

opusdei.org

# Letter from the Prelate (24 February 2026)

The Prelate of Opus Dei invites us during Lent to strive to open our heart generously to God's will.

02/24/2026

My dear children: may Jesus watch over my daughters and sons for me!

Lent began a few days ago. Throughout these weeks, the Church's liturgy invites us to ask God for "a contrite and humble heart" (Ps

51:19), while trusting in his infinite mercy. This season is a special opportunity to refocus our life on Christ and to enkindle a deeper desire for the whole world to be purified and return to him.

The grace of this liturgical season, if our heart is well disposed, will help us to follow our Lord more closely. Saint Josemaría encouraged us to live the time of Lent with an ever more generous response to God's will. "We need, without doubt, to change again, to acquire a greater loyalty and a deeper humility, so that we become less selfish and let Christ grow in us: *illum oportet crescere, me autem minui*, He must increase, but I must decrease" (*Christ is Passing By*, no. 58).

Lent is a time for penance. Leo XIV proposes a form of abstinence especially needed in these times. "Let us strive to measure our words and

cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace” (Message for Lent 2026). Let us join in this desire of the Holy Father, striving to be instruments of unity, sowers of peace and joy in every setting.

As you know, on the 16th I had the joy of being received by the Pope. Let us ask our Lady to abundantly bless his ministry in service to the Church and the whole world.

Your Father blesses you with all his affection.

Rome, February 24, 2026

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-za/article/letter-from-the-prelate-24-  
february-2026/](https://opusdei.org/en-za/article/letter-from-the-prelate-24-february-2026/) (04/01/2026)