

“We children of God have to be contemplatives”

I will never share the opinion - though I respect it - of those who separate prayer from active life, as if they were incompatible. We children of God have to be contemplatives: people who, in the midst of the din of the throng, know how to find silence of soul in a lasting conversation with Our Lord, people who know how to look at him as they look at a Father, as they look at a Friend, as they look at someone with whom

they are madly in love. (The Forge, 738)

January 17

Have no doubt: any kind of evasion of the honest realities of daily life is for you, men and women of the world, something opposed to the will of God.

On the contrary, you must understand now, more clearly, that God is calling you to serve Him *in and from* the ordinary, material and secular activities of human life. He waits for us every day, in the laboratory, in the operating theatre, in the army barracks, in the university chair, in the factory, in the workshop, in the fields, in the home and in all the immense panorama of work. Understand this well: there is something holy, something divine,

hidden in the most ordinary situations, and it is up to each one of you to discover it.

I often said to the university students and workers who were with me in the thirties that they had to know how to 'materialise' their spiritual life. I wanted to keep them from the temptation, so common then and now, of living a kind of double life. On one side, an interior life, a life of relation with God; and on the other, a separate and distinct professional, social and family life, full of small earthly realities.

No! We cannot lead a double life, if we want to be Christians. There is just one life, made of flesh and spirit. And it is this life which has to become, in both soul and body, holy and filled with God. We discover the invisible God in the most visible and material things.

There is no other way. Either we learn to find our Lord in ordinary, everyday life, or else we shall never find Him. That is why I can tell you that our age needs to give back to matter and to the most trivial occurrences and situations their noble and original meaning. It needs to restore them to the service of the Kingdom of God, to spiritualize them, turning them into a means and an occasion for a continuous meeting with Jesus Christ. (Conversations with Monsignor Escrivá, 114)

pdf | document generated
automatically from <https://opusdei.org/en-lk/dailytext/we-children-of-god-have-to-be-contemplatives/> (02/03/2026)