

**Rejoice**  
in all that God has given us

**Refuse**  
to believe the adverts

**Reduce**  
buy less, travel less, worry less

**Reuse**  
avoid single-use items

**Repair**  
don't bin it, fix it

**Rent, borrow and share**  
ownership is over-rated

**Recycle**  
as a last resort

*let the Earth rest*

## Green Christian

**About:** Green Christian is an organisation for Christians concerned about care of the environment.

**We welcome new members. Join us!**  
[greenchristian.org.uk/connect.join-us/](http://greenchristian.org.uk/connect.join-us/)

**Aims:** To share green insights with Christians and Christian insights with people in the green movement.

**Events:** Conferences, retreats and workshops.

**Campaigns/Projects** incl: Joy In Enough; Way Of Life; Rainforest Fund Project; LOAF.

**Resources:** annual **Storm of Hope Pamphlet**; **Leaflets** for use in Churches; twice yearly **Magazine**; monthly **Prayer Guide**; free **email newsletter** for all; **Members' email discussion group**.

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You are welcome to photocopy this leaflet.  
Please acknowledge Green Christian.

**Visit: [greenchristian.org.uk](http://greenchristian.org.uk)**

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# green christian

## The

# 7 R S

Practical tips for  
respecting and protecting  
God's Creation



GreenChristian

## Finding joy in God's Creation

It has been said that the basics of reducing our environmental footprint are the three Rs: Reduce, Reuse, Recycle. But is this enough? To just cut down a bit, try to reuse the occasional plastic bag or bottle, and recycle when we remember to?

The threats to our planet which scientists have been predicting for decades can now be seen with our own eyes: the plastic in the oceans, the loss of our garden insects and birds and extreme weather events which are increasing in number and ferocity.

As Christians, we know we should protect God's creation and we commit to living lives of loving service. And yet, we are continually bombarded with advertising and with images on social media, which encourage us to buy more or to travel to more exciting places. The pressure this can put on us can be a cause of emotional and mental strain as we often find ourselves busier than ever.

Almost everything we buy has a carbon footprint and much of it is packaged in un-recyclable plastic. Put simply – by buying less we can reduce the rate at which natural resources are used up and the earth is polluted. This is why Green Christian invites us to explore a few more Rs which may help us reduce our consumption and find joy in the free gifts God gives us.

Keep this list to hand as a reminder to live more simply and enjoy pleasures which cost us, and the Earth, nothing.

Something to think about: R for **Resistance**. Christians have a long tradition of **resisting evil**, wherever we find it, environmentally, socially, and politically. What should we be resisting today, and how?

## Rejoice

Let's take delight in Creation – God's free gift to us. This is all that we need for our own fulfilment!

**Tip:** Say a prayer of thanks before each meal.

**Tip:** Enjoy your own local patch of nature.

## Refuse

Refuse to believe what the adverts say. You are no less a person because you don't have this gadget or haven't been to that exotic place.

**Tip:** Always wait at least 24 hours before buying something you have seen in an advert.

**Tip:** Have regular off-line days to avoid the adverts and images on social media.

## Reduce

By reducing our impact on the planet can we also reduce our levels of stress and anxiety? We can buy less, travel less, and put less pressure on ourselves to have that perfect home and ever-active life.

**Tip:** Have one day a week where you buy nothing.

**Tip:** It's ok to say you can't do something because you need a quiet day with the family.

## Reuse

Replace the convenience of single use and disposable items with the love of something which can be reused for months or years.

**Tip:** Bring your own mug and teaspoon if you need a take-away coffee.

**Tip:** Modern washing machines make cloth nappies really easy to use – spread the word!

**Tip:** Use charity shops and give-away groups like Freecycle.

## Repair

Let's look after our stuff and keep hold of the old skills of sewing and repairing. Find out if there are workshops near you where you can get your electronic items fixed, and donate old furniture to charities which teach young people refurbishing skills.

**Tip:** Invest in a sewing kit and a good tube of super-glue.

## Rent, Borrow and Share

Ownership is overrated. Tools in particular are often bought and used only once or twice a year. Borrowing and sharing can be a great way of bonding with neighbours, and there are organisations which will rent tools and other rarely used items such as camping equipment.

**Tip:** Before buying anything you won't use every day, ask your friends and neighbours, with a promise to lend them something in return.

**Tip:** Book lovers – remember your local library.

## Recycle

Recycling comes last on the list because it should be a last resort. Recycling does reduce the rate in which we use natural resources but it still uses a lot of energy for transporting and processing the items.

**Tip:** Complete the loop by buying recycled.