

## The Lenten Carbon Fast as a Spiritual Discipline

We 21st century Christians do not do “spiritual disciplines” very well. Our lives are dominated by sound bites and tweets and multi-tasking. Yet each year during Lent, we are called upon to slow down and prepare our hearts and minds for the messages of Good Friday and Easter.

Over the past five years, I have found the Lenten Carbon Fast to be one of the most effective ways to experience Lent in a 21st century way. Every morning during Lent, I wake and go directly to my computer and open the day’s carbon fast message. I read it and spend a few minutes considering my role, both in the degradation of God’s world, and in the potential solutions to this crisis. While the subject may be difficult, the discipline of focusing my thoughts on the ways my life contributes to the problem and could contribute to the solution feels like a perfect way to prepare for the pain of Good Friday and Joy of Easter. I encourage you to join me in this Lenten discipline, and I pray that you find this daily time of meditation and focus as helpful and meaningful as I do.

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