



Watch + Pray

Meditation and Prayer During Lent

TCE Lent 2024-Day 24: 12-March-2024

Led by: Bala Asirvatham & Helen Amos

Lent 2024: Today's Daily Prayer theme

“Detachment from worldly desires”



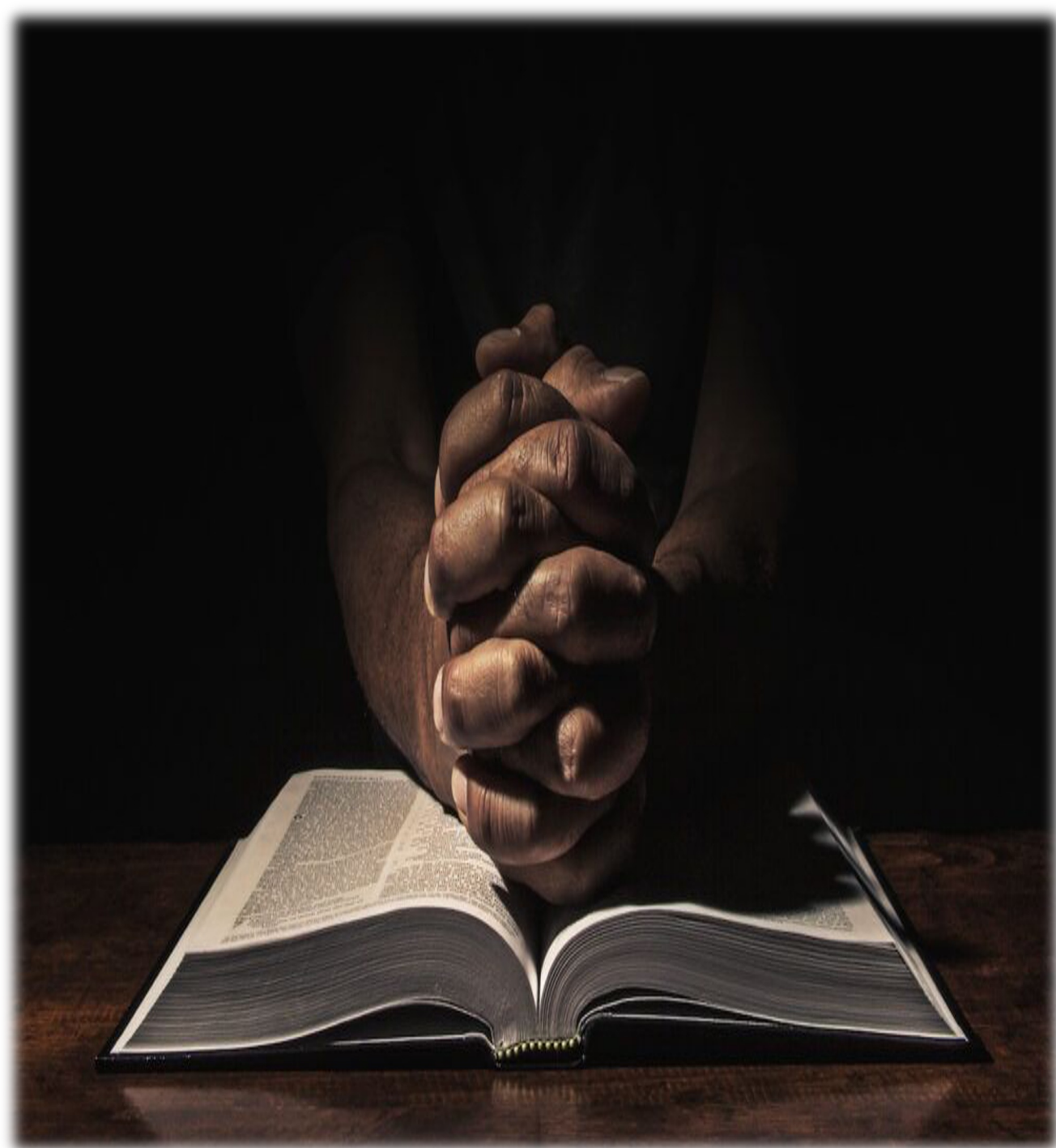
Opening Prayer

Heavenly Father, we come before you with hearts longing to detach from the fleeting desires of this world and to seek first your kingdom.

Grant us the strength to let go of worldly attachments and to fix our eyes on the eternal treasures that you offer.

Help us to find our satisfaction and fulfilment in you alone.

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



For the grace of God has appeared
that offers salvation to all people.
It teaches us to say "No" to ungodliness
and worldly passions, and to live self-controlled,
upright and godly lives in this present age.

Titus 2:11-12

You adulterous
people! Do You not
know that friendship
with the world is
enmity with God?
Therefore whoever
wishes to be a
friend of the world
makes himself an
enemy of God.

James 4:4

DO NOT LOVE THE WORLD OR THE THINGS IN THE WORLD. IF ANYONE LOVES THE WORLD, THE LOVE OF THE FATHER IS NOT IN HIM. FOR ALL THAT IS IN THE WORLD—THE LUST OF THE FLESH, THE LUST OF THE EYES, AND THE PRIDE OF LIFE—IS NOT OF THE FATHER BUT IS OF THE WORLD.

I JOHN 2:15-16



TURN YOUR EYES

SOVEREIGN GRACE MUSIC

[Link to the song](#)



Hillsong

I Surrender

[Link to the song](#)

Reflection and Journaling



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

- Consider the ways in which worldly desires can distract you from your relationship with God.

Journal (write-down):

Take a few moments to journal your reflection and meditation:

- Consider three specific practical steps that you can (or continue to) take to cultivate a deeper sense of detachment from worldly desires and surrender to God's will.



Pray as the Lord leads you...





Closing Prayer...

Gracious God, we thank you for the call to detachment from worldly desires and the invitation to find our true satisfaction in you.

Help us to let go of anything that hinders our relationship with you and to fix our eyes on the eternal treasures of your kingdom.

Grant us the wisdom to prioritize what truly matters and the courage to pursue your will above all else.

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