

opusdei.org

“It is not difficult to convert work into a prayer”

Let us work. Let us work a lot and work well, without forgetting that prayer is our best weapon. That is why I will never tire of repeating that we have to be contemplative souls in the midst of the world, who try to convert their work into prayer. (Furrow, 497)

July 28

Rest assured that it is not difficult to convert work into a prayerful dialogue. As soon as you offer it up and then set to work, God is already listening and giving encouragement. We acquire the style of contemplative souls, in the midst of our daily work! Because we become certain that he is watching us, while he asks us to conquer ourselves anew: a little sacrifice here, a smile there for someone who bothers us, beginning the least pleasant but most urgent job first, carefulness in little details of order, perseverance in the fulfilment of our duty when it would be so easy to abandon it, not leaving for tomorrow what should be finished today: and all this, to please him, Our Father God! On your desk or in some inconspicuous place that nobody notices, you perhaps place your crucifix to awaken in you a contemplative spirit and to act as a textbook for your mind and soul

where you learn the lessons of service.

If you make up your mind to follow these ways of contemplation, in the midst of your ordinary work, without doing anything odd or withdrawing from the world, you will immediately feel that you are a friend of the Master, with the God-given task of opening up the divine ways of the earth to the whole of mankind. Yes. With your work you will help to spread Christ's kingdom in every continent. You will offer up hour after hour of work for far-off lands which are being born to the faith, for the peoples of the East who are being cruelly forbidden to profess their faith, and for the traditionally Christian nations where it seems that the light of the Gospel has grown dim and souls are struggling in the obscurity of ignorance...

Then, how valuable your hour of work becomes as you persevere with the same effort a little longer, a few minutes more, until the job is finished! In a simple and practical way you are converting contemplation into apostolate, seeing it as an imperative necessity of your heart, which beats in unison with the most sweet and merciful Heart of Jesus, Our Lord. (Friends of God, 67)

.....

pdf | document generated
automatically from [https://opusdei.org/
en-sg/dailytext/it-is-not-difficult-to-
convert-work-into-a-prayer/](https://opusdei.org/en-sg/dailytext/it-is-not-difficult-to-convert-work-into-a-prayer/)
(02/21/2026)