

opusdei.org

## **“Struggling for so many years...”**

You don't feel like doing anything and there is nothing you look forward to. It is like a dark cloud. Showers of sadness fell, and you experienced a strong sensation of being hemmed in.

30 March

And, to crown it all, a despondency set in, which grew out of a more or less objective fact: you have been struggling for so many years ... , and you are still so far behind, so far. All

this is necessary, and God has things in hand. In order to attain *gaudium cum pace* -- true peace and joy, we have to add to the conviction of our divine filiation, which fills us with optimism, the acknowledgment of our own personal weakness.

(Furrow, 78)

Even in moments when we see our limitations clearly, we can and should look at God the Father, God the Son, and God the Holy Spirit, and realize that we share in God's own life. There is never reason to look back. The Lord is at our side. We have to be faithful and loyal; we have to face up to our obligations and we will find in Jesus the love and the stimulus we need to understand other people's faults and overcome our own. In this way even depression — yours, mine, anyone's — can also be a pillar for the kingdom of Christ.

Let us recognize our infirmity but confess the power of God. The christian life has to be shot through with optimism, joy and the strong conviction that our Lord wishes to make use of us. If we feel part of the Church, if we see ourselves sustained by the rock of Peter and by the action of the Holy Spirit, we will decide to fulfil the little duty of every moment. We will sow a little each day, and the granaries will overflow. (Christ is passing by, 160)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-au/dailytext/struggling-for-so-many-  
years/](https://opusdei.org/en-au/dailytext/struggling-for-so-many-years/) (30/03/2026)