

# LENTEN FAST FOR EARTH 2026



Lent is a time of drawing closer to God. One way to do so is to embrace our role as both “stewards of Creation” and a beloved part of God’s Creation! This fast includes actions each day that help us right our relationship with Creation. Each day of the week is themed to help you engage in a variety of ways. May doing so draw you closer to God and God’s beautiful Creation!

*\*Days with asterisks correlate with a resource on the last page.\**

SUN	MON	TUE	WED	THU	FRI	SAT
<p><b>SABBATH SUNDAYS</b></p> <p><i>“The Lord replied: ‘My Presence will go with you, and I will give you rest.’”</i> -Exodus 33:14</p> <p><b>Much of our climate problem is connected to our hyper-consumption and need to extract. On Sundays, we will prioritize simplicity, rest and love of Creation. These days restore us for what comes ahead.</b></p>	<p><b>“MAKE ‘EM HEAR YOU” MONDAYS</b></p> <p><i>“Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.”</i> Proverbs 31:8-9</p> <p><b>What we do for Creation is strengthened by policy that supports it. We will use Mondays to raise our voice and faithfully advocate for God’s vision of Shalom.</b></p>	<p><b>“TRY IT” TUESDAYS</b></p> <p><i>“See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”</i> Isaiah 43:18-19 NIV</p> <p><b>On Tuesdays we focus on actions that limit our harm and may be a bit uncomfortable or new. We will try it out with an open mind and heart.</b></p>	<p><b>WASTELESS WEDNESDAYS</b></p> <p><i>Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”</i> - Hebrews 13:5</p> <p><b>On Wednesdays, we focus on reducing excess waste of resources, and energy. We reduce our need and reinvest the byproducts-- instead of mindlessly disregarding.</b></p>	<p><b>“THINK BIGGER” THURSDAYS</b></p> <p><i>“And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another...”</i> Hebrews 10:24-25</p> <p><b>On Thursdays, we orient ourselves towards community and systems of change. Our individual actions cannot change much, but together our impact is huge!</b></p>	<p><b>FOOD SYSTEM FRIDAYS</b></p> <p><i>“In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.”</i> Philippians 4:11-13</p> <p><b>Food is an area where households can make the greatest impact in reducing emissions. On Fridays, we explore our place in the system and reduce harm.</b></p>	<p><b>SUSTAINABLE HABITS SATURDAYS</b></p> <p><i>“Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.”</i> Colossians 4:5</p> <p><b>On Saturdays, we do the work of analyzing and planning our work in the week, being proactive about our habits.</b></p>
		<b>FEBRUARY</b>	<p><b>+</b> <b>18</b></p> <p>To begin your fast, remove one light bulb in your home and live without it during Lent as a reminder of your Carbon Fast.</p>	<p><b>*</b> <b>19</b></p> <p>Find a organization for Creation Care near you. Replace one action on this calendar with an event of theirs.</p>	<p><b>20</b></p> <p>Prioritize a fair-trade coffee, tea or snack today.</p>	<p><b>*</b> <b>21</b></p> <p>Identify your Climate Superpower(s) on <a href="https://jointheshift.earth/guide/">jointheshift.earth/guide/</a>. Review the upcoming Lenten actions and replace one with the highest-impact action from the quiz.</p>
<p><b>22</b></p> <p>Rest from despair. Take time today to remember why you fight for Creation. Imagine, maybe using art or writing, the future world where “we get it right.”</p>	<p><b>23</b></p> <p>Download “5 calls app.” It will help you make advocacy calls on upcoming Mondays. <b>*</b></p>	<p><b>24</b></p> <p>Don’t use ChatGPT, Gemini, or other “generative AI” today. These systems can use around 33 times more energy to complete a task than task-specific software would.</p>	<p><b>25</b></p> <p>To begin your fast, remove one light bulb in your home and live without it during Lent as a reminder of your Carbon Fast.</p>	<p><b>26</b></p> <p>Over 40% of the US carbon footprint is from the making of, moving, &amp; disposing of single-use items. Commit to using glassware &amp; cloth napkins/towels at home.</p>	<p><b>27</b></p> <p>Plan for a conversation with someone you think might be interested in doing more for Earth with you.</p>	<p><b>28</b></p> <p>Put your food scraps to use! Try composting-- even in winter!</p>

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	SUN	MON	TUE	WED	THU	FRI	SAT
<b>MARCH</b>	<b>1</b> Take a break from car culture. Carpool with someone to church today. Better yet- walk or bike there!	<b>2</b> Join Creation Justice Ministry Advocacy 101 Call and take action on a federal level. ✱	<b>3</b> Commit to getting one piece of solar equipment: a solar light, a solar charger for your phone, or solar building panels.	<b>4</b> Time how long it takes you to shower, & set a goal of re- ducing that time (use an alarm to make sure you're on track).	<b>5</b> Research "Community solar" near you. Joining does not mean you commit to solar, but does invest you in a renewable future!	<b>6</b> No meat today: make a delicious vegetable focused meal!	<b>7</b> Check insulation and weatherproof your home from ways it might lose heat and energy! Look ahead to Tues, Wed and Fri and plan for energy savers.
	<b>8</b> Go and take a "Forest Bath" today. Do not use your phone/ technology during this. Pray in gratitude for our forests. Renew your love and dedication to stewarding them. ✱	<b>9</b> ✱ Look at the environment category at <a href="https://5calls.org/all">5calls.org/all</a> and make a call to your representative!	<b>10</b> Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing function.	<b>11</b> Americans throw away 86,000+ tons of single-use alkaline batteries per year - enough to circle the world at least 6 times! Switch to re-chargeable batteries.	<b>12</b> Review your investments on <a href="https://fossilfreefunds.org">fossilfreefunds.org</a> . If they're invested in fossil fuels, consider moving them to a greener industry!	<b>13</b> Find one herb or plant you can have in your window or garden that doesn't come from the grocery store. This reduces the "food miles" from farm to table you use!	<b>14</b> Review your budget. Is there room to tithe any percent to the Earth or local Earthkeepers for the remainder of Lent?
	<b>15</b> Play with dirt today. Plant something, or just marvel at the wonderful living organisms in soil. This is where humans Creation story begins!	<b>16</b> Find issues on <a href="https://5calls.org">5calls.org</a> that intersect with climate (war, disaster, immigration, etc) and make your 5 calls!	✱ <b>17</b> Run your dishwasher only with a full load. Use its energy-saving modes when available, and avoid using the heated drying option.	<b>RECYCLING DAY! 18</b> Plan an upcoming purchase to be recycled or reconstituted (paper, clothing, etc.). This shrinks the footprint of raw materials & supports the recycling economy.	<b>19</b> In preparation for Water Day, find a local organization that supports a nearby wetland (an essential carbon sink!) or waterway. Find an action they support.	<b>20</b> Meal plan this week to prevent food waste. Prioritize local food. Is there a farmers market open Saturday? What about a CSA? (Tip: Look ahead to Fish Friday 3/27!)	
	<b>WORLD WATER DAY! 22</b> Plan a walk by a nearby watershed. Is it healthy? What creatures live there. Offer a prayer for it.	<b>23</b> Look up your State legislator, and view their top issues. If environment/ climate is one, thank them. If not, write a letter voicing your support for climate policy.	<b>24</b> Opt out of energy consuming AI searches. Type "-ai" in your online searches (Google, etc) today.	<b>25</b> Wash your clothes with cold water and air dry your clothes as weater allows.	<b>26</b> Talk to your church or pastor about leading a faith and climate event or study guide. ✱	✱ <b>27</b> Host a Fish Friday using the sustainable Seafood Watch guide. Can you invite others and talk about this Fast?	✱ <b>28</b> Today is global "Earth Hour," where you fast from electronics at 8:30pm in your timezone. See <a href="https://earthhour.org">earthhour.org!</a>
✱ <b>29</b> Download the app, "Deep Time Walk," and take the walk+ guided journey through the Creation of the world. There is also a mobility assist mode if 4.6km is prohibitive. ✱	<b>30</b> Use your social media or church bulletin, share a story about climate impacts/ resilience. Storytelling is advocacy!	<b>31</b> Clean or replace air filters as recommended. Replacing a dirty furnace filter can save 15% of the energy used!					

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		<b>APRIL</b>	1 As we head into the Holy week, replace the light bulb you removed at the start of your fast with an LED bulb.	2  Knowing your neighborhood leads to climate/disaster resilience. Make a list of your neighbors contacts.	3  See if there's any free fruit in your neighborhood at <a href="http://fallingfruit.org">fallingfruit.org</a> . Take a walk and see if you can map any fruit blossoms (with permission). You can come back and harvest in Fall!	4 Easter Vigil: Reflect on the changes you have made in this fast. Which ones are sustainable for your life after Lent?
5 When celebrating Easter today, make a new tradition of planting seeds or bulbs native to your region. Then utilize all that you have done this Lent throughout the year onward!						

## \* \* \* RESOURCES

**For example:**  
[350.org](http://350.org)  
[CitizensClimateLobby.org](http://CitizensClimateLobby.org)  
[SierraClub.org](http://SierraClub.org)  
 State Interfaith Power & Light  
 ...and many more!

STUDY GUIDES  
  
 Also consider hosting a [NationalFaithandClimateForum.org](http://NationalFaithandClimateForum.org)

  
**FEBRUARY 19**

  
**FEBRUARY 21**

  
**FEBRUARY 23**

  
**MARCH 2**

  
**MARCH 8**

  
**MARCH 9**

  
**MARCH 26**

  
**MARCH 27**

  
**MARCH 28**

  
**MARCH 29**

  
**APRIL 3**