

opusdei.org

A Light for My Path

Michelle Murray is a cooperator of Opus Dei who lives in Edmonton, Canada. The mother of eight children and eight grandchildren, she works professionally as an artist.

11/15/2017

I have found in spiritual direction a light for my path, a sure way to travel through this life.

After reading Saint Faustina's "Diary of a Soul" I had a hunger to receive spiritual direction.

Upon finding out that personal spiritual direction was offered by members of Opus Dei, I knew with certainty it was my path. Over the years it has smoothed every rough spot I've encountered in life and given me peace of soul. I know that Christ is speaking to me personally through these means.

In my use of Chiaroscuro in my work as an artist, I learned a lot about the use of light and shade in painting. In a good painting the eye is directed around the canvas by the way the artist paints the light. Likewise, spiritual direction provides light in the darkness we sometimes encounter in life, a sure path: a path to holiness.

More Information about Cooperators of Opus Dei

pdf | document generated
automatically from [https://opusdei.org/
en/article/a-light-for-my-feet/](https://opusdei.org/en/article/a-light-for-my-feet/)
(01/30/2026)