

Abstract

This thesis will be focused on a multilayered ideal of sobriety and a closer examination of its meanings in the text of the Encyclical *Laudato si'*. The analytical part of the thesis will examine the term sobriety (*sobrietas*), its occurrence in texts of the Old and New Testament and the context of its use as a cardinal virtue or moderate political action. The Encyclical *Laudato si'* by Pope Francis will also be presented. The second part will deal with ethical aspects of sobriety in relation to the environment, to oneself, to the other person and to God in the footsteps of Pope Francis in the Encyclical.

Keywords

sobriety, virtue ethics, moderate politics, alternative lifestyle, Encyclical *Laudato si'*, Pope Francis, socio-ecological crisis