

Goal Four

Lent Week 4

Adoption of Sustainable Lifestyles

The current global situation engenders a feeling of instability and uncertainty, which in turn becomes “a seedbed for collective selfishness.” In this horizon, a genuine sense of common good also disappears. As these attitudes become more widespread, social norms are respected only to the extent that they do not clash with personal needs. (#204)



Our lifestyle choices impact the world around us.

Reflection Questions

1. Living a simple lifestyle is grounded in the idea of sufficiency and “sobriety” in the use of resources. What small actions can you take to live more simply?
2. How will your actions to live more simply allow others to simply live?

Suggested Actions

1. Read *The Human Roots of the Ecological Crisis in Laudato Si’*
[click here](#)
2. When pondering the concept of “adoption of Sustainable Lifestyles”, what does the following statement mean for you specifically?
“You must be the change you wish to see in the world.”
(Mahatma Gandhi)