

opusdei.org

"All our fortitude is on loan"

Tender, soft, flabby...: that's not the way I want you. It's about time you got rid of that peculiar pity you feel for yourself. (The Way, 193)

November 18

We were talking previously about the need to fight. But fighting calls for training, a proper diet, urgent medical attention in the case of illness, bruises and wounds. The sacraments are the main medicine the Church has to offer. They are not

luxuries. If you voluntarily abandon them, it is impossible to advance on the road, to follow Jesus Christ. We need them as we need air to breathe, the circulation of the blood, and light to appreciate at every moment what our Lord wants of us.

A Christian's asceticism requires strength, which is found in the Creator. We are darkness and he is radiant light. We are infirmity and he is robust good health. We are poverty and he is infinite wealth. We are weakness and he sustains us, "for you are, O God, my strength" [1]. Nothing on earth is capable of stemming the impatient gushing forth of the redeeming blood of Christ. Yet human limitations can veil our eyes so that we do not notice the grandeur of God. Hence the responsibility of all the faithful, especially those who have the role of governing — serving — the People of God spiritually, of not blocking the

sources of grace, of not being
ashamed of Christ's cross. (Christ is
passing by, 80)

[1] Ps 42:2: *quia tu es, Deus, fortitudo
mea*

pdf | document generated
automatically from [https://opusdei.org/
en-lk/dailytext/all-our-fortitude-is-on-
loan/](https://opusdei.org/en-lk/dailytext/all-our-fortitude-is-on-loan/) (04/11/2026)