

‘Switch off the floodlights’ ‘turn down the heating’ and ‘plant a tree’ all calls to action as part of the Church of England’s first ever **Green Lent**



Adrian Powter

As Lent begins today – Ash Wednesday – conversations around the country will pose the question: “what are you giving up?”

And while people may traditionally give up just one thing for Lent – marking Jesus’s time of fasting in the wilderness - this year, the Church of England’s #LiveLent challenge sets out 40 challenges, topics for thought and prayers to help those taking part along the journey of Caring for God’s Creation.

‘Could you switch away from harmful chemicals in your kitchen or bathroom?’ ‘how much water was used to make your pair of jeans?’ ‘When was the last time you gazed at the night sky?’ and ‘What was the carbon footprint of the meal I just ate?’ – these are just some of the questions and topics participants will explore, with a different challenge every day.

Launching the resources, The Archbishop of Canterbury, Justin Welby, said:

“We urgently need to rebuild our relationship with our planet. To do this, we need to change our habits – in how we pray and how we act.”

“Lent is not just about discipline. It’s about allowing Christ to show us what’s keeping us from loving and serving Him – and joyfully letting it go.”

“Whatever age you are, this Lent I hope you’ll engage with God’s plea for us to care for His creation, and that these campaign resources will help you on that journey.”

The #LiveLent resources are available in a booklet, which has already sold nearly 100,000 copies, as well as a free app, via daily email updates or for smart speaker. For more information and to sign-up see [www.churchofengland.org/LiveLent](http://www.churchofengland.org/LiveLent)

## More information

- The Church of England's Lent Campaign shares themes from the Archbishop of Canterbury's Lent Book 'Saying Yes to Life, by Ruth Valerio' which is published by SPCK.
- For information on this and all #LiveLent resources see [www.churchofengland.org/livelent](http://www.churchofengland.org/livelent)