



# Meditation and Prayer During Lent

TCE Lent 2024-Day 30: 19-March-2024  
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**Lent 2024:  
Today's Daily  
Prayer theme**



**Trust in God's  
providence**




## Opening Prayer

Loving Heavenly Father, we come before you with hearts open to trust in your providence and sovereignty over our lives.

Help us to surrender our fears and anxieties to you and to trust in your perfect plan for us. Grant us the grace to rely on your provision and to rest in the assurance of your love.

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



TRUST THE PAST TO  
GOD'S MERCY,  
THE PRESENT TO  
GOD'S LOVE,  
AND THE FUTURE TO  
GOD'S PROVIDENCE.

AUGUSTINE



A scenic landscape featuring a wooden boardwalk path that winds through a valley of tall, golden-brown grasses. In the distance, a river flows through a rocky bed, surrounded by rugged, brown mountains under a cloudy sky. The path leads the viewer's eye from the foreground towards the river and the mountains.

**<sup>5</sup> TRUST IN THE LORD WITH ALL YOUR HEART,  
AND LEAN NOT ON YOUR OWN UNDERSTANDING;**

**<sup>6</sup> IN ALL YOUR WAYS ACKNOWLEDGE HIM,  
AND HE SHALL DIRECT YOUR PATHS.**

**PROVERBS 3:5-6**



**FOR I KNOW THE PLANS I HAVE  
FOR YOU,” DECLARES THE LORD,  
“PLANS TO PROSPER YOU AND  
NOT TO HARM YOU, PLANS TO  
GIVE YOU HOPE AND A FUTURE.**

**JERIMIAH 29:11**



# PSALM 23

[Link to the song](#)





[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 areas in your life where you struggle to trust God's plan and provision.

## **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 trust in God's providence in your daily life.





Pray as the Lord leads you...







## Closing Prayer...

Gracious Heavenly Father, we thank you for your unfailing love and the assurance of your presence in our lives.

Help us to trust in your plan and provision, even when we cannot see the way forward. Grant us the faith to believe in your promises and the courage to follow where you lead.

May our lives be a testimony to your faithfulness and love.

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