

opusdei.org

What are the commitments of members?

10/02/2006

All members attend weekly and monthly meetings, a yearly retreat, and a formation course lasting between one and three weeks, depending on personal availability.

Spiritual commitments include daily Mass, the reading of Sacred Scripture and other spiritual books, the Rosary, and a time spent each day in personal prayer.

Members are aware of their duty to bear witness to their Christian faith wherever they are. Like the first Christians, they strive to change the world for the better, and find fulfilment in taking seriously the Christian duty to help those in need.

pdf | document generated
automatically from [https://opusdei.org/
en-uk/article/what-are-the-
commitments-of-members/](https://opusdei.org/en-uk/article/what-are-the-commitments-of-members/) (01/04/2026)