

opusdei.org

“Keep calm in the face of worries”

If you fix your sight on God and thus know how to keep calm in the face of worries; if you can forget petty things, jealousies and envies, you will save a lot of energy, which you need if you are to work effectively in the service of men. (Furrow, 856)

April 21

Fight against your harshness of character, against your selfishness, your spirit of comfort and your

dislikes. We have to be co-redeemers; and, besides, consider carefully that the prize you receive will bear a very direct relation to the sowing you may have done. (Furrow, 863)

The task for a Christian is to drown evil in an abundance of good. It is not a question of negative campaigns, or of being *anti* anything. On the contrary, we should live positively, full of optimism, with youthfulness, joy and peace. We should be understanding with everybody, with the followers of Christ and with those who abandon him, or do not know him at all. But understanding does not mean holding back, or remaining indifferent, but being active. (Furrow, 864)

A paradox: I have had fewer worries on my mind every day since I decided to follow the advice of the psalm: ``Cast your cares upon the

Lord, and he will sustain you." And at the same time, once we have done whatever needs doing, everything can be solved more easily. (Furrow, 873)

pdf | document generated
automatically from [https://opusdei.org/
en-tt/dailytext/keep-calm-in-the-face-of-
worries/](https://opusdei.org/en-tt/dailytext/keep-calm-in-the-face-of-worries/) (03/13/2026)