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# **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**.

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(03/15/2026)