

opusdei.org

**“We should never have time on our hands, not even a second”**

You were consoled by the idea that life is to be spent, burned in the service of God. And spending ourselves entirely for him is how we shall be freed from death, which brings us the possession of Life. (Furrow, 883)

September 25

We should never have time on our hands, not even a second — and I am not exaggerating. There is work to be done. The world is a big place and there are millions of souls who have not yet heard the doctrine of Christ in all its clarity. I am addressing each one of you individually. If you have time on your hands, think again a little. It's quite likely that you have become lukewarm; that, supernaturally speaking, you have become a cripple. You are not moving, you are at a standstill. You are barren, you are not doing all the good you should be doing to the people around you, in your environment, in your work and in your family.

Let us take a good honest look at our own lives. How is it that sometimes we just can't find those few minutes it would take to finish lovingly the work we have to do, which is the very means of our sanctification?

Why do we neglect our family duties? Why that tendency to rush through our prayers, or through the Holy Sacrifice of the Mass? How are we so lacking in calm and serenity when it comes to fulfilling the duties of our state, and yet so unhurried as we indulge in our own whims? You might say these are trifling matters. You're right, they are, but these trifles are the oil, the fuel we need to keep our flame alive and our light shining. (Friends of God, 41-42)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/dailytext/we-should-never-have-  
time-on-our-hands/](https://opusdei.org/en-ke/dailytext/we-should-never-have-time-on-our-hands/) (03/15/2026)