

Discover God In All Things

Ten Green Commandments #9 - Embrace an Ecological Spirituality

Joshtrom establishes creation spirituality as “deeply incarnational as it finds expression in concrete attitudes and gestures of care and concern for our common home and the members of our common household. It also offers a sacramental vision of the natural world, leading us to perceive God in all things.” (2019, p 162)

This is not a new spirituality. Meister Eckhart, a 13th Century mystic once said, “Apprehend God in all things, for God is in all things. Every single creature is full of God and is a book about God.” (www.catholicstoreroom.com/2017/02/25/god-is-in-all-things/)

David Bookless asserts that, “if the ecological crisis is ultimately a spiritual crisis, then the cure is also a spiritual one.” (in Kureethadam, 2019, p 165)

So, what does ecological spirituality look like?

Laudato Si encourages us to:

- *learn to live responsibly and joyfully in our common home (2019, p 108)*
- *be aware of our profound communion with the rest of creation and our co-responsibility for our fellow creatures. (2019, p 168)*
- *understand that we are not disconnected from the rest of the creatures, but joined in a splendid*

universal communion #220 (2019, p 168)

- *approach life ‘with serene attentiveness, which is capable of being fully present to someone without thinking of what comes next, which accepts each moment as a gift from God to be lived to the full’ #226 (2019, p 168)*

- *encourage ‘a prophetic and contemplative lifestyle one capable of deep enjoyment free of the obsession with consumption’ #222 (2019, p 169)*

- *incorporate the value of relaxation and festivity #237 (2019, p 171)*

- *return to ‘that simplicity which allows us to stop and appreciate the small things, to be grateful for the opportunities which life affords us, to be spiritually detached from what we possess, and not to succumb to sadness for what we lack’ #222 (2019, p 169)*

- *cultivate a deeper inner peace #225 (2019, p 169)*

- *discover ‘God in all things’ (2019, p 172)*

Pope Francis calls us to live consciously aware of the needs of the Earth. As a community we must commit to lifestyles of greater simplicity to attain that ‘generous and worthy creativity which brings out the best in human beings’ #211.

We must embrace an ecological spirituality!



REFLECTION

In your own life and ministry how can you foster a spirituality that sees God in all things?

REFERENCES: 1. Pope Francis. (2015). Laudato Si’ [Encyclical Letter]. Retrieved from www.vatican.va/content/francesco/en/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si.html
2. Kureethadam, JI. (2019). The Ten Green Commandments of Laudato Si’. Collegeville, Minnesota: Liturgical Press.