

opusdei.org

## **"He gives a proof of his faith through his daily life"**

Many things, whether they be material, technical, economic, social, political or cultural, when left to themselves, or left in the hands of those who lack the light of the faith, become formidable obstacles to the supernatural life. They form a sort of closed shop which is hostile to the Church.

February 25

You, as a Christian and, perhaps, as a research worker, writer, scientist, politician or labourer, have the duty to sanctify those things. Remember that the whole universe - as the Apostle says - is groaning as in the pangs of labor, awaiting the liberation of the children of God. (Furrow, 311)

I have often spoken of it before, but let me insist once again on the naturalness and simplicity of St Joseph's life, which was in no way remote from that of his neighbours, and which raised no artificial obstacles to his dealings with them.

So, though it may be proper to some periods or situations, I do not like to talk of catholic workers, catholic engineers, catholic doctors and so on, as if describing a species within a genus, as if Catholics formed a little group separate from others. That creates the impression that there is a

chasm between Christians and the rest of society. While respecting the contrary opinion, I think it more correct to speak of workers who are Catholics, or Catholics who are workers or engineers. For a man of faith who practices a profession, whether intellectual, technical or manual, feels himself and is in fact at one with others; he is the same as others, with the same rights and obligations, the same desire to improve, the same interest in facing and solving common problems.

The Catholic who is prepared to live in this way will, through his daily life, give a proof of his faith, hope and charity: a simple and normal testimony without need of pomp and circumstance. The vitality of his life will show the constant presence of the Church in the world, since all Catholics are themselves the Church, because they are members in their

own right of the one People of God.  
(Christ is passing by, 53)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-lk/dailytext/through-daily-life-give-a-  
proof-of-faith/](https://opusdei.org/en-lk/dailytext/through-daily-life-give-a-proof-of-faith/) (04/04/2026)