



Carbon Fast: Living differently

A guide to inspire you and your church to pray, live differently and take practical action on climate change. Together, we're caring for creation and renewing our world.

Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Romans 12:1 (The Message Bible)

Contents

Carbon Fast: Living Differently

- Prepare
- Lifestyle
- Prayer
- Energy
- Food
- Church
- Future

Next Steps

- Speaking up for change
- Pray for the Climate

Resource Bank

Introduction to Climate Change

Renew Our World unites a global movement of Christians calling for a more just and sustainable planet for all. In our prayers, and through our actions, together we are shaping a world that reflects God's love for all creation so that all people in every nation can enjoy fullness of life.

Find out more: www.renewourworld.net



14th - 17th February

PREPARE



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CAMPAIGN

REFLECT

As we begin this journey, let's take time to prepare our hearts and minds. Read this passage from Romans and consider the ways God might transform and renew you during the next few weeks.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
Romans 12:2 (NIV)

PRAY

Read back over the passage again, this time praying about the questions below and asking God to speak to you.

- What are the patterns of this world?
- What is God's will for his creation?
- Can you think of ways that the patterns and 'norms' of the world harm God's creation and people?

As we begin this journey, spend time asking God how he wants to transform and renew you and your community in these areas.

ACT

We've prayed about the big picture, but how does this apply to you as a person? Consider the questions below and ask God to guide you in how to respond.

- In which areas of your life do you 'conform to the patterns of this world'?
- How is God inviting you to be transformed in these areas of your life?

Write your answer below, and come back to it as you journey through this resource. How is God transforming you?



18th - 24th February

LIFESTYLE



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REFLECT

We can easily forget the decisions we make as we go about a normal day, but they have the potential to make a big difference - and using them wisely can be an act of worship to our Creator God.

Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Romans 12:1 (The Message Bible)

PRAY

Thank God that our whole lives can be a living sacrifice. Everything we do can be a way of worshipping God. Ask him to reveal to you new ways you can worship him in your normal day with your everyday actions.

ACT

This week, choose two lifestyle options from either of the categories below and commit to doing them all week. Use them as a way of worshipping God with your life.

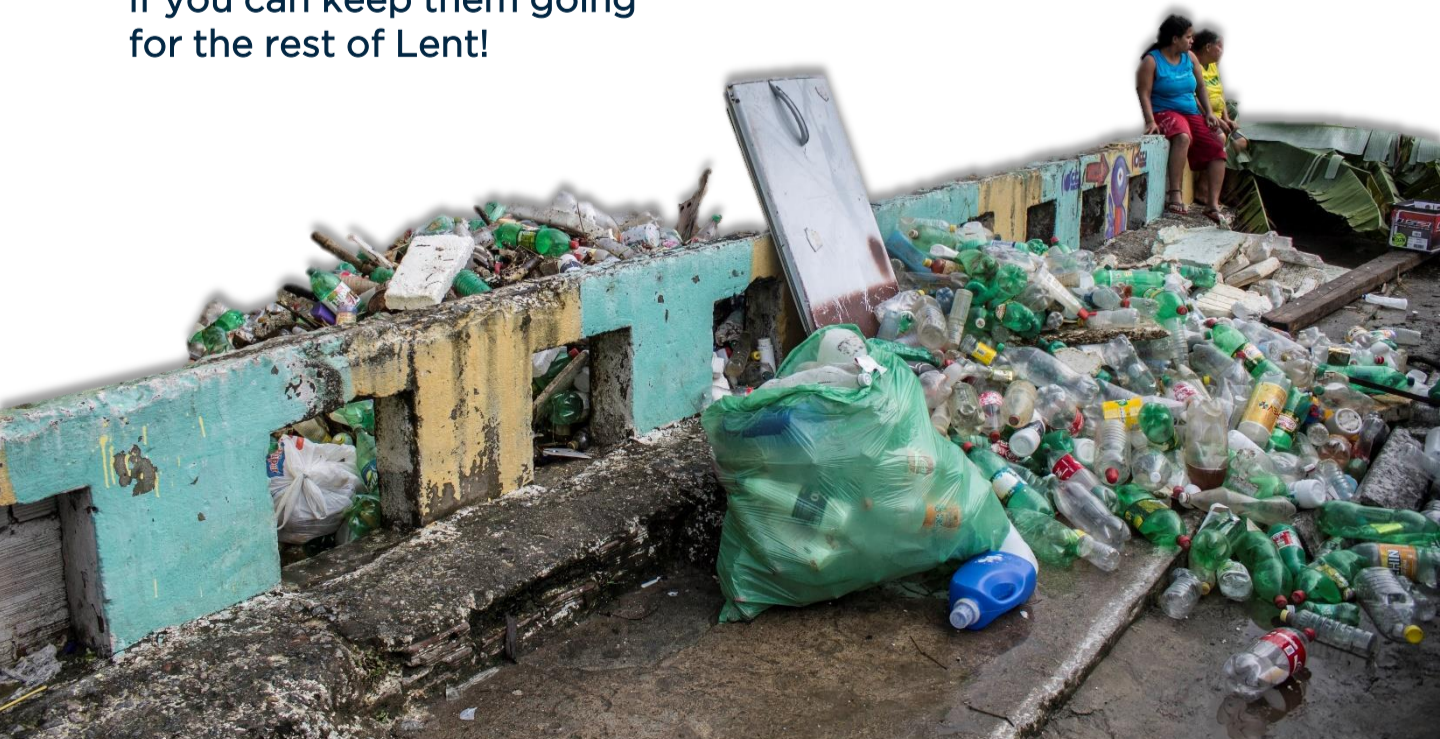
How could you reduce your impact when you travel?

- Walk, cycle or use public transport instead of using a car for one journey each day where you would use a car usually.
- Fly less. Are there any work trips you could join remotely by video conferencing or any holidays you could have closer to home?

How could you reduce your consumption and manage your waste more carefully?

- Avoid using two single-use or disposable items you would normally use in your week, and replace them with a reusable version instead (eg. a mug you can wash instead of a disposable cup)
- Reduce, Reuse and Recycle all your waste, avoid burning any rubbish if you normally would: find a safer way to dispose of it, by composting organic waste and taking plastics/glass to a place where they can recycle them.

Once you've decided, and tried them this week, see if you can keep them going for the rest of Lent!



25th February – 3rd March

PRAYER



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REFLECT

Prayer is powerful, and prayer is action. When we pray, we speak to a mighty and powerful God, the creator of the universe! When we pray, we are part of God's transforming work of creation and renewal.

God saw all that he had made, and it was very good.
Genesis 1:31 (NIV)

PRAY

Join us in praying the Renew our World prayer each day this week:

*Lord, Renew our spirits and cleanse our hearts.
Renew our minds and transform our lives.
Renew our cities and rebuild our ruins.
Renew our world, in your name we pray, Amen.*

ACT

This week, spend time praying for people: leaders who can make decisions to tackle climate change, the vulnerable who face the biggest challenges due to our changing world, and churches who can, together, bring change in action and prayer.

And pray for the planet: at the end of creation, God looked at all he had made and was delighted! He loved it all. So this week, spend time praying about the loss of biodiversity, ravaged forests and habitats and for the whole of creation which is suffering.

Day 1: Pray for a community or country impacted by climate change, for the people and all creation there.

Day 2: Pray for a leader to take action.

Day 3: Pray for churches to be active and call for change.

Day 4: Pray for the impact on the poorest and most vulnerable.

Day 5: Praise God that he is at work, making all things new. He is our hope!

For more creative ideas to pray about climate change, have a look at our [climate prayer guide](#).



4th – 10th March

ENERGY



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REFLECT

This week, think about where the energy you use comes from. As Christians, Jesus has called us the salt of the earth, and the light of the world.

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

You are the light of the world ...let your light shine before others, that they may see your good deeds and glorify your Father in heaven
Matthew 5:13-16 (NIV)

PRAY

How can you use your energy as a witness of God's love and kindness?

Spend some time this week praying about this passage from Matthew 5.

ACT

How could you have cleaner, greener energy?

1. Could you switch to a renewable energy provider for your own household? Or could you source your own solar panels? For rural communities, local renewable energy is often the cheapest and quickest way to get electricity. A solar panel could help provide a more reliable and cleaner source of power! Make this the week you find out more.
2. Could you waste less energy this week? Turn devices off instead of leaving them in 'sleep' mode; if you have central heating, turn your thermostat down two degrees and wear a sweater instead; if you're using air conditioning, could you settle for two degrees warmer?
3. Could you talk to your local council or government body and ask them what more they could do to promote clean energy?



11th – 17th March

FOOD



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REFLECT

Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted." John 6:11-13 (NIV)

Jesus takes the loaves and gives thanks, reminding us that all the food we have is a gift from God to be thankful for. But the way we eat today is making climate change worse, and damaging the creation he's given us.

Around the world, one third of all food is never eaten - it's either thrown out or lost along the way. Food production makes a fifth of all our greenhouse gas emissions - so when we waste food, we've generated those emissions for no reason, and contributed to climate change.

But it's not just food waste: around the world, but especially in richer countries, people are eating more meat than ever before, and this has a big impact on the climate. Reducing the amount of meat we eat, especially beef, can really cut our climate impact. Did you know research suggests adopting a vegetarian diet could cut food-related emissions by 63%, and vegan diets by 70%? That's a big difference and it would reduce the vulnerability of the poorest to a changing climate! [[Oxford University, 2016](#)]

PRAY

- Thank God for the food you have today, and thank him that the world produces enough food for each person.
- Thank God for his creativity in the varieties of flavours, textures, smells and colours of the foods we enjoy!
- Ask God to be with those without food today. For harvests to flourish and rains to come at the right times, and for us to share well enough to reach everyone in need.

ACT

This week, choose one action to take...

- Plan meals to avoid food waste, making the most of all God has given us, & use any leftovers to make lunches or other meals or snacks.
- Reduce the amount of meat you eat this week. You could have a meat-free day, or choose to go vegetarian for all your lunches for example.



18th - 24th March

CHURCH



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REFLECT

He is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

Colossians 1:18-20 (NIV)

We - together - are the Church, the body of Jesus in the world; and Jesus himself is the head of the church. In this passage, we see that God is on a mission 'to reconcile to himself all things'. To restore and reunite everything with their Creator.

How can your church family join Jesus in his mission to restore all things, and reconcile them to God? Caring for creation and our neighbours are part of this mission, and part of what we're called to do as a Church.

PRAY

Thank God for your church, for everyone that is part of the community and for your leaders. Ask God to bless them this week.

On behalf of the global church, spend some time repenting of the ways we've been distracted or forgotten Jesus' mission to reunite everyone and everything with their God.

Ask God to awaken the global church, to inspire us to be his hands and feet, and to join in his mission with energy and passion.

ACT

You and your church / youth group could...

- Start a Bible study group and work through the [Live Justly](#) course together (a series of ten scriptural and practical group studies on the biblical response to poverty, injustice and environmental destruction.)
- Try to stop using anything disposable in church or at church events, like plates, and use reusable things instead.
- Plant trees if you have a church compound or yard, or plant trees in your local area, beside roads and shops, asking permission if you need it and find people to commit to watering them.



25th - 29th March

FUTURE



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REFLECT

We see signs of a damaged and broken creation all around us - the loss of wildlife, climate change, drought, deforestation, floods, and less reliable rains - but we have hope. We have hope because we know God is restoring all things. He's on a mission to renew our world.

As Christians we are called to join in with God's mission. This is part of being a disciple, and can be an act of worship.

Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ. 2 Corinthians 5:17-19 (NIV)

We have been given the ministry of reconciliation, the mission to reconcile things with God - and he's begun with us, the old has gone and the new creation has come! What does this mean for the way you engage with the world around you, with the people you meet, the food you eat, and the things you buy and throw away?

PRAY

This week, spend time reading some of the passages listed below and thank God for his wonderful creation, and the hope we can have because of Jesus:

- John 20:1-23
- Romans 8:18-23
- 2 Corinthians 5:17-20

ACT

As you come to the end of this journey, look back over the different actions listed in this resource. What 3 things will you keep doing and make part of your everyday life?

List them here so you don't forget:

1. _____

2. _____

3. _____



Next Steps:

Speaking up for change

In 2015 after years of negotiations, 195 nations committed to work together to tackle climate change and keep the earth's temperature rise below 2 degrees (a very dangerous level for the world). This deal is known as the Paris Agreement.

This is a brilliant step, but we need to keep reminding governments to implement it. This includes keeping promises to reduce emissions, and for those most responsible (rich countries) to provide finance to help the poorest countries adapt to the changing climate.

Here are some suggestions for ways you can speak up for change:

- How is your government doing on implementing the Paris Agreement? Check out the UNFCCC (United Nations Framework Convention on Climate Change) website - unfccc.int.
- Visit renewourworld.net to join a global movement of Christians acting and praying to tackle climate change.
- Can you write or speak to your local or national leaders about their climate commitments?

Praying for the Climate

Download the guide from the [resources page](#) of our website.

This prayer guide will equip and inspire your prayers for the climate. It has been produced by Tearfund and 24-7 Prayer as part of the international Renew Our World campaign.





Resource Bank

Climate change is a big issue that affects so many aspects of life. Here are some useful resources to get you started.

A beginners' guide to climate change: visit www.tearfund.org/climate or read [Footsteps 99](#) on climate for an introduction to climate change.

Latest news: most news outlets will report on impacts of climate change. Try BBC News, the Economist, and Climate Home for more in-depth reporting. You could also check out unfccc.int for UN and national government response to climate change.

The science: For the authoritative version, the Intergovernmental Panel on Climate Change (IPCC, independent body of scientists which look at climate science research and publish key reports every few years). For a personal take from a Christian working on climate science, try [Katharine Hayhoe's website](#)

The impacts: see IPCC reports and news above; Tearfund's [dried up drowned out](#) report and Tearfund Learn - learn.tearfund.org

Theology: for theological thinking on creation care, justice and other related issues you could read - John Stott's *The Radical Disciple* and Ruth Valerio's *Just Living*.

How to respond in your church or community: [Live Justly](#) (a series of 10 sessions including Bible study and reflection looking at justice); TEAR Australia's [Renew Our World Bible studies](#)





Introduction to Climate Change

Rising global temperatures - caused by climate change - are bringing big changes across the world:

Changes to weather patterns disrupt harvests and put seasons out of balance; more unpredictable weather - including more frequent and intense rains, more floods, and more droughts - put pressure on food supplies and force people from their homes.

“Climate change could push over 100 million people back into poverty by 2030” [[World Bank, 2016](#)]

Everyone will be affected by climate change, but we’re already seeing that it’s the world’s poorest and most vulnerable people who are hit first and hardest. They don’t have insurance or other ways to cope with the loss of income, home or food.

Even faced with these facts, the issue of climate change can still be hard to grasp: it’s big, it’s global, and it can feel difficult to know how to begin to respond.

However, our generation has a choice no other generation will have - we’re the ones who can act and make sure everyone has the chance to live well, as God intended.

The Part We Have To Play

We can all play a part in responding to the changing climate by putting our faith into action. Speaking up for change and adjusting our lifestyle are great ways to respond - see the taking action section for ideas. However, prayer is one of the most important ways that we can take action.

“Love does no harm to a neighbour” - Romans 13:10

As we lift up prayers and requests about these issues, injustices and difficulties; we must also remember to give thanks and praise for the beauty of the world that we’re part of, and praise God for the created earth that we live on. Through our prayers and actions, we’ll show our governments we care about a fair and sustainable world, for the love of God and our neighbours.

Renew Our World

unites a global movement of Christians calling for a more just and sustainable planet for all.

Find out more:
renewourworld.net





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Romans 12:1 (The Message Bible)

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