

opusdei.org

# **Saint Raphael Meditation: Divine Mercy**

A meditation (guided prayer) on the sure means to recover our peace and joy: the sacrament of confession.

04/13/2021

On Divine Mercy Sunday, we reflect on Jesus's message of peace to the Apostles in the upper room on Easter Sunday. He brings them peace and joy when they are afraid and sad. He gives them and us the means to

return to peace, the sacrament of confession. God's Mercy is powerful and enduring, only our pride can keep us from experiencing its marvelous effects.

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

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/saint-raphael-meditation-  
divine-mercy/](https://opusdei.org/en-ke/article/saint-raphael-meditation-divine-mercy/) (03/18/2026)