

LENT ECO CHALLENGE

Lent is a season of returning to God and renewing our way of life. Creation is God's gift — good, loved, and entrusted to our care. Caring for the earth is an act of worship and love of neighbour. This Lent, you are invited to use these ideas to strive to live more gently on the earth. No one can do everything — but together we can do something!



Bronze Challenge

Simple, faithful first steps.

PRAYER

Pray once a week for creation and those affected by climate change.

FOOD

Give up beef for Lent (the most carbon-intensive meat).

TRAVEL

Choose one regular journey each week to walk, cycle, lift-share or take public transport.

HOME

Be intentional about energy: switch off lights, reduce heating slightly, save water.

COMMUNITY

Have one positive conversation about caring for God's creation.



Silver Challenge

Intentional choices, notable shift.

PRAYER

Pray daily for creation and vulnerable people affected by climate change.

FOOD

Give up meat for Lent.

TRAVEL

Make most short journeys (under 2 miles) car-free during Lent.

HOME

Switch to a green electricity provider or review your household energy use seriously.

COMMUNITY

Support a Christian or environmental charity, or encourage a group you belong to to reduce its footprint.



Gold Challenge

Bold faith, lasting change.

PRAYER

In addition, take time for deeper prayer and reflection on creation.

FOOD

Switch to a fully plant-based diet through lent.

TRAVEL

Make a long-term lower carbon travel change e.g. switch to an EV, commitment to not flying.

HOME

Move to ethical banking or review pensions/investments to avoid fossil fuels.

COMMUNITY

Write to your MP or local leaders about climate action, band actively help our church reduce its carbon footprint.

