



LIVE FULL WORKSHOP:

Lifestyle 101

(WITH FR. WARREN)

Modern World

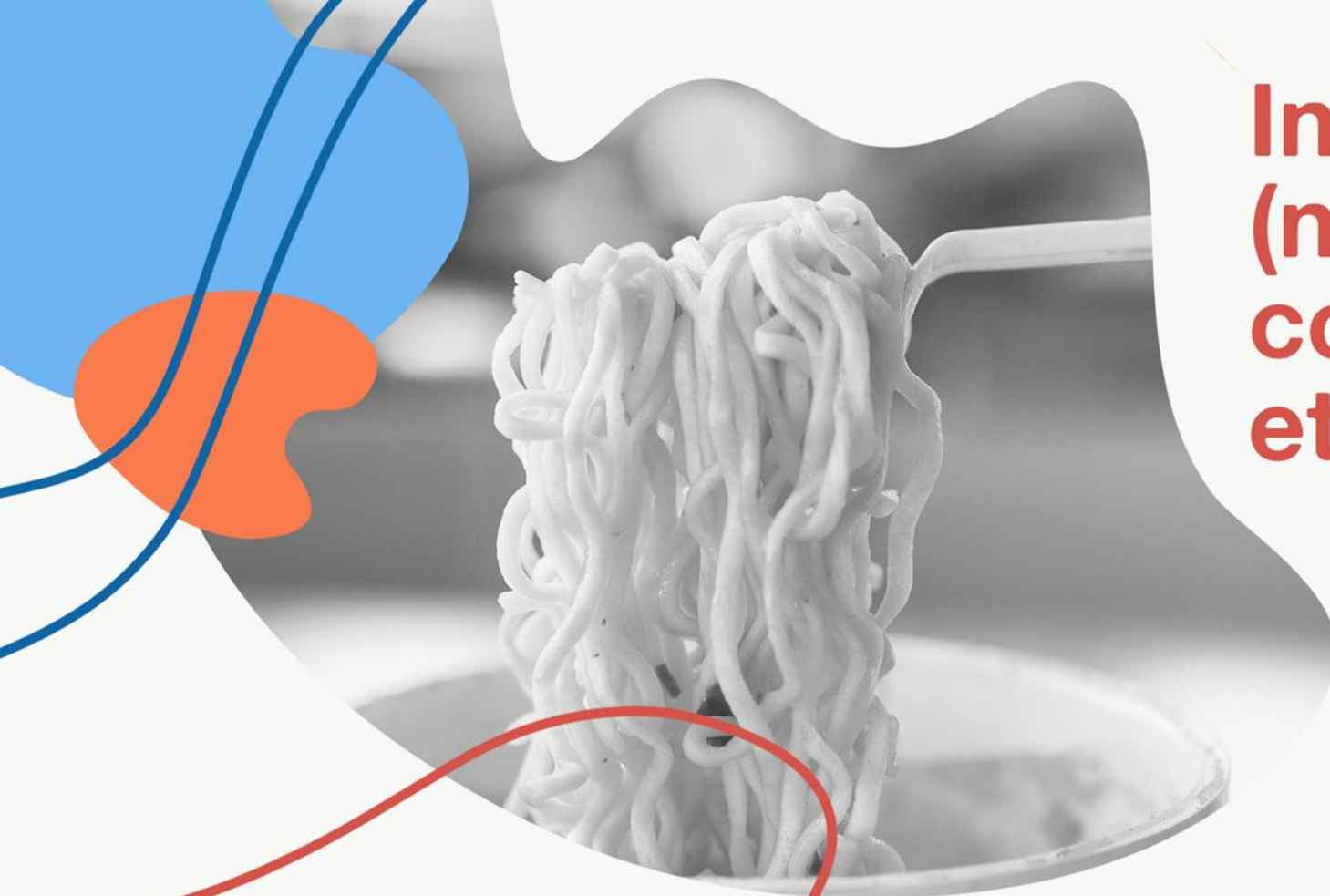


• **WHAT WE SEE** •



Technology

• **WHAT WE SEE** •



**Instant
(noodles,
coffee,
etc)**

• **WHAT WE SEE** •



Luxury
(clothes,
gadgets,
etc)

• WHAT WE SEE •



Ads
(trends,
beauty,
etc)

• **WHAT WE SEE** •

Parties and fests



• **WHAT WE SEE** •

• REALITY •



• REALITY •



• **REALITY** •



• REALITY •



• REALITY •



• REALITY •



“ Matthew 16:26

**What profit would there be
for one to gain the whole world
and forfeit his life.**



“ James 5:5

**You have lived on earth in luxury
and pleasure, you have fattened
your hearts for the day of slaughter.**

• **WHAT WE NEED TO SEE** •

NEEDS

Things and work that are needed in order to live and grow as a person (physical, emotional, social, spiritual, etc)

WANTS

Things and work that are not really needed in order to live and grow as a person (luxury and excessive lifestyle)

**Isn't it time for us to reflect
and ask ourselves how
we can live simpler lives?**

ACTIVITY

WANT OR NEED?

- 3 meals a day
- school tuition
- big fiesta
- buying comics
- smoking
- Sunday Mass
- school supplies for children
- going to the movies often
- having the house fixed
- vitamins for the children
- buying television instead of fixing leaking roof
- simple birthday celebration
- service in church
- payment of bills for water and electricity
- soft drinks and junk food

**Do we really need this?
Can we do away without it?
Are there other alternatives that
are simpler and less costly?**

• **WORKSHEET 1** •
MY NEEDS AND WANTS IN LIFE

ITEMS

Food

Personal things
(clothes, shoes, etc)

Jewelries and other
things for the body

For the children

Things for the house

Recreation

Others

NEEDS

WANTS

What are your sentiments while reflecting about your needs and wants?

What resolution did you have?

**Let us frequently ask ourselves:
Is this something that I really need, a want,
or something that we can do without.**

PARABLE OF THE TALENTS

Matthew 25:14-30



• **WORKSHEET 2** •

**MY PLANS FOR LIVING
A SIMPLE AND FULL LIFE**

**WAYS OF
SIMPLIFYING YOUR LIFE**

RESULT IN

1 DAY

1 WEEK

1 MONTH

Instead of _____

I will _____

Other plans to further
simplify my lifestyle:

• **WORKSHEET 3** •
MY RESOLUTION

I, (name) _____ of (address) _____, after having completed this Session and having realized the importance of savings, promise to set aside and save the amount of P_____ every week.

I will be able to do this if I will follow the following plans that I have decided to do:

1. Instead of _____
I will _____

2. Instead of _____
I will _____

I will also:

Name over Signature

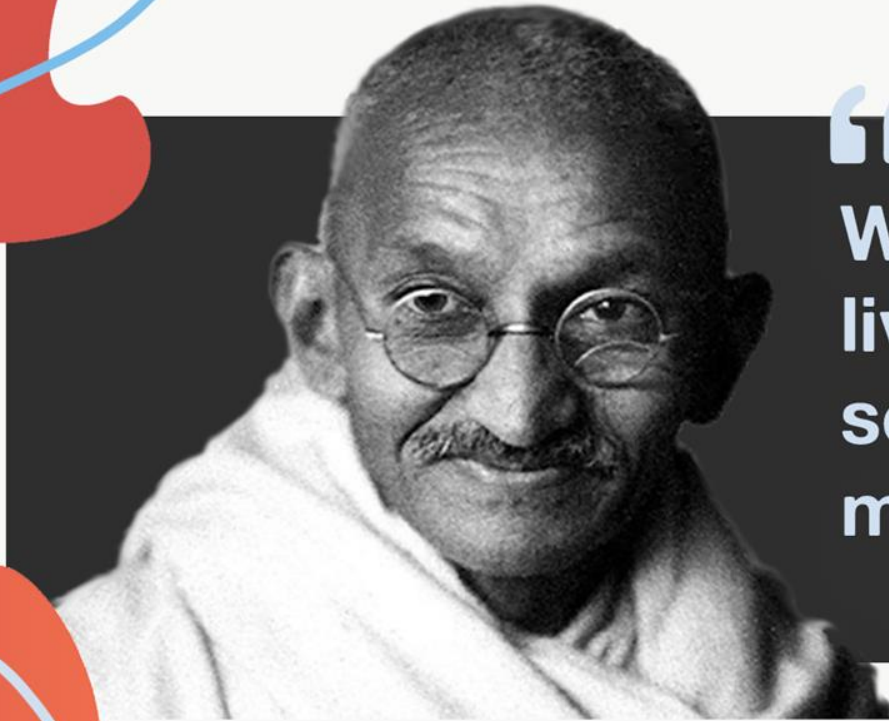
Date of Commitment



“

Life grows by being given away, and it weakens in isolation and comfort. Indeed, those who enjoy life most are those who leave security on the shore and become excited by the mission of communicating life to others.

Pope Francis



“

We need to
live simply
so that others
may simply live.

Mahatma Gandhi

THERE IS BEAUTY IN SIMPLICITY



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