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# **Most Holy Trinity St Raphael Meditation (7 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.

06/04/2020

Text: Jn 3:16-18

Holy Trinity Sunday.

The most fundamental mystery of our faith. God makes himself known

to us by telling us his plans for us. God is one but He is not solitary! He is a communion of Persons, Father, Son and Holy Spirit. He invites us to share in that life. Let us bow down in adoration and welcome him into our hearts.

Listen to the meditation on The Most Holy Trinity (7 June 2020):

Listen to the meditation for the feast day of Pentecost (May 31st, 2020):

Listen to the meditation for the seven Sunday of Easter feast day of the Ascension of Jesus (May 24th, 2020):  
<https://soundcloud.com/opusdei-eastafrika/ascension-of-jesus-easter-sunday-vii-st-raphael-meditation>

Listen to the meditation for the sixth Sunday of Easter (May 17th 2020):  
<https://soundcloud.com/opusdei-eastafrika/the-language-of-true-love-6th-sunday-of-easter-st-raphael>

[meditation?in=opusdei-eastafrika/sets/st-raphael-meditations](#)

Listen to the meditation for the fifth Sunday of Easter (May 10th 2020):<https://soundcloud.com/opusdei-eastafrika/i-am-the-way-5th-sunday-of-easter-st-raphael-meditation?in=opusdei-eastafrika/sets/st-raphael-meditations>

Listen to the meditation for the fourth Sunday of Easter (May 3rd 2020): <https://soundcloud.com/opusdei-eastafrika/recording?in=opusdei-eastafrika/sets/st-raphael-meditations>

Listen to the meditation for the Third Sunday of Easter (April 26th 2020):<https://soundcloud.com/opusdei-eastafrika/road-to-emmaus-easter-sunday-iii?in=opusdei-eastafrika/sets/st-raphael-meditations>

Listen to the meditation for the Second Sunday of Easter (April 19th

2020): <https://soundcloud.com/opusdei-eastafrika/the-peace-of-christ-easter-sunday-ii-st-raphael-meditation?in=opusdei-eastafrika/sets/st-raphael-meditations>

## **What is a St. Raphael meditation?**

Following the example of St. Josemaria, spiritual formation activities organised by Opus Dei for young people are placed entrusted to the intercession of St. Raphael. (For more on the first time St. Josemaria was inspired to entrust activities for young people to St. Raphael in October 1932, read [here](#).)

In each center hosting St. Raphael activities, there is usually at least one meditation a week preached by the priest. The meditation is a time of guided prayer based on a text from the Gospel, the liturgy of the day, and so on.

Prayer is a requirement of Christian life: "[At such times,] a living relationship with Christ is decisive if we are to keep on the right path (...). People who pray are not wasting their time, even though the situation appears desperate and seems to call for action alone."- Benedict XVI *Deus Caritas est* n. 36. That is why the pedagogy of the art of prayer will always be an educational priority in the work of St. Raphael.

Where possible, the meditation is usually held on Saturdays, the day traditionally dedicated to Our Lady, as a manifestation of love for the Mother of God. As well, where possible, the meditation is followed by the exposition and blessing with the Blessed Sacrament and the singing of the *Salve Regina* or another Marian antiphon, according to the liturgical season. It is one more expression of the central place of the Eucharist in the Church.

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