

“Are you living in the presence of God?”

You lack interior life: that is because you do not consider in your prayer other people's concerns and proselytism; because you do not make an effort to see things clearly, to make definite resolutions and fulfill them; because you do not have a supernatural outlook in your study, in your work, in your conversations, and your dealings with others. Are you living in the presence of God? For that is a consequence and a manifestation of your prayer. (Furrow, 447)

30 August

Whenever we feel in our hearts a desire to improve, a desire to respond more generously to Our Lord, and we look for something to guide us, a north star to guide our lives as Christians, the Holy Spirit will remind us of the words of the Gospel that we 'ought to pray continually and never be discouraged' [1]. Prayer is the foundation of any supernatural endeavour. With prayer we are all powerful; without it, if we were to neglect it, we would accomplish nothing.

I would like us, in our meditation today, to make up our minds once and for all that we need to aspire to become contemplative souls, in the street, in the midst of our work, by maintaining a constant conversation

with our God and not breaking it off at any time of the day. If we really want to be loyal followers of our Master, this is the only way...

Forgive me if I insist, but it is very important to note carefully what the Messiah did, because he came to show us the path that leads to the Father. With Our Lord we will discover how to give a supernatural dimension to all our actions, even those that seem least important. We will learn to live every moment of our lives with a lively awareness of eternity, and we will understand more deeply man's need for periods of intimate conversation with his God, so as to get to know him, to invoke him, to praise him, to break out into acts of thanksgiving, to listen to him or, quite simply, to be with him. (Friends of God, 238-239)

[1] Luke 18:1

.....

pdf | document generated
automatically from [https://opusdei.org/
en-ie/dailytext/are-you-living-in-the-
presence-of-god/](https://opusdei.org/en-ie/dailytext/are-you-living-in-the-presence-of-god/) (14/03/2026)