News
EarthBeat



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PAUSE

REFLECT

> "We shall awaken from our dullness and rise vigorously toward justice. If we fall in love with creation deeper and deeper, we will respond to its endangerment with passion." – Hildegard von Bingen
>
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We protect what we love. Think of moments in your life when you've fallen in love with creation. Are there any physical places, types of weather, or times of the day when you are most likely to experience awe for the world?

ACT

Ask God for the grace to experience awe in response to creation today. Take some time to put yourself in the physical and mental space to fall more deeply in love with the people and world around you. In light of this love, how do you feel called to respond to care for the world?

Some suggestions:

- Watch the sun rise or set
- Go for a short walk and notice what you notice for 5 minutes
- Delight in a beloved pet
- Watch the afternoon light filter through the trees

- Embrace the weather today, no matter the conditions

Lenten Daily Food Reflections

pause | reflect | act

***Editor's note**: These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.