



Meditation and Prayer During Lent

TCE Lent 2024-Day 17: 4-March-2024

Led by: Bala Asirvatham & Helen Amos

A landscape photograph featuring a wide valley with green fields and scattered trees in the foreground. In the distance, there are rolling hills and mountains under a clear blue sky. A vibrant rainbow arches across the sky, its colors clearly visible. The overall scene is bright and hopeful.

**FAITH AND
TRUST**

IN

**GOD'S
PROMISES**

WHAT IS THE DIFFERENCE BETWEEN FAITH AND TRUST?

Trust is a choice to rely on God and
puts our faith into practice



Opening Prayer

Loving Heavenly Father, we come before you with hearts filled with faith and trust in your promises.


Help us to anchor our lives in the certainty of your word and to trust in your faithfulness even in the midst of uncertainty.

Strengthen our faith, O Lord, and deepen our trust in your unfailing love.

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

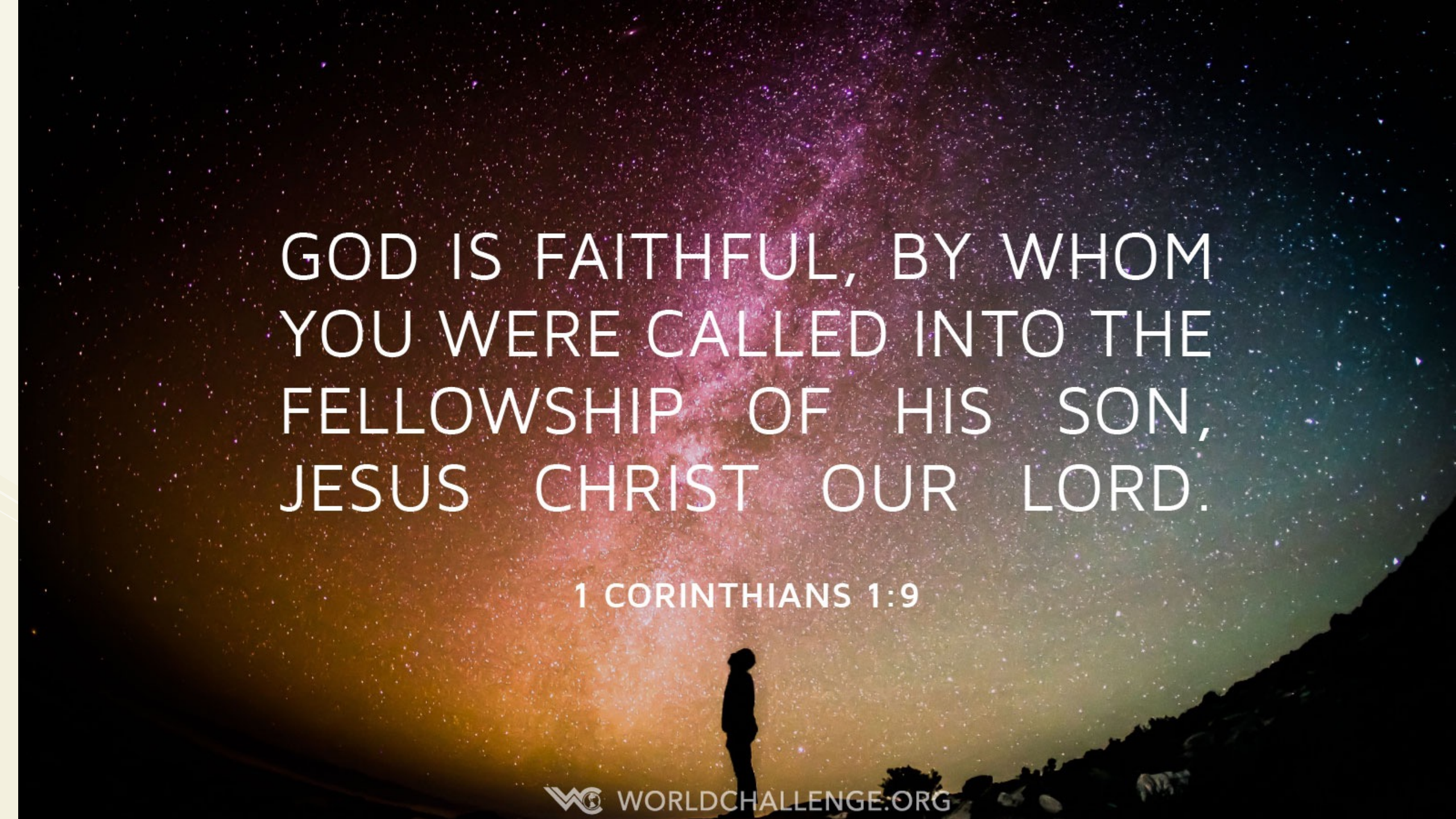


God's promises
give us
words to pray.

A padlock with a heart design is attached to a chain-link fence. The padlock is dark and has a heart shape embossed on its front. The fence is made of interlocking metal rings. The background is a soft, out-of-focus landscape with a teal and blue color palette.

He has given us his very
great and precious
promises, so that through
them you may participate
in the divine nature and
escape the corruption in
the world caused by evil
desires.

- 2 Peter 1:4 -

A person's silhouette is shown in the lower center, looking up at a vast night sky filled with stars and the Milky Way galaxy. The galaxy's light is a mix of purple, pink, and white, creating a dramatic backdrop for the text.

GOD IS FAITHFUL, BY WHOM
YOU WERE CALLED INTO THE
FELLOWSHIP OF HIS SON,
JESUS CHRIST OUR LORD.

1 CORINTHIANS 1:9



Sunday Hymn Serenade
Standing On The Promises
Rosemary Siemens

[Link to the song](#)



[Link to the song](#)

Sunday Hymn Serenade

Tis So Sweet To Trust In Jesus
Rosemary Siemens

Reflection & Meditation and Journaling



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

- Reflect on times when God has been faithful to His promises in your life.
- Consider areas in your life where you need in faith and trust in God.

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 grow in faith and trust in God.



Pray as the Lord leads you...





Closing Prayer...

Loving Heavenly Father,
we thank you for the gift of faith and the assurance of
your promises. Help us to trust in your unfailing love and
to cling to the certainty of your word.

Strengthen our faith, O Lord, and deepen our trust in
you, knowing that you are faithful to fulfill all your
promises. 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



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