

opusdei.org

“Rest means recuperation: to gain strength”

Rest means recuperation: to gain strength, form ideals and make plans. In other words it means a change of occupation, so that you can come back later with a new impetus to your daily job. (Furrow, 514)

3 August

I have always seen rest as time set aside from daily tasks, never as days of idleness. (Furrow, 514)

Make good use of your time. Don't forget the fig tree cursed by our Lord. And it was doing something: sprouting leaves. Like you... Don't tell me you have excuses. It availed the fig tree little, relates the Evangelist, that it was not the season for figs when our Lord came to it to look for them. And barren it remained for ever. (The Way, 354)

You must fight against the tendency to be too lenient with yourselves. Everyone has this difficulty. Be demanding with yourselves! Sometimes we worry too much about our health, or about getting enough rest. Certainly it is necessary to rest, because we have to tackle our work each day with renewed vigour. But, as I wrote many years ago, 'to rest is not to do nothing. It is to turn our attention to other activities that require less effort.' (Friends of God, 62)

.....

pdf | document generated
automatically from [https://opusdei.org/
en-ca/dailytext/rest-means-
recuperation-to-gain-strength/](https://opusdei.org/en-ca/dailytext/rest-means-recuperation-to-gain-strength/)
(2026-04-06)