



First Friday Reflection

May 2023

ADOPTION OF
SIMPLE
LIFESTYLES



TWELVE FIRST FRIDAY STEPS
TOWARDS THE LAUDATO SI GOALS



AWARENESS

A simple lifestyle is good for us, helping us to better share with those in need.

-Pope Francis

PRAYER

O Lord, help us turn from the selfish consumption of resources meant for all and to see the impacts of our choices on the poor and vulnerable. Amen.

ACTION

Avoid wasteful, consumeristic and self-centered lifestyle which continues to exhaust the natural resources and to push the poor to the margins of society.

MAY 2023

Australian Reflection

What is a simple lifestyle, and how do you simplify yours? “Do not store up for yourselves treasures on earth... For where your treasure is, there your heart will be also” (Matthew 6:19,21). A good place to start is to reflect on what you value and what is essential for life (physical, spiritual, emotional, social). Where are you investing your time, talent, and treasure?

There are many competing demands and ‘must haves’ that can make us hyperconnected (e.g., 20.5 internet-connected devices per Australian household in 2021) ([Statista](#)), stressed (e.g., 59% of Australians experienced at least one personal stressor in 2020) ([AIHW](#)), and consumerist (e.g., Australians dispose of 23 kg of clothing per person per year) ([SmartCompany](#)). But is this where God calls our hearts? Are our decisions leading us to ‘be on Earth the heart of God’?

For ideas on simplifying life, revisit the [Carbon Fast Lenten Calendar](#) and [Follow the Star Advent Calendar](#).