

# Tridentine Community News

October 11, 2026 – Twentieth Sunday After Pentecost

## *Obtaining Holiness in One's State of Life*

*By James Murphy*

For most Christians, holiness is pursued amid ordinary responsibilities: earning a living, caring for a family, studying, maintaining a household, or serving others through a profession. These duties may seem distant from prayer, yet the masters of Catholic spirituality teach that daily work can become a true path to sanctification. When performed in charity and offered to God, even the most hidden task can become an act of worship.

### 1. Receive Work as Part of One's Vocation

St. Francis de Sales teaches in *Introduction to the Devout Life* that true devotion belongs to every state and vocation. The laborer, artisan, parent, soldier, widow, and religious do not perform identical duties, but each can seek perfection by faithfully fulfilling the responsibilities proper to his state in life.

Holiness does not ordinarily require abandoning legitimate responsibilities. Rather, grace perfects the manner in which they are performed. The Christian receives his duties from Providence and seeks to fulfill them with justice, humility, and love.

### 2. Purify the Intention

The first principle of sanctified work is **purity of intention**. Before beginning a task, the Christian may quietly offer it to God:

*Lord, I undertake this for Thy glory and in fulfillment of the duties Thou hast entrusted to me.*

The work itself may appear insignificant in human estimation. Its supernatural value comes from charity. A small duty performed faithfully for love of God may be more pleasing to Him than an impressive undertaking corrupted by vanity or self-will.

### 3. Remain Faithful to the Present Duty

The *Imitation of Christ* warns against restless curiosity, excessive concern with the affairs of others, and the desire for greatness or spiritual consolations. The Christian learns instead to remain recollected and faithful to the duty immediately before him.

When work is monotonous, difficult, unnoticed, or contrary to personal preference, it becomes an opportunity for patience, humility, mortification, and obedience to Providence. Daily life already provides many small crosses; holiness often consists in accepting them without complaint and carrying them with love.

### 4. Practice Peaceful Diligence

A third principle is **peaceful diligence**. St. Francis de Sales counsels against anxious and impetuous activity. We should work earnestly, but without allowing work to possess our hearts. Haste, irritation, ambition, and fear of failure can gradually turn a duty into an idol.

The Christian works seriously because duty deserves fidelity, yet remains inwardly free because success ultimately belongs to God. After doing what prudence and justice require, he entrusts the result to Providence.

### 5. Unite Work with Prayer

The Benedictine tradition expresses this harmony through *ora et labora*—prayer and work. St. Benedict's *Rule* joins labor, obedience, silence, and prayer in one ordered life. St. Thérèse of Lisieux likewise showed through her "little way" that ordinary actions, sacrifices, and encounters can become acts of extraordinary love when offered faithfully to God.

Brief aspirations can help restore the soul to God's presence:

*Jesus, I trust in Thee.  
Sacred Heart of Jesus, I offer this to Thee.  
Thy will be done.*

Thus, work need not be an interruption of prayer. Properly ordered, it becomes an extension of prayer.

### 6. Catholic Recommendations for the Spiritual Life

To grow in holiness amid daily work, Catholics should cultivate a regular life of prayer and the sacraments. Daily mental prayer, even for a brief period, helps the soul

know God, examine its motives, and conform itself to His will. The Rosary, spiritual reading, and a nightly examination of conscience are especially valuable practices.

Frequent and worthy reception of the Holy Eucharist, together with regular Confession, gives strength against sin and restores the soul when it has fallen. Catholics should also keep Sunday holy by assisting at Mass, resting from unnecessary labor, and giving time to God, family, and works of mercy.

Helpful spiritual reading includes St. Francis de Sales' *Introduction to the Devout Life*, *The Imitation of Christ*, St. Benedict's *Rule*, St. Alphonsus Liguori's writings on prayer, St. John of the Cross, St. Teresa of Ávila, and St. Thérèse of Lisieux. Above all, the Christian should seek guidance from sound Catholic teaching and, when possible, from a prudent priest or spiritual director.

### Conclusion

The Christian should neither despise ordinary work nor make an idol of achievement. He receives his duties from Providence, performs them carefully, accepts their difficulties patiently, offers their fruits to God, and leaves their success in His hands. In this way, the workshop, office, classroom, kitchen, and field may all become places of sanctification.

"Therefore, whether you eat or drink, or whatsoever else you do, do all to the glory of God." – 1 Corinthians 10:31 (Douay-Rheims)

### *Tridentine Masses This Coming Week*

Tue. 10/13 7:00 PM: Low Mass at *St. Benedict/Holy Name of Mary, Windsor* (St. Edward the Confessor, King)

