

opusdei.org

# The Wheat and the weeds St Raphael Meditation (19 July 2020)

Spiritual direction helps us to identify areas of lukewarmness and struggle in our spiritual life.

07/17/2020

Text: **Mt 13:24-43**

The Lord sowed good seed in your soul. And for that sowing of eternal life he used the powerful means of

prayer. For you cannot deny that often while you were in front of the Tabernacle, face to face with him, he made you hear in the depths of your soul that he wanted you for himself, that you had to leave everything... If you denied it now you would be a miserable traitor. And if you have forgotten it you are ungrateful.

Do not doubt, for you have never doubted it up to now, that he has also used the supernatural advice and suggestions of your director, who has insistently repeated to you things that you cannot ignore. At the beginning, too, to deposit the good seed in your soul He used that noble, sincere friend, who told you some home truths which were filled with the love of God.

— But you have discovered and have been naively surprised that the enemy has sown tares in your soul. And he will continue to sow it, as

long as you are comfortably asleep  
and slacken off in your interior life.  
That, and no other, is the reason why  
you find clinging to your soul all  
sorts of worldly weeds, which  
sometimes seem as if they are going  
to choke the grain of the good wheat  
you received...

— Uproot them once and for all!  
God's grace is enough for you. Do not  
be afraid of leaving an empty space,  
a wound. The Lord will plant new  
seed of his there: love of God,  
fraternal charity, apostolic zeal. And  
after a certain time not the slightest  
sign will remain of those tares. That  
is if, while there is still time, you pull  
it out by the roots, and better still, if  
you do not fall asleep, and watch  
your field overnight. Furrow no. 677.

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ke/article/the-wheat-and-the-weeds-  
st-raphael-meditation-19-july-2020/](https://opusdei.org/en-ke/article/the-wheat-and-the-weeds-st-raphael-meditation-19-july-2020/)  
(07/01/2025)