



LAUDATO SI' Goal #6 Simple Lifestyles

Refers to Lifestyles grounded in the idea of sufficiency and promoting sobriety in the use of resources and energy. To live a simpler life is liberating. (LS 223)

A simpler lifestyle allows for more intentionality and less distraction. We can enjoy the things that truly matter and let go of what me be weighing us down. By letting go we can live more deeply. We become more aware of the wonders of God’s creation – which remains hidden due to our blindness from consumerism. A simpler lifestyle can be the seed that God plants within our hearts to foster an ecological conversion.

Let us pray:

Lord, help me to live a simple life, to give my life and all that I am into Your hands. Help me to unclutter my closet, for I have too much stuff that takes me away from Your presence. Help me to unclutter my calendar, for I am often too busy to focus my attention on You. Help me to unclutter my mind, for I have too many unguided thoughts that distract me from your instructions. Amen.

Below is a short list of ways you can, and perhaps are, responding to a Simple Lifestyle. You are invited to prayerfully spend some time with this list and notice which action is tugging your heart. Choose a listed action or another which pulls at your heart.

- 1. Buy less stuff** (do I really need?).
- 2. Drive less** (take public transportation or carpool).
- 3. Waste less** (take own bags when grocery shopping).
- 4. Eat more intentionally** (less meat and processed foods).
- 5. Buy more consciously** (avoid individually wrapped products...like cheese and snack packs).
- 6. Examine your lifestyle for waste** (cut down “phantom energy”...unplug when not being used).

In light of your reflections indicate:

- 1. To which of the above are you drawn to commit?**

- 2. Are there other ecological actions you want to commit to?**
