

Some Scripture, Catholic Social Teaching, and Prayer to Consider for LSAP Goal #4

1. Amos, Chapter 8
2. John, Chapter 10: 1 - 21
3. Laudato Si', para. 222-223, and 227
4. Prayer Before Shopping (Laudato Si' Movement)

1. Amos, Chapter 8 (NRSV, Catholic Edition, Bible Hub)

The Basket of Fruit

1 This is what the Lord God showed me—a basket of summer fruit.[a] 2 He said, “Amos, what do you see?” And I said, “A basket of summer fruit.”[b] Then the Lord said to me,

“The end[c] has come upon my people Israel; I will never again pass them by.

3 The songs of the temple[d] shall become wailings in that day,” says the Lord God; “the dead bodies shall be many, cast out in every place. Be silent!”

4 Hear this, you that trample on the needy, and bring to ruin the poor of the land, 5 saying, “When will the new moon be over so that we may sell grain; and the sabbath, so that we may offer wheat for sale? We will make the ephah small and the shekel great, and practice deceit with false balances, 6buying the poor for silver and the needy for a pair of sandals, and selling the sweepings of the wheat.”

7 The Lord has sworn by the pride of Jacob: Surely I will never forget any of their deeds. 8 Shall not the land tremble on this account, and everyone mourn who lives in it, and all of it rise like the Nile, and be tossed about and sink again, like the Nile of Egypt?

9 On that day, says the Lord God, I will make the sun go down at noon, and darken the earth in broad daylight. 10 I will turn your feasts into mourning, and all your songs into lamentation; I will bring sackcloth on all loins, and baldness on every head; I will make it like the mourning for an only son, and the end of it like a bitter day.

11 The time is surely coming, says the Lord God, when I will send a famine on the land; not a famine of bread, or a thirst for water, but of hearing the words of the Lord. 12 They shall wander from sea to sea, and from north to east; they shall run to and fro, seeking the word of the Lord, but they shall not find it.

13 In that day the beautiful young women and the young men shall faint for thirst. 14 Those who swear by Ashimah of Samaria, and say, “As your god lives, O Dan,” and, “As the way of Beer-sheba lives”— they shall fall, and never rise again.

2. John, Chapter 10:1-21 (NRSV, Catholic Edition, Bible Hub)

Jesus the Good Shepherd

1“Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in another way is a thief and a bandit. **2**The one who enters by the gate is the shepherd of the sheep. **3**The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. **4**When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. **5**They will not follow a stranger, but they will run from him because they do not know the voice of strangers.” **6**Jesus used this figure of speech with them, but they did not understand what he was saying to them.

7So again Jesus said to them, “Very truly, I tell you, I am the gate for the sheep. **8**All who came before me are thieves and bandits; but the sheep did not listen to them. **9**I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. **10**The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.

11“I am the good shepherd. The good shepherd lays down his life for the sheep. **12**The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away—and the wolf snatches them and scatters them. **13**The hired hand runs away because a hired hand does not care for the sheep. **14**I am the good shepherd. I know my own and my own know me, **15**just as the Father knows me and I know the Father. And I lay down my life for the sheep. **16**I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. **17**For this reason the Father loves me, because I lay down my life in order to take it up again. **18**No one takes [a] it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father.”

19Again the Jews were divided because of these words. **20**Many of them were saying, “He has a demon and is out of his mind. Why listen to him?” **21**Others were saying, “These are not the words of one who has a demon. Can a demon open the eyes of the blind?”

3. Laudato Si', para. 222 - 223, and 227.

Joy and Peace

222. Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption. We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”. A constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment. To be serenely present to each reality, however small it may be, opens us to much greater horizons of understanding and personal fulfilment. Christian spirituality proposes a growth marked by moderation and the capacity to be happy with little. It is a 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. This implies avoiding the dynamic of dominion and the mere accumulation of pleasures.

223. Such sobriety, when lived freely and consciously, is liberating. It is not a lesser life or one lived with less intensity. On the contrary, it is a way of living life to the full. In reality, those who enjoy more
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and live better each moment are those who have given up dipping here and there, always on the lookout for what they do not have. They experience what it means to appreciate each person and each thing, learning familiarity with the simplest things and how to enjoy them. So they are able to shed unsatisfied needs, reducing their obsessiveness and weariness. Even living on little, they can live a lot, above all when they cultivate other pleasures and find satisfaction in fraternal encounters, in service, in developing their gifts, in music and art, in contact with nature, in prayer. Happiness means knowing how to limit some needs which only diminish us, and being open to the many different possibilities which life can offer.

227. One expression of this attitude is when we stop and give thanks to God before and after meals. I ask all believers to return to this beautiful and meaningful custom. That moment of blessing, however brief, reminds us of our dependence on God for life; it strengthens our feeling of gratitude for the gifts of creation; it acknowledges those who by their labours provide us with these goods; and it reaffirms our solidarity with those in greatest need.

4. [Prayer Before Shopping \(Laudato Si' Movement\)](#)

Prayer Before Shopping

Thank You, Lord, for all Your gifts, and for bestowing upon us the necessary food and things of daily use.

Do not let material possessions separate us from You, the Supreme Good. Open our hearts to Your love, which You show to us through the closeness of our brothers and sisters and the beauty of Your creation. Free us from attachment to the things we possess and enable us to share sacrificially with those who have less than us. Teach us to be content with what is necessary.

Protect us from greed, avarice and waste. May our daily choices serve to achieve justice in the world, not exploitation of the planet and its poor. We ask for the needed wisdom, sensitive hearts, and the virtue of moderation, so that when we purchase goods we are guided not only by our own benefit, but by concern for the common good, the rights of workers, the proper treatment of animals, and the consequences for the environment.

Help us always to remember that You are our highest Good, and all that we have we owe to You. Amen.

We ask this through Jesus Christ Your Son, Amen.

St. Francis of Assisi, pray for us.

(Originally written in Polish by Małgorzata Rzym, Laudato Si' Animator. Warsaw, Poland)