INSTRUCTIONS

1. Pick at least one new habit from each category, or come up with your own eco actions.

Changes can be made at home, the yard, school, church, work, 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.
- Turn my thermostat up three degrees (in summer) or down three degrees (in winter).
- Wash my clothes in the coolest water possible.
- Consume fewer canned and bottle drinks and more tap water.
- Turn off the lights, music, and computer when I leave a room.
- Give something away.
- Spend at least ten minutes with God—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 Sabbath rest—no shopping, no work.
- Bike, walk, carpool, or use public transportation instead of driving.
- Consciously combine trips and errands.
- Recycle everything I can.
- Change to energy efficient light bulbs.
- Switch to recycled paper products.
- Air dry my laundry.
- Cut back on the amount of junk mail I receive by visiting www.dmachoice.org.
- Eat fewer meat-based meals.
- Install low-flow showerheads.
- Visit www.betterworldshopper.com to support sustainable products and services.
- Check out a faith-based organization working to save God’s created earth.

*My Covenant*

1. __________________________________________
2. __________________________________________
Lord, help me THIS MONTH to:

- Schedule an energy audit with my utility company.
- 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 making a major purchase to discern if it’s a want rather than a need.
- Increase my use of eco-friendly cleaning products.

My Covenant

1. ______________________________
2. ______________________________

Lord, help me THIS YEAR to:

- Plant a tree.
- Avoid the use of pesticides.
- Set up a recycling program at my workplace, church, or school.
- Cut way back on Christmas spending.
- 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.
- Start a vegetable garden at home.

My Covenant

1. ______________________________
2. ______________________________

OUR MISSION

Blessed Earth is an educational nonprofit inspiring faithful stewardship of all creation.

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