Columns
Spirituality



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What do people chase in our daily life?

We live in a time when the pace of life is like a constant run. When I go out on the city street early in the morning, I see people in a hurry — with phones in their hands, with mugs of coffee, staring at their watches. Time seems to be the greatest luxury of our times, and its lack is a constant cause for concern.

So what are we chasing? Professional success, recognition, financial security, new experiences? In a society that values self-fulfillment, it's easy to believe that happiness depends on achievement. That all it takes is one more promotion, one more investment, one more successful venture — and we will finally feel peace.

But does this happen? I see professionally fulfilled people who are internally burned out. They have everything, and yet they still feel an emptiness. Maybe it's because humans weren't created for chasing, but for relationships — with others and, above all, with God.

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I am a religious sister. I live among women who have chosen a different path — the path of community life, prayer and service. But does this mean that I don't know the world in which others live?

On the contrary, it is in our daily mission that I meet those who have stopped running. Sometimes forced by fate — by illness, loss of a loved one, unexpected difficulties. Then, when the world failed them, they began to ask questions for which there was no time before. Some found answers in faith; others in relationships they had previously neglected; still others in a simple gesture of kindness they experienced themselves.

Do we really have to rush somewhere? What if we try to stop? If only for a moment — to see another person, to notice the beauty of an ordinary day, to ask ourselves where we are really going.

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When Jesus walked the earth, he was never in a hurry. He met people on their way, listened to their stories and responded to their needs. Maybe that's where the key lies — instead of constantly rushing around, make the decision to consciously live each day.

I'm not suggesting quitting your job or renouncing ambition. I'm suggesting something simpler — to find a moment in the daily rush to stop. Maybe then we will discover that what we were so desperately looking for was right next door, in a heartfelt conversation, in a child's smile, in a prayer said in the silence of the heart.

Maybe real life begins not with the next success, but with the moment we stop chasing, and begin to truly live.