

## **"Let yourselves be helped and guided"**

You lack interior life: that is because you do not consider in your prayer other people's concerns and proselytism; because you do not make an effort to see things clearly, to make definite resolutions and fulfill them; because you do not have a supernatural outlook in your study, in your work, in your conversations, and your dealings with others. Are you living in the presence of God? For that is a consequence and a manifestation of your prayer. (Furrow, 447)

November 8

It makes me very sad to see a Catholic — a child of God, called by Baptism to be another Christ — calming his conscience with a purely formal piety, with a *religiosity* that leads him to pray now and again, and only if he thinks it worthwhile! He goes to Mass on holidays of obligation — though not all of them — while he cares punctiliously for the welfare of his stomach and never misses a meal. He is ready to compromise in matters of faith, to exchange his faith for a platter of lentils, rather than give up his job... And then he impudently or scandalously seeks to climb up in the world on the strength of being a Christian. No! Let us not live on labels. I want you to be genuine, solid Christians; and to become such you will have to be unswerving in

your search for suitable spiritual food.

Personal experience shows, and you have often heard me tell you so, to warn you against discouragement, that our interior life consists in beginning again and again each day; and you know in your hearts, as I do in mine, that the struggle is never ending. You will have noticed too, when making your examination of conscience just as I do (excuse these personal references, but even as I am speaking to you I am going over the needs of my own soul with Our Lord) that you often experience little setbacks, which at times perhaps may seem to you enormous, revealing as they do an evident lack of love, of self-surrender to God, of a spirit of sacrifice, of refinement. Well, strengthen your yearning for reparation, with a sincere act of contrition, but please do not lose your peace of mind...

I wish to emphasize that you must let yourselves be helped and guided by a spiritual director, to whom you can confide all your holy ambitions and the daily problems affecting your interior life, the failures you may suffer and the victories. (Friends of God, 13-15)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-sg/dailytext/let-yourselfes-be-helped/](https://opusdei.org/en-sg/dailytext/let-yourselfes-be-helped/)  
(08/14/2025)