

opusdei.org

## **“He will give you his strength”**

When you find yourself worn out or fed up, go and confide in Our Lord, as that good friend of ours did, and say: "Jesus, see what you can do about it. Even before I begin to struggle, I am already tired." He will give you his strength. (The Forge, 244)

July 31

You want to know on what our faithfulness is founded? I would say, in broad outline, that it is based on loving God, which makes us

overcome all kinds of obstacles:  
selfishness, pride, tiredness,  
impatience | ... A man in love  
tramples on his own self. He is aware  
that even when he is loving with all  
his soul, he isn't yet loving enough.  
(The Forge, 532)

Jesus, who has encouraged this  
feeling of emptiness in us, comes out  
to meet us and says: "If anyone thirst,  
let him come to me and drink" [1].  
He offers us his heart, so that we can  
find there both rest and strength. If  
we accept his invitation, we will see  
that his words are true. And our  
hunger and thirst will increase to the  
point that we desire God really to  
inhabit our soul and never to take his  
light and warmth away from us.  
(Christ is passing by, 170)

[1] John 7:37

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-nz/dailytext/he-will-give-you-his-  
strength/](https://opusdei.org/en-nz/dailytext/he-will-give-you-his-strength/) (03/20/2026)