

Adoption of Simple Lifestyles

Description

The Adoption of Sustainable Lifestyles is grounded in the idea of sufficiency and promoting sobriety in the use of resources and energy. It refers to personal and community purchasing and lifestyle choices that reduce one's negative impact on people and planet.



Scripture

A pretentious, showy life is an empty life; a plain and simple life is a full life. Proverbs 13:7

Life does not consist in an abundance of possessions. Lk 12:15



Laudato Si'

Humanity is called to recognize the need for changes in lifestyle, production and consumption, in order to combat this warming [of the planet] or at least the human causes which produce or aggravate it.

LS #23

A change in lifestyle could bring healthy pressure to bear on those who wield political, economic and social power. This is what consumer movements accomplish by boycotting certain products. . . . When social pressure affects their earnings, businesses clearly have to find ways to produce differently. . . . 'Purchasing is always a moral—and not simply economic—act.' Today, in a word, 'the issue of environmental degradation challenges us to examine our lifestyle.' LS #207

...local individuals and groups can make a real difference. They are able to instill a greater sense of responsibility, a strong sense of community, a readiness to protect others, a spirit of creativity and a deep love for the land. They are also concerned about what they will eventually leave to their children and grandchildren. LS #179

If we can overcome individualism, we will truly be able to develop a different lifestyle and bring about significant changes in society. LS #208



There is a nobility in the duty to care for creation through little daily actions...such as avoiding the use of plastic and paper, reducing water consumption, separating refuse, cooking only what can reasonably be consumed, showing care for other living beings, using public transport or carpooling, planting trees, turning off unnecessary lights. LS #211

Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life. LS #225

Jesus was completely present to everyone and to everything, and in this way He showed us that way to overcome that unhealthy anxiety which makes us superficial, aggressive and compulsive consumers. LS #226

Bishops

[The Good Life from a Catholic Perspective: The Challenge of Consumption | USCCB](#)



Reflection

What ways could you reduce waste at family events by opting for reusable items, providing composting, and more clearly labeling recycling?

Are there opportunities to become more sustainable in your dietary habits by opting for more plant-based and/or locally-sourced meals?

Are there areas where you could limit or eliminate the use of single-use items (e.g. plastic water bottles, Styrofoam cups, etc.)?

How are you already promoting the adoption of simple lifestyles? What additional ideas do you have to promote adoption of simple lifestyles in your community/family?

Describe your family's economic background when you were young. How do you characterize yourself today? How has your economic status helped or hindered you?

What experiences have you had with people living in poverty?

When and why might you be tempted to buy more, work more, or do more?

The biggest incentive for living a simpler lifestyle is...



The most difficult part about living a simpler lifestyle would be...

Some things that could be done without are...

The things that may be difficult to cut back are...

Prayer

As we attempt to live more simply, *Laudato Si'* reminds us to follow the “little way of love” of St. Therese of Lisieux and that “An integral ecology is also made up of simple daily gestures which break with the logic of violence, exploitation and selfishness. In the end, a world of exacerbated consumption is at the same time a world which mistreats life in all its forms.” God of our day-today, we ask, in the midst of all of the joy, sorrow, chaos, and fatigue of our lives, that you gift us with the courage to choose to live lightly on the Earth as we go about our daily lives. *Ignatian Solidarity Network*



Media

[3 keys to START Sustainable living - YouTube](#)

<https://eco-catholic.com/how-can-we-live-simply/>

[10 Everyday Sustainable Living Swaps - YouTube](#)

[Sustainable Living E3 | Water: Consumption and Conservation - YouTube](#)



Actions

Eat more sustainably, compost, more plant-based meals

Reduce single-use plastic

<https://www.globalcitizen.org/en/content/tips-reduce-plastic/>

Read Chapter 6 of *Laudato Si'* [Laudato si' \(24 May 2015\) | Francis \(vatican.va\)](#)

Install efficient lighting, low-flow fixtures

Eliminate the use of Styrofoam

Recycle as much as possible

