

No. 2 - April 2026

The present moment

The spirituality and charism of the Venerable
Mother María Güell for today



Everything is grace when life is lived in God.

GRATITUDE

A life given in love... is a life full of gratitude

Easter is not only a moment. It is a way of living.

Jesus does not return to life for himself, but as one who has given everything.

And that is why his life becomes fullness.

There are also lives that, without drawing attention, are quietly given day after day... and in the end become light.

Such was the life of Mother María Güell. A simple, hidden life, spent in serving the sick, in everyday faithfulness, in love made concrete.

On 6 April, the Church recognised that this life had been lived with extraordinary fidelity.

Not because she did great things, but because she did everything with love.

For there is a profound truth: when a life is given to God, everything is transformed.

Even the small things.
Even what remains hidden.
Even what is difficult.

And then, almost without noticing it, one's whole life becomes thanksgiving.

6 April

*The Church recognises in Mother María Güell
a life lived with fidelity and charity.*

*A simple life...
become a path for all.*

What if today you chose to live from gratitude?

At times we wait for great reasons to give thanks.
But real life is not always easy,
or clear, or perfect.

And yet Easter teaches us something different:
God is there... even when not everything is going well.

To live with gratitude
is not to deny what is hard,
but to learn to recognise
that God is still at work.

Today you can try something simple:

Pause for a moment.
Look at your day quietly.

And ask yourself:
Where has God been for me today?

Perhaps in something small.
Perhaps in a person.
Perhaps in a strength you did not know you had.

Mother María Güell did not live an extraordinary life.
She lived each day with fidelity.
And that made her life something great.

You can do the same.

Prayer in the present moment

Lord,
today I want to live this day with you.

I do not want to run from what you give me,
but to receive it with trust.

Teach me to recognise your presence
in simple things,
in the little things,
in all that happens to me.

May I never lack a grateful heart,
one that can discover your grace
even in what I do not understand.

Through the intercession of the Venerable
Mother María Güell,
make me faithful in daily life,
simple in love
and steadfast in self-giving.

Amen.



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mariaguell.org

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