



Tread Lightly
for Lent

Daily reflection-action calendar

2026



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.

Lent is the time to reflect on Christ’s ministry, death, and resurrection. We slow down, take time, and examine our internal spiritual lives and the way we live out our Christian faith in the world around us.

The Presbyterian Hunger Program accompanies people as they move towards sustainable choices that restore and protect all of God’s children and creation. We hope that this Lenten calendar will be the beginning of actions intended to create more mindful behaviors throughout the year.

Sunday Monday Tuesday

22
Challenge yourself to drink only water today. It takes 600 cups of water to produce a single cup of coffee, and 125 cups of water to produce a cup of tea.

23
Read Psalm 96:11-12 and reflect on one way you see the Earth rejoicing.

24
Carry or write down every item of trash you generate today. Challenge yourself to reduce the trash you produce for the remaining days of Lent.

March

1
Read and reflect on Romans 8:22-23. Consider what we as humans do that makes Creation groan.

2
Explore how other faith other regard Creation in their prayers: <https://gipl.org/blog/interfaith-prayers-for-the-world-day-of-prayer-for-creation>

3
Consider where/when you have experienced the goodness of Creation? Share this with three people.

February

Wednesday

18
Ash Wednesday
Read Matthew 6:19-21. Consider what you see as treasure and how we are entrusted with the great treasure of our shared common home, the Earth.



25
Read Job 12:7-10. Consider what Creation might teach you today.



4
Pray: God, we stand in awe of your gift of Creation. Teach us to be responsible recipients of this gift. Illuminate our role in stewarding it well. Amen.



Thursday

19
Set aside time to plan steps of intentional care for all God’s creation over the next 40 days.



26
Open blinds and curtains on the sunny side of your house to let the sun shine in. Using the sun to naturally warm your home, which reduces reliance on energy-intensive furnaces, cutting energy bills, and lowering your carbon footprint.

5

Learn more about the One Billion for Peace Pledge by Bioearth adopted by the 226th General Assembly of the PC(USA) <https://www.bioearth.org/sustainable-peace>.

Friday

20
Learn more about using sustainable palms in your worship. Order online: <https://tinyurl.com/ecopalmspcusa>.



27

Download Creation Justice Ministries annual resource to be prepared to celebrate Earth Day Sunday (4/19) www.creationjustice.org/earth-day-library.html.



6

Learn more about some critiques of AI use in the church: <https://tinyurl.com/aiperilschurch>



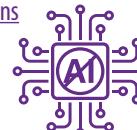
21

Download the Climate Action Now app to take meaningful climate action on your phone in just seconds or minutes. www.climateactionnow.com



28

Take a walk to appreciate the Earth’s natural beauty. Consider why preserving the Earth is crucial for the health of future generations and tell two people.



Sunday

8
Pray: God of Enough, remind those of us who have taken more than we need to that enough is more than enough. And let that remembering drive us to fight for change in this world. Amen.

**Monday**

9
Read Isaiah 42:5. Spend 3 minutes reflecting on the breath that fills your lungs and say a prayer for all those living in situations where clean air is not afforded to them.

**Tuesday**

10
Explore your carbon footprint and get personal tips on how to make smarter climate choices. <https://www.lifestylecalculator.com/doconomy>

**Wednesday**

11
Read about the PC(USA) at the UN's COP30: <https://tinyurl.com/pcusacop30>

**Thursday**

12
Pray: God of all time and places, in the rising and setting of the sun and the cycles of tides, in the growth of wildflowers, may we remember the goodness of God. Amen.

**Friday**

13
Watch this Ted Talk to learn more about the relationship between climate justice and racial justice: <https://www.youtube.com/watch?v=Eklpe01r0NI>. Share it with 2 friends.

**Saturday**

14
Take a walk in your neighborhood and pick up as many pieces of litter as you can and challenge five friends to do the same.

**15**

Time your shower today and challenge yourself to decrease the time by 40% for the next shower time.

**16**

Read and Reflect on Psalm 118:1-2; 24-25.

**17**

Pray: "Creator of the waterfalls and deserts, who refreshes us daily, help us to be more like your son, Jesus Christ, as we care for our neighbors, human and animal alike. Amen"

**18**

Check your water heater temperature. 120 degrees is usually hot enough; if it is hotter turn it down.

**19**

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.

**20**

Use the map online at <https://tinyurl.com/pcusaecemap> to find the closest Earth Care Congregation to you and say a prayer for them.

**21**

Encourage your congregation to say no to styrofoam and plastic, invite congregants to carry their own mugs or use the churches reusable ones for church fellowship times.

22

Celebrate the animal kingdom by watching <https://youtu.be/FJRuG2C8nqQ> and consider planning an animal blessing.

**23**

Pray: God of all, instill in us the knowledge that we are called upon to tend and care for your garden. Grant us the wisdom to cultivate it for the good of all, so that all your creatures may be fed from the bounty of your creation. Amen.

24

Sign up for Blessed Tomorrow's Climate Ambassador Program: <https://blessedtomorrow.org/take-the-training/>

**25**

Eat low on the food chain today and consider committing to one or more meat-free days a week for the next month: www.mondaycampaigns.org/meatless-monday.

**26**

Track the miles you drive for the next week and consider a donation to offset your carbon use. You can use this calculator to determine dollar amounts and give to your choice of organization: <https://tinyurl.com/calcarbon>

**27**

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



Sunday

29

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

30

Research solutions to support children, youth and their parent's mental health as they navigate the impacts of a changing climate: <https://tinyurl.com/btccmh>



Tuesday

31

Fast from indifference today. Pope Francis said, "The more-common opposite of the love of God – of God's compassion – is indifference" Seek out opportunities to advocate for the environment and the underserved.

Wednesday

April

1

Storytelling is a powerful tool to inspire and engage people. Consider what your climate story is and download this canvas to help you share it with others: digitalstorytellers.com.au/the-story-canvas.



Thursday

2

Maundy Thursday

Take time to write or call an elected official about climate change or another creation care issue. Find your elected officials: www.usa.gov/elected-officials



Friday

3

Good Friday

Consider Mary Magdalene's grief while simultaneously holding onto hope. Journal about how you are holding on to hope.

Saturday

4

Great Vigil of Easter

Reflect on the quiet of the tomb and the stillness of waiting. Take a moment in creation as it reflects this stillness.



5

Easter



Give with joy to the One Great Hour of Sharing pcusa.org/oghs.

For further learning and action

- *Find a more complete list of ideas for congregational Earth-care activities in the Earth Care Congregations guide: pcusa.org/earthcarecongregations.*
- *Become a member of the grassroots organization Presbyterians for Earth Care: presbyearthcare.org. • Read our blog, Eco-Justice Journey: <https://pcusa.org/news-storytelling/blogs/eco-journey>*
- *Download Earth Day Sunday materials: creationjustice.org.*
- *Stay up to date on public policy concerns through the Office of Public Witness: [http://pcusa.org/washington](https://pcusa.org/washington).*
- *Support tree-planting, carbon sequestration, and climate-friendly projects to help curb the impacts of climate change: <https://pcusa.org/donate/e865715-tree-fund-restore-creation>.*
- *Support the sustainable living work of the Presbyterian Hunger Program through gifts to the Hunger Fund H999999.*

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