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 <u>https://opusdei.org/</u> <u>en/article/saint-raphael-meditation-</u> <u>value-of-fasting-and-temptations/</u> (08/09/2025)