



# Watch + Pray

# Meditation and Prayer During Lent

TCE Lent 2024-Day 20: 7-March-2024

Led by: Bala Asirvatham & Helen Amos



*Together*  
**IN CHRIST**

## Opening Prayer

Loving Heavenly Father, we come before you with hearts filled with gratitude for the gift of community and fellowship.

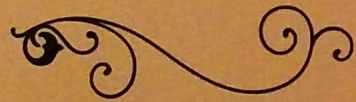
Bless our relationships with one another and deepen our sense of unity as members of your family.

Help us to love one another as you have loved us and to build each other up in faith and love.

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



“ And they continued steadfastly  
in the *apostles' doctrine*  
and *fellowship*,  
in the *breaking of bread*,  
and in *prayers*.”  
ACTS 2:42





And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.

- Hebrews 10:24-25 -

# BUILD YOUR CHURCH

Elevation Worship & Maverick City  
Lyric Video



[Link to the song](#)





# Bind us together Lord

[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.

- Consider the ways in which your faith community and fellowship supports and encourages you in your journey of faith.

## **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 contribute to the strength and vitality of your faith community and fellowship.





Pray as the Lord leads you...





## Closing Prayer...

Loving Heavenly Father,

We thank you that we are part of a faith community and we are blessed to have fellowship with one another. Deepen our relationships with one another and strengthen our unity as members of your body, the church.

Help us to support and encourage each other and bear each other's burdens in love. May our community and fellowship be a reflection your grace and a beacon of light in the world.

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