



Tread Lightly  
for Lent  
Daily reflection-action calendar

**2024**



Presbyterian Church (U.S.A.)  
**Presbyterian Mission**

# Lent is a time for reflection as we spend time considering Christ's ministry, death and resurrection.

We slow down, take more time, embrace intentionality, and examine our internal spiritual lives and the way we live out our Christian faith in the world around us.

Our hope is that this Lenten calendar will be the beginning of actions intended to create more mindful behaviors throughout the year.

The Presbyterian Hunger Program walks with people in adopting sustainable choices that restore and protect all of God's children and Creation. As people of faith, we seek to "serve and preserve" God's world. However, some of our collective choices have led to a changing global climate. To turn this tide, we must commit to treading lightly on God's Earth.

February

## Sunday

18  
Download this guide from the Office at the U.N. at [presbyterianmission.org/resource/engaging-our-world](https://presbyterianmission.org/resource/engaging-our-world) to connect environmental and human health around the world.



25  
Consider environmental injustice impacts using this poster at [presbyterianmission.org/wp-content/uploads/PHP-Poster-Environmental-Racism.pdf](https://presbyterianmission.org/wp-content/uploads/PHP-Poster-Environmental-Racism.pdf).

## Monday

19  
Read and Reflect on Genesis 2:15–17.



26  
Read about the COP28 United Nations global climate talks at [presbyterianmission.org/eco-journey/climate-change-resources/cop](https://presbyterianmission.org/eco-journey/climate-change-resources/cop).



## Tuesday

20  
Read Matthew 25:31–46. Consider how parts of Creation might be "the least of these."

27  
Pray: "Teach us to embody your good news for Creation. Today, change our hearts so we might seek to be builders and not desecrators. Amen."



## Wednesday

14  
**Ash Wednesday**  
Read Isaiah 58:1–12. Consider what rebuilding and raising up you might be called to as you care for the Earth.



21  
Consider where you see Christ today. Share this with one person.



28  
Read and Reflect on Isaiah 65:17–25.



## Thursday

15  
Learn more about using sustainable palms in your worship. Learn more and order online: [pcusa.org/eco-palms](https://pcusa.org/eco-palms).



22  
Pray: "God, show us how to honor and preserve your gift of Creation. Allow us to share as generously with each other as you have shared the beauty of the Earth with us. Amen."



29  
Research which items your city or town allows for curbside recycling and share this refresher with your church, family, friends and coworkers.



## Friday

16  
Use the OGHS map at [presbyterianmission.org/oghsmap](https://presbyterianmission.org/oghsmap) to find the OGHS partner closest to you and say a prayer for them.

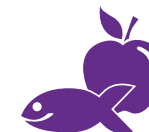


23  
Watch this short video about environmental racism and justice: [youtu.be/dREtXUij6\\_c](https://youtu.be/dREtXUij6_c).



## March

1  
Learn where your food comes from. Calculate your food footprint at [eatlowcarbon.org](https://eatlowcarbon.org).



## Saturday

17  
Set aside a special time for prayer today, on how to create intentionality throughout your care for all God's Creation.



24  
Pray: "Today, remind us of those in this world who still have not been able to realize your abundance because we have taken more than what we need. And let that remembering drive us to change. Amen."

2  
Visit [pcusa.org/cc](https://pcusa.org/cc) to learn more about and consider taking PHP's Climate Care Challenge.

Sunday

3

Read and Reflect on Genesis 1:29.



10

Read and Reflect on Luke 12:48.



17

Use the map at [bit.ly/3FvwpJY](https://bit.ly/3FvwpJY) to find the closest Earth Care Congregation to you and say a prayer for them.



Monday

4

Pray: "Creator of the rivers and oceans, who washes us clean and refreshes us daily, help us to be like a cup of cold water to others in your name: refreshing, cleansing and relieving. Amen."



11

Pray: "In the rising and setting of the sun and the cycles of the seasons, in the patterns of the shining stars, may we remember the goodness of God. Amen."



18

Download a prayer at [faithclimateactionweek.org](https://faithclimateactionweek.org) so you can be prepared for the National Climate Prayer on Earth Day (April 22) at noon local time.



Tuesday

5

Pick up as many pieces of litter as you can and challenge a friend to do the same.



12

Check your tire pressure. Low tire pressure means high energy/fuel consumption.



19

Explore and consider joining the One Home, One Future campaign: [onehomeonefuture.org](https://onehomeonefuture.org).

Wednesday

6

Unplug the chargers for your cellphone and laptop when you leave your home or office today to minimize the energy many electronics and appliances continue to draw even when they are off.



13

Storytelling is a powerful tool to inspire and engage people. Consider what your climate story is and download this canvas to help you strategize telling it: [digitalstorytellers.com.au/the-story-canvas](https://digitalstorytellers.com.au/the-story-canvas).

20

Celebrate the animal kingdom by watching [fb.watch/oS-VmyvYM6](https://fb.watch/oS-VmyvYM6) and consider planning an animal blessing.



Thursday

7

Take a walk to appreciate the Earth's natural beauty. Remember why preserving the Earth is crucial for the health of future generations.



14

Consider a donation to the Presbyterian Tree Fund to offset your carbon use. Visit [pcusa.org/trees](https://pcusa.org/trees).



21

Download the *Holy Discontentment: Lifting Your Voice for Effective Advocacy* resource from the Office of Public Witness to learn more about how to use your voice to create change: [presbyterianmission.org/resource/holy-discontentment-advocacy-resource](https://presbyterianmission.org/resource/holy-discontentment-advocacy-resource).

Friday

8

For Easter baskets, buy fair trade chocolate, dried fruit, tea and coffee or small gifts made by women's cooperatives! Fair trade helps farmers and workers around the world: [pcusa.org/fairtrade](https://pcusa.org/fairtrade).



15

Download ecoAmerica/ Blessed Tomorrow's info sheets on various climate topics at [ecoamerica.org/research](https://ecoamerica.org/research).



22

Download *Blessed Tomorrow's Let's Talk* resource to craft your own message to be able to speak with friends and family about reducing carbon use: [presbyterianmission.org/resource/lets-talk-faith-and-climate](https://presbyterianmission.org/resource/lets-talk-faith-and-climate).

Saturday

9

Download *Considering Our Treasure* from PHP and take one of the action steps listed in the study: [tinyurl.com/y27szc3z](https://tinyurl.com/y27szc3z).



16

Read and Reflect on Psalm 130. Consider our responsibility to be part of God's redemption in Creation.



23

Participate in Earth Hour by switching off all electricity at 8:30 p.m. local time in solidarity with global efforts to secure nature and our home: [earthhour.org](https://earthhour.org).



## Sunday

24

### Passion/Palm Sunday HOLY WEEK

As we think about Christ's journey this Holy Week, take space to acknowledge that while it is easy to be overwhelmed with climate injustice, we do not travel alone.



## Monday

25

Challenge yourself to drink only water. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.



## Tuesday

26

Give a gift of encouragement today and use recycled paper or make a card from reusable sources to give to someone who inspires you.



## Wednesday

27

Sometimes in our abundance we neglect to consider what our actual needs are. Consider creating a budget today if you don't have one already. <http://tinyurl.com/ymbwtmrt>.



## Thursday

28

**Maunder Thursday**  
Remind yourself of the PC(USA)'s policy on engaging with issues of climate change by visiting [presbyterianmission.org/lordsearthpolicy](http://presbyterianmission.org/lordsearthpolicy).



## Friday

29

**Good Friday**  
Speak to the powerful. Urge elected officials to support legislation making justice and Creation-care a priority. Visit [votervoices.net/PCUSA/home](http://votervoices.net/PCUSA/home) to reach out to your representative.



## Saturday

30

**Great Vigil of Easter**  
Read John 13:1–17, 31b–35. How can we love one another — and God's whole world — as Christ has loved us? Write down your commitment to show love to a part of Creation today.



31

### Easter

Read Matthew 28:1–10. Give with joy to One Great Hour of Sharing.



### For further learning and action

- Support the sustainable living work of the Presbyterian Hunger Program through gifts to the Hunger Fund H999999.
- Celebrate One Great Hour of Sharing, an offering that strengthens Earth-care ministries, disaster response, and hunger and poverty alleviation: [pcusa.org/oghs](http://pcusa.org/oghs).
- Become a Climate Change Ambassador: [bit.ly/3B769D1](http://bit.ly/3B769D1).
- Sign up for the Presbyterian Justice and Peace e-newsletter: [share.hsforms.com/1xPXwVpbaRUiahH1NWcCOXwdf5ts](http://share.hsforms.com/1xPXwVpbaRUiahH1NWcCOXwdf5ts).
- Lead your church in a study on the biblical and theological basis for eco-justice using resources from [pcusa.org/environment](http://pcusa.org/environment).
- Find a more complete list of ideas for congregational Earth-care activities in the Earth Care Congregations guide: [pcusa.org/earthcarecongregations](http://pcusa.org/earthcarecongregations).
- Become a member of the grassroots organization Presbyterians for Earth Care: [presbyearthcare.org](http://presbyearthcare.org).
- Read our blog, Eco-Justice Journey: [presbyterianmission.org/eco-journey](http://presbyterianmission.org/eco-journey).
- Download Earth Day Sunday materials: [creationjustice.org](http://creationjustice.org).
- Stay up to date on public policy concerns through the Office of Public Witness: [pcusa.org/washington](http://pcusa.org/washington).
- Lead a study group with the Lent 4.5 materials. Email [php@pcusa.org](mailto:php@pcusa.org) for copies.

Please visit us at [pcusa.org/hunger](http://pcusa.org/hunger) to learn more about ongoing opportunities for simple living, environmental justice, alleviating poverty and eliminating root causes of hunger.

