

opusdei.org

## **“Look at things with a supernatural perspective”**

There is a remedy for those anxieties of yours. Be patient, have rectitude of intention and look at things with a supernatural perspective.  
(Furrow, 853)

27 October

Let us try, therefore, never to lose our supernatural outlook. Let us see the hand of God in everything that happens to us: both in pleasant and

unpleasant things, in times of consolation and in times of sorrow, as in the death of someone we love. Your first instinct always should be to talk to your Father God, whom we should seek in the depths of our souls. And we cannot consider this a trivial or unimportant matter. On the contrary, it is a clear sign of a deep interior life, of a true dialogue of love. Far from being psychologically deforming, constant prayer should be for a Christian as natural as the beating of his heart. (Friends of God, 247)

---