

opusdei.org

Saint Raphael Meditation: Our Identity in Christ

A meditation (guided prayer) on the "new name" we receive by living the life God wants for us and discovering our true identity.

07/12/2021

The question of our personal identity is crucial to life. Our identity is tied to our closest relationships and our life's mission. The deepest truth of who we are, however, is something

we find in God and receive from Him, not something we have to figure out entirely on our own. By living the life God wants for us, we become our true selves and discover our true names.

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

pdf | document generated
automatically from [https://opusdei.org/
en-ng/article/saint-raphael-meditation-
our-identity-in-christ/](https://opusdei.org/en-ng/article/saint-raphael-meditation-our-identity-in-christ/) (04/07/2026)