

# LENT 2026

This year, the Michigan Mission Center's Earth Stewardship Team has created a Lenten guide with a collection of daily activities designed to help us ponder the connection between financial responsibility, sustainable living, and our collective spiritual wellbeing. Each week centers on a topic related to rethinking an aspect of Earth Stewardship, and includes 6 activities designed to help participants gain knowledge, connect spiritually, take action, and deeply reflect.

We urge you to remember that Lent isn't about perfection. We invite you to engage with these resources in a way that is meaningful to you, and to do so alongside other Lenten practices that you find challenging and strengthening.

Many resources are directly from Community of Christ's Lent 2026 resource, "When We Gather." Other resources are from a variety of online sources. To best access the activities, we recommend using this guide online, rather than printing, to easily use the embedded links to each activity. For resources from the "When We Gather" page, you will need to click the link and then scroll on the landing page to the reading or activity that is listed. Throughout this resource, text that is underlined indicates a link.


As you begin your Lent experience, we invite you to check out this [Guided Reflection](#) for Lent 2026, and to revisit it often throughout your 40 day experience and beyond.




Interested in planning a gathering during Lent, or diving deeper into the content shared from Community of Christ? Check out their Lent 2026 resource page, ["When We Gather."](#)

# WEEK 1: RETHINKING GLOBAL CONNECTIONS & INTERCONNECTEDNESS

*As we begin our lent journey, you are encouraged to consider the interconnectedness of our global community and the ways in which our individual actions impact our collective wellbeing. Take a moment to look ahead to our challenge activity on Friday to prepare to fully engage.*

Monday  
  
Learn

"If the World  
Were 100  
People: Statistics  
& Facts"  
From Show Me  
The Data

Tuesday  
  
Read

"Loosening  
Our Grip"  
By Carla Long

Wednesday  
  
Watch

Set aside a few minute to watch the "2025 Word Conference Recap." As you watch, consider what images, actions, and interactions stand out to you. Consider watching a second time and offering a prayer for the people and places that speak to you.

**"Scarcity thinking moves us to try and control every aspect of our lives because it cannot trust in God's abundance. It struggles to release what it cannot control. Scarcity cannot see past me, me, me. It ultimately leads toward isolation and death. Abundance opens the way to renewal and resurrection. Abundance is communal by nature."**

**-Carla Long**

Thursday  
  
Listen

"Creator of the  
Intertwined"  
Beyond the Walls  
Choir

Saturday  
  
Reflect

Set aside a time to reflect in a way that is meaningful to you. That might include journaling, writing a letter about your experience to a pen pal, meditating, or something else. We invite you to also share about your experience by completing this [Google Form](#).


Friday  
  
Act

## The Label Detective


1. Gather: Grab a magnifying glass and a map of the world, or the map feature on a tablet or smart phone.
2. Hunt: Find 3 items (food, clothes, toy).
3. Investigate: Read the "Made In" label. Find that country on the map.

# WEEK 2: RETHINKING LOCAL CONNECTIONS THROUGH FOOD CHOICE

*Last week, we looked at our global connections. This week, we encourage you to now reflect on your local community. Consider how our calls to be stewards of the Earth and to live in peaceful community with our neighbors co-exist. Take a moment to look ahead to our challenge activity on Friday to prepare to fully engage.*

Monday  
  
Learn

As we jump in this week, read "7 Benefits of Eating Local Foods," by Rita Klavinski, from MSU Extension. Take a moment to notice any similarities between the described benefits of local eating and Community of Christ's Enduring Principles.

Tuesday  
  
Read

"Wanting More"  
By Erin Cackler

Wednesday  
  
Watch

"100 Mile Food Challenge"  
From Decora  
Farmers Market

Thursday  
  
Listen

Check out this performance of "Old MacDonald Had a Farm" by Ella Fitzgerald. Listen to the words. Reflect on the change in agriculture over time. Consider the key word "here!" When we begin to eat from local specialties and offerings, we develop community, and contribute to the health of our environment.

Friday  
  
Act

## The 100-Mile Meal

1. Shop: Go to a farmer's market or look for "Local" signs at the grocery store.
2. Cook: Try to make one dinner where the main ingredients were grown within 100 miles of your house.

Saturday  
  
Reflect

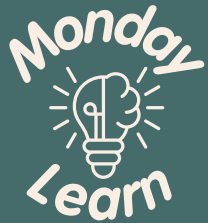
Set aside a time to reflect in a way that is meaningful to you. That might include journaling, writing a letter about your experience to a pen pal, meditating, or something else. We invite you to also share about your experience by completing this Google Form.

**"Eating local is a beautiful lifestyle addition- not a hard rule book. You don't have to eat 100% local to make a big impact. Even one meal a week with locally grown food, or swapping out a usual produce item supports your community, reduces your footprint, and reconnects you with nature's rhythm."**

**-Springfield Community Gardens**

# WEEK 3: RETHINKING SPENDING THROUGH A SABBATH

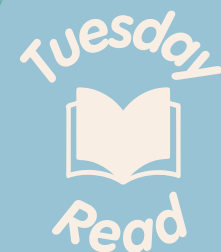
*This week, you are invited to reflect on the ways that your personal spending interacts with other elements of your life, and how intentional changes to your spending habits may have ripple effects. Take a moment to look ahead to our challenge activity on Friday to prepare to fully engage.*



Spend a few minutes reading Abigail Ham's article, "Buying less stuff is good for the planet. It's also good for us." As you read, consider if there are opportunities in your own life to introduce a challenge and learn from the process, as she did with her personal challenge to minimize her clothing purchases. Ask yourself what you might gain by reducing what you spend.

"...All we have is a gift from God, entrusted to us not for possession or accumulation, but for stewardship and the flourishing of all creation."

-Wim van Klinken



"No More and No Less"  
By Wim van Klinken



"You Can't Shop Your Way Out of Climate Change"  
From PBS Terra



"Restless Weaver"  
Beyond the Walls Choir



Set aside a time to reflect in a way that is meaningful to you. That might include journaling, writing a letter about your experience to a pen pal, meditating, or something else. We invite you to also share about your experience by completing this [Google Form](#).

Friday




Act

A Sabbath from Commerce

1. Choose: Pick one day this week to be a No Spend Day.
2. Rules: No groceries, no gas stations, no online shopping, no vending machines.
3. The Fun: Do things that are free! Play board games, hike, or read.

# WEEK 4: RETHINKING GIVING THROUGH AN ITEM SWAP

We invite you to spend time this week considering giving in its many forms. Our culminating activity this week will take some time to plan, so be flexible with yourself as you engage with the idea of an item swap and what that might look like this week and as a future project.

Monday  
  
Learn

"Stop Buying New Things: Swap, Share, Borrow Instead"  
By Melissa Breyer

Tuesday  
  
Read

"Clearing Out the Boxes"  
By Noelle Gaffka

Wednesday  
  
Watch

Check out this video, "Swap Party Ideas from Denmark," so you can get an idea of how an organized swap party works!

Thursday  
  
Listen

"Touch the Earth Lightly"  
Beyond the Walls Choir

Friday  
  
Act

The Jubilee Toy Swap

Check out this activity from "When We Gather", and consider how you could create an item swap for your friends, family, congregation, or community. It doesn't have to be big, and it doesn't have to be toys! Let the focus be on giving not just that which is leftover, but that which might fill a need.

This one may take some time. Consider donating items instead this week, but planning a swap event for further out.

Saturday  
  
Reflect

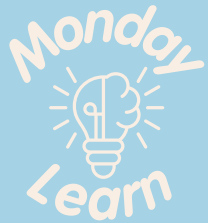
Set aside a time to reflect in a way that is meaningful to you. That might include journaling, writing a letter about your experience to a pen pal, meditating, or something else. We invite you to also share about your experience by completing this [Google Form](#).

**"Collaborative consumption is at once so simple yet so revolutionary. It replaces 'beg, steal, and borrow' with 'lend, share, and swap.' It's sustainable, the sense of community feels great, and that little rush of oxytocin doesn't hurt either."**

**-Melissa Breyer**

# WEEK 5: RETHINKING ENERGY THROUGH REDUCTION EFFORTS

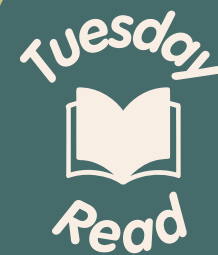
*This week, we invite you to explore the possibilities of energy conservation. Consider the financial and environmental implications of energy reduction efforts, and spend time reflecting on your personal energy usage. Take a moment to look ahead to our challenge activity on Friday to prepare to fully engage. You may wish to do the activity for the whole week, or just for one day on Friday.*



As we begin exploring energy reduction efforts, check out this video, "[How to Save Money Cooking with Low-Energy Appliances](#)," to begin to learn about ways to reduce energy usage by using different appliances that you may already have in your home!

**"Energy efficiency means you do the same job or better with less energy and more brains, and less money."**

**-[Amory Lovins](#),  
Rocky Mountain Institute**



**"[Barren and Full of Possibility](#)"  
By Ron Harmon**



**"[Simple and Easy Ways to Reduce Your Energy Costs](#)"  
From Under the Median**



**"[As the Wind Song through the Trees](#)"  
Beyond the Walls Choir**



Set aside a time to reflect in a way that is meaningful to you. That might include journaling, writing a letter about your experience to a pen pal, meditating, or something else. We invite you to also share about your experience by completing this [Google Form](#).



## The "Oblation" Jar

1. Setup: Put a glass jar on the kitchen counter.
2. The Challenge: For one week, put a penny (or nickel) in the jar every time you: Flip a light switch, turn on a water tap, or open the fridge.
3. Give: At the end of the week, count the money and donate it to the church's Oblation Fund.

# WEEK 6: RETHINKING TRANSPORTATION THROUGH EXPLORATION

*In our last week of Lent, we encourage you to explore one final topic related to both economic and environmental wellness: transportation. We recognize that public transportation looks very different across communities, but welcome you to consider the variety of actions that we can take in regards to transportation.*



"Reducing Your Transportation Footprint"  
Center for Climate and Energy Solutions



"Unsettling Good News"  
By Phyllis Gregg



"Transportation Video"  
From Climate Central



"Jesus Walked This Lonesome Valley"  
Beyond the Walls Choir



Experiment to Lower Your Transportation Carbon Footprint

Find at least one way this week to reduce the amount of carbon you use for transportation. Here are some ideas to consider:

- Transition an in-person meeting, appointment, or gathering to phone or video conference to avoid travel
- Plan ahead to combine two or more usually separate trips (work, appointments, groceries, entertainment, etc.) into one
- Share a ride with someone to work, worship, or other event
- Walk, ride a bicycle, or use public transportation in place of driving a vehicle
- Implement Eco-driving principles (slow acceleration, drive the speed limit, use cruise control, etc.)
- If you must travel by air, find a way to reduce connecting flights or lower the weight of your luggage



Set aside a time to reflect in a way that is meaningful to you. That might include journaling, writing a letter about your experience to a pen pal, meditating, or something else. We invite you to also share about your experience by completing this [Google Form](#).

**"Care for all creation transforms our hearts, and as our hearts are transformed, the Earth will be transformed into a place of peace and healing. Home."**

**-Anne Drake**