

opusdei.org

Pau Morales: "I'm immersed in whatever I'm doing"

Pau is a musician and a painter, and he has a very personal relationship with God. In this video, he explains how he turns everything into prayer and finds joy in all of it.

06/09/2023

I try to find God in music and painting. There are many things that help me. Perhaps the first is to find moments of peace and silence

throughout the day, but not to empty my mind: it's about peace and silence to talk to God and try to fall more in love with Him.

I try to find a quiet place; a chapel if possible. I know that Jesus is there in the Tabernacle (thirty years old and with a beard!); I talk to him about what I'm going to do during the day and about the people I'll meet. I open the Gospel and try to get some teaching out of it. Then I'm ready to paint, sing and do whatever I need to do.

Another thing that helps me is using "alarm clocks," objects that help me think about God while I work: a family photo, an image of Our Lady, a few letters on a scrap of paper, so when I'm painting graffiti, I remember to offer it for an intention, and when I play at a concert, I can turn that activity into a time of

prayer, offering it for peace, for a friend... for whatever.

But when I'm at a concert or painting graffiti, I'm not reciting Hail Marys; I'm immersed in what I'm doing, enjoying myself and having a good time. Sometimes, in the car, I pray for the people I'm going to meet at the concerts, for the other performers, the audience... It's an audience that might not listen to me (which keeps me humble), or else they applaud a lot and I swagger and get a big head, but if I keep God in mind, if I have presence of God, I rectify my intention and say: "Lord, all the glory goes to You."

Another thing that works for me is taking care (or trying to take care) of little things. There are small details that other people might not see, but that I know God sees: cleaning a paintbrush, tidying the cables... St. Josemaria used to say that he could

tell a great deal about a person's interior life by looking at the state of their drawers... The key is to try!

Saint Josemaría also spoke of the importance of struggling. In a very entertaining encounter with people in Brafa, he imitated a pole vaulter and told the story of a man who was training to improve his jump, but one day he hadn't trained enough, or didn't warm up, or ate too much... and he injured himself. So what did he do? He made another effort; he tried again. We do the same thing. When we put our foot in our mouth, we take it out and keep fighting.

I don't know if I will save the world, but this is what I'm able to do. I have to keep my feet on the ground and try to fill myself with God's love, and spread it wherever I go with what I know how to do, which is music and painting.

.....

pdf | document generated
automatically from [https://opusdei.org/
en/article/pau-morales-immersed-in-
whatever-im-doing/](https://opusdei.org/en/article/pau-morales-immersed-in-whatever-im-doing/) (07/14/2025)