

opusdei.org

# **Saint Raphael**

## **Meditation: Christ's Humanity**

A meditation (guided prayer) on the Humanity of our Lord Jesus Christ – a "shortcut" for loving God.

08/18/2021

The Gospels reveal to us the richness of Jesus's sacred Humanity. Jesus is interested in all sorts of people and all kinds of activities. He deals with people personally, respectfully and with tenderness. His human

experience is fraught with all that we ourselves experience in life: fatigue and frustration, sadness and joy, friendship and loneliness, anger and, in his own way, even sin. Getting to know Jesus's humanity makes it easier for us to talk with him in prayer.

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

---

pdf | document generated  
automatically from <https://opusdei.org/en-nz/article/saint-raphael-meditation-christ-s-humanity/> (08/11/2025)