



# Watch + Pray

# 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.

*Deuteronomy 33:12*

[fb.com/fitnessandfaithfulness](https://fb.com/fitnessandfaithfulness)





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

*Matthew 11:28*

**BIBLE  
LYFE**

# *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.



watch  
+ pray