

opusdei.org

**“Open up your soul!  
I promise that you  
will be happy”**

Anyone who hides a temptation from his director shares a secret with the devil. He has become a friend of the enemy. (Furrow, 323)

July 8

Tell first what you would not like to be known. Down with the dumb devil! By turning some small matter over and over in your mind, you will make it snowball into something big,

with you trapped inside. What's the point of doing that? Open up your soul! I promise that you will be happy, that is faithful to your Christian way, if you are sincere. Clarity and simplicity: they are absolutely necessary dispositions. We have to open up our souls completely, so that the sun of God and the charity of Love can enter in. It is not necessarily bad will that prevents people from being utterly sincere. Sometimes they may simply have an erroneous conscience. Some people have so formed, or rather deformed, their consciences that they think their dumbness, their lack of simplicity, is something good. They think it is good to say nothing. This can even happen to people who have received an excellent training and know the things of God. This may indeed be what is convincing them that they should not speak out. But they are wrong. Sincerity is a must, always. There are no valid excuses,

no matter how good they seem.  
(Friends of God, 189)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ie/dailytext/open-up-your-soul-i-  
promise-that-you-will-be-happy/](https://opusdei.org/en-ie/dailytext/open-up-your-soul-i-promise-that-you-will-be-happy/)  
(08/06/2025)