

opusdei.org

“Do what you can to know God better”

Every single day, do what you can to know God better, to get acquainted with him, to fall more in love with him each moment, and to think of nothing but of his Love and his glory. You will carry out this plan, my child, if you never, for any reason whatever, give up your times of prayer, your presence of God, with the aspirations and spiritual communions that set you on fire, your unhurried Holy Mass, and your work, finished off well for him. (The Forge, 737)

July 5

Your ordinary contact with God takes place where your fellow men, your yearnings, your work and your affections are. There you have your daily encounter with Christ. It is in the midst of the most material things of the earth that we must sanctify ourselves, serving God and all mankind.

I have taught this constantly, using words from holy Scripture. The world is not evil, because it has come from God's hands, because it is His creation, because 'Yahweh looked upon it and saw that it was good' (cf Gen 1:7 ff). We ourselves, mankind, make it evil and ugly with our sins and infidelities. Have no doubt: any kind of evasion of the honest realities of daily life is for you, men and

women of the world, something opposed to the will of God.

On the contrary, you must understand now, more clearly, that God is calling you to serve Him *in and from* the ordinary, material and secular activities of human life. He waits for us every day, in the laboratory, in the operating theatre, in the army barracks, in the university chair, in the factory, in the workshop, in the fields, in the home and in all the immense panorama of work. Understand this well: there is something holy, something divine, hidden in the most ordinary situations, and it is up to each one of you to discover it. (Conversations, 113-114)

en-ke/dailytext/do-what-you-can-to-
know-god-better/ (07/23/2025)