

opusdei.org

Saint Raphael Meditation: Your Words are Spirit and Life

A meditation (guided prayer)
about the nourishment we can
draw from Sacred Scripture.

08/01/2020

The Word of God is a powerful
reality. Nourishing ourselves with it
through reading, reflection and
prayer is a sure way to change our
lives.

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

pdf | document generated
automatically from [https://opusdei.org/
en-nz/article/saint-raphael-meditation-
your-words-are-spirit-and-life/](https://opusdei.org/en-nz/article/saint-raphael-meditation-your-words-are-spirit-and-life/)
(08/10/2025)