



IGNATIANT CARBON CHALLENGE

IGNATIANT ECOLOGICAL REFLECTION: BASED ON THE FIRST PRINCIPLE AND FOUNDATION*

Humans are created to praise, reverence, and serve God through love of neighbor and all of creation with the ultimate goal of living with God forever.

The gifts of creation, including the resources of the earth, were created with love by God and have their own inherent dignity and worth. We, as humans, are invited to use and share the gifts of creation to meet our needs and in ways that allow us to know God more fully and to return God's love for us.

We are called to reverence environmental resources, such as wind, oil, water, and lumber, and to steward them in order to make the world a place where every life can flourish to the fullest extent. In order to accomplish this, we must limit our consumption when it brings about any sort of injustice, be it environmental, social, or economic.

To do this, we must analyze our habits of consumerism and examine our interior motivations in order to understand where our individual desire to consume originates. Items we buy and own can come to possess us if we are not careful. God calls us to make ourselves indifferent to material possessions that take away our freedom to care for our neighbors and creation and to cultivate a sense of awe and gratitude towards creation.

Our one desire is to live a life with God at the center and to see creation through God's eyes so that we can choose love over fear, community over isolation, and simplicity over a throw-away culture.



* The Principle and Foundation is found in the Spiritual Exercises of St. Ignatius of Loyola and is a reflection of St. Ignatius' vision of the purpose of life: to achieve interior freedom that allows us to live and make choices that resonate with our deepest desires to love and serve God and other people.

ECOLOGICAL VIRTUE: TEMPERANCE

According to the Catechism of the Catholic Church, "Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods" (1809). It is also characterized as voluntary self-restraint or moderation.

CHALLENGE:

Reflect on the ecological virtue of temperance by slowly reading the prayer above. Do any lines speak to you? After praying, consider the questions below about how your life is in or out of balance as you reflect on your use of created goods.

QUESTIONS FOR REFLECTION:

Where does my desire to consume originate?
Is it the desire to fit in?
to uplift others?
to fill an interior hole or sadness?
to create community?
to numb myself?
to make the world a more equitable place?

Are there any habits of consumption that limit my interior freedom? *Consider not only physical things you consume, but also how you spend your time (i.e. social media, Netflix, etc.).*

What is one habit that I might change to better uphold the dignity of creation?

What do I love or what brings me a sense of awe when I consider creation (i.e. a sunset, looking at the stars at night, etc.)?

How can I better see creation through God's eyes?

