No. 6 - August 2026

The present moment

The spirituality and charism of Venerable Mother Maria Güell for today



"Always look to Christ in everything, and love Him deeply."

LIVING WITH SERENITY

A heart that is not always in a hurry

Hurry is not always found on the clock. Sometimes we may have enough time and yet still live inwardly restless.

We worry about things that have not yet happened, go over again and again what we cannot change, or feel that we are never doing enough. In this way, the heart loses its ability to enjoy the moment it is living.

Serenity begins when we learn to welcome reality as it comes. This does not mean giving up or refusing to act. It means doing what is within our reach without allowing anxiety to take hold of us.

Jesus also knew tiredness, misunderstanding and difficulty. Yet He knew how to stop, listen, care for those who came to Him and seek moments of encounter with the Father.

Mother María Güell lived a life of intense dedication in the service of the sick, her sisters and all those who needed help. Her life was full of responsibilities, but her strength did not come simply from everything she did. It sprang from a deep union with God.

Her advice remains just as relevant today:

"Always look to Christ in everything,
and love Him deeply."

When we look to Christ, our worries do not disappear immediately, but they no longer occupy our whole heart.

He helps us distinguish what is urgent from what is truly important. He teaches us to work without anxiety, to wait without losing hope and to recognise the value of each day.

Serenity begins when we stop trying to control everything and accept walking at God's pace.

Gratitude transforms the heart.

Some people seem able to remain calm even in difficult moments. It is not always because they have fewer problems, but because they have learned where to place their trust.

Serenity is cultivated through small everyday gestures. We can begin the day without immediately allowing ourselves to be overwhelmed by everything we have to do. A few minutes of silence are enough to recognise that the day is a gift and to place it in God's hands.

We can also pause before replying when something upsets us. A word spoken calmly can prevent hurt and help create understanding.

Living with serenity also means respecting our limits. We cannot do everything, solve everything or respond to every need at the same time. Recognising this is not a lack of generosity, but an act of humility.

Serenity improves our relationships. When we are not living in a constant rush, we listen better, pay greater attention and become more aware of what others truly need.

A serene heart is not indifferent. On the contrary, it is able to love more freely because it is not imprisoned by its own worries.

For reflection

- What thoughts or worries prevent me from living in peace?
- Am I able to pause before reacting when I face a difficulty?
- Am I giving enough time to listening to God and to others?
- Do I accept my limits, or am I constantly demanding more from myself than I can manage?

Serenity is not achieved in a single day. It is learned little by little, through trust, breathing, prayer and returning again and again to the present moment.

Pausing and returning to God

During this month, take a brief moment each day to pause.

You can try this simple exercise:
- Pause for a moment.
- Notice how you are feeling.
- Bring to God whatever is worrying you.
- Repeat quietly within yourself:

"Lord, help me to live this moment with You."

- Think of someone you could listen to or care for with greater calm and attention.

You do not need to have everything resolved in order to live in peace. Serenity grows when we remember that God is present, that He sustains our lives and walks with us.

Today I do not need to live tomorrow.
Today I only need to welcome, love and live well the moment God places in my hands.

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