

Journey Through Lent

WEEK SEVEN: NATURE

Renewing the face of the ground



Lent calls us to reflection, action and hope. Join us over the next eight weeks as we explore our shared experiences of Hunger, Safety, Well-Being, Identity, Loss, Community, **Nature**, and Faith, engaging scripture and real-world responses to live out God's call to justice and compassion.

DAY 1: SCRIPTURE REFLECTION

When you send forth your spirit, they are created, and you renew the face of the ground. —Psalm 104:30

- Read **Psalm 104:30** and consider what it means for God's Spirit to bring life and renewal to the earth. This verse reminds us that creation is not a one-time event—it is ongoing. God's Spirit continues to breathe life into the world, renewing the ground, the creatures, and even us. As beings made in God's image, we are not separate from this work—we are part of it. The idea of humans as co-creators with God suggests that we are invited to participate in God's ongoing act of creation and stewardship. We are called to care for the earth not just as caretakers, but as active partners in renewal—protecting the soil, the water, and all that sustains life.

- **Reflection questions:**

- *What does it mean to say that the ground—the soil, the earth—is renewed by God’s Spirit?*
- *Where in your life do you long to see renewal? In yourself, your community, or in the natural world around you?*
- *How might your faith shape the way you care for creation?*
- *Can you think of a time you felt connected to the land—through walking, gardening, farming, or simply being outdoors? What did that experience stir in you?*
- *How might we act as co-creators or caretakers of renewal in a world facing climate crisis?*

DAY 2: PERSONAL REFLECTION & JOURNALING

- Reflect on your relationship with the natural world.

- *What landscapes shaped you growing up? Forest, prairie, lake, mountain, city green space?*
- *When was the last time you felt deeply connected to the earth—its beauty, its rhythms, its vulnerability?*
- *How has climate change, pollution, or land use impacted the environment where you live?*
- *Are there ways you’ve participated—consciously or unconsciously—in harming the earth? What would repentance and renewal look like?*
- *How might slowing down and paying attention to nature change the way you relate to God?*

- **Journal Prompt:** Write about a moment when you witnessed nature healing—an animal returning, a garden blooming, a polluted space being restored. What did that moment reveal about God’s Spirit at work in the world? What role might you play in that ongoing work of renewal?

DAY 3: GROUP TESTIMONY

- As a group or a congregation, reflect on a moment in your congregation or local community when the land around you was neglected, harmed, or taken for granted. Was it a park left unkept, a development that destroyed green space, or a season of drought or flood that revealed how vulnerable the land had become? What kept people from acting sooner? Was it lack of awareness, competing priorities, or a sense of helplessness? What might have changed the outcome? How can your community learn from that moment and move toward deeper care for creation?
 - **Group Activity:** In pairs or small groups, take turns doing a grounding activity outdoors—stand barefoot if possible, or simply place your hands on the earth, a tree, or a patch of grass. Take a few moments in silence to feel the connection. Afterwards, discuss: What did you notice? What felt unfamiliar, comforting, or stirring? How does this reflect our relationship with the natural world in daily life—sometimes distant, sometimes deeply rooted?
- Explore how creation care can be built on a global scale—through shared practices, stories, and faith. In a world shaped by environmental injustice and climate change, why is it more important than ever to act together to renew the ground beneath us? What helps people feel connected to the earth—not just as resource, but as gift?
 - Read the **story of Ache** at clwr.org/lentstory7 and discuss the courage it takes for women like her to lead the work of land restoration.
 - **Discussion Questions:**
 - Around the world, communities are working to restore land damaged by drought, desertification, and conflict. What unique challenges do they face?
 - What can we learn from Ache's story about the connection between land, livelihood, and dignity?
 - Imagine you are a farmer in a region where rainfall has become unpredictable. What kind of support would you need? What fears might you carry?
 - How might your church or group begin preparing now to be the kind of community that helps renew the face of the ground?

DAY 4: PERSONAL AND COLLECTIVE ACTION

- **Personal Action:**

- Go for a short walk and intentionally observe your local ecosystem. What's growing? What's struggling? How do you see signs of life or signs of stress?
- Commit to one new habit this week that helps care for the earth—cutting plastic, composting, walking instead of driving, or reducing waste.
- Plant something—indoors or outdoors—as a prayerful act of hope and renewal.

- **Community Action:**

- Host a “Green Church” conversation in your congregation. What steps can you take to become more environmentally sustainable? (e.g. reducing energy use, planting native species, hosting community gardens, or eliminating single-use plastics)
- Partner with a local environmental group for a cleanup or planting day.
- Join churches across Canada in CLWR’s **Friends of Creation**

Challenge:

- Over four Sundays your congregation chooses, you’ll walk alongside communities near Lake Chad—where farmers are racing to adapt as the land that once gave life becomes harder to live on. Each Sunday connects faith with climate through themes like food, water, peace, and economy. You’ll reflect, listen for God’s call, take meaningful action, and help restore acres of land around Lake Chad: clwr.org/foc-challenge

DAY 5: PRAYER AND COMMITMENT

- Pray for the earth—that the Spirit would breathe renewal into lands damaged by drought, flood, pollution, or greed.
- Pray for communities like Ache's—who are working daily to restore the soil, grow food, and protect their futures.
- Pray for yourself—that you would be awakened to the beauty of creation and called into deeper care and reverence for it.
- **Commitment Challenge:** This week, spend at least 30 minutes outside, without distractions. Let yourself notice the wind, the soil, the trees or buildings around you. Listen. Give thanks. Then take one small action in your home, your church, or your community to help renew the face of the ground.