



Watch + Pray

Meditation and Prayer During Lent

TCE Lent 2024-Day 22: 9-March-2024

Led by: Bala Asirvatham & Helen Amos

LENT 2024

TODAY'S THEME
FOR DAILY
PRAYER

compassion

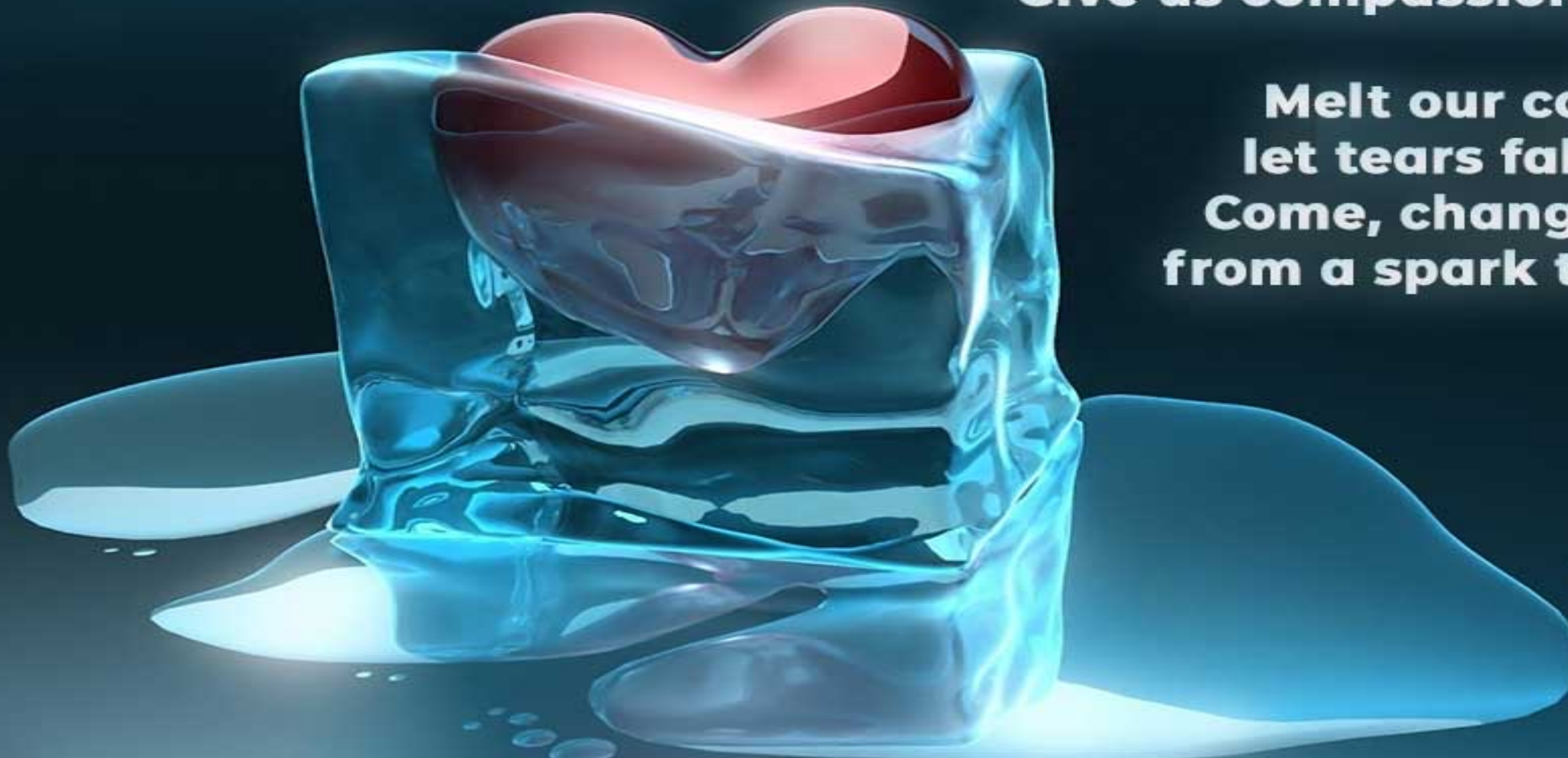
&

Marginalised

Opening Prayer

**God of the poor,
Friend of the weak,
Give us compassion, we pray.**

**Melt our cold hearts;
let tears fall like rain;
Come, change our love
from a spark to a flame.**



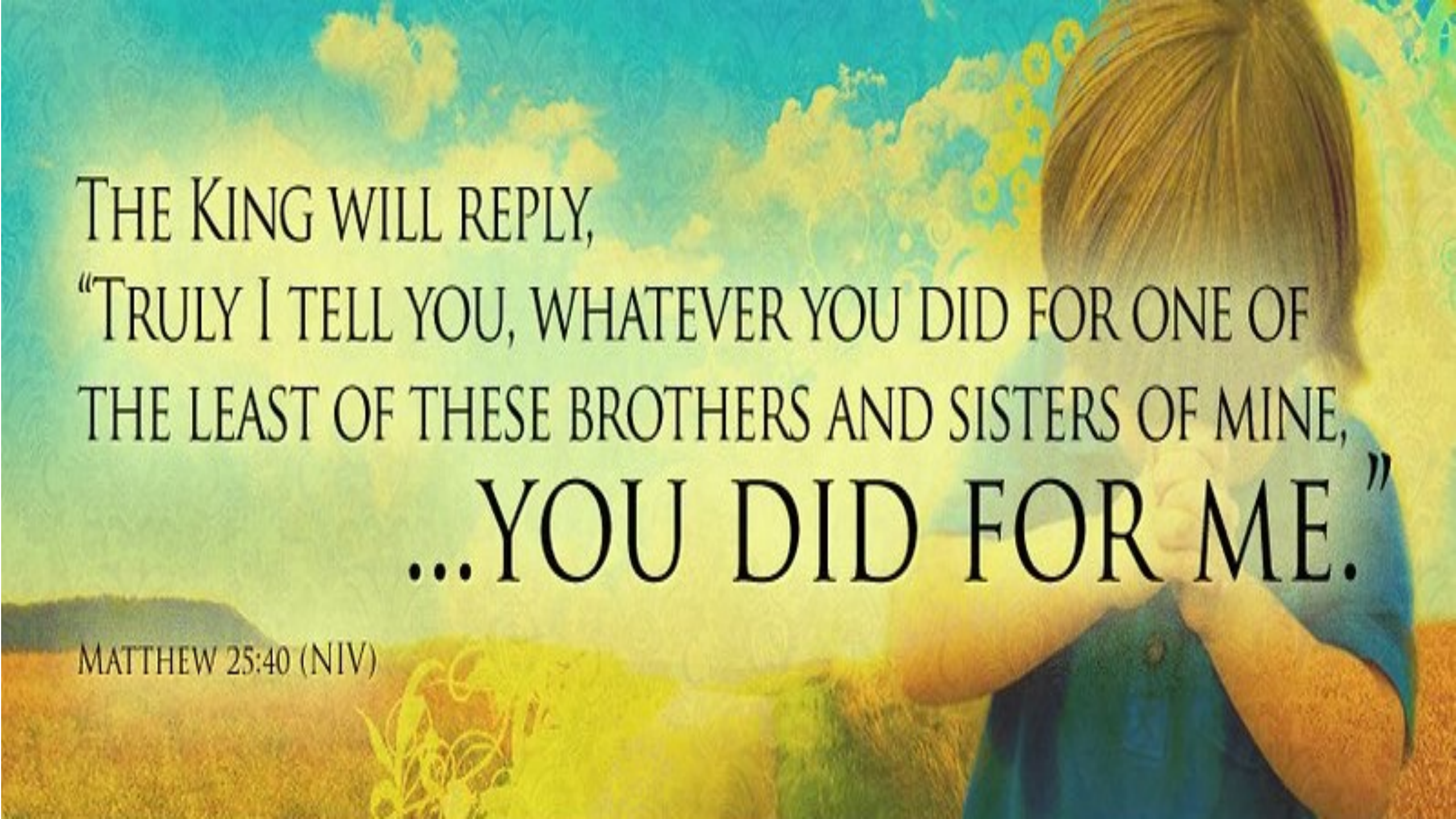
Giving Hope Today
@saoshawa

Sunday Songbook

Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.

Proverbs 31:8-9





THE KING WILL REPLY,
“TRULY I TELL YOU, WHATEVER YOU DID FOR ONE OF
THE LEAST OF THESE BROTHERS AND SISTERS OF MINE,
...YOU DID FOR ME.”

MATTHEW 25:40 (NIV)



Do Something

[Link to the song](#)

G O D O F T H E P O O R

[Link to the song](#)

From the album

Shine

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 can extend compassion and support to those who are marginalized.
- 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) take to show compassion and to make a tangible difference in the lives of those who are marginalized.



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 Savior 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