



## Week 1

# LIGHT AND ENERGY

### READ: Genesis 1.1-3

*In the beginning ... darkness covered the face of the deep ... Then God said, "Let there be light"; and there was light.*

Our reading reminds us that all light – and all life – comes from God. This week's actions help us think about how we use light and energy and how to make small differences that will help us and others.

### PRAYER FOR THE WEEK

*Thank you, God, for the light and energy that we use every day. May all countries act swiftly to reduce energy use and combat climate change. Help us to make small differences where we can. Amen.*

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### Monday Notice light around you

Sit and watch the sunlight, a lightbulb or a candle and think about the difference that light makes to our lives.

### Tuesday Make small changes

Little things add up to save a lot of energy. Turn lights off when you leave a room. Turn off chargers once mobile devices are charged.

### Wednesday Walk in the light

Walking or cycling – rather than driving – are good for our health and for the environment. Can you make one extra journey on foot, bike or scooter today?

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### Thursday Let your light shine

Jesus calls us to share his light with the world. Can you suggest ways your family, school or church could take better care of creation?

### Friday Give thanks for light and warmth at home

Almost a billion more people now have electricity at home than did ten years ago. Thank God for this progress, and for your own home, too.

### Weekend Help those bringing hope

Read a webpage for a charity like Christian Aid or Tearfund. How do they help to bring light into dark situations, such as countries badly affected by climate change?

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