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## "How can I leave a mark?"

"I always thought that I was living as a good Catholic. Then one day I came upon a copy of 'The Way.'" José recounts how reading a book by the founder of Opus Dei helped him change his life.

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I always thought that I was living as a good Catholic. I went to Mass on Sundays and tried to be as good a person as possible at work and with

my family. Then one day I came upon a copy of *The Way*.

I have to admit that the impression I had of Opus Dei at the time wasn't very positive, so I set the book aside. Then one evening, for no special reason, I started reading it. I soon realized that it wasn't a book just about God, as I had expected, but about how an ordinary person like myself could draw close to God and become holy in his work—an idea that had never occurred to me.

*Don't let your life be barren. Be useful. Leave a mark.* The first words in the book really struck me. How could I “leave a mark”? I wasn't famous or rich; I hadn't discovered or invented anything. How could my life truly be fruitful? But I soon realized that the “mark” my life could make required taking advantage of each hour each day.

In other points of *The Way* I read that matrimony is a sacrament and a path to holiness, and that I was God's temple, but that I needed to have a plan for each day and seek to live order.

Some of the points there began to make me uneasy, since they seemed to be written just for me. I realized that I had to change many things if I truly wanted to be a good Christian. I don't know exactly when or how, but I made the decision to try to follow the teachings in the book.

What I do know is that my life began changing at work, with my family and friends, in confronting problems.... For the first time in my life I realized how close God was to me. I only had to open the eyes of my heart to discover that God had always been alongside me.

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