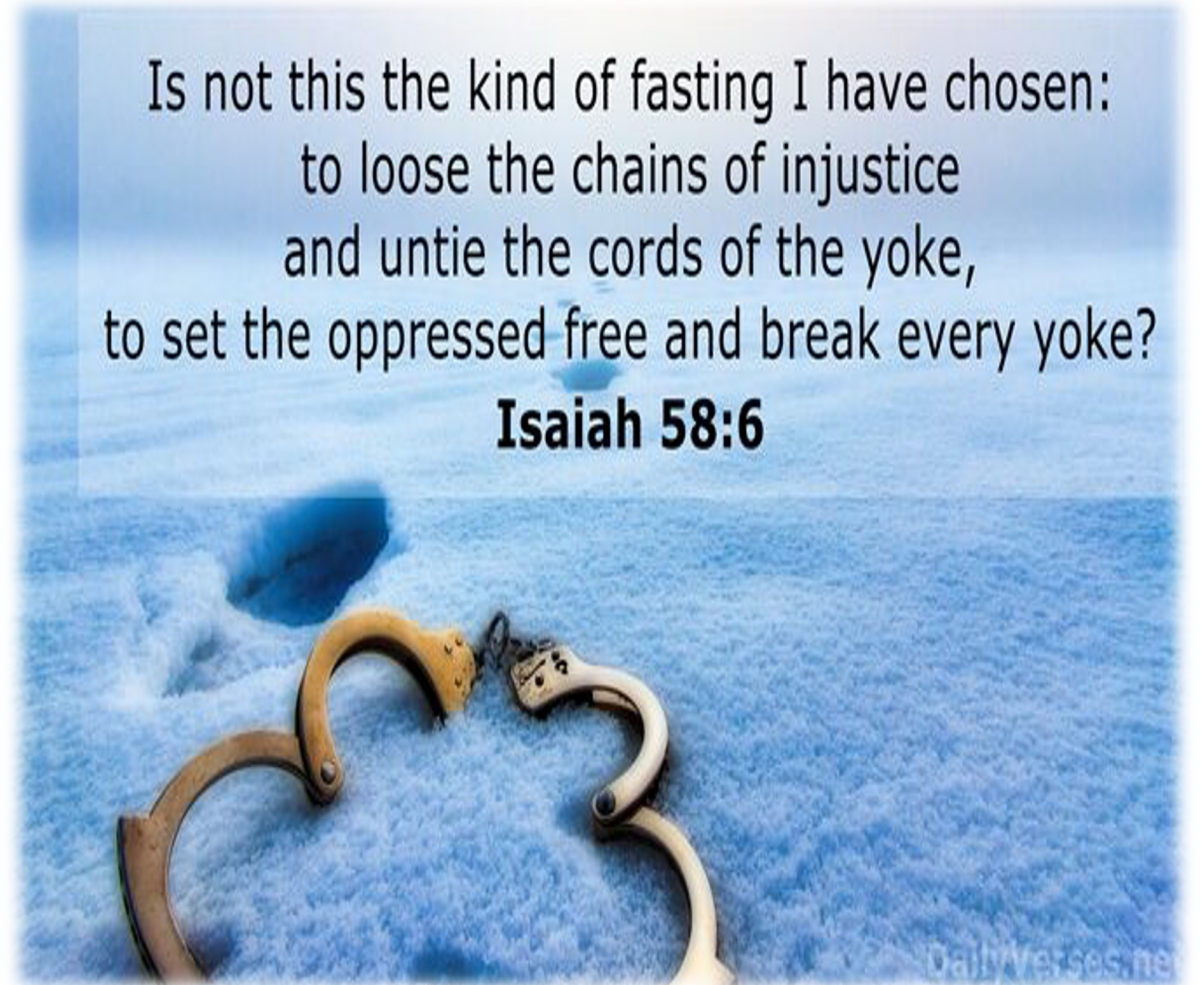
"Heavenly Father, as we fast and pray during lent, we humble ourselves before you, seeking your guidance and strength. Grant us the discipline to fast with sincerity and the fervency to pray without ceasing. May this time of fasting draw us closer to you and deepen our dependence on your grace. In the name of the Father, Son, and Holy Spirit, Amen."



FASTING & PRAYER

*"...your Father, who sees what is done in secret,
will reward you." - Matthew 6:17b NIV*

Bible verses



Please share / note down other Bible verses related to “Prayer and Fasting”.

SWEET HOUR OF PRAYER

[Link to the song](#)

Spirit Break Out

[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 your fasting and prayer life.
- Meditate on areas where fasting and prayer can bring about spiritual breakthroughs in your life.

Journal (write-down):

Take a few moments to journal your reflections on "Fasting and Prayer"

- Reflect on any insights or convictions to improve your fasting and prayer life to lead a life pleasing before God.
- Consider areas of your family, church, community or nation breakthroughs that you might be led to fast and pray.



Watch
+ Pray

Pray as the Lord leads you...





Closing Prayer...

“Heavenly Father, during this period of lent, we thank you for the opportunity to draw near to you through fasting and prayer and in humility and devotion. May the prayers be pleasing in your sight and may the fasting we have undertaken be a fragrant offering unto you. Grant us the grace to persevere in prayer and fasting, trusting in your faithfulness and provision. We offer this prayer 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