



2025 SEED CREATION CARE

SUSTAIN ABILITY RESTR AINT

**Creaturely Sustainability
through Human
Restraint**

2025 SEED CREATION CARE
DISCIPLESHIP PACKET
WEEK 3

Visit our website to get more information:

 WWW.SEEDCH.ORG





SCRIPTURAL MEDITATION:

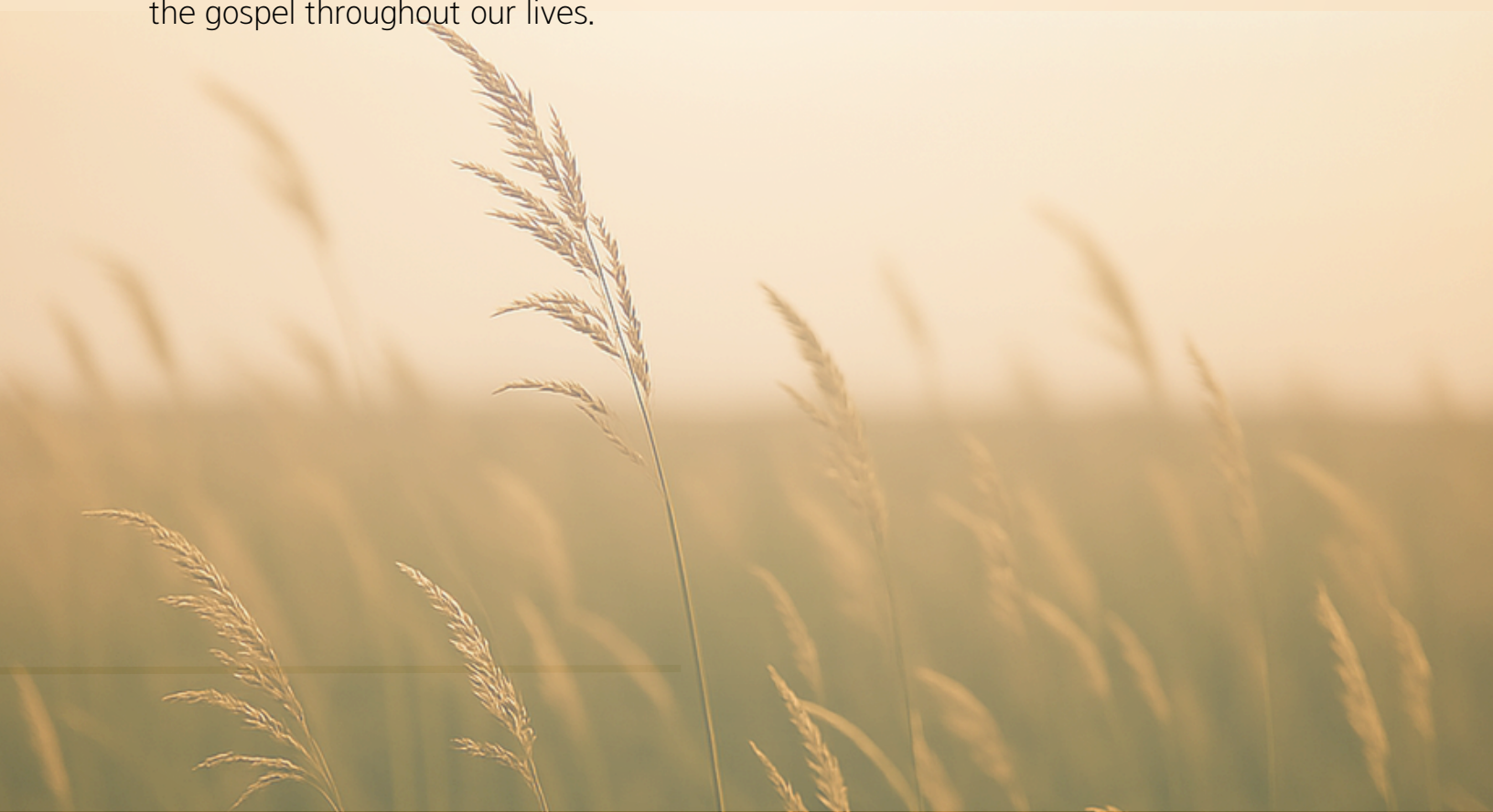
If you come across a bird's nest in any tree or on the ground, with young ones or eggs and the mother sitting on the young or on the eggs, you shall not take the mother with the young. You shall let the mother go, but the young you may take for yourself, that it may go well with you, and that you may live long.

Deuteronomy 22:6-7



REFLECTION:

God's laws provide wisdom for the sustainability of God's people. Such wisdom includes provisions for the sustainability of the land the people are to occupy. The laws also include provisions for the sustainability of creaturely life on the land. Over-consumption perishes the creation around us. Yet, restraint and wise consumption lead to sustainable consumption of food sources within the created world. Such an approach to food consumption extends sustainability for mankind and the creation around us. This can be expressed as a "life-giving" or a "life-sustaining" approach. Such a life-giving approach to food consumption is a practical way to display God's character and sovereignty through our lives. Thus, these are practical ways to live out the gospel throughout our lives.



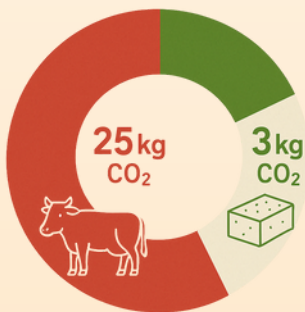
CREATION FACTS:

1.3 billion tons of food are wasted yearly, causing **8–10% of global emissions** and stressing landfills.



amounting to
1.3 BILLION TONNE
of food waste

Meat production uses up to **20× more land/water** than plants and causes **15% of global emissions**.



CARBON EMISSIONS PER 1KG

Producing 1 kg of beef emits over 25 kg of CO₂. **The same amount of tofu emits less than 3 kg.** Switching to secondary protein sources can **reduce your food-related carbon footprint by up to 80%.**

Restraint in consumption (like sparing breeding animals in Deut. 22) supports **ecosystem renewal**.





CREATION CARE PRACTICE OF THE WEEK:

CONSIDER

Small acts of restraint in our consumption habits can lead to more sustainable use of food resources. Even simple creation care practices—like reducing waste or choosing plant-based options—can contribute to greater flourishing in the animal world and help ensure more food availability for others.

PRACTICE

**Not leaving any food waste for a week
(well-planned meal portions)**



By planning your meal portions, you can reduce food waste and help protect the ecosystem.



Reducing meat consumption and replacing protein with milk, eggs, tofu, beans, and nuts also contributes to ecological preservation.



Creation Care Throwback:

- Practice 7-minute showers
- Go Paper towel-less for a week
- "Clean-Out-The-Fridge" - Skip the groceries and consume the food we already have
- Re-organize my digital world - Delete old emails and clean up cloud accounts