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Children of God

What are the fundamentals of the spirit of Opus Dei?

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A lively consciousness of being children of God through our incorporation to Christ in Baptism and through the action of the Holy Spirit. The faithful of Opus Dei try to make this conviction, an essential element of the Christian faith, penetrate their conduct so that it becomes a constant reference point in every aspect of their lives.

Members of the Work strive to do their work as a child of God would do it. That means striving for human perfection and a right intention, seeking only God's glory and the service of others. Prayer, likewise, is directed to God as to a loving Father with whom one can open one's heart with confidence any time and anywhere.

In rest and recreation, children of God realize that their heavenly Father always looks upon them with kindness, and so they avoid anything that could displease Him. It's simply a matter of struggling against one's limitations and defects to fulfill all personal, social, civic, and religious duties with the joy that comes from being a child of God in Christ.

This is what constantly orients the doctrinal, spiritual, and apostolic formation the Prelature of Opus Dei gives to its faithful.

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