



Watch + Pray

Meditation and Prayer During Lent

TCE Lent 2024-Day 29: 18-March-2024

Led by: Bala Asirvatham & Helen Amos

Lent 2024:
Today's Daily
Prayer theme



Opening Prayer

Heavenly Father, we come before you with hearts in need of patience and perseverance in our journey of faith.

Grant us the strength to endure trials and the patience to wait upon your perfect timing.

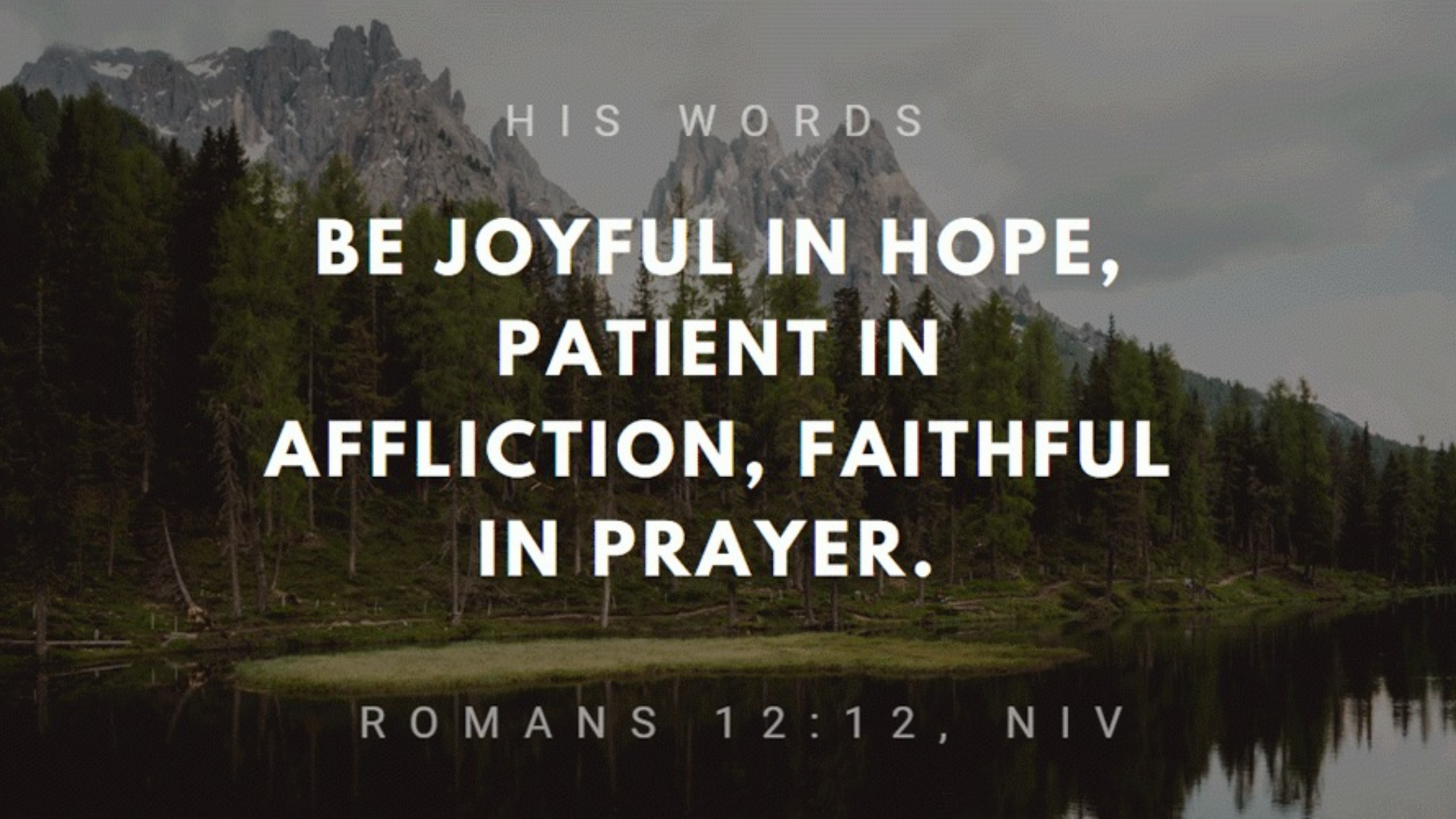
Help us to persevere in faith, knowing that you are faithful to fulfill your promises.

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



KEEP KNOCKING:
Persevering in Prayer



A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen trees in the middle ground, and a range of rugged, rocky mountains with patches of snow in the background under a grey, overcast sky. The text is overlaid on this scene.

H I S W O R D S

**BE JOYFUL IN HOPE,
PATIENT IN
AFFLICTION, FAITHFUL
IN PRAYER.**

R O M A N S 1 2 : 1 2 , N I V

Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

JAMES 1:12



Even If

MercyMe

[Link to the song](#)



C A S T I N G C R O W N S



THE ULTIMATE COLLECTION

P R A I S E Y O U I N T H I S S T O R M

[Link to the song](#)

Reflection and Journaling



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

- Reflect on any challenges or trials you are facing and how God may be using them to develop patience and perseverance in you.

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 rely more on God's strength to persevere through difficult seasons.



Pray as the Lord leads you...





Closing Prayer...

Gracious Heavenly Father, we thank you for the gift of patience and the strength to persevere in faith.

Help us to trust in your perfect timing and to remain steadfast in our commitment to follow you. Grant us the grace to endure trials with patience and to persevere with unwavering faith.

May our lives be a testimony to your faithfulness and grace. We offer this prayer in the majestic 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