

“The charity of Christ should compel you”

You need interior life and doctrinal formation. Be demanding on yourself! As a Christian man or woman, you have to be the salt of the earth and the light of the world, for you are obliged to give good example with holy shamelessness.

January 11

The charity of Christ should compel you. Feeling and knowing yourself to be another Christ from the moment you told him that you would follow him, you must not separate yourself from your equals - your relatives, friends and colleagues - any more than you would separate salt from the food it is seasoning. Your interior life and your formation include the piety and the principles a child of God must have in order to give flavour to everything by his active presence there. Ask the Lord that you may always be that good seasoning in the lives of others. (The Forge, 450)

A Christian can't be caught up in personal problems; he must be concerned about the universal Church and the salvation of all souls.

Concern for one's own spiritual improvement is not really a personal thing, for sanctification is completely

bound up with apostolate. We must, therefore, develop our interior life and the christian virtues with our eyes upon the good of the whole Church. We cannot do good and make Christ known, if we're not making a sincere effort to live the teachings of the Gospel.

If we are imbued with this spirit, our conversations with God eventually aid other men, even though they may begin on an apparently personal level. And if we take our Lady's hand, she will make us realize more fully that all men are our brothers — because we are all sons of that God whose daughter, spouse and mother she is.

Our neighbours' problems must be our problems. Christian fraternity should be something very deep in the soul, so that we are indifferent to no one. Mary, who brought up Jesus and accompanied him through his life

and is now beside him in heaven, will help us recognize Jesus as he crosses our path and makes himself present to us in the needs of our fellow men. (Christ is passing by, 145)

pdf | document generated automatically from [https://opusdei.org/
en-lk/dailytext/the-charity-of-christ-
should-compel-you/](https://opusdei.org/en-lk/dailytext/the-charity-of-christ-should-compel-you/) (01/14/2026)