

Fighting Hunger Five Ways:

Direct Food Relief • Education & Interpretation • Life-Style Integrity
Development Assistance • Influencing Public Policy

The 7 Areas of the Presbytery of Florida's Lifestyle Integrity Challenge

Consider adopting 1 or more practices under each of the areas identified for the Lifestyle Integrity Challenge. A new area of emphasis will be introduced every one to two months.

- 1. Energy Efficiency**- Using energy more efficiently leads to less demand for energy, and helps control fuel prices, makes fuel available to more people and helps the environment.
 - 2. Food and Health** - What, how 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 & energy, and 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, frees up money to serve God and the world.
 - 7. Recycling** - Recycling resources and reusing items is kind to the environment and our pocketbooks.
- Evaluation** - How did we do? What was the most challenging for you? What was easiest? What new ways can you address these areas of lifestyle integrity?

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Presbytery of Florida's Lifestyle Integrity Challenge

The presbytery's Compassion and Social Justice Committees issue a challenge to each church in Florida Presbytery - the Lifestyle Integrity Challenge. This challenge is a way to help church members and congregations become intentional about the way they live. How we live our individual and family lives is a very personal matter, but it also has 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 new ways of being more caring and sharing of the world's resources in response to the Gospel.

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)***. Together let's encourage one another to be better stewards of God's creation and of the resources with which God has so richly blessed us.

Are you up to the challenge?

***For more information, go to www.presbyteryofflorida.com
or call the presbytery office at 850-638-2322.***

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