

## A Sisters of the Holy Cross Workshop

# Adoption of Sustainable Lifestyles

As mindful stewards of the Earth's resources, please limit printing of these materials by journaling your responses to this worksheet.

**“The urgent challenge to protect our common home includes a concern to bring the whole human family together to seek a sustainable and integral development, for we know that things can change.” —*Laudato Si'* 13**

In *Laudato Si'*, Pope Francis invites all people, not just members of the church, to enter into dialogue about our common home (LS 3). This self-guided workshop on “Adopting Sustainable Lifestyles” is an opportunity for you to connect with your own experiences and reflect on where you are being called to act. You are invited to prayerfully spend time with the following readings from *Laudato Si'*:

- ▶ paragraph 22: The Throwaway Culture
- ▶ paragraphs 23-26: Climate as a Common Good
- ▶ paragraph 50: Population Growth vs. Extreme and Selective Consumerism
- ▶ paragraphs 51-52: Ecological Debt and Differentiated Responsibilities
- ▶ paragraphs 156-162: The Principle of the Common Good

### Reflection Questions

What about each reading stands out to you?  
In what ways might your lifestyle contribute to the throwaway culture?

### Conversation Starters

Do we consider the protection of the natural world to be an essential aspect of what it means to be a person of good character?  
How would you describe the impact of “ecological debt” on the promotion of the common good?

### Closing Charge

What steps can you take to counteract the throwaway culture and influence the lowering of ecological debt?

## Prayer for Adoption of Sustainable Lifestyles

O God, invite us to live simply and in solidarity with our brothers and sisters around the globe.

As we strive to care for our common home, inspire us to make choices that recognize our impact on the environment and those impacted the most by environmental degradation—the poor and vulnerable.

Grant us the grace to adopt sustainable lifestyles by turning away from selfish consumption of goods and resources, to recognize the sacredness of your creatures, and to grow in our respect for all your creation.

Amen.

**“[Each community] also has the duty to protect the earth and to ensure its fruitfulness for coming generations.” —*Laudato Si'* 67**

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