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Josemaría Escrivá's message

A selection of quotations
summarizing the teachings of
the founder of Opus Dei.

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Finding God in daily life

“Understand this well: there is something holy, something divine, hidden in the most ordinary situations, and it is up to each one of you to discover it. There is no other way. Either we learn to find our Lord in ordinary, everyday life, or else we

shall never find Him. Sanctity isn't something for a privileged few. God calls all of us to be holy, to love Him – everyone, no matter where they are, no matter what their state, profession or job. Our ordinary everyday life, devoid of human glamour, can be a path to holiness."

Work as a path to holiness

"Our professional vocation is an essential and inseparable part of our condition as Christians. Our Lord wants you to be holy in the place where you are, in the job you have chosen for whatever reason. To me, every job that is not opposed to the divine law is good and noble, and capable of being raised to the supernatural plane, that is, inserted into the constant flow of Love which defines the life of a child of God."

The dignity of conscience

“I have always defended the freedom of individual consciences. I do not understand violence. I do not consider it a proper way either to persuade or to win over. Error is overcome by prayer, by God's grace, and by study; never by force, always with charity.”

Women in society

“The presence of women in the whole range of social life is a logical and entirely positive phenomenon. A modern democratic society has to recognize women's right to take an active part in political life and it has to create conditions favorable for everyone who wants to exercise this right.”

Marriage

“Christian couples should be aware that they are called to sanctify themselves and to sanctify others, that they are called to be apostles

and that their first apostolate is in the home. The effectiveness and the success of their life — their happiness — depends to a great extent on their awareness of their specific mission.”

Material goods

“Earthly goods are not bad, but they are debased when man sets them up as idols, when he adores them. They are ennobled when they are converted into instruments for good, for just and charitable Christian undertakings. We cannot seek after material goods as if they were a treasure. Our treasure is Christ and all our love and desire must be centered on him, 'for where our treasure is, there will our hearts be also.' (Mt VI, 21)”

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