



THE RIVERSIDE CHURCH  
IN THE CITY OF NEW YORK



# THE RIVERSIDE CHURCH 2025 LENTEN DAILY PRACTICES

## **2025 Lenten Daily Practices**

“Teach me your way, O Lord, that I may walk in your truth.”

Psalm 86:11a

**Recurring Practices:** During the entire Lenten season, you can engage in some type of spiritual activity every day of the week. Below are our recurring practices.

- Morning Prayer | Monday to Friday | 8:00 am – 8:30 am | Online
- 12 noon Prayer | Wednesdays | 9T
- 7:00 pm Prayer | Online
- Open Bible Study | Sundays | 9:30 to 10:30 | MLK 316 and Online
- Bible in a Minute | Daily on Instagram and TikTok (except during Triduum)  
(Triduum = Maundy Thursday, Good Friday, and Holy Saturday)

<i>Date</i>	<i>Practice</i>
Wed, Mar 5	Observe Ash Wednesday with Riverside at 7:00 PM   Online and in the Nave. In His living, Jesus gave “Show Us the Way.” Meditate and pray on <b>Psalm 25:4-5</b> . Listen for how Jesus can show us the way to loving and serving ourselves, our family, and our siblings in the global human family better.
Thurs, Mar 6	Read <b>Psalm 139:13-18</b> . Embodied prayer: spend 5-10 minutes moving your body. As you move your body, pray, and thank God for your fearfully and wonderfully made body.
Fri, Mar 7	Read <b>Romans 8:26-28</b> . Pray for your family, friends, and loved ones, trusting that when words fail, the Holy Spirit will intercede on our behalf.
Sat, Mar 8	Volunteering is a great way to serve others. Visit Riverside’s <a href="#">Volunteer page</a> and prayerfully consider an act of service that you can commit to this Lent.  Also read <b>Luke 10:25-42</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )
Sun, Mar 9	Begin your week with Scripture, worship, and community. Join Open Bible Study at 9:30 AM ( <a href="http://trcnyc.org/OpenBibleStudy">trcnyc.org/OpenBibleStudy</a> ) Join us for worship at 11:00 AM ( <a href="http://trcnyc.org/SundayMorningWorship">trcnyc.org/SundayMorningWorship</a> )
Mon, Mar 10	<a href="#">Multifaith Mondays</a> (5:30-6:00pm): join faith leaders and community members for an Interfaith prayer vigil “affirm[ing] the power of spiritual resilience in the face of challenges to democratic values. These gatherings serve as a space for reflection, connection, and public witness, reminding us of the shared moral responsibility across faith traditions to uphold justice and human dignity.” If you cannot join them in person, set this time aside and join them in prayer wherever you are.
Tues, Mar 11	Prayer Walk: on your morning or evening commute or a daily walk in your neighborhood, pray for all of the people you see. If your daily routine does not involve going outside, look out your window and pray for the people you see.



Wed, Mar 12	Join Riverside Church for morning, noon, or evening prayer. ( <a href="http://trcnyc.org/lent">trcnyc.org/lent</a> )
Thurs, Mar 13	Read <b>1 Tim 2:1-3</b> . Spend time praying for government leaders around the world.
Fri, Mar 14	Read <b>Isaiah 58:4-7</b> . Fast from something today (food, television, social media). You can fast the entire day or part of the day (a meal, from sunrise to noon, etc.). Pray for justice and peace to be a reality for people who are oppressed.
Sat, Mar 15	Read <b>Luke 13:1-9, 31-35</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )
Sun, Mar 16	Begin your week with Scripture, worship, and community. Join Open Bible Study at 9:30 AM ( <a href="http://trcnyc.org/OpenBibleStudy">trcnyc.org/OpenBibleStudy</a> ) Join us for worship at 11:00 AM ( <a href="http://trcnyc.org/SundayMorningWorship">trcnyc.org/SundayMorningWorship</a> )
Mon, Mar 17	<a href="#">Multifaith Mondays</a> (5:30-6:00pm): join faith leaders and community members for an Interfaith prayer vigil “affirm[ing] the power of spiritual resilience in the face of challenges to democratic values. These gatherings serve as a space for reflection, connection, and public witness, reminding us of the shared moral responsibility across faith traditions to uphold justice and human dignity.” If you cannot join them in person, set this time aside and join them in prayer wherever you are.
Tues, Mar 18	Meditate: Read <b>Psalms 46:1-11</b> . Reflect and meditate on what it means to be still and allow God to intercede for people and situations you are praying for.
Wed, Mar 19	Join Riverside Church for morning, noon, or evening prayer. ( <a href="http://trcnyc.org/lent">trcnyc.org/lent</a> )
Thurs, Mar 20	Read <b>Romans 12:1-2</b> . Embodied worship: spend 5-10 minutes moving your body, then worship God with your body.
Fri, Mar 21	Read <b>Matthew 6:16-18</b> . Fast from something today (food, television, social media). You can fast the entire day or part of the day (a meal, from sunrise to noon, etc.). Pray for all kinds of healing for those you know and love.
Sat, Mar 22	Read <b>Luke 15:1-32</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )
Sun, Mar 23	Begin your week with Scripture, worship, and community. Join Open Bible Study at 9:30 AM ( <a href="http://trcnyc.org/OpenBibleStudy">trcnyc.org/OpenBibleStudy</a> ) Join us for worship at 11:00 AM ( <a href="http://trcnyc.org/SundayMorningWorship">trcnyc.org/SundayMorningWorship</a> )
Mon, Mar 24	<a href="#">Multifaith Mondays</a> (5:30-6:00pm): join faith leaders and community members for an Interfaith prayer vigil “affirm[ing] the power of spiritual resilience in the face of challenges to democratic values. These gatherings serve as a space for reflection, connection, and public witness, reminding us of the shared moral responsibility

	across faith traditions to uphold justice and human dignity.” If you cannot join them in person, set this time aside and join them in prayer wherever you are.
Tues, Mar 25	Meditate: Read <b>Psalm 62:1-12</b> . Reflect and meditate on what it means to for to trust God.
Wed, Mar 26	Join Riverside Church for morning, noon, or evening prayer. ( <a href="http://trcnyc.org/lent">trcnyc.org/lent</a> )
Thurs, Mar 27	Read <b>Philippians 4:4-8</b> . Pray for God to keep your heart and mind in peace. Pray confidently and with thanksgiving.
Fri, Mar 28	Read <b>Philippians 4:4-8</b> . Fast from something today (food, television, social media). You can fast the entire day or part of the day (a meal, from sunrise to noon, etc.). Pray for justice and peace to be a reality for people who are oppressed.
Sat, Mar 29	Read <b>Luke 16:19-31</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )
Sun, Mar 30	Begin your week with Scripture, worship, and community. Join Open Bible Study at 9:30 AM ( <a href="http://trcnyc.org/OpenBibleStudy">trcnyc.org/OpenBibleStudy</a> ) Join us for worship at 11:00 AM ( <a href="http://trcnyc.org/SundayMorningWorship">trcnyc.org/SundayMorningWorship</a> )
Mon, Mar 31	<b>Multifaith Mondays</b> (5:30-6:00pm): join faith leaders and community members for an Interfaith prayer vigil “affirm[ing] the power of spiritual resilience in the face of challenges to democratic values. These gatherings serve as a space for reflection, connection, and public witness, reminding us of the shared moral responsibility across faith traditions to uphold justice and human dignity.” If you cannot join them in person, set this time aside and join them in prayer wherever you are.
Tues, Apr 1	Intercessory Prayer: read <b>Eph. 6:18-20</b> . Pray for the church and prayer for yourself the courage to speak up for justice and peace.
Wed, Apr 2	Join Riverside Church for morning, noon, or evening prayer. ( <a href="http://trcnyc.org/lent">trcnyc.org/lent</a> )
Thurs, Apr 3	Read <b>1 Corin. 3:16-17</b> . Embodied prayer: spend 5-10 minutes moving your body. As you move your body, pray, and thank God that you are a temple of the Holy Spirit.
Fri, Apr 4	Read <b>Acts 13:1-3</b> . Fast from something today (food, television, social media). You can fast the entire day or part of the day (a meal, from sunrise to noon, etc.). Pray and seek God for ways that you can serve.
Sat, Apr 5	Read <b>Luke 18:31-19:10</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )

Sun, Apr 6	Begin your week with Scripture, worship, and community. Join Open Bible Study at 9:30 AM ( <a href="http://trcnyc.org/OpenBibleStudy">trcnyc.org/OpenBibleStudy</a> ) Join us for worship at 11:00 AM ( <a href="http://trcnyc.org/SundayMorningWorship">trcnyc.org/SundayMorningWorship</a> )
Mon, Apr 7	<a href="#">Multifaith Mondays</a> (5:30-6:00pm): join faith leaders and community members for an Interfaith prayer vigil “affirm[ing] the power of spiritual resilience in the face of challenges to democratic values. These gatherings serve as a space for reflection, connection, and public witness, reminding us of the shared moral responsibility across faith traditions to uphold justice and human dignity.” If you cannot join them in person, set this time aside and join them in prayer wherever you are.
Tues, Apr 8	Psalm and Prayer of Lament: read <b>Psalm 90:1-17</b> . Pray for the church and prayer for yourself the courage to speak up for justice and peace.
Wed, Apr 9	Join Riverside Church for morning, noon, or evening prayer. ( <a href="http://trcnyc.org/lent">trcnyc.org/lent</a> )
Thurs, Apr 10	Prayer for justice: read <b>Psalm 82:1-8</b> . Pray for God’s justice to fill the whole earth.
Fri, Apr 11	Read <b>1 Peter 4:8-11</b> . Fast from something today (food, television, social media). You can fast the entire day or part of the day (a meal, from sunrise to noon, etc.). Pray and seek God for ways that you can serve others with the gifts God has given you.
Sat, Apr 12	Read <b>Luke 19:29-44</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )
Sun, Apr 13 PALM SUNDAY	Begin your week with Scripture, worship, and community. Join Open Bible Study at 9:30 AM ( <a href="http://trcnyc.org/OpenBibleStudy">trcnyc.org/OpenBibleStudy</a> ) Join us for worship at 11:00 AM ( <a href="http://trcnyc.org/SundayMorningWorship">trcnyc.org/SundayMorningWorship</a> )
Mon, Apr 14	<a href="#">Multifaith Mondays</a> (5:30-6:00pm): join faith leaders and community members for an Interfaith prayer vigil “affirm[ing] the power of spiritual resilience in the face of challenges to democratic values. These gatherings serve as a space for reflection, connection, and public witness, reminding us of the shared moral responsibility across faith traditions to uphold justice and human dignity.” If you cannot join them in person, set this time aside and join them in prayer wherever you are.
Tues, Apr 15	Read <b>Psalm 119:10-16</b> . Pray to delight in God’s word.
Wed, Apr 16	Join Riverside Church for morning, noon, or evening prayer. ( <a href="http://trcnyc.org/lent">trcnyc.org/lent</a> )
Thurs, Apr 17	Observe Maundy Thursday with Riverside Church at 7:00 PM   online and in the nave. Reflect on the meaning of this day.
Fri, Apr 18	Observe Good Friday with Riverside Church from 12:00 PM – 3:00 PM   online and in the nave. Reflect on the meaning of this day.

Sat, Apr 19	Read <b>Luke 13:1-9, 31-35</b> . Then watch the latest episode of The Word Made Fresh as preparation for worship on Sunday ( <a href="http://trcnyc.org/TheWordMadeFresh">trcnyc.org/TheWordMadeFresh</a> )
Sun, Apr 20 RESURRECTION SUNDAY	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.