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Act 14: The Green One

by Chris Gaisie

It's far from the token green day. As we act to protect our environment, we're acting generously for those not even born yet, helping to create a world that can keep on giving and sustaining people, beyond the limit of our own lifetimes.

"Let each of you look out not only for his own interests, but also for the interests of others."

(Philippians 2:4 NKJV)

I never thought one of my favourite dining experiences would be eating a vegan burger at a cold, street food site in Budapest.

While on holiday with some friends and checking out some local music, a couple of them disappeared in search of food. One returned with grand tales of the best burger he'd ever tasted, while the other insisted it was a waste of time. It felt like a present-day retelling of the Israelite spies scoping out Canaan. Intrigue eventually won out and we all left in search of this legendary burger.

If you're anything like me, the idea of a vegan burger might sound crazy. But I assure you it was delicious! We all stood in wonder of the rich flavours and textures, and just the surprise that vegan burgers could be so good! Who knew that being environmentally friendly could taste so rewarding?

When it comes to making greener lifestyle changes, many of us simply don't imagine we can. We envisage that using a KeepCup in a coffee shop is awkward, that getting around without a car is too hard, or that vegan food is boring. But the benefits to the planet and to our own lives are great, if not crucial.

According to the Intergovernmental Panel on Climate Change (IPCC), we have 12 years left to stop climate change destroying the planet. Our lack of care for the environment is leading to an increase in extreme weather, which in turn pushes more people into poverty. As believers we are called to 'look out not only for [our] own interests, but also for the interests of others' (Philippians 2:4). So, let's all try something different and live more sustainably. The result could last longer than you think.



Chris was born and raised in London where he now works for [Tearfund](#) as the digital content

editor for the youth and emerging generation team. He spends much of his time creating content for the We Are Tearfund online magazine and producing a monthly podcast. Outside of work, Chris is a rapper and spoken word artist, and often performs around London.

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GREEN OPTION:

Ever had an environmental charity stop you in the streets, only for you to breeze right past them? Look up their website. See what they actually do.



YELLOW OPTION:

See how many times you can use one plastic bag this week. Once you're done, pass it on to someone and ask if they want to continue the challenge!



RED OPTION:

Go meat-free at least one day a week. Skipping meat and dairy is the single biggest way you can personally cut your environmental impact. (Vegans and vegetarians get an amber day!)

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