INSTRUCTIONS
1. Pick at least two new habits from each category, or come up with your own eco actions.
2. Share your story with others by writing to us at contact@blessedearth.org.
3. We will check in with you several times this year to see if you are still on track.

Think about it...
Changes can be made at home, the yard, school, church, and in your neighborhoods. Or establish new habits in transportation, shopping, vacations, food, Sabbath, holidays and special occasions, entertainment—caring for God’s creation intersects with every aspect of our Christian walk.

Lord, help me TODAY to:
• Pick up and throw away any trash I see on the ground.
• Turn off the faucet while brushing my teeth and shaving.
• Ask my parents to turn up the thermostat up three degrees (in summer) or down three degrees (in winter).
• Turn off the lights, TV, and computer when I leave the room.
• Give something away.
• Spend at least ten minutes with you—quietly—in nature.
• Read Psalm 23, 24, 104, 147, or 148.
• Pray for people whose forests and habitats have been destroyed by my material desires.

My Covenant
1. ___________________________________________
2. ___________________________________________

Lord, help me THIS WEEK to:
• Take a day of rest—no shopping, no work, no driving.
• Bike, walk, carpool, or use public transportation when possible.
• Recycle everything I can.
• Ask my parents to change at least five light bulbs in our home to compact fluorescents.
• Encourage my family to avoid fast-food restaurants and eat fewer meat-based meals.
• Ask my parents if they have installed low-flow showerheads.
• Put my electronic equipment on a switch powerstrip. Power "off" when not in use.
• Visit www.betterworldshopper.com to research sustainable products and services.
• Check out a faith-based organization working to save God’s created earth.
• Use some of the money I save to advance your kingdom.

My Covenant
1. ___________________________________________
2. ___________________________________________
Lord, help me THIS MONTH to:

- Ask my utility company to conduct an energy audit.
- Stock up on handkerchiefs, cloth shopping bags, and cloth napkins.
- Clean out my closets and donate clothes I have not worn in the past year.
- Start a weekly or monthly family night where we eat dinner together, play games, or read a book aloud.
- Compost my food and yard waste.
- Wait a month before buying something I “need”; when I do make purchases, let me buy quality items that will last for many years.

My Covenant

1. 
2. 

Lord, help me THIS YEAR to:

- Replace church light bulbs with compact fluorescents.
- Talk to my church and workplace about using recycled paper in copying machines and printers.
- Buy produce locally and support organic family farms.
- Clean or replace air filters throughout my house.
- Give away or sell anything and everything that is cluttering my life. Donate the proceeds to charity.
- Volunteer to help people who have fewer resources than I do.

- Plant deciduous trees along the south side of my house and avoid pesticides.
- Donate my old cell phone, computer, or printer to a good cause.
- Set up a recycling program at my workplace, church, or school.
- Cut way back on the Christmas frenzy.
- Set up a share board in my church or organize a clothing exchange.
- Instead of a birthday gift or flowers for a funeral, send a donation to charity.
- When appliances and lighting fixtures need to be replaced, purchase only the most efficient Energy Star items.

My Covenant

1. 
2. 

OUR MISSION

Blessed Earth is an educational nonprofit that inspires and equips Christians to become better stewards of the earth. Through church, campus, and media outreach, we build bridges that promote measurable environmental change and meaningful spiritual growth.

www.BLESSEDEARTH.org

© BLESSED EARTH, 2009. MAY REPRINT WITH PERMISSION