

opusdei.org

## **"I discovered that work is also prayer"**

Amarjit is a cooperator of Opus Dei and he has built the chapels in some centres of Opus Dei in Kenya. He came to discover that work can be transformed into prayer and that has helped him to give attention to the details especially when building chapels.

01/16/2015

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/i-discovered-that-work-is-  
also-prayer/](https://opusdei.org/en-ke/article/i-discovered-that-work-is-also-prayer/) (03/17/2026)