

opusdei.org

Letter from the Prelate (26 August 2025)

With reference to the memorial of the martyrdom of Saint John the Baptist on August 29th, the Prelate of Opus Dei invites us to reflect on the importance of truth and humility.

08/26/2025

My dear children: may Jesus watch over my daughters and sons for me!

The liturgical memorial of the Passion of Saint John the Baptist is

celebrated on the 29th of this month. Among the considerations that his figure and life suggest to us, we can focus especially on his courageous and heroic witness to the truth, which led him to martyrdom. I am reminded of those words of Saint Josemaría: “Don’t be afraid of the truth, even though the truth may mean your death” (*The Way*, no. 34). Without going to the extreme of martyrdom, love for the truth can, in certain circumstances, entail troubles of various kinds, and sometimes quite significant ones.

At the same time, love for the truth about the reality of the world and of ourselves sets us free (cf. *Jn* 8:32); and, most deeply, the Truth that is Christ is what sets us free (cf. *Jn* 14:6). Without freedom, we couldn’t love; and without love, nothing would be worthwhile.

Always, but especially when faced with difficult situations that could lead to discouragement, let us strive to know and acknowledge the truth about our personal lives. To do so, as our Father recommended, let us be sincere with God, with ourselves, and with those who can help us in our spiritual life.

Love for the truth, sincerity, is closely tied to humility, which is “the virtue that helps us to recognize, at one and the same time, both our wretchedness and our greatness” (*Friends of God*, no. 94). When our wretchedness becomes more apparent to us, let us also strive to see our greatness: that of being, in Christ, children of God. Then humility – the truth – will also lead us to remember that “if God is for us, who can be against us?” (*Rom 8:31*).

Let us continue to entrust to our Lord the revision of the statutes of the

Work by the Holy See, uniting our prayer to filial petition for the Pope and all his intentions, especially – as he requested at last week's audience – “that nations may find the path to peace.”

Your Father blesses you with all his affection.

Rome, August 26, 2025

.....

pdf | document generated
automatically from [https://opusdei.org/
en-ie/article/letter-from-the-prelate-26-
august-2025/](https://opusdei.org/en-ie/article/letter-from-the-prelate-26-august-2025/) (03/02/2026)