



**Watch
+ Pray**

Meditation and Prayer During Lent

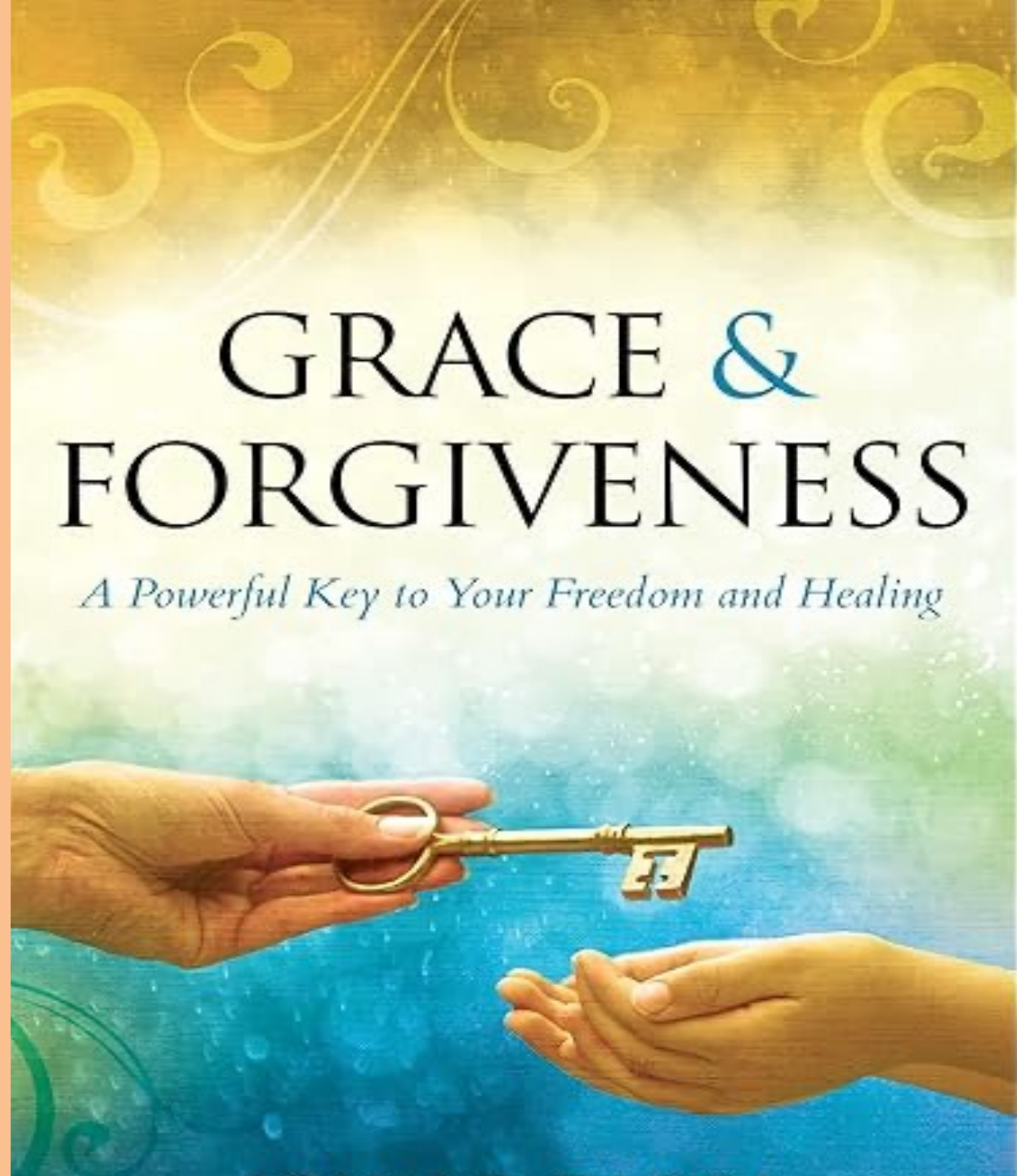
TCE Lent 2024-Day 21: 8-March-2024

Led by: Bala Asirvatham & Helen Amos

Lent 2024

*Today's theme for
Daily Prayer*

Tuesday, February 20, 2024



Opening Prayer

Loving Heavenly Father, we come to your throne of grace because of Jesus. Thank you, Jesus for costly price that you paid for our sins. Thank you that you forgive us our sins and give us the grace to forgive others. Your grace is sufficient for all our needs.

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.”



HE HAS NOT DEALT WITH US
ACCORDING TO OUR SINS,
NOR PUNISHED US
ACCORDING TO
OUR INIQUITIES.

PSALM 103:10



And be ye kind one to another,
tenderhearted, forgiving one another,
even as God for Christ's sake hath forgiven you.

Ephesians 4:32





FORGIVENESS

by

**MATTHEW
WEST**

[Link to the song](#)

Grace Greater Than Our Sin

Don Moen

[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 you have experienced God's grace and forgiveness in your life.
- Reflect on any areas in your life where you struggle to extend grace and forgiveness to others.

Journal (write-down):

Take a few moments to journal your reflection and meditation:

- Consider three specific actions that you can (or continue to) cultivate a heart of grace and forgiveness in your relationships and interactions.



Pray as the Lord leads you...





Closing Prayer...

Gracious Heavenly Father, we thank you for the gift of your grace and the power of your forgiveness.

Help us to walk in the freedom of your grace and to extend forgiveness to those who have wronged us. May our lives be a testament to your boundless mercy and love. We ask for your strength and guidance as we seek to live lives of grace and forgiveness.

We offer this prayer in the name of Jesus Christ, our Saviour 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