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# **Do not be afraid St Raphael meditation (21 June 2020)**

During the coming weeks, we will publish, in audio format, some meditations preached by priests, which can help strengthen your life of prayer.

06/20/2020

## **Matthew 10:26-33**

Whether we like it or not, fear is part of life. From childhood, we have experienced fears that sometimes were unfounded and that later

disappeared. When we are older we also face situations that can cause us to fear: suffering, misunderstandings, loneliness, doubts, death... We need to face up to these trials and overcome them, through our own effort and God's help.

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