



# CONSUMED

## Welcome to Consumed.

Consumed is an opportunity for us to choose the way of Jesus in our consumption choices over the way of our culture.

It's about finding freedom from our captivity to consumerism.

We wholeheartedly believe that the best way to bring change is not to tell people the answers, but to invite them to co-create the solutions. Consumed provides a conversation space, and a framework for having those conversations in a meaningful way, so that together we can navigate through the complexity and find a different way forward.

We would love your church to join us!

## How Consumed works

Consumed is focused on three key responses to Consumerism:

### CLARIFY

Most people recognise that something is wrong with our consumption habits, but we need to better understand the problems and what is stopping us from changing. We also need a clearer vision of what could be different and the alternative future that God is inviting us into.

### AMPLIFY

We will identify and promote tangible strategies and solutions that already exist

### CREATE

We recognise that changing behaviour is difficult in the face of the cultural forces driving us to consume. We will provide a framework and process to help Christians work together to find new solutions and pathways to change.

Below and on the website you will find everything you need to bring your church on the journey toward change. We've included blogs, stories, theological resources, practical resources, action opportunities, discipleship tips and conversation tools.

To help cut through the complexity we've broken Consumed into 6 conversation streams, each one represents an area of life where consumerism is having negative impacts on people, planet and relationships, and drawing us away from God's vision of the good life:



### FINANCIAL FREEDOM

Consumerism has led us to pursue excess rather than 'enough'.



### CARE FOR CREATION

Our consumption prevents us from caring for the earth and its creatures.



### PHYSICAL & MENTAL WELLBEING

The way we consume is seriously damaging our physical and mental wellbeing leaving us stressed and sick.



### EMPOWERMENT OVER EXPLOITATION

Our consumption impacts people across the globe. Often for the worse.



### RELATIONAL WELLBEING

Consumerism is damaging our relationships leaving us lonely and disconnected.



### SHARING GOD'S ABUNDANCE

Our consumerism has prevented us from ensuring all people have enough.



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## Engaging Your Church

We recognise that different churches will want to engage in different ways. Choose which of the steps outlined below are best suited to your context.

All resources can be found on the Consumed website at [www.consumed.org.au/church\\_resources](http://www.consumed.org.au/church_resources)

### Step 1 – Identify Consumed Ambassadors

This could be an existing justice or advocacy group or you could identify 2-3 specific people who are passionate in this area. The Ambassadors sign on to the Consumed social media pages and the Consumed churches list. They will receive campaign updates specifically targeted to helping churches engage with Consumed.

Ambassadors serve as the connection point between Consumed and the members of the church. Their role is:

#### ENGAGE

To work alongside leadership to promote the campaign and engage people in considering the impacts of consumerism and Jesus’ vision for a good life.

#### DISSEMINATE

To disseminate resources and encourage their use – including bible study materials, discipleship tips, campaign actions and creative opportunities. These are available at [www.consumed.org.au/church-resources](http://www.consumed.org.au/church-resources)

#### MOBILISE

To mobilise people to participate in campaign actions such as [Take Action](#) and [Live Free Tip](#).

#### FACILITATE

To facilitate engagement by the church in the co-design and co-creation opportunities

### Step 2 – Engage the Issue & Promote Consumed

Get acquainted with the issue of consumerism. Promote your church’s engagement in Consumed in your services using the [script](#), [slides](#) and [video](#) provided. Use the campaign [logos](#) and [e-news script](#) in your regular e-update or church bulletin to encourage people to explore the [website](#) and sign up. There is plenty of great content for people to read on our [blog](#) and this is constantly being updated with fresh insights and articles from around the Consumed community.

### Step 3 – Run a Consumed Church Service

Devote all or part of a Sunday service to focus on the idol of consumerism:

 Play the video, use the script and slides to introduce the campaign.

 Use the suggested prayers in your corporate prayer time or engage your children using the lesson plan.

 Speak on consumerism - we’ve provided a sermon outline to get you started. The list of recommended readings will also help you navigate the issue if you want to go deeper.

 We recommend you also set aside some time to engage together in one of our key action opportunities. This could be during the service or afterwards during your morning tea/supper.

### Step 4 – Discipleship and Formation Tools

Utilise the [bible studies](#) in your small groups to help church members go deeper and explore how God might be calling them to change their own consumption habits or shift their consumption choices.

We’ve also compiled loads of great tips on everything from shopping ethically, to managing your finances and disengaging from your devices. All of these tips are designed to help your church members choose different practices that will help them start to live free from the chains of consumerism.

### Step 5 – Take Action & Live Free Tip

Invite your church members to engage in our key action opportunities - [Take Action](#) and [Live Free Tips](#). This could be through your services, church communications or church social media accounts. Or you might like to encourage your small groups to take the actions together.



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## ***Step 6 – Participate in the Co-Creation Challenges***

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Starting from September 2019 the Consumed team will pick one of the 6 conversation streams and issue a design challenge. A new design challenge will be issued every few months. We will frame either a question or an opportunity and spread it through the Consumed community. We'll then invite you (our Consumed community) to submit your ideas about possible solutions to that challenge.

We will provide a creative conversation guide (currently being finalised) to help you host a conversation that brings out new ideas in your churches. We'll be providing further tools and tips with each challenge.

Each design challenge involves the following steps:

- Host a creative conversation using the creative conversation guide
- Post your idea to our crowd platform
- Vote/comment on the other ideas that have been posted on the platform
- Encourage your friends and networks to vote/comment on your idea and others
- Ideas that are deemed to have potential will be selected to go through Seed's Redemptive Design process
- If there is evidence they could work to bring real redemptive change, we'll launch them through the Consumed community and platform and seek to grow them

Naming the problem of consumerism is easy, but these Challenges and Design Labs are designed to help you engage your people in finding solutions that align with God's story – a much more powerful and constructive process.

We believe the best solutions to counter consumerism and live the truly good life already exist amongst the Christian community. We'd love your help to find those solutions.