No. 9 - November 2026

The present moment

The spirituality and charism of Venerable Mother María Güell for today



"Our hands are for work, but our hearts are for thinking of God and loving him."

Mother María Güell

FAITHFULNESS DAY BY DAY

Finding God in everyday life

Some days seem much like any other: the same tasks, the same people, the same routines. No sooner have we finished a job than it needs doing again. We may wonder whether all this effort matters when there is so little to show for it.

Mother María Güell's life invites us to look again. In considering her relevance for the Church today, the Relator of her Cause draws attention to the faithfulness, perseverance, serenity and joy with which she fulfilled her duties for more than fifty years, sustained by prayer and union with God.

Her life shows us a path to holiness in the present moment, day by day and hour by hour. We too can meet God in whatever today brings: a responsibility, an act of service, a conversation or the care of another person.

In Counsels and Memories we read: "Faithfulness is woven from little things" (86). Keeping a promise, taking care over a task or choosing to begin again helps our love grow steady and dependable.

We will not always feel enthusiastic. There are times of weariness and distraction, when keeping going is hard. We can bring our weakness to God and ask him to help us respond freely and simply.

Faithfulness grows as we remember whom we love and why we do what we do. Prayer helps us recover that sense of purpose, give thanks for the Lord's presence and entrust to him what is beyond our strength.

This month, let us welcome each day as an opportunity to love. However small the task before us, it can become our response to God.

Learning to be steadfast in love

Beginning something new often brings enthusiasm. Staying with it over time calls for a more patient kind of giving. Family commitments, responsibilities in our community and caring for someone all ask us to keep showing up.

Sometimes we look for a special opportunity to do good and overlook the one already before us. Preparing what is needed, listening without rushing or finishing a shared task are practical ways of caring for others.

Faithfulness also calls for discernment. We need to review our commitments, recognise our limits and ask for help. Rest and shared responsibilities help us serve with greater honesty and care.

When we fall short, we can acknowledge it, make amends where possible and begin again. Trust in God helps us persevere, without demanding perfection of ourselves or setting our responsibilities aside.

For reflection

Which everyday task do I need to see with fresh eyes?

What small commitment could I give more care to?

Where do I need help, rest or a different approach?

What helps me turn back to God when my patience or enthusiasm runs out?

Choose one simple, realistic step for this month: keep a promise, make time for prayer or give your full attention to a familiar act of service.

At the end of the day, give thanks for the good you have been able to do, and leave whatever remains unfinished in the Lord's hands.

This day, in your hands

Before you begin your tasks, pause for a moment. Remember that God is with you and place the day in his hands.

Think of a responsibility waiting for you today. Remember the people it serves and the good you can do through it.

Ask yourself: how can I approach it with greater care and love? Choose one small step that is within your reach.

Lord Jesus, I offer you this day. Help me to find you in ordinary things, to carry out my responsibilities with love, and to ask for help when I need it. Give me patience to keep going and humility to begin again.

As evening comes, look back briefly on the day. Give thanks, ask forgiveness where needed, and rest in God's mercy.

Today I can do one small thing with care and offer it to you with love.

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mariaguell.org
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