

PRAYER FOR SIMPLE LIFESTYLE

Adapted from *Laudato Si'* quotes

Every effort to protect and improve our world entails profound changes in “lifestyles, models of production and consumption, and the established structures of power which today govern societies. #5

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

Humanity is called to recognize the need for changes of lifestyle, production and consumption, in order to combat this warming or at least the human causes which produce or aggravate it. #22

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

There is a nobility in the duty to care for creation through little daily actions, and it is wonderful how education can bring about real changes in lifestyle. #211

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

As often occurs in periods of deep crisis which require bold decisions, we are tempted to think that what is happening is not entirely clear. Superficially, apart from a few obvious signs of pollution and deterioration, things do not look that serious, and the planet could continue as it is for some time. Such evasiveness serves as a license to carrying on with our present lifestyles and models of production and consumption. This is the way human beings contrive to feed their self-destructive vices: trying not to see them, trying not to acknowledge them, delaying the important decisions and pretending that nothing will happen. #59

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

The pace of consumption, waste and environmental change has so stretched the planet's capacity that our contemporary lifestyle, unsustainable as it is, can only precipitate catastrophes, such as those which even now periodically occur in different areas of the world. The effects of the present imbalance can only be reduced by our decisive action, here and now. #161

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

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”. #222

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

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. #225

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

An integral ecology includes taking time to recover a serene harmony with creation, reflecting on our lifestyle and our ideals, and contemplating the Creator who lives among us and surrounds us.

#225

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

Care for nature is part of a lifestyle which includes the capacity for living together and communion. #228

LET US PRAY: **MAY WE LIVE SIMPLY SO THAT OTHERS MAY SIMPLY LIVE**

WE OFFER OUR PRAYER IN JESUS' NAME. AMEN.