



A Catholic guide for the Lenten Fast for Climate Justice

This is the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke. Isaiah 58:6

Being Catholic means accepting the need to fast as individuals and in community. This ancient act of penance has long been a spiritual exercise to help us control our worldly desires. Fasting helps us grow in virtue so that (by the grace of God) we can overcome sin, even modern ones like climate change.

How do I fast? We suggest you fast from food during at least one meal or an entire day. Remember to be careful and don't compromise your health; everyone sacrifices in different ways based on their age, physical strengths, and limitations. We also encourage doing a "Carbon Fast", trying to avoid activities that produce carbon dioxide and other wastes (by reducing your use of fossil fuels, electricity, plastic, paper, and toxins).

When do I fast? Besides joining all Catholics to fast on Ash Wednesday and Good Friday, you can fast in the Lenten Fast for Climate Justice, especially on the day selected for your country (see dates: bit.ly/LentFastDates). Catholics don't fast on Sundays because that is always a day to celebrate the joys of Easter.

What do I do besides limiting my meals and consumption?

- ✦ Pray: Start the day by putting yourself in God's presence and recite this prayer:
"Lord, look upon us and hear our prayer. By the penance and good works you inspire, help us to discipline our appetites and to be renewed in spirit. So that we may be better stewards of creation, help us to live simply even when our desires are great. And help us to love greatly, even when we are not loved. Grant this through our Lord, Jesus Christ, your son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever." (Adapted from the Divine Office.)
- ✦ Throughout the day, pray the Rosary, the Divine Mercy Chaplet, or the Divine Office. You can also [here](#) for other prayer resources.
- ✦ Read Scripture, especially those passages referring to Creation Stewardship and Environmental Justice.
- ✦ **Take part in a mass or holy hour in your parish**, asking to incorporate "the urgent solution of the climate change crisis" as a prayer intention.

What do I pray for?

- ✦ For the urgent solution of the climate change crisis.
- ✦ For the grace to grow in virtue, which helps us be better stewards of creation.
- ✦ For easing the suffering of the poor and those affected by disease and severe weather.
- ✦ For the Church, that it may use its prophetic voice to help solve the environmental problems we face.

Share your testimony and encourage others!

Encourage others to join by sharing your testimony about why you fasted. Send your testimony (one or more sentences) to hello@catholicclimatemovement.global tweet inspiring comments to [@CathClimateMvmt](https://twitter.com/CathClimateMvmt), or