

opusdei.org

Saint Raphael Meditation: A Life of Faith

A meditation (guided prayer) on Jesus' call for a radical dependence on God and detachment from material goods.

02/22/2022

The Sermon on the Mount is the core of Jesus' teaching on how to live with faith. At once challenging and comforting, Jesus' vision of faith calls us to a radical dependence on God

and detachment from all other goods. At the heart of faith is an unshakable trust in God's infinite love for us. This conviction frees us to live without fear and to strive for virtue without anxiety. To have a living faith, however, takes personal prayer: times in which we apply the basic truths of our faith in God to the concrete circumstances and concerns of our current lives.

To listen to the meditation, click **[here](#)**.

pdf | document generated
automatically from [https://opusdei.org/
en-za/article/saint-raphael-meditation-
a-life-of-faith/](https://opusdei.org/en-za/article/saint-raphael-meditation-a-life-of-faith/) (04/06/2026)