DISCIPLESHIP: LIFESTYLE AT HOME AND WORK
A Checklist for Members of Congregations

Every action has consequences on other humans and on the earth. Become aware of the outcome of your actions, reduce your impact on others, and walk lightly on Earth. Consider these practices to be a spiritual discipline. Do an “extreme ecological makeover” of your home. Go room by room and identify every item or practice there that degrades nature and replace them with Earth-friendly devices, appliances, and practices. Combine efficiency and conservation to reduce your destructive impact on Earth and see your living space as a “sanctuary”—a safe place for all living things on your property.

1. EDUCATION
• Learn about the environmental crisis and ecological justice.
• Read about or join a study group fostering voluntary simplicity
• Learn about biblical resources that can serve as your foundation.
• Learn about your faith traditions that inform and support what you do to love creation.

2. GREEN YOUR LIVING SPACE

   Energy Use
• Alternative energy: solar/ geothermal/ purchase wind from your energy company.
• Purchase Energy Star appliances
• Get programable thermostat. Lower thermostat in winter; raise it in summer. Change settings when away. Use ceiling fans.
• Clean/ replace filters for all appliances/furnace with filters.
• Replace all incandescent light bulbs with compact fluorescent light bulbs
• When not in use, turn off lights, TV, computer, appliances. Prefer natural light.
• Turn off TV, computer, microwave, etc. at the strip/ plug.
• Run full loads in dishwasher, washer, and dryer. Use short cycles/ clothes line.
• Use microwave/ toaster oven/ slow cooker rather than oven/range.
• Set refrigerator at 36°F to 42°F, freezer at -5°F to +6°F, and water heater at 120°F.
• Use cold or warm water when washing clothes; rinse in cold water.
• Insulate walls/ attic. Repair leaks around windows/doors. Lock windows to seal.
• Repair hot water leaks. Insulate water heater (“blanket”) + hot water pipes (wrap).

   Cleaning Products
• Use non-toxic dish detergent and laundry detergent.
• Use safe cleaning products either purchased or homemade.
• Avoid spray or disposable products for cleaning, air-freshening, and cooking.

   Water Use
• Do not let water run while doing tasks.
• Install low-flow shower heads and faucet aerators.
• Repair faucet leaks and toilet runs immediately.
• Take a short shower rather than a bath, and shower less often.
• Wash dishes and laundry on full load.

   Food
• Buy fair-trade products.
• Buy organic products.
• Buy local produce and products.
• Buy only what you will consume, and then use all you buy.
• Put on your plate only what you will eat, and then eat all on your plate.
• Eat fewer (or no) meat meals each week. Have a “hunger” meal each week.
Paper Use
• Use recycled, post-consumer paper products for kitchen, bathroom, and cleaning.
• Avoid paper towels; use cloth napkins and handkerchiefs.
• Use electronic media rather than paper.
• Use recycled, post-consumer, acid-free note/office paper or paper from tree farm.
• Use the paper completely on both sides.
• Avoid bright-colored paper.

Reduce/Recycle/Reuse
• Avoid use of paper, plastic, and Styrofoam in plates, cups, and utensils.
• Recycle glass, tin, plastic, newsprint, mixed paper, cardboard, etc.
• Recycle batteries, printer cartridges, cell phones, plastic bags.
• Safely dispose of computers, printers, paint, and other toxic products.
• Do not put grease or strong chemicals down drains.
• Buy products with less packaging or recyclable packaging
• Compost food scraps and lawn clippings.
• Use canvas bags for shopping or reuse paper/plastic when shopping.
• When eating out, take your own plastic container for leftovers.

3. TRAVEL
• Purchase high mileage car. Maintain engine/tire pressure. Change oil/air filter.
• Over 55 miles per hour, drive more slowly. Easy stops and starts. Do not idle.
• Where feasible walk, bicycle, and carpool.

4. FAMILY
• Engage in family activities that foster experiences of and love of nature.
• Teach children the threats to creation and what they can do to care for Earth.
• Let your adult lifestyle be a model for the youth. Explain why you do Earth-friendly practices.
• Hold family meetings and devotional times to reflect on and pray about God’s creation

5. WORK
• Green the work space and work practices: office, shop, factory, classroom, farm
• Advocate with employers to green your company, agency, or institution.
• Promote greening among fellow workers and clients/customers/students.

6. NATURE
• Name all the place and animals on your property. See this place as the piece of Earth community.
• Enjoy as kin the plants and pets in your living space.
• Take ten minutes a day to enjoy/love nature. Take a retreat with nature
• Use devotional materials that enhance your love of nature and your care for it.
• See programs and videos that enhance your understanding of and love of the rest of nature

7. DEVOTIONS
• Use devotional materials that enhance your love of nature and your care for it.
• Be intentional about including in your prayers gratitude for God’s creation and petitions for endangered species and threatened eco-systems. Pray for clean air, water, and soil.

8. PUBLIC COMMITMENTS
• Advocate for environmentally-friendly legislation and policies.
• Restore a local habitat;
• Protest a local environmental violation.
• Join and contribute to social justice organizations and environmental organizations.
• Invest in socially-responsible funds that foster eco-justice.

Select what you already do and what you will do and make a covenant with God to care for creation!