



In a world that constantly pushes us to seek “something more,” to change, reinvent ourselves, and aspire to idealized lives, traditional Catholic spirituality presents us with a deeply liberating—and demanding—truth: **God wants you to be holy exactly where you are.** Not tomorrow, not in another vocation, not in a different life. Here. Now.

This is the heart of the **duty of state.**

What Is the Duty of State? A Definition That Changes Your Life

The duty of state is the set of obligations, responsibilities, and tasks proper to the concrete situation in which God has placed each person: their vocation, profession, family, social condition, and stage of life.

It is not merely about “doing what you have to do,” but understanding that **these obligations are the ordinary path to sanctification.**

In other words:

your work, your family, your daily struggles... are your altar.

A Forgotten Truth: Holiness Is Not Escape, It Is Incarnation

We often imagine holiness as something extraordinary: mystical visions, retreats in the desert, heroic lives outside the ordinary. But the Church’s tradition, deeply realistic, teaches the opposite:

Holiness does not consist in doing extraordinary things, but in **doing ordinary things extraordinarily well.**

Jesucristo Himself spent most of His life in hiddenness, in Nazareth, working with His hands, living within a family. Thirty years of “ordinary” life before three years of public ministry.



Coincidence? Not at all. It is a lesson.

Biblical Foundation: God Calls You in the Concrete

Sacred Scripture is full of examples where God calls people **in the midst of their daily lives**, not outside of them:

“So, brothers, in whatever condition each was called, there let him remain with God.”
(1 Corinthians 7:24)

St. Paul does not invite escape, but rather to **remain and sanctify**.

We also read:

“So, whether you eat or drink, or whatever you do, do all to the glory of God.”
(1 Corinthians 10:31)

There is no division between the “sacred” and the “profane” when the soul lives in grace. Everything can be offered.

History and Tradition: A Constant Teaching of the Church

From the earliest centuries, the Fathers of the Church already taught that **each state of life has its own path to perfection**.



- Monks in the desert sanctified silence.
- Martyrs sanctified suffering.
- Fathers and mothers sanctified the home.
- Workers sanctified daily effort.

Later, saints like St. Francis de Sales insisted that devotion **does not destroy one's vocation, but perfects it:**

“Devotion must be practiced differently by the nobleman, by the artisan, by the servant, by the prince, by the widow, by the young woman, and by the wife.”

Each in their place. Each in their mission.

The Great Modern Error: Wanting to Serve God... in Another Life

One of the greatest spiritual dangers today is not the explicit rejection of God, but something more subtle:

wanting to serve Him—but not from where He has placed us.

- The father of a family who dreams of a life of retreat... but neglects his children.
- The worker who seeks intense spiritual experiences... but does his job poorly.
- The young person who wants to change the world... but is not faithful in small things.

It is a constant temptation: **to escape the present in the name of a spiritual ideal.**

But God will not ask you about the life you imagined, but about the one He gave you.



Theological Depth: Cooperation with the Divine Will

From a theological point of view, the duty of state is rooted in the mystery of **Divine Providence**.

God does not act in the abstract: **He governs the world through concrete circumstances**. Your life is not an accident. It is a mission.

To fulfill your duty of state means:

- Accepting God's permissive will
- Cooperating with His positive will
- Ordering your life according to His design

It is, ultimately, a way of living the **"Thy will be done"** of the Our Father... in practical terms.

Moral Dimension: The Duty of State as a Serious Obligation

It is not optional.

The duty of state belongs to the realm of **objective morality**. Neglecting it, especially in serious matters, can constitute sin.

Why? Because it involves:

- Negligence in responsibilities entrusted by God
- Harm to others (family, work, society)
- Disorder within one's vocation

This is not about perfectionism, but about fidelity.



Practical Applications: How to Live the Duty of State Today

This is where the teaching becomes truly revolutionary.

1. Sanctify Your Work (Even If You Don't Like It)

You do not need to love your job to sanctify it. It is enough to do it:

- With responsibility
- With right intention
- Offering it to God

Work becomes prayer when it is done out of love.

2. Prioritize What God Has Entrusted to You

Your family, your vocation, your concrete obligations... are not obstacles to the spiritual life. They are the path.

Do not neglect what is essential in pursuit of what is secondary.

3. Live the Presence of God in the Everyday

You do not need to wait for church or “spiritual” moments.

- Cooking
- Cleaning
- Serving customers
- Listening to someone

All of it can be an encounter with God.



4. Avoid Spiritual Dispersion

Today there is an excess of spiritual stimuli: podcasts, books, retreats, social media...

All of this is good, but it can become a trap if it replaces what is essential:

faithfully fulfilling your duty of state.

5. Offer the Small Things: That Is the Key

Spiritual greatness lies not in the spectacular, but in fidelity:

- Being punctual
- Being patient
- Not complaining
- Doing well what no one sees

This is where saints are formed.

The Duty of State and the Cross: Accepting What You Did Not Choose

There is an even deeper dimension.

The duty of state also includes what you **did not choose**:

- Illnesses
- Limitations
- Difficult family situations
- Failures

Accepting and offering these realities is a very high form of union with the Cross.



A Spirituality for the 21st Century

In a world marked by anxiety, constant comparison, and dissatisfaction, the duty of state offers a radical answer:

- It centers you
- It orders your life
- It frees you from unrealistic perfectionism
- It connects you with the will of God

You do not need another life to become a saint.

You need to live this life in a different way.

Conclusion: Where You Are, God Awaits You

The duty of state is not a burden. It is a compass.

It tells you clearly:

“This is where God wants you. This is where you become holy.”

Not in theories.

Not in dreams.

Not in comparisons.

But in the concrete, the everyday, the seemingly small.

Because in the end, holiness does not consist in doing many things, but in doing the will of God... **exactly where you are.**