

opusdei.org

“We have to meditate on the life of Jesus”

I advised you to read the New Testament and to enter into each scene and take part in it, as one more of the characters. The minutes you spend in this way each day enable you to incarnate the Gospel, reflect it in your life and help others to reflect it. (Furrow, 672)

October 12

To be Christ himself, we must *see ourselves in him*. It's not enough to have a general idea of the spirit of Jesus' life; we have to learn the details of his life and, through them, his attitudes. And, especially, we must contemplate his life, to derive from it strength, light, serenity, peace.

When you love someone, you want to know all about his life and character, so as to become like him. That is why we have to meditate on the life of Jesus, from his birth in a stable right up to his death and resurrection. In the early years of my life as a priest, I used to give people presents of copies of the Gospel and books about the life of Jesus. For we do need to know it well, to have it in our heart and mind, so that at any time, without any book, we can close our eyes and contemplate his life, watching it like a movie. In this way the words and actions of our Lord will come to

mind in all the different
circumstances of our life. (Christ is
passing by, 107)

pdf | document generated
automatically from [https://opusdei.org/
en-ke/dailytext/we-have-to-meditate-on-
the-life-of-jesus/](https://opusdei.org/en-ke/dailytext/we-have-to-meditate-on-the-life-of-jesus/) (02/18/2026)