

opusdei.org

## Lenten meditations

Seven recorded meditations to help us gaze upon the glory of God and realize that his kindness is a greater joy than life itself.

02/23/2024

During Lent, we seek a deeper love of God and neighbor through prayer, self-denial, and charity. In these seven retreat meditations (posted little by little throughout the season of Lent), Father Timothy Uhen will draw from Psalm 63, a "Psalm of

Longing," as a guide for this yearning.

The recording above is the most recent meditation in this series. Click for the others:

1. In Silence with God (February 17)
2. I am a Son of God (February 20)
3. The Danger of Lukewarmness (February 27)
4. Death and Judgment (March 5)
5. The Sacred Humanity of Jesus (March 12)
6. The Eucharist, Sacrament of Love (March 19)

.....

These meditations are part of the podcast "Meditations in Manhattan." You can subscribe to it 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-ca/article/lenten-meditations/](https://opusdei.org/en-ca/article/lenten-meditations/)  
(04/10/2026)