



2025 SEED CREATION CARE

“Like a tree,  
“Our lives are also a gift planted by God.”

# THE LIFE OF THE LAND

Celebrating &  
Cultivating life

2025 SEED CREATION CARE  
DISCIPLESHIP PACKET  
WEEK 1

Visit our website to get more information:

 [WWW.SEEDCH.ORG](http://WWW.SEEDCH.ORG)





## SCRIPTURAL MEDITATION:

The LORD God took the man and put him in the garden of Eden to work it and keep it.

Genesis 2:15



## REFLECTION:

God's creation is his gracious gift to mankind. His very act of granting life in and through creation is a profound demonstration of his love. The lives of plants, insects, animals, and human beings alike are marvelous expressions of God's handiwork, filled with awe and mystery that reveal his power. Therefore, the life present throughout God's creation should be celebrated and cherished.

God has entrusted humanity with the responsibility to cultivate and protect this extraordinary gift. We are called to represent God's sovereign and benevolent rule over the universe within the smaller microcosm of the world we inhabit. Just as God lovingly and graciously governs all creation, we are called to be compassionate and thoughtful stewards of the Earth. A significant aspect of our stewardship involves wisely managing our consumption of food resources. Through intentional reflection, thoughtful preparation, and deliberate adjustments in our consumption habits, we actively fulfill our responsibility as faithful stewards of this world. By embodying this stewardship in our daily lives, we bring glory to our Creator God and tangibly reveal his good news to the world around us.



## Using your own mug

helps reduce the 50+ billion plastic-lined paper cups tossed annually in the U.S.—most end up in landfills and take decades to break down.



**50 BILLION\***

paper cups in the U.S.  
end up in landfills  
every year

A paper cup Takes  
more than  
**20 YEARS**  
to decompose

\*estimation

## Choosing to drink water

over canned drinks or coffee avoids waste from aluminum and plastic containers, which can take up to 500 years to decompose.



## Less waste in landfills

means lower methane emissions—a major greenhouse gas—and preserves limited landfill space.

## Coffee demand drives deforestation

in tropical regions, leading to soil erosion, habitat loss, and increased carbon emissions.





# CREATION CARE PRACTICE OF THE WEEK:

## CONSIDER

Small shifts in our consumption habits can gradually reduce land pollution. By intentionally engaging in creation care practices this week, we become more aware of what we consume—and how even simple changes can bring life and renewal to the land we live on.

## PRACTICE

### Using a Mug/Tumbler



Use a mug or tumbler for a week at home, work, and church



Using a personal tumbler helps reduce dishwashing at home and cuts down on beverage-related waste.



Along with using a personal tumbler, reducing the consumption of soda or coffee can help protect the ecosystem.



### 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