



**Watch
+ Pray**

Meditation and Prayer During Lent

TCE Lent 2024-Day 32: 21-March-2024

Led by: Bala Asirvatham & Helen Amos

**Lent 2024:
Today's Daily
Prayer theme**

GRATITUDE

FOR

BLESSINGS.

william arthur ward

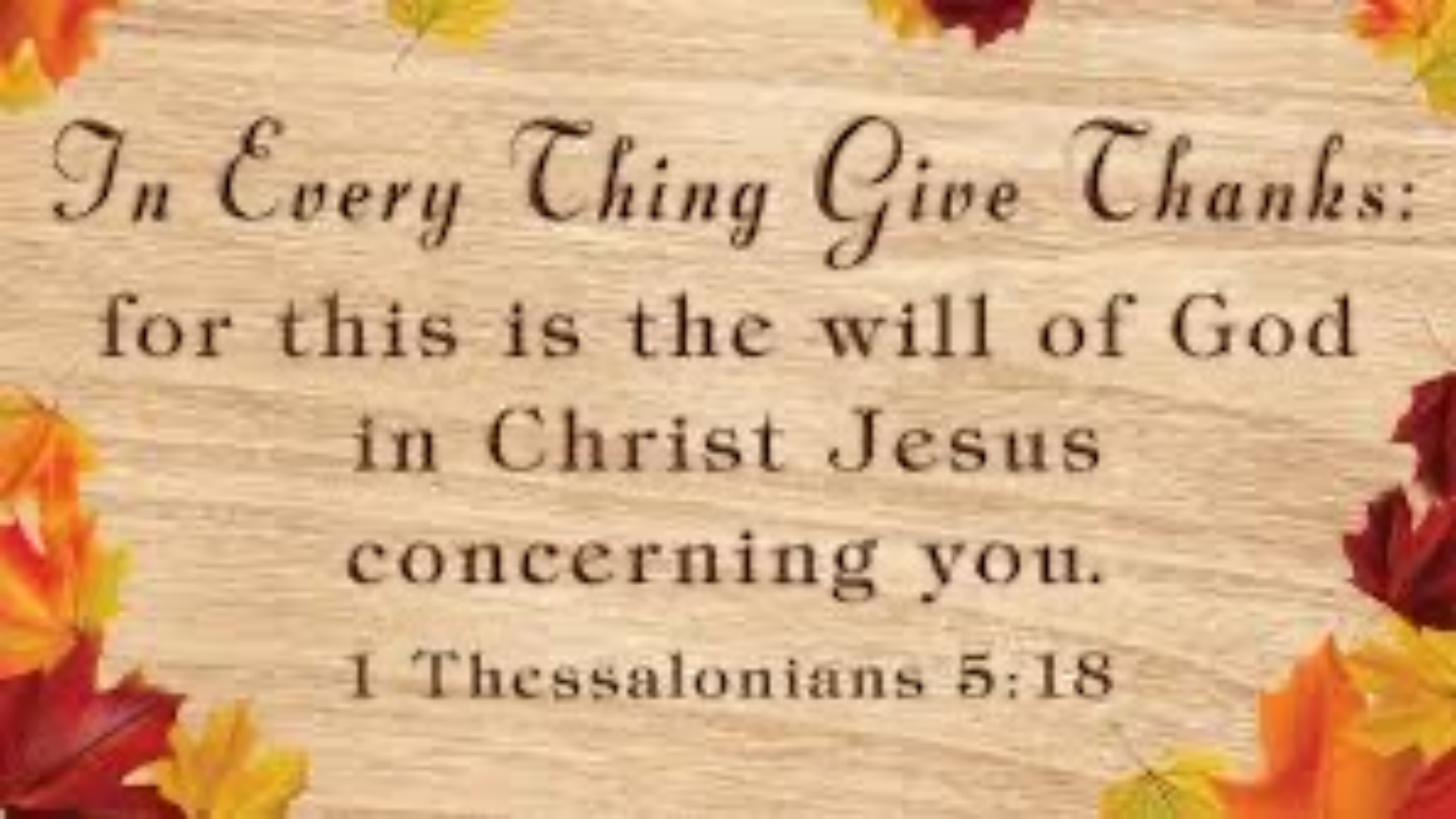
Opening Prayer

Loving Heavenly Father, we come before you with hearts overflowing with gratitude for the countless blessings you have bestowed upon us.

Thank you for your unfailing love, your provision, and your faithfulness in our lives. Help us to cultivate a heart of gratitude and to live each day with thankfulness for your goodness.

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





In Every Thing Give Thanks:

for this is the will of God
in Christ Jesus
concerning you.

1 Thessalonians 5:18



Psalm 107:1-2

Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story — those he redeemed from the hand of the foe.

LOR

I AM TRUSTING THEE, LORD JESUS

[Link to the song](#)



Count your blessings, name them one by one

[Link](#)



Reflection and Journaling



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

- Reflect on the times in your life where expressing gratitude has transformed your perspective and attitude.

Journal (write-down):

Take a few moments to journal your reflection and meditation:

- Consider three specific practical steps that you can (or continue to) cultivate a lifestyle of gratitude in your daily life



Pray as the Lord leads you...





Closing Prayer...

Gracious Heavenly Father, we thank you for the abundant blessings you have poured out upon us.

Help us to never take your goodness for granted, but to live each day with hearts full of gratitude. May our lives be a reflection of your love and generosity, and may we never cease to give thanks for all that you have done for us.

We offer this prayer in the Blessed name of Jesus Christ, our Saviour and Redeemer. 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