

“He will give you his strength”

When you find yourself worn out or fed up, go and confide in Our Lord, as that good friend of ours did, and say: "Jesus, see what you can do about it. Even before I begin to struggle, I am already tired." He will give you his strength. (The Forge, 244)

31 July

You want to know on what our faithfulness is founded? I would say, in broad outline, that it is based on loving God, which makes us

overcome all kinds of obstacles:
selfishness, pride, tiredness,
impatience | ... A man in love
tramples on his own self. He is aware
that even when he is loving with all
his soul, he isn't yet loving enough.
(The Forge, 532)

Jesus, who has encouraged this
feeling of emptiness in us, comes out
to meet us and says: "If anyone thirst,
let him come to me and drink" [1].
He offers us his heart, so that we can
find there both rest and strength. If
we accept his invitation, we will see
that his words are true. And our
hunger and thirst will increase to the
point that we desire God really to
inhabit our soul and never to take his
light and warmth away from us.
(Christ is passing by, 170)

[1] John 7:37

pdf | document generated
automatically from [https://opusdei.org/
en-ie/dailytext/he-will-give-you-his-
strength/](https://opusdei.org/en-ie/dailytext/he-will-give-you-his-strength/) (18/02/2026)