

opusdei.org

# **Saint Raphael Meditation: Being a Friend of Christ**

A meditation (guided prayer) on learning how to value Christ's friendship.

06/08/2021

Saint Josemaria said that “Jesus’ Heart is the Heart of God made flesh ... Jesus is your friend – the Friend – with a human heart like yours, with most loving eyes that wept for Lazarus. And as much as he loved Lazarus, he loves you.”

To listen to the meditation, click **here**.

This meditation is part of the podcast "Meditations in Manhattan". You can subscribe to that podcast on Apple Podcasts, Google Podcasts, Spotify, Pocket Casts, Stitcher, Podcast Addict, or wherever you listen to your podcasts.

.....

pdf | document generated  
automatically from <https://opusdei.org/en-au/article/saint-raphael-meditation-being-a-friend-of-christ/> (04/10/2026)