

Meditation and Prayer During Lent

TCE Lent 2024-Day 28: 16-March-2024 Led by: Bala Asirvatham & Helen Amos

Lent 2024: Today's Daily Prayer theme

REST AND REFLECTION

Opening Prayer

DEAR LORD. BREAK ME OF THE NEED TO BE BUSY PURSUING A SENSE OF SELF-WORTH. MAKE ME SECURE IN WHO YOU ARE AND WHO YOU'VE MADE ME TO BE, AND AS A RESULT. TEACH ME WHAT IT MEANS TO TRULY REST. HELP ME CATCH MY BREATH. IN JESUS' NAME, AMEN.

— MAX LUCADO

Let the beloved of the Lord rest secure in Him, for He shields him all day long, and the one the Lord loves rests between His shoulders.



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COME TO ME, ALL WHO LABOR AND ARE HEAVY LADEN, AND I WILL GIVE YOU REST.

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Take My Life And Let It Be - Lor

Take My Life And Let It Be

Link to the song

BE STILL MY SOUL (IN YOU I REST) By Kari Jobe

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 areas in your life where you need rest and renewal.

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 create space for rest and reflection.



Pray as the Lord leads you...



Closing Prayer...

Gracious Heavenly Father, we thank you for the gift of rest and reflection in your presence.

Help us to surrender our burdens and worries to you and to find true rest in your loving embrace. Grant us the wisdom to discern your voice amidst the noise of life and the courage to follow where you lead.

May our souls find peace in you alone. We offer this prayer in the wonderful name of Jesus Christ, our Lord. Amen

Lent 2024: Daily Meditation and Prayer Themes



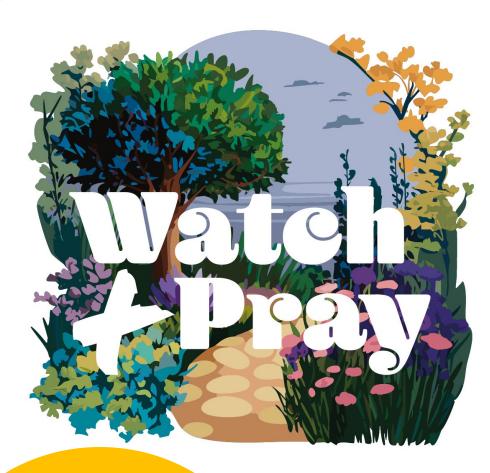
Day 1: Wednesday, 14-Feb-24: Ash Wednesday @TCE Day 2: Thursday, 15-Feb-24: Forgiveness and Reconciliation Day 3: Friday, 16-Feb-24: Compassion and Mercy Day 4: Saturday, 17-Feb-24: Temptation and Strength Day 5: Monday, 19-Feb-24: Humility and Self-Examination Day 6: Tuesday, 20-Feb-24: Trust and Surrender 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.

