



Tread Lightly
for Lent
Daily reflection-action calendar

2025



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 toward 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.

March

Sunday

9
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.



16
Read and reflect on Psalm 8.



Monday

10
Read Job 38 and reflect on the awe-inspiring Creation around you.



17
Explore Creation Care Prayers from other traditions: blessedtomorrow.org/six-interfaith-creation-care-prayers.

Tuesday

11
Write down everything you throw away today. Challenge yourself to reduce the trash you produce for the remaining days of Lent.

18
Where do you see Christ today? Share this with three people.



Wednesday

5
Ash Wednesday
Read Psalm 51:1–17. Consider the plea for mercy and consider what actions of mercy we should show as we care for the Earth.



12
Read Romans 8:21. Consider ways that Creation is reflecting longing.

19
Pray: God, show us your grace through your gift of Creation. Teach us to be as gracious with each other as you have been with us. Amen.



Thursday

6
Download the OGHS Sharing Calendar at pcusa.org/resource/sharing-calendar-oghs25.



13
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.



20
Download “Considering Our Treasure” from PHP and take one of the action steps listed in the study: tinyurl.com/conourtreasure.

Friday

7
Learn more about using sustainable palms in your worship. Learn more and order online: <https://tinyurl.com/ecopalmspcusa>.

14
Download a prayer at faithclimateactionweek.org so you can be prepared for the National Climate Prayer on Earth Day (April 22) at noon local time.



21
Learn how many planets we need if everyone lived like you: footprintcalculator.org.



Saturday

8
Set aside a special time to consider how to be intentional in your care for all God’s Creation.



15
Understand the environmental and social impacts of what you are buying. Do research on products you commonly use and find information on more Creation-friendly products at ethicalconsumer.org.



22
Share Creation Justice Ministries’ “52 Ways to Care for Creation” with your congregation: creationjustice.org/52ways2025.html.

Sunday

23

Pray: God of Enough, remind us of those 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.



30

Time your shower today and challenge yourself to decrease the time by 20% in April.



6

Celebrate the animal kingdom by watching [fb.watch/oS-VmyvYM6](https://www.facebook.com/watch/?v=1054567890) and consider planning an animal blessing.



Monday

24

Read and Reflect on Isaiah 65:17–25.



31

Read and Reflect on Genesis 1:29.



7

Read and Reflect on Philippians 3:4b–14.



Tuesday

25

Refresh your memory regarding which items your city or town allows for curbside recycling. Remind your family, friends and coworkers to recycle.



April

1

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."



8

Sign up for Blessed Tomorrow's Climate Ambassador Program: [blessedtomorrow.org/take-the-training](https://www.blessedtomorrow.org/take-the-training).

Wednesday

26

Read about the U.N.'s COP29 climate negotiations outcome: [tinyurl.com/pcusacop29](https://www.tinyurl.com/pcusacop29).



2

Transport, housing and food have the three largest carbon footprints. Learn more about decreasing your food carbon footprint at [greeneatz.com/foods-carbon-footprint.html](https://www.greeneatz.com/foods-carbon-footprint.html).



9

U.S. drivers' consumption of 500 gallons of gasoline every year per driver creates as much as 10,000 pounds of carbon dioxide. Walk somewhere you would have driven today.



Thursday

27

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."



3

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://www.pcusa.org/fairtrade).



10

Donate to offset your carbon use. Visit [pcusa.org/donate/e865715-restoring-creation-ecology-justice](https://www.pcusa.org/donate/e865715-restoring-creation-ecology-justice).



Friday

28

Watch this short video on environmental injustice's disproportionate impact on people of color: [youtu.be/dREtXUij6_c](https://www.youtube.com/watch?v=dREtXUij6_c).



4

Use the map online at [tinyurl.com/pcusaecmap](https://www.tinyurl.com/pcusaecmap) to find the closest Earth Care Congregation to you and say a prayer for them.



11

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

Saturday

29

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://www.earthhour.org).



5

Unplug the chargers for your cell phone 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.

12

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



Sunday

13

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.



20

Easter

Give with joy to the One Great Hour of Sharing.

Monday

14

Download ecoAmerica/ Blessed Tomorrow's info sheets on various climate topics: ecoamerica.org/research.



Tuesday

15

Learn more about environmental injustice using the poster at pcusa.org/resource/environmental-racism-poster and consider who is most impacted by pollution and climate change.

Wednesday

16

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.



Thursday

17

Maundy Thursday

Urge elected officials to support legislation making justice and Creation care a priority. Download this helpful guide: ecoamerica.org/wp-content/uploads/2021/06/advocacy-policy-makers-climate-solutions-p2p-ea.pdf.



Friday

18

Good Friday

Consider Mary Magdalene's grief while simultaneously holding onto hope. Journal about how we can deepen our understanding of faith in the face of a suffering world.

Saturday

19

Great Vigil of Easter

Reflect on the quiet of the tomb and the stillness of waiting. Consider how Creation reflects this.



For further learning and action

- Support the sustainable living work of the Presbyterian Hunger Program through gifts to the [Hunger Fund H999999](https://www.hungerfund.org/).
- Celebrate One Great Hour of Sharing, an offering that strengthens Earth care ministries, disaster response, and hunger and poverty alleviation: pcusa.org/oghs.
- Sign up for the Presbyterian Justice and Peace e-newsletter: share.hsforms.com/1xPXwVpbaRUiahH1NWcCOXwdf5ts.
- 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: 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: pcusa.org/about-pcusa/agencies-entities/interim-unified-agency/ministry-areas/office-public-witness.
- Lead a study group with the Lent 4.5 materials. Email php@pcusa.org for copies.

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.

