

“May I never become attached to anything”

Ask the Father, the Son and the Holy Spirit, and your Mother, to make you know yourself and weep for all those foul things that have passed through you, and which, alas, have left such dregs behind....

March 2

And at the same time, without wishing to stop considering all that, say to him: Jesus, give me a Love that

will act like a purifying fire in which my miserable flesh, my miserable heart, my miserable soul, my miserable body may be consumed and cleansed of all earthly wretchedness. And when I have been emptied of myself, fill me with yourself. May I never become attached to anything here below. May Love always sustain me. (The Forge, 41)

The Lord listens to us. He wants to intervene and enter our lives to free us from evil and fill us with good. "I will rescue him and honour him" [1], he says of man. So we must hope for glory. Here again we have the beginning of the interior movement that makes up our spiritual life. Hope of glory increases our faith and fosters our charity; the three theological virtues, godly virtues which make us like our Father God, have been set in motion.

We cannot stay still. We must keep going ahead toward the goal St Paul marks out: "It is not I who live; it is Christ that lives in me" [2]. This is a high and very noble ambition, this identification with Christ, this holiness. But there is no other way if we are to be consistent with the divine life God has sown in our souls in baptism. To advance we must progress in holiness. Shying away from holiness implies refusing our Christian life its natural growth. The fire of God's love needs to be fed. It must grow each day, gathering strength in our soul; and a fire is maintained by burning more things. If we don't feed it, it may die. (Christ is passing by, 57-58)

[1] Ps 90:15

[2] Gal 2:20

pdf | document generated
automatically from [https://opusdei.org/
en-ke/dailytext/may-i-never-become-
attached-to-anything/](https://opusdei.org/en-ke/dailytext/may-i-never-become-attached-to-anything/) (02/05/2026)