



Watch + Pray

Meditation and Prayer During Lent

TCE Lent 2024-Day 16: 2-March-2024

Led by: Bala Asirvatham & Helen Amos



Healing
and
Restoration

Tuesday, February 20, 2024

Opening Prayer

Loving Heavenly Father, we come before you with hearts longing for healing and restoration.

We acknowledge our brokenness and the brokenness of the world, and we turn to you as the source of all healing and restoration.

Grant us the faith to believe in your power to heal and restore, and the patience to trust in your timing.

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



PRAYERS OF HEALING AND RESTORATION



1. Praise the lord , o my soul; all my inmost being, praise his holy name.
2. Praise the lord , o my soul, and forget not all his benefits
3. Who forgives all your sins and heals all your diseases,
4. Who redeems your life from the pit and crowns you with love and compassion,
5. Who satisfies your desires with good things so that your youth is renewed like the eagle's.

Psalms 103:1-5

after your season
OF SUFFERING
GOD IN ALL HIS
GRACE WILL
RESTORE
confirm
strengthen and establish you.

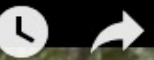
1 Peter 5:10



You are the God, that healeth me

(Kaulah Tuhan penyembuhku)

[Link to the song](#)



The Lord's My Shepherd (Psalm 23)
by Stuart Townend
© 1996 Thankyou Music

[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 areas in your life where you have received healing, whether physical, emotional, or spiritual.
- Consider any wounds or hurts that you need to bring before God for healing and restoration.

Journal (write-down):

Take a few moments to journal your reflection and meditation:

- Consider three specific actions that you can take (or to continue) to participate in God's work of healing and restoration in your own life and in the lives of others.



Pray as the Lord leads you...





Closing Prayer...

Loving Heavenly Father,

We thank you for the promise of healing and restoration that we find in you. As we conclude this time of prayer, we lift up to you all those in need of healing—physically, emotionally, and spiritually. Pour out your healing grace upon them, O Lord, and bring restoration to every broken area of their lives. May your healing power flow through us and bring hope to a hurting world.

We offer this prayer in the name of Jesus Christ, our Healer and Redeemer. 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