



# A Leaner and Greener Lent

WEEK 1 7th –12th March 2022

Let there be light

Read: Genesis 1:1-5

In the beginning God created the heavens and the earth. The earth was barren, with no form of life; it was under a roaring ocean covered with darkness. But the Spirit of God was moving over the water.

God said, “I command light to shine!” And light started shining. God looked at the light and saw that it was good. He separated light from darkness and named the light “Day” and the darkness “Night.” Evening came and then morning—that was the first day.

**Reflect:** Throughout the Old Testament *God’s presence as light acts as guidance in the darkness to show his people the way and how to follow him. Light as the presence of God is carried into the New Testament.* Jesus is the light and life of the world (John 9) and ‘the radiance of God’s glory’ (Hebrews 1:3).

*Access to light and electricity is hugely important, and the good news is we have seen giant leaps forward over recent decades, with the latest figures putting the global electrification rate at 89 percent. More than 920 million people have gained access since 2010. However, worldwide there are still about 840 million people without electricity.*

*While access to light, electricity and energy in general is crucial, it is also important to consider the source of that energy because of the terrible impact that fossil fuels are having on the world; both people and planet. From a human perspective, health, livelihoods, food provision, water supply, human security and economic growth are all seriously at risk from the Climate Emergency caused by the burning of fossil fuels.*

**What action will you take?**

Complete a Carbon Footprint audit following the links at the back of this guide.

Travel less, walk, cycle. Use less meat and dairy. Shop local and seasonal produce; remember the tons of carbon caused by flying certain produce about the globe. Be careful on the fish you eat; it may have involved destroying sea bed to get it to you—sea weed is better than rain forest at capturing CO2. Switch off appliances and lights when not in use; it save the planet and your pocket too.

Use an energy supplier that offers renewables.

Use your voice; ask your MP and Local Authority what actions they have taken to reduce emissions.