

## **“Enlarge your heart”**

Get rid of that 'small-town' outlook. Enlarge your heart till it becomes universal, 'catholic'. Don't flutter about like a hen, when you can soar to the heights of an eagle. (The Way, 7)

4 July

Some time ago I saw an eagle shut up in an iron cage. It was dirty, and half its feathers were missing. In its claws was a piece of carrion. I then thought what would happen to me were I to renounce my vocation from God. I felt sorry for that lonely, fettered

bird, born to soar the heavens and gaze at the sun. We too can scale the *humble heights* of love for God, of service to all men. However, in order to do this, we must make sure that our souls have no nooks or crannies into which the light of Jesus Christ cannot shine. And then Christ will be in your mind, on your lips, in your heart, stamped on your deeds. All of your life will be full of God — in its sentiments, its works, its thoughts and its words.

“Look up, and lift up your heads, because your redemption is at hand” [1], we have just read in the Gospel. This time of Advent is a time for hope. These great horizons of our christian vocation, this unity of life built on the presence of God our Father, can and ought to be a daily reality. Ask our Lady, along with me, to make it come true. Try to imagine how she spent these months, waiting for her Son to be born. And our Lady,

Holy Mary, will make of you *alter  
Christus, ipse Christus*: another  
Christ, Christ himself! (Christ is  
passing by, 11)

[1] Luke 21:28

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-au/dailytext/enlarge-your-heart/](https://opusdei.org/en-au/dailytext/enlarge-your-heart/)  
(12/02/2026)