



Group Reflections

livesimply challenges us to live simply, sustain ably, and in solidarity with people who are poor. This guide for reflection aims to explore what this means in our lives through readings, questioning, and a call to action. It is intended for community leaders, but anyone interested in *livesimply* should find it useful. Feel free to adapt these reflections as you like, as they are only meant as a guide for possible activity and discussion. They are intended for a group, but can be used individually as well. More ideas for reflection and action can be found in the *livesimply* anthology and on the *livesimply* website, www.livesimply.ie.

The reflections are organized in a series.

The first reflection is an introduction to *livesimply*. Combined with the introductory talk or sermon we are asked to examine our lives in response to the *livesimply* message.

The second reflection asks us to make personal promises to change an aspect of our personal behavior.

The third reflection encourages us, as a group, to think about ways that we can use our gifts to work for justice and gives us tools to spread the *livesimply* message.

It is our hope that through prayer and reflection combined with action and responsibility, *livesimply* members will develop a mind-set that focuses on living more fully and allowing others to live more fully.