

# Lent 2024 40 Days Reflection

## ACT/FAST: Spiritual Practices For A Climate In Crisis

Edited by Alydia Smith, United Church Publishing House

- Read the given Bible verse each day.
- Read the questions and meditate.
- End with your own prayer or the Lord's prayer.

### Week One

#### Being Good

God saw everything that they had made, and indeed, it was very good. (Genesis 1:31)

#### Day 1: Ash Wednesday

February 14

##### Matthew 6:16–18a

- What are you planning to give up for Lent this year?

#### Day 2: Thursday

February 15

##### Deuteronomy 11:11–12

- How can we become a more sustainable and eco-friendly community of faith?
- What can we do in these 40 days to better our spiritual connection with the Earth?

#### Day 3: Friday

February 16

##### Matthew 21:23

- How do you decide what is true?
- To whose authority are you obedient?

#### Day 4: Saturday

February 17

##### Malachi 4:2a

- What impact does the sun have in your life, emotionally, physically, or spiritually?
- How might you be like the sun, or like fire, in your own life?

### Week Two

#### Good Friends

"But ask the animals, and they will teach you; the birds of the air, and they will tell you; ask the plants of the earth, and they will teach you, and the fish of the sea will declare to you." (Job 12:7–8)

#### First Sunday in Lent

February 18

##### James 2:18

- One of the Climate Motivators said, "We should take action instead of just talking about it." Are there areas of your faith, particularly as it relates to the climate, where you are more talk than action?

#### Day 5: Monday

February 19

##### Psalms 118:23–24

- What does it mean to be dependent on the people around you?
- How might being better neighbours relate to being better co-creators?

#### Day 6: Tuesday

February 20

##### 1 Chronicles 16:11–12

- When is it good to find your inner child?
- Who helps you be an adult?

#### Day 7: Wednesday

February 21

##### Proverbs 8:22–26

- In what ways do you think the human tendency to act apart from the Earth has contributed to climate change and other environmental issues?

#### Day 8: Thursday

February 22

##### Matthew 5:14–16

- Where do you find guidance and inspiration in nature and the Divine?
- What can you do to cultivate a deeper connection with nature and the Divine?

#### Day 9: Friday

February 23

##### Jeremiah 26:12–13a

- One of the Climate Motivators said, "We should take action instead of just talking about it." Are there areas of your faith, particularly as it relates to the climate, where you are more talk than action?

#### Day 10 Saturday

February 24

##### Genesis 1:11–12

- Pray: We give you thanks for this gift of care for all the Earth, and for the choices to bring healing and hope to Creation that are still within us waiting to emerge. We grieve the losses our environment has sustained and the extinction and endangerment of creatures and all growing things. We ask your guidance in working as individuals and as communities both local and worldwide to bless Creation. Amen.

### Week Three

#### Good Conspirators

"May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God...of our Lord Jesus Christ." (Romans 15:5–6a.)

#### Second Sunday in Lent

February 25

##### Proverbs 17:17

- Fast from overuse of water: Take shorter showers, use rain barrels for watering, and monitor your water consumption.
- Fast from technology: Put the remote, phone, and computer to rest and enjoy being present.
- Fast from trash talk: Speak lovingly about others and about Creation.?



#### Day 11: Monday

February 26

##### John 3:8

- Why is community important in addressing the climate crisis?
- What are the hard decisions you make as an individual who cares for our world and its healing but who cannot solve our crisis with your actions alone?

#### Day 12: Tuesday

February 27

##### Genesis 2:7–8

- What does it mean to you that God breathed into the first human, animating the earth and so giving us life? What responsibility is given to us in this process?
- As you listen for God's inspiration, how do you care for rather than rule over Creation?

#### Day 13: Wednesday

February 28

##### 2 Corinthians 5:17–19

- What needs to be reconciled within you? What in your history—personal or collective—calls out now for reconciliation?
- What would be the good that could come out of the journey toward reconciliation? What would be the cost?

#### Day 14: Thursday

February 29

##### 1 Corinthians 3:10

- Has your community of faith done an energy audit?
- Have you done one of your home?

#### Day 15: Friday

March 1

##### Matthew 7:24–29

- How prominent has the idea of discipleship been in your faith journey—for example, in the churches you have attended, in sermons you have heard? To what extent was the idea of discipleship encouraged?
- Have you ever felt God call you to discipleship? What was that like?

#### Day 16: Saturday

March 2

##### "We are not alone, we live in God's world." (The New Creed)

- When do you feel most in sync with Creation?
- What helps you to feel and know that you live in God's world?

### Week Four

#### Good Learners

"Go to the ant, you lazybones; consider its ways and be wise." (Proverbs 6:6)

#### Third Sunday in Lent

March 3

##### Isaiah 1:17

- Fast from paper products: Replace what you can with digital options (e-books, paperless bills, e-invitations/e-cards).
- Fast from unnecessary travel: Plan your errands to reduce the number of times you use transportation.
- Fast from creating garbage: Challenge yourself to create less waste.

**Day 17: Monday***March 4***Ephesians 4:29–32**

- Why is community important in addressing the climate crisis?
- What are the hard decisions you make as an individual who cares for our world and its healing but who cannot solve our crisis with your actions alone?

**Day 18: Tuesday***March 5***John 3:1–3**

- Think of a creation or folk story you grew up with. How did it help or hinder your understanding of who you are and how you fit in the world?

**Day 19: Wednesday***March 6***Psalms 139:13–14**

- What does it mean to you that you are fearfully and wonderfully made?

**Day 20: Thursday***March 7***Genesis 8:22**

- Where have you seen the resilience of nature and its capacity for abundance?
- What can you do to nurture and embrace the abundance that surrounds you?

**Day 21: Friday***March 8***Genesis 1:24–26**

- If you could talk to the animals, what would you want to learn from them?
- Does considering humans as the youngest species change how you look at the Creation story?

**Day 22: Saturday***March 9***Genesis 28:16**

- How did educating yourself on climate change affect you this week? What is the biggest takeaway from your actions or fasts?

**Week Five****Good Prophets**

"In those days I will pour out my Spirit, and they shall prophesy." (Acts 2:18)

**Fourth Sunday in Lent***March 10***Matthew 26:40–41**

- When do you feel closest to this part of Creation?
- What are you grateful for about it?

**Day 23: Monday***March 11***Joel 2:28**

- What art form would you try if you did not care about results or performance?

**Day 24: Tuesday***March 12***Genesis 1:26**

- In what ways could we show our love for the Earth?
- The scripture tells us we are to rule over. What are the signs of a truly good ruler?

**Day 25: Wednesday***March 13***Genesis 41:1–4**

- When was the last time you were on a train? What do you like or dislike about train travel?
- Can you think of anything you can do to bend our society toward good ways of travel in which all can benefit?

**Day 26: Thursday***March 14***Micah 4:3–4**

- What do you do to cultivate hope? Where can you work for sustainable change?

**Day 27: Friday***March 15***Psalms 130:1–4**

- What is the most difficult emotion for you to accept or process in response to the ecological crisis and climate emergency?

**Day 28: Saturday***March 16***Psalms 65:12–13**

- Pray: As we experience each tree, each flower, each bird, bee, and human, let us feel our God reflected in Creation. As we look upon God's world, let us share the love of Christ. And as we love one another, may your Spirit give us the strength to care for every piece of Creation. Amen.

**Week Six****Good Defenders**

"Is not this the fast that I choose: to loose the bonds of injustice, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?" (Isaiah 58:6)

**Fifth Sunday in Lent***March 17***Jeremiah 29:7**

- Fast from suppressing your climate concerns: Whether it's at work, at home, or in your community, be an advocate for the environment. Don't stay silent—be heard.

**Day 29: Monday***March 18***Isaiah 44:3–4**

- Do you view water as sacred? In what ways? In Isaiah, water is also a symbol of blessing. In what ways is that true for you?

**Day 30: Tuesday***March 19***Matthew 11:28**

- Have you ever experienced a time when your grief was louder than your love? Where do you find rest and comfort?

**Day 31: Wednesday***March 20***Acts 23:11**

- What do you do when you feel overwhelmed? Who are the people in your life for whom you wish to be brave?

**Day 32: Thursday***March 21***Genesis 1:1–5**

- What parts of this additional Creation narrative were familiar to you already?

**Day 33: Friday***March 22***Psalms 104:24–25**

- What comes up for you when you read that you are a part of the natural world? How does that connect with your understanding of you as made in the image and likeness of God?

**Day 34: Saturday***March 23***1 Corinthians 12:26**

- Pray: Beloveds of God, we gather to link arms and hearts and to protect people and the lands. To lend strength to those who are in pain. For some, we gather to acknowledge and confess complacency for our role in making possible a situation where some are still experiencing the reality of oppression, to step into the struggle on behalf of those whose bodies and beings have been targeted for so long. We are together. Amen.

**Holy Week****Good Disciples**

"The very stones will cry out from the wall, and the rafter will respond from the woodwork." (Habakkuk 2:11)

**Palm/Passion Sunday***March 24***Luke 14:27**

- Fast from single-use plastics and papers. Fast from travel. Try to travel in a greener way. Fast from electricity. Take time to unplug.

**Day 35: Monday***March 25***Colossians 3:7–9**

- By what name are you called? Are you named after someone?

**Day 36: Tuesday***March 26***Luke 9:23–25**

- Has God called you to discipleship before? How did you respond?

**Day 37: Wednesday***March 27***Romans 12:1–2**

- What is the role of hope in a discipleship of climate action?

**Day 38: Maundy Thursday***March 28***John 13:3–5**

- How does the story of Jesus washing the disciples' feet remind you to care for Creation?

**Day 39: Good Friday***March 29***John 18:30**

- What does it mean to you? Truth, Respect, Courage, Honesty, Wisdom, Humility, Love,

**Day 40: Holy Saturday***March 30***John 21:15**

- How often do you manage to sit down for dinner with your family or friends? What happens when you do?