

## **“Do not fix your heart on anything that passes away”**

Do not fix your heart on anything that passes away. Imitate Christ, who became poor for us, and had nowhere to lay his head. Ask him to give you, in the midst of the world, a real detachment, a detachment that has nothing to soften it.  
(The Forge, 523)

January 30

It is we, men walking in the street, ordinary Christians immersed in the blood-stream of society, whom Our Lord wants to be saints and apostles, in the very midst of our professional work; that is, sanctifying our job in life, sanctifying ourselves in it and, through it, helping others to sanctify themselves as well. Be convinced that it is there that God awaits you, with all the love of a Father and Friend. Consider too that, by doing your daily work well and responsibly, not only will you be supporting yourselves financially you will also be contributing in a very direct way to the development of society, you will be relieving the burdens of others and maintaining countless welfare projects, both local and international, on behalf of less privileged individuals and countries.

When we behave this way, acting quite normally (just the same as our fellow men do) and with a

supernatural outlook, we are simply following the example set by Jesus Christ who is true God and true Man. See how full of naturalness his life is. For thirty years he passes unnoticed as just another workman, without calling attention to himself, and he is known in his village as the son of the carpenter. The same is true of his public life. There is nothing off-key about it, nothing odd or eccentric. He had his group of friends like any one of his compatriots. There was nothing distinctive in his bearing: so much so, in fact, that Judas had to arrange a sign in order to single him out: 'Whomever I kiss, that is he.' There was nothing peculiar about Jesus and I must say that I am greatly touched by this rule of behaviour of Our Lord who passed through life as just one more among men. (Friends of God, 120-121)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en/dailytext/do-not-fix-your-heart-on-  
anything-that-passes-away/](https://opusdei.org/en/dailytext/do-not-fix-your-heart-on-anything-that-passes-away/) (01/23/2026)