



**Creation Justice Ministries**

Justice for God's Planet and God's People

[www.creationjustice.org](http://www.creationjustice.org)

# Carbon Fasting 101

## Why a Carbon Fast?

Humans were put on this earth with the responsibility to be stewards of God's great creation. We know that some of our actions have led to a changing global climate, which translates to warmer temperatures, rising sea-levels, and severe storms, just to name a few.

It is time to repent and ask God for forgiveness for our carelessness with His many gifts to us. We can also take action to change our world's projected course. Little steps can have big results.

A carbon fast is a great way to make small personal changes, while also drawing attention to our society's unsustainable love affair with carbon.

## What is a Carbon Fast?

A carbon fast is a way to be mindful of our consumption, while participating in self-imposed restrictions. These restrictions can be simple to moderately challenging depending on an individual's comfort level with energy moderation.



- Unplug electronics and appliances when not in use
- Reduce your speed while driving
- Buy local goods and products
- Utilize public transportation
- Take shorter, cooler showers
- Take advantage of natural breezes in the summer
- Dry clothes by hanging them

## What can YOU do to fast?

- Pile on sweaters and socks instead of turning up the heat
- Try and eat local and seasonal foods that do not have to travel far to get to your table
- Turn off your lights for one hour every day
- Say no to bottled water
- There are countless other ways to fast!

## Other Resources

- [Creation Justice Ministries' Climate Change Resources](#)
  - [A Lutheran perspective on fasting for Climate Justice](#)
  - [Congregational Stewardship with Energy Efficiency & Clean Energy Technologies](#)
  - [A Lenten devotional on Treading Lightly from the Presbyterian Church \(USA\)](#)
  - [Find your household's carbon footprint using the EPA's calculator](#)
  - [Resources for individuals and congregations from the United Church of Christ](#)
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## There's Always More to Do...

We know that climate change and our dependence on fossil fuels can be overwhelming and disheartening. It may seem like a carbon fast isn't enough to create change, but it's an important step! We know that change will have to come from institutions and people with the power to influence laws and regulations. You have a role to play in that as well!

- Urge your elected officials to create strong laws to stop climate change.
- Ask your energy suppliers if they offer a green energy plan
- Announce your fast at church and encourage others to participate

