



Meditation and Prayer During Lent

TCE Lent 2024-Day 18: 5-March-2024

Led by: Bala Asirvatham & Helen Amos

A serene forest scene with a stream flowing through it, framed by a thin white border. The text is centered within the frame.

GOD'S HEART,
JUSTICE &
RIGHTEOUSNESS

Opening Prayer

Loving Heavenly Father, we come before you with hearts burdened by the injustices of the world and the cry of the oppressed.

Grant us the courage to pursue justice and righteousness in all our actions and decisions.

Help us to stand up for the marginalized and oppressed, and to be agents of your kingdom of justice and peace.

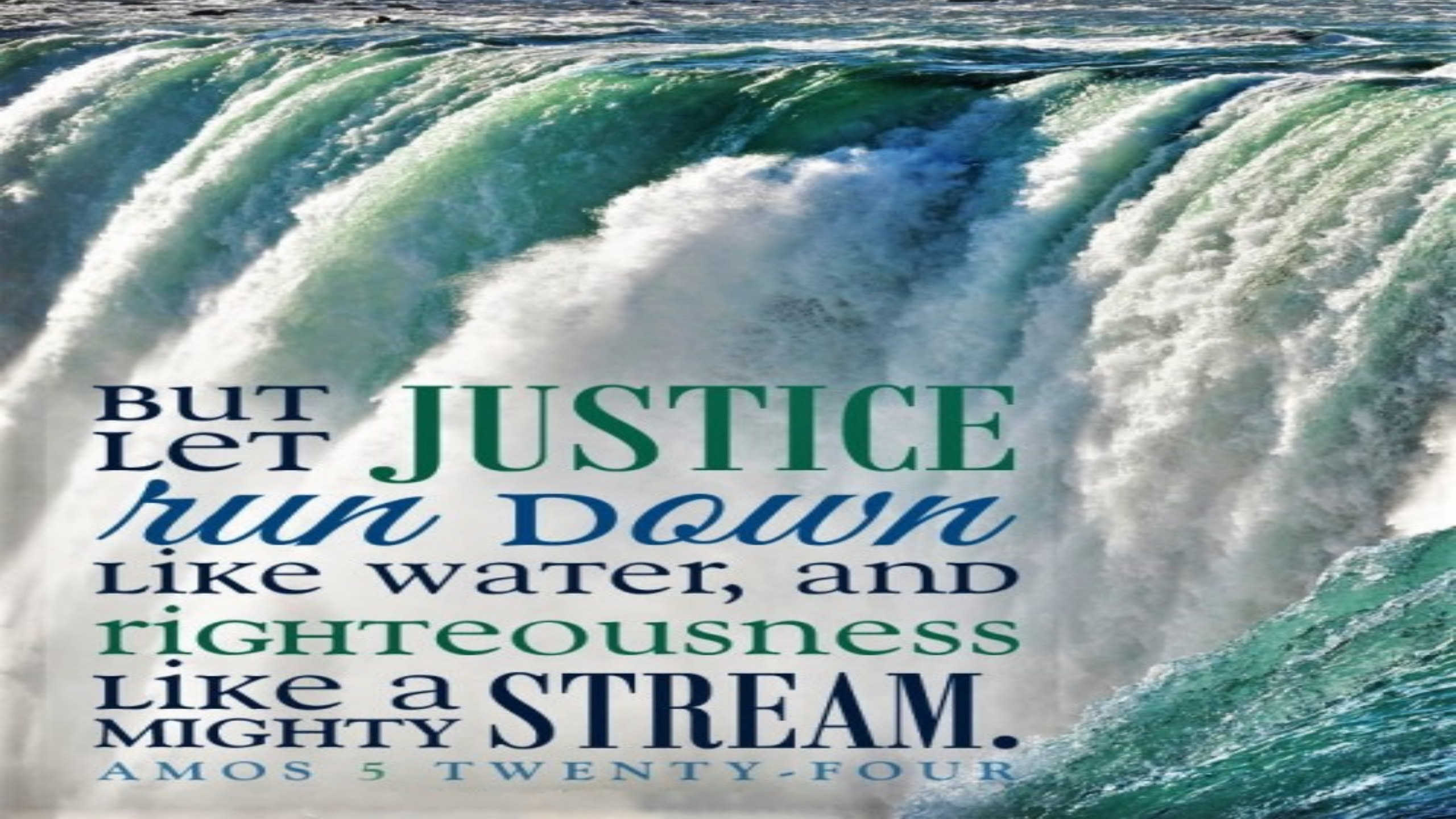
In the name of the Father, Son, and Holy Spirit, Amen.”





THE LORD LOVES
RIGHTEOUSNESS AND JUSTICE;
THE EARTH IS FULL OF HIS
UNFAILING LOVE

PSALM 33:5



BUT **JUSTICE**
LET *run DOWN*
like water, and
righteousness
like a **STREAM.**
AMOS 5 TWENTY-FOUR



[Link to the song](#)



BATTLE BELONGS

[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 on any areas in your life where you can advocate for justice and righteousness.

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 partner with God for justice and righteousness.



Pray as the Lord leads you...





Closing Prayer...

Loving Heavenly Father,

We thank you for the call to pursue justice and righteousness in our lives. Help us to be instruments of your peace and agents of your kingdom of justice.

Give us the courage to speak out against injustice and the compassion to stand with the marginalized and oppressed. May our lives reflect your righteousness and bring glory to your name. 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