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Video of the Holy Father with the prayer intention for the month of September, disseminated via the Pope's Worldwide Prayer Network

The following is the text of the Pope's video with the prayer intention for the month of September, disseminated via the Pope's World Prayer Network on the theme *An Environmentally Sustainable Lifestyle: We pray that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.*

Video of the Holy Father

It makes me very happy to see that young people have the courage to undertake projects for environmental and social improvement, since the two go together.

We adults can learn much from them, because in all matters related to care for the planet, they are at the forefront.

Let us take advantage of their example and reflect on our lifestyle, especially during these moments of health, social and environmental crisis.

Let us reflect on how the way we eat, consume, travel, or the way we use water, energy, plastics, and many other material goods, is often harmful to the earth.

Let us choose to change! Let us advance with young people towards lifestyles that are simpler and more respectful of the environment.

Let us pray that we all will make courageous choices, the choices necessary for a simple and environmentally sustainable lifestyle, taking inspiration from our young people who are resolutely committed to this. And they aren't foolish, because they are committed to their own future. This is why they want to change what they will inherit at a time when we will no longer be here.