**Lent**



In no particular order, here are 40 things you can do during Lent. Tell us or show us

what you are doing on [Facebook](https://www.facebook.com/BEarthTN/), [Twitter](https://twitter.com/bearthtn) and [Instagram](https://www.instagram.com/bearthtn/). Use the hashtag #bearthtn.

* Hike one of Tennessee’s beautiful trails.
* Read Genesis 1 and imagine what God saw after each day of creation.
* Take a picture where nature and humans interact or collide. (Ex: trash on a trail or bare feet on grass.)
* Gather some natural materials and make something.
* Fast
* Write a poem, haiku, limerick or song about what you see in nature.
* Take a walk. If you are in a city look for nature in unexpected places.
* Say a prayer of gratitude for the things you take for granted every day.
* Take a day off from driving.
* Eat a meatless meal.
* Look in the Topics section of your Bible and read scriptures about trees.
* [Audit yourself](http://www.blessedearthtn.com/energy-audit/).
* Look up at least one of your most common household purchases and see it’s ranking on <http://www.betterworldshopper.org/rankings.html>. Could you make a better choice?
* Program your electronics to go to sleep after 2 (or 5) minutes of inactivity.
* Turn off the lights when you exit a room.
* Pack a lunch.
* Plant a tree.
* Go on a 3-day media fast. Use that time to pray, read scripture and be with family. Evaluate your media-free time and decide if or how much needs to be reintroduced to your day.
* Purge things you do not need.
* Go on a scavenger hunt. (Search Pinterest for nature scavenger hunts. If you have a smartphone, take a picture of the list then take pictures of the items you find.)
* Only use refillable water bottles and coffee cups.
* Request a for-here cup when eating out.
* Practice the 5 R’s. Refuse, reduce, reuse, recycle, rot.
* Try a natural alternative to home-cleaning supplies.
* Switch your coffee to organic, fair-trade.
* Sabbath
* Pick up trash and put in the proper receptacle.
* Turn thermostat down 3 degrees in winter, up three in summer.
* Wash clothes in cold water.
* Give something away.
* Pray for people who are experiencing environmental injustice. (Ex: the people of Flint, Michigan)
* Turn the radio off and use travel time as prayer time.
* Family night- have a meal together, play games, go for a walk.
* Wait a month to buy something you want to see if it’s something you actually need.
* Start a garden.
* Donate your old electronics to a good cause.
* Compost your food and yard waste.
* Read [Creation Care Themes Throughout Scripture](http://www.blessedearth.org/wp-content/uploads/2011/09/Scripture-Themes.pdf)
* Give an experience as a gift.
* Switch from paper products to reusable products.