opusdei.org

## Saint Raphael Meditation: Value of Fasting and Temptations

A meditation (guided prayer) on the meaning of our struggle during Lent, when we imitate our Lord's forty days of prayer and fasting in the desert.

02/21/2021

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

pdf | document generated automatically from https://opusdei.org/ en-ph/article/saint-raphael-meditationvalue-of-fasting-and-temptations/ (07/29/2025)