

# Autumn Prayer



**Like a sunflower that follows every movement of the sun,  
So, I turn towards you, to follow you, my God.  
In simplicity, charity, I follow. In simplicity, charity, I follow.  
In simplicity, fidelity, I follow. In simplicity, fidelity, I follow  
In simplicity, honesty, I follow. In simplicity, honesty, I follow  
So, I turn towards you, to follow you, my God.**

Carey Landry

Since the day he was elected Pope, our Holy Father has been teaching us, in word and action, that to follow Jesus means to live a life of simplicity. In his Christmas address, Pope Francis reminded us that Jesus' birth in a stable, God's coming to earth in extreme simplicity, teaches us that love is more valuable than anything else and is what will change the world. What really matters in life "is not material riches but love, not selfishness but charity, not ostentation but simplicity." *Christmas Eve 2021*

*Gently come to stillness. Think of the sunflower, it's beauty and simplicity.*

**Matthew 6: 26-34**

**Look at the birds in the sky. They don't sow or reap, they gather nothing into barns, yet our God in heaven feeds them. Aren't you more important than they? Which of you, by worrying can add a moment to your lifespan? And why be anxious about clothing? Learn a lesson from the way the wildflowers grow. They don't work, they don't spin. Yet I tell you, not even Solomon in full splendour was arrayed like one of these. If God can cloth in such splendour the grasses of the field which bloom today and are thrown on the fire tomorrow, wont God do so much more for you?** The Inclusive Bible



HOW DO THE WORDS OF MATTHEW CHALLENGE ME TO MAKE A COMMITMENT TO LIVE MORE SIMPLY?



HOW DO BIRDS AND FLOWERS EXHIBIT A SIMPLE LIFESTYLE? WHAT IS THE LESSON FOR ME?



HOW DOES PRACTICING A LIFE OF SIMPLICITY HELP ME TO BE ACCEPTING OF GOD'S PLAN FOR ME?



WHAT DOES "LIVING SIMPLY" MEAN TO YOU IN YOUR LIFE?

*St Mary of the Cross lived her life and encouraged her sisters to live in simplicity, always trusting in the goodness of God.*

*We live, pray, work and witness as we walk in her footsteps, trusting in God's goodness, living in simplicity, humility, compassion, hospitality, and joy.* Constitutions of the Sisters of the Sacred Heart



*Reflect on these words of St Mary of the Cross MacKillop.*

*Let us rejoice and thank God for giving us such solid proofs of love.  
1877*

*Let us all resign ourselves into His hands, and pray that in all things  
He may guide us to do His Holy Will... When thoughts of this or that  
come, I turn to Him and say: "Only what you will, my God. Use me  
as You will.*

*Whatever troubles may be before you, accept them cheerfully,  
remembering whom you are trying to follow.*

*When I could not see my way God kept my heart full of trust to  
make all come right. 1874*

*God will not fail you, no matter how much you are tried. 1874*

*Loving God,*

*We thank you for the gift of  
simplicity*

*And for its expression in our  
way of life.*

*May we rejoice in living simply.*

*Be free and generous in our sharing  
Of who we are and what we have,  
and ever deepen our gratefulness and trust.*

*Amen.*

*Josephite Prayer Book Vol 2*



*If you want to be generous and kind, it is a good idea to strive towards a simpler lifestyle. Here are some of the benefits of simplicity. Can you add to this list?*



Simplicity teaches self-control. I don't have to have everything, and I don't have to have it now.



Simplicity teaches generosity. When I let go of material possessions, I am aware that none of these belong to me.



Simplicity teaches contentment. When I trust in God, I am content with what I have.



Simplicity teaches gratitude. Our focus on belongings can distract us from taking time to stand in wonder at God's creation.



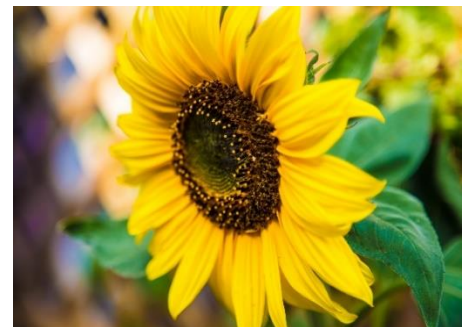
Simplicity teaches compassion. My simple lifestyle will make me more in tune with those who have little.



Simplicity teaches attention on God. When I don't have a lot, I am able to focus on my relationship with God and my service to others.

*May the blessing of Simplicity be ours  
Of truthfulness and being  
of joy and trust,  
of humility and open hearts  
and may we be a blessing to all  
with whom we live and meet this day.  
Amen.*

*Josephite Prayer Book Vol 2*



**Simplicity is seeking first the Kingdom of God. Matthew 6:33**