

“Take things calmly; let time pass”

You are worried. Listen: happen what may in your interior life or in the world that surrounds you, never forget that the importance of events or of people is very relative. Take things calmly; let time pass; and then, as you view persons and happenings dispassionately and from afar, you will acquire the perspective that will enable you to see each thing in its proper place and in its true size. If you do this, you will be more objective and you will spare yourself many causes of anxiety. (The Way, 702)

November 19

Don't be frightened; don't fear any harm, even though the circumstances in which you work are terrible, worse even than those of Daniel in the pit with all those ferocious beasts. God's hand is as powerful as ever and, if necessary, he will work miracles. Be faithful! With a loving, responsible and cheerful faithfulness to the teaching of Christ. Be convinced that our times are no worse than those of other centuries, and that Our Lord is always the same.

I knew an elderly priest who used to say with a smile: 'As for me, I'm always calm and peaceful.' That is how we should always be, immersed in the world, with hungry lions all around, yet never losing our peace, our calm. Always loving, believing

and hoping, and never forgetting that
Our Lord will work all the miracles
we need, if and when we need them.
(Friends of God, 105)

pdf | document generated
automatically from [https://opusdei.org/
en-us/dailytext/take-things-calmly-let-
time-pass/](https://opusdei.org/en-us/dailytext/take-things-calmly-let-time-pass/) (04/10/2026)