



## A Leaner and Greener Lent

WEEK 5

3rd - 9th April

Let the waters teem with living creatures  
and let birds fly

Read: Genesis 1:20–23

God said, “I command the ocean to be full of living creatures, and I command birds to fly above the earth.”<sup>21</sup> So God made the giant sea monsters and all the living creatures that swim in the ocean. He also made every kind of bird. God looked at what he had done, and it was good.<sup>22</sup> Then he gave the living creatures his blessing—he told the ocean creatures to live everywhere in the ocean and the birds to live everywhere on earth.<sup>23</sup> Evening came and then morning—that was the fifth day.

Reflect:

*It is always interesting to see that God looks at creation and declares it is good. There is a sense that God looks to the colour, vibrancy and diversity of the world and it brings incredible pleasure to God.*

*And more God pronounces a blessing on his creatures telling them to be fruitful. If humanity is to bear the image of God to the world then our calling is to be those who ‘bless’ the good we see in the world and act to see fruitfulness.*

What action will you take?

Take time to look for the good in the world about you; how can you bless this? What steps can you take to see fruitfulness in creation; to see animal, fish, bird and human flourish and thrive?

How might you further reduce plastic use: can you stop using it altogether?