



Love

Poured Out

February 14 - March 31
2024 DAILY LENT PRACTICES

During the season of Lent, we invite you to engage the practices of prayer, fasting, and sacrifice. As you engage them intentionally and consistently, you will notice a hunger for more time with Jesus.

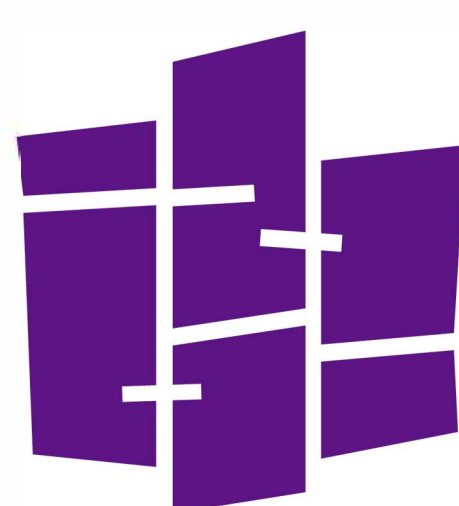
What does it mean for love to be poured out in your life and in our world?

LENT AT RIVERSIDE: LOVE POURED OUT

www.trcnyc.org/lent

Join us online or in the Nave for worship
every **Sunday at 11:00 AM** (trcnyc.org/SundayMorningWorship)

Join us online for morning prayer
Monday-Friday at 8:00 AM (trcnyc.org/MorningPrayer)



THE RIVERSIDE CHURCH
IN THE CITY OF NEW YORK

Love

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February 14 - February 24

2024 DAILY LENT PRACTICES



Wed, Feb 14	Observe Ash Wednesday with Riverside at 7:00 PM Online and in the Nave . What does it mean for love to be poured out? Reflect on the meaning of this day.
Thur, Feb 15	“The cross on our foreheads on Ash Wednesday is not a victory mark. It is a cold and it’s a broken hallelujah.” - <i>Rev. Lynn Casteel Harper</i> Visit trcnyc.org/bsag-12-01 to listen to a lenten audio devotion. How have you experienced a cold and broken hallelujah in your life?
Fri, Feb 16	Not everyone can fast from food. Fast today (or a portion of the day) from screens and spend that time in prayer. What does this sacrifice lead you to notice?
Sat, Feb 17	Read Mark 10:17-31 . Then watch the latest episode of The Word Made Fresh as you prepare for worship on Sunday (trcnyc.org/TheWordMadeFresh).
Sun, Feb 18	Begin your week with scripture, worship, and community. Join Open Bible Study at 9:30 AM (trcnyc.org/OpenBibleStudy). Join us for worship at 11:00 AM (trcnyc.org/SundayMorningWorship).
Mon, Feb 19	Read 1 Peter 4:7-11 ; pray to discern at least one way you can serve the church. Visit trcnyc.org/LayLeadership for ideas of how you can get involved.
Tue, Feb 20	Light a candle and spend 15 minutes or more in silence, connecting with God.
Wed, Feb 21	Join Riverside for morning, noon, or evening prayer. (trcnyc.org/lent).
Thur, Feb 22	“You are shining. At least, that’s how God sees you. You do not need a reality show or a makeover or an Instagram filter to be complete and whole and amazing.” - <i>Rev. Amanda Meisenheimer</i> Visit trcnyc.org/bsag-09-46 to listen to a lenten audio devotion. What does it mean for you to see yourself as “shining”?
Fri, Feb 23	Not everyone can fast from food. Fast today (or a portion of the day) from negative thoughts. Catch those thoughts and replace them with prayers of gratitude.
Sat, Feb 24	Read Mark 10:32-52 . Then watch the latest episode of The Word Made Fresh as you prepare for worship on Sunday (trcnyc.org/TheWordMadeFresh).

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February 26 - March 7

2024 DAILY LENT PRACTICES



Sun, Feb 25	Begin your week with scripture, worship, and community. Join Open Bible Study at 9:30 AM (trcnyc.org/OpenBibleStudy). Join us for worship at 11:00 AM (trcnyc.org/SundayMorningWorship).
Mon, Feb 26	Read Psalm 51 and pray a Lenten prayer of confession.
Tue, Feb 27	Call someone and tell them how you see God using their gifts.
Wed, Feb 28	Join Riverside for morning, noon, or evening prayer (trcnyc.org/lent).
Thur, Feb 29	“You gotta wade through those troubled waters, take hold of your life, put your feet into the messy places.” - <i>Bishop Karen Oliveto</i> Visit trcnyc.org/bsag-3-26 to listen to a lenten audio devotion. What does it mean that God is not finished with you?
Fri, Mar 1	Not everyone can fast from food. Fast today (or a portion of the day) from shopping and spending. Give away any money saved.
Sat, Mar 2	Read Mark 12:1-17 . Then watch the latest episode of The Word Made Fresh as you prepare for worship on Sunday (trcnyc.org/TheWordMadeFresh).
Sun, Mar 3	Begin your week with scripture, worship, and community. Join Open Bible Study at 9:30 AM (trcnyc.org/OpenBibleStudy). Join us for worship at 11:00 AM (trcnyc.org/SundayMorningWorship). Bring canned good donations with you to worship in the Nave.
Mon, Mar 4	Read Matthew 18:1-5 ; pray for the children of our church, the Weekday School, and the world. Pray for childlike faith.
Tue, Mar 5	Guided by the Spirit, choose a sacred word and pray with that word for 15 minutes.
Wed, Mar 6	Join Riverside for morning, noon, or evening prayer (trcnyc.org/lent).
Thur, Mar 7	“It’s not enough for me to sit on the sidelines and throw rocks but I need to be part of helping to do something, whatever I can.” - <i>Dr. Ronald Lonesome</i> Visit trcnyc.org/bsag-6-19 to listen to a lenten audio devotion. How are you called to work as part of this movement?



Fri, Mar 8	Not everyone can fast from food. Fast today (or a portion of the day) from technology. Read a book, pray, or spend time with others instead.
Sat, Mar 9	Read Mark 12:28-44 . Then watch the latest episode of The Word Made Fresh as you prepare for worship on Sunday (trcnyc.org/TheWordMadeFresh).
Sun, Mar 10	Begin your week with scripture, worship, and community. Join Open Bible Study at 9:30 AM (trcnyc.org/OpenBibleStudy). Join us for worship at 11:00 AM (trcnyc.org/SundayMorningWorship).
Mon, Mar 11	Read your Bible out loud or in a new place, for a new perspective.
Tue, Mar 12	Make a date to read scripture with a friend and pray for one another.
Wed, Mar 13	Join Riverside for morning, noon, or evening prayer (trcnyc.org/lent).
Thur, Mar 14	“We must be cracked open to our own sin and the pain of the world in order to begin to allow God’s kingdom to enter in, to redeem us, to redeem the world. It begins with that undoing.” - <i>Kate Bowler</i> Visit trcnyc.org/bsag-1-26 to listen to a lenten audio devotion. How have you experienced this upside down kingdom?
Fri, Mar 15	Not everyone can fast from food. Fast today (or a portion of the day) from negative speech. When those urges arise, replace them with prayer.
Sat, Mar 16	Read Mark 13:1-8, 24-37 . Then watch the latest episode of The Word Made Fresh as you prepare for worship on Sunday (trcnyc.org/TheWordMadeFresh).
Sun, Mar 17	Begin your week with scripture, worship, and community. Join Open Bible Study at 9:30 AM (trcnyc.org/OpenBibleStudy). Join us for worship at 11:00 AM (trcnyc.org/SundayMorningWorship).
Mon, Mar 18	Read 1 Peter 4:7-11 ; pray to discern at least one way you can serve the church. Visit trcnyc.org/Volunteer for ideas of how you can volunteer.
Tue, Mar 19	Consider your faith story and those who brought you to faith; pray for them and for yourself.
Wed, Mar 20	Join Riverside for morning, noon, or evening prayer (trcnyc.org/lent).

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March 21 - March 31

2024 DAILY LENT PRACTICES



Thur, Mar 21	<p>“We are called to live in the house of God and the house of God is among those who are suffering.” -<i>Rev. Dr. Cláudio Carvalhaes</i></p> <p>Visit trcnyc.org/bsag-3-12 to listen to a lenten audio devotion. Who are you praying for? And with whom are you praying?</p>
Fri, Mar 22	<p>Not everyone can fast from food. Fast today (or a portion of it) from technology and spend that time in prayer. What does this sacrifice lead you to notice?</p>
Sat, Mar 23	<p>Read Mark 11:1-11; 14:3-9. Then watch the latest episode of The Word Made Fresh as you prepare for worship on Sunday (trcnyc.org/TheWordMadeFresh).</p>
Sun, Mar 24	<p>Begin your week with scripture, worship, and community. Join Open Bible Study at 9:30 AM (trcnyc.org/OpenBibleStudy). Join us for worship at 11:00 AM (trcnyc.org/SundayMorningWorship).</p>
Mon, Mar 25	<p>What does “Love poured out” mean to you? Spend some time reflecting and journaling.</p>
Tue, Mar 26	<p>“God is still speaking in the chaos. God is still speaking in spite of us. And God is still speaking in the created world around us.” -<i>Rev. Jim Keat</i></p> <p>Visit trcnyc.org/bsag-3-47 to listen to a lenten audio devotion. Where do you hear God in the world around you?</p>
Wed, Mar 27	<p>Join Riverside for morning, noon, or evening prayer (trcnyc.org/lent).</p>
Thur, Mar 28	<p>Observe Maundy Thursday with Riverside at 7:00 PM Online and in the Nave. Reflect on the meaning of this day.</p>
Fri, Mar 29	<p>Observe Good Friday with Riverside from 12:00 PM - 3:00 PM Online and in the Nave. Reflect on the meaning of this day.</p>
Sat, Mar 30	<p>Walk the Labyrinth at The Riverside Church from 12:00 PM - 3:00 PM.</p>
Sun, Mar 31	<p>Join Riverside for Easter Sunday Worship at 11:00 AM online and in the Nave. Special music begins at 10:30 AM. Reflect on the meaning of this day.</p>