



# Watch + Pray

# Meditation and Prayer During Lent

TCE Lent 2024-Day 23: 11-March-2024

Led by: Bala Asirvatham & Helen Amos

# Lent 2024: Today's Daily Prayer theme



Renewal  
of Faith





## *Heavenly Father,*

*Here I am God.  
Renew my faith.  
Set my heart on  
knowing you better.  
Build me up to be a  
disciple you want me  
to be. Remove any  
unwholesome habits  
and bless me with  
a new spirit.  
Let me be a voice  
for hope and an  
ambassador for the  
gospel. In Jesus name,  
I pray.  
Amen.*

## ROMANS 12:2

DO NOT CONFORM TO THE PATTERN  
OF THIS WORLD,  
BUT BE TRANSFORMED  
BY THE RENEWING OF YOUR MIND.  
THEN YOU WILL BE ABLE TO TEST  
AND APPROVE WHAT GOD'S WILL IS—HIS GOOD,  
PLEASING AND PERFECT WILL.



Create in me a

Clean  
heart,  
O God,

and renew a  
right spirit within me.  
Psalm 51:10



# Renew Me

[Link to the song](#)



**Draw me close to You  
never let me go  
I lay it all down again  
To hear You say that I'm Your friend**

[Link to the song](#)

# Reflection and Journaling



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

- Thank the Lord for the measure of faith he has placed in you and helped it to grow.
- Consider areas where your faith may have grown stagnant or where you feel distant from God.

## **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 cultivate a renewed sense of faith and intimacy with God.





Pray as the Lord leads you...





## Closing Prayer...

Gracious God, we thank you for the promise of renewal and transformation in Christ Jesus.

Renew our faith, O Lord, and breathe new life into our spirits. Help us to trust in your faithfulness and to walk in obedience to your will. May our lives be a testament to your grace and power at work within us.

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