

opusdei.org

## **“Oh, Jesus! I rest in you”**

Physical collapse. You are worn out. Rest. Stop that exterior activity. Consult a doctor. Obey, and don't worry. You will soon return to your normal life and, if you are faithful, to new intensity in your apostolate. (The Way, 706)

August 1

If you don't leave him, he won't leave you. (The Way, 730)

Depend on Jesus for everything. You have nothing, are worth nothing, are capable of nothing. He will act, if you abandon yourself to him. (The Way, 731)

Oh, Jesus! I rest in you. (The Way, 732)

So you couldn't care less? Don't try to fool yourself. This very moment, if I were to ask you about certain people and undertakings in which for God's love you put your soul, I know that you would answer me eagerly, with the interest of one speaking of what is his own. It's not true that you don't care. It's just that you're not tireless, and that you need more time for yourself: time that will also be for your activities since, after all, you are the instrument. (The Way, 723)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ca/dailytext/oh-jesus-i-rest-in-you/](https://opusdei.org/en-ca/dailytext/oh-jesus-i-rest-in-you/)  
(08/16/2025)