

opusdei.org

## **“You are obliged to give good example”**

You need interior life and doctrinal formation. Be demanding on yourself! As a Christian man or woman, you have to be the salt of the earth and the light of the world, for you are obliged to give good example with holy shamelessness.

7 July

The charity of Christ should compel you. Feeling and knowing yourself to be another Christ from the moment

you told him that you would follow him, you must not separate yourself from your equals - your relatives, friends and colleagues - any more than you would separate salt from the food it is seasoning. Your interior life and your formation include the piety and the principles a child of God must have in order to give flavour to everything by his active presence there. Ask the Lord that you may always be that good seasoning in the lives of others. (The Forge, 450)

Look: Our Lord is anxious to guide us at a marvellous pace, both human and divine, and which leads to joyful abandonment, happiness in suffering and self-forgetfulness. 'If any man has a mind to come my way, let him renounce self' [1]. This is a counsel we have all heard. Now we have to make a firm decision to put it into practice. May Our Lord be able to use us so that, placed as we are at all the cross-roads of the world — and at the

same time placed in God — we become salt, leaven and light. Yes, you are to be in God, to enlighten, to give flavour, to produce growth and new life. But don't forget that we are not the source of this light: we only reflect it. It is not we who save souls and move them to do good. We are quite simply instruments, some more some less worthy, for fulfilling God's plans for salvation. If at any time we were to think that we ourselves are the authors of the good we do, then our pride would return, more twisted than ever. The salt would lose its flavour, the leaven would rot and the light would turn to darkness. (Friends of God, 250)

[1] Matt 16:24

en-uk/dailytext/you-are-obliged-to-give-  
good-example/ (28/03/2026)