



5 Areas of the Presbyterian Hunger Program:
Direct Food Relief Education & Interpretation
Development Assistance Influencing Public Policy

Lifestyle Integrity

Lifestyle Integrity Challenge

The psalmist reminds us: "***The earth is the Lord's and everything in it, the world, and all who live in it.***" (***Psalm 24:1***). The Presbytery of Florida's Compassion and Social Justice Committees have issued a challenge to each church in the Presbytery - the Lifestyle Integrity Challenge 2008-2009! Lifestyle Integrity is to be intentional about our choices, because they have global implications. In this world where some go hungry because many consume too much of the world's resources, the Presbyterian Hunger Program encourages families, church groups, and institutions to evaluate their own needs and develop ways of being more caring and sharing of the world's resources.

ARE YOU UP TO THE CHALLENGE?

- 1. Energy Efficiency** - Using energy more efficiently leads to less demand for energy, helps control fuel prices, makes fuel available to more people and helps the environment.
- 2. Food and Health** - How and what and how much we eat of certain foods determines our health. The better care we take of ourselves the more time, energy, and money we can use to serve God and others.
- 3. Purchasing** - What we purchase and how much we purchase affects our budgets, determines the use of the world's resources to produce goods and energy, and in turn, determines the availability of resources for the rest of the world.
- 4. Water Usage**-The more water we use, the less it is available to others.
- 5. Transportation** - The use of private and public transportation impacts our resources and the world's resources, and affects our communities.
- 6. Financial Stewardship** - Being good stewards of the wealth God has blessed us with is both a duty and good sense. The more we save, the less we spend, freeing up money to serve God and the world-and providing for the needs of our loved ones.
- 7. Recycling**- Recycling resources and reusing items is kind to the environment and our pocketbooks.

Evaluation - How did we do? What area was the most challenging for you? For your family? What area was easiest for you? For your family? Which area needs the most work? What new ways can you address these areas of lifestyle integrity?