

opusdei.org

# **Saint Raphael Meditation: Our Easter Joy**

A meditation (guided prayer) on the joy that the great feast of Easter produces in our hearts.

04/22/2022

Easter is the feast of all feasts, the new day of great joy. Like the apostles and first disciples, we rejoice in the resurrection of Jesus. Contemplating their interactions with the risen Lord, we learn to find

Christ in the most ordinary moments  
of our lives.

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

Photo by Ivana Cajina on  
Unsplash

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ph/article/saint-raphael-meditation-  
our-eater-joy/](https://opusdei.org/en-ph/article/saint-raphael-meditation-our-eater-joy/) (04/03/2026)