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 <u>https://opusdei.org/</u> <u>en-us/article/saint-raphael-meditation-</u> <u>your-words-are-spirit-and-life/</u> (07/25/2025)