



A Lenten Journey

*What deeper
reflection
are we called to
in our time?
Why?*

**Saturday
February 28, 2009**

*Most merciful God,
We confess that we are captive to sin and cannot free ourselves.
We have sinned against you in thought, word and deed,
By what we have done, and by what we have left undone.
We have not loved you with our whole heart,
We have not loved our neighbors as ourselves.
For the sake of your Son, Jesus Christ, have mercy on us.
Forgive us, renew us, and lead us,
So that we may delight in your will and walk in your ways
To the glory of your holy name. AMEN*
--Rite of Confession and Forgiveness, Evangelical Lutheran Worship

As we continue to learn more about the loss of species and habitat in our world, pollution of the seas and sky, and climate change, we will find that some of our ways of living contribute to the degradation of our world. Consider the things you have done and those things you have left undone—what damaging habits could you abandon, and what healing habits should you adopt?

Be Aware

Calculate the impact your lifestyle has in the world using an eco-footprint calculators. Here are a couple to try:

[Redefining Progress](#)
[Earth Day Network](#)

Each of these tools shows you the impact of your diet, travel, work and play. Use what you learn to help you choose a few personal or family habits you might change.

The Earth Day Network calculator includes visuals that make it fun to use with kids or youth—spend time as a family learning about your eco-footprint, and then work together to think about which habits you need to kick and what new things you could try.

Something to think about: Facing the reality of environmental degradation and our part in it can be discouraging: be gentle but honest with yourself; start with just two or three ways you can do things differently; and use the season of Lent to try them out. You might find that those changes that seemed so difficult at the beginning of Lent will feel like well-worn habits by the time Easter comes, and maybe you'll be inspired to make a few more small changes!

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