

A Light for My Feet

Michelle Murray was born in Michigan, USA and lives in Edmonton, Canada.

Professional occupation: artist. She is a mother of eight children and eight grandchildren.

2017-11-05

Spiritual Direction has been a light for my feet, a sure way to travel through this life.

After reading Saint Faustina's "Diary of a Soul" I had a hunger to receive spiritual direction.

Upon finding out that personal spiritual direction was offered by members of Opus Dei I knew with certainty it was my path. Over the years it has smoothed every rough spot with wisdom, knowledge and peace of soul. I know that Christ is speaking to me personally through these means.

In my use of Chiaroscuro, I learned about the use of light and shade in painting. In a good painting the eye is directed around the canvas by the way the artist paints the light.

Likewise, Spiritual direction is the light in the darkness, the Way, a sure path for my feet; a path for holiness.

pdf | document generated
automatically from [https://opusdei.org/
en-ca/article/a-light-for-my-feet/](https://opusdei.org/en-ca/article/a-light-for-my-feet/)
(2026-01-19)