

Ecological Spirituality

Description

Ecological Spirituality recovers a religious vision of God's creation and encourages greater contact with the natural world in a spirit of wonder, praise, joy and gratitude. It refers to the experience of the spiritual connection between the divine, human beings, and all God's creation.



Scripture

The Lord's justice will dwell in the desert, his righteousness live in the fertile field. Isaiah 32:16

Where can I go from Your Spirit? Or where can I flee from Your presence? Ps 139:7



Laudato Si'

When we can see God reflected in all that exists, our hearts are moved to praise the Lord for all His creatures and to worship Him in union with them. LS #87

Christians have not always appropriated and developed the spiritual treasures bestowed by God upon the Church, where the life of the spirit is not dissociated from the body or from nature or from worldly realities, but lived in and with them, in communion with all that surrounds us. LS #216

The external deserts in the world are growing because the internal deserts have become so vast. For this reason, the ecological crisis is also a summons to profound interior conversion. LS #217

Each creature reflects something of God and has a message to convey to us...there is the recognition that God created the world, writing into it an order and a dynamism that human beings have no right to ignore. LS #221

Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with



consumption. We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that 'less is more.' LS #222

All-powerful God, you are present in the whole universe and in the smallest of your creatures. ...Fill us with peace, that we may live as brothers and sisters, harming no one. LS #246 closing prayer

Our Bishops

What is spirituality? How is it connected with ecological concerns? Spirituality can be approached in various ways. Some approach it as the wholehearted living of Christian faith, creed, moral code, and worship. Some consider spirituality as humanity's innate reaching for self-transcendence and for ultimate meaning. Some insist that spirituality must include a God-centered struggle for justice. But for almost everyone, spirituality implies a direct relationship with God.

<https://www.usccb.org/resources/ecological-spirituality>



Reflection

Do you promote creation-based liturgical celebrations or provide time for members of your family/community to pray outdoors or to intentionally reflect on creation?

How does your family/community connect with the current realities surrounding you— "both in the beauty of creation and in the sighs of the sick and the groans of the afflicted"?

How do you already practice ecological spirituality? What additional ideas do you have to promote ecological spirituality in your community?



Prayer

God of awe and wonder, may our hearts be open to finding you in all things, both in beauty and in suffering, so that our lives and action may affirm the dignity and value of all creation. *Ignatian Solidarity Network*



Media

Pray with and in creation:

<https://www.youtube.com/watch?v=g8Xz4u5jpXE>

Be in Awe of creation [Our Planet video](#)



Actions

Pray the *Laudato Si'* Chaplet [Laudato-Si-Chaplet.pdf \(aosfiji.org\)](#)

Bless a natural space as a reflection or mediation area and regularly pray outdoors.

Host an outdoor prayer service.

Create a prayer journal of prayers made in nature

Pray with [Laudato Si' Movement prayer book](#)

Participate in a Season of Creation (Sept. 1 – Oct. 4) event.

Pray the Environmental Stations of the Cross <https://earthministry.org/wp-content/uploads/2014/04/Enviro-Stations-of-Cross-Green-Church.pdf>

Pray The Way of Beauty <https://seasonofcreation.org/wp-content/uploads/2020/09/Way-of-beauty-5.pdf>

