


Daily Lent Practices


This year during the season of Lent we are offering daily practices of prayer, fasting, and giving. If you engage them intentionally and consistently, you will notice a hunger for more time with Jesus.


We are grateful to be on the journey together.


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


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


Wed, Feb 22	Observe Ash Wednesday with Riverside at 7:00 pm ET online and in the Nave. Reflect on the meaning of this day.
Thur, Feb 23	Prayer is talking to God. Prayer is also listening. Practice listening prayer today. Invite God to speak to you and listen for what the Holy Spirit reveals.
Fri, Feb 24	Not everyone can fast from food. Fast today (or a portion of the day) from screens and spend that time in prayer.
Sat, Feb 25	<p><i>“Faithful waiting means paying attention, listening with compassion, acting with intention, and trusting that it doesn’t all rely on you or me.” -Rev. Lynn Casteel Harper</i></p> <p>Visit trcnyc.org/bsag-06-35 to listen to a Lenten audio devotion. What can you learn from polar bears?</p> 


Sun, Feb 26	Join Riverside for Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am.
Mon, Feb 27	Read your Bible out loud or in a new place, for a new perspective.
Tue, Feb 28	Light a candle and spend 15 minutes or more in silence, connecting with God.
Wed, Mar 1	Send a note or text to someone unable to leave their home right now.
Thur, Mar 2	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.
Fri, Mar 3	Prepare a meatless meal. Give away any money saved.
Sat, Mar 4	<p><i>“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> <i>-Rev. Amanda Meisenheimer</i></p> <p>Visit trcnyc.org/bsag-09-46 to listen to a lenten audio devotion. What does it mean for you to see yourself as “shining”?</p> 

Sun, Mar 5	<i>Join Riverside for Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am.</i>
Mon, Mar 6	<i>Read Joshua 1:1-9 and pray for our next Minister of Justice, Advocacy, and Change.</i>
Tue, Mar 7	<i>Call someone and tell them how you see God using their gifts.</i>
Wed, Mar 8	<i>Read Psalm 51 and pray a Lenten prayer of confession.</i>
Thur, Mar 9	<i>Listen to a worship song in another language; pray for the United States of America.</i>
Fri, Mar 10	<i>Read Micah 6:8 out loud; pray for asylum seekers.</i>
Sat, Mar 11	<p><i>“And if there is a God and God is not finished with us, if there is a God then the human word is not the last word. God is.” -The Most Rev. Michael Curry</i></p> <p><i>Visit trcnyc.org/bsag-1-42 to listen to a lenten audio devotion. What does it mean that God is not finished with you?</i></p> 

Sun, Mar 12	<i>Join Riverside for Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am.</i>
Mon, Mar 13	<i>Read the Belhar Confession from churches in South Africa; pray for racial reconciliation and justice worldwide.</i>
Tue, Mar 14	<i>Read Matthew 18:1-5; pray for the children of our church, the Weekday School, and the world. Pray for childlike faith.</i>
Wed, Mar 15	<i>Practice centering prayer. Guided by the Spirit, choose a sacred word and pray with that word for 15 minutes or more.</i>
Thur, Mar 16	<i>Not everyone can fast from food. Fast today (or a portion of the day) from shopping and spending. Give away any money saved.</i>
Fri, Mar 17	<p><i>“Now is the time, now is the moment for a movement of liberation and reconciliation.” -Brian McLaren</i></p> <p><i>Visit trcnyc.org/bsag-3-03 to listen to a lenten audio devotion. How are you called to work as part of this movement?</i></p> 
Sat, Mar 18	<i>Attend Black Odyssey with The Riverside Church community at 1:00 pm ET.</i>

Sun, Mar 19	<i>Join Riverside for Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am.</i>
Mon, Mar 20	<i>Read 1 Peter 4:7-11; pray to discern at least one way you can serve the church. Find ideas at trcnyc.org/DigitalMinistry.</i>
Tue, Mar 21	<i>Read, meditate, and pray using lectio divina – a monastic practice of reading, praying, and meditating with scripture.</i>
Wed, Mar 22	<i>Read Psalm 143 and write, pray, or record your own prayer of lament.</i>
Thur, Mar 23	<i>Make a date to read scripture with a friend and pray for one another.</i>
Fri, Mar 24	<i>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.</i>
Sat, Mar 25	<p><i>“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.” -Kate Bowler</i></p> <p><i>Visit trcnyc.org/bsag-1-26 to listen to a lenten audio devotion. How have you experienced this upside down kingdom?</i></p> 

Sun, Mar 26	<i>Join Riverside for Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am.</i>
Mon, Mar 27	<i>Pray throughout the day with the Divine Hours – set times of prayer for the day: 6:00 am, 9:00 am, 12:00 pm, 3:00 pm, and 6:00 pm.</i>
Tue, Mar 28	<i>Pray with the Lord’s Prayer today and in remembering that it is a communal prayer, pray for the Riverside Hawks and our church community.</i>
Wed, Mar 29	<i>Consider your faith story and those who brought you to faith; pray for them and for yourself.</i>
Thur, Mar 30	<i>Read or listen to the wisdom of theologian, Kwok Pui Lan.</i>
Fri, Mar 31	<i>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.</i>
Sat, Apr 1	<p><i>“We are called to live in the house of God and the house of God is among those who are suffering.” -Rev. Dr. Cláudio Carvalhaes</i></p> <p><i>Visit trcnyc.org/bsag-3-12 to listen to a lenten audio devotion. Who are you praying for? And with whom are you praying?</i></p> 

Sun, Apr 2	<i>Join Riverside for Palm Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am.</i>
Mon, Apr 3	<i>Write an encouraging note to your pastors.</i>
Tue, Apr 4	<i>Go for a prayer walk or snuggle under a blanket and spend time with the God who loves spending time with you.</i>
Wed, Apr 5	<i>Read John 13:1-17 and put your feet in some water while you pray.</i>
Thur, Apr 6	<i>Observe Maundy Thursday with Riverside at 7:00 pm ET online and in the Nave. Reflect on the meaning of this day.</i>
Fri, Apr 7	<i>Observe Good Friday with Riverside from 12:00 pm - 3:00 pm ET online and in the Nave. Reflect on the meaning of this day.</i>
Sat, Apr 8	<p><i>“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.” -Rev. Jim Keat</i></p> <p><i>Visit trcnyc.org/bsag-3-47 to listen to a lenten audio devotion. Where do you hear God in the world around you?</i></p> 

Sun, Apr 9	<i>Join Riverside for Easter Sunday Worship at 11:00 am ET online and in the Nave. Special music begins at 10:30 am. Reflect on the meaning of this day.</i>
-------------------	--

Sun, Apr 16	<i>Join Riverside for worship at 11:00 am ET online and in the Nave as we celebrate Holy Humor Sunday and Jesus' last laugh over death</i>
--------------------	--

