

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-tt/article/saint-raphael-meditation-
value-of-fasting-and-temptations/](https://opusdei.org/en-tt/article/saint-raphael-meditation-value-of-fasting-and-temptations/)
(01/22/2026)