



St. Raphael the Archangel

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we contemplate St. Raphael, patron of travelers.*

INTRODUCE TOPIC & SCRIPTURE (Tobias 12:15) "I am Raphael, one of the seven angels who present the prayers of the just before the majesty of the Holy One."

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE "In the sight of the angels I will sing your praises, my God." (Psalm 137:1)

MEDITATION Raphael means the medicine of God in Hebrew. Sacred Scripture narrates how the young Tobias prepared to set out on a journey. He first went in search of someone to accompany him and found Raphael, who was an angel. At the beginning of the trek he didn't know his companion well, but repeatedly had occasion to experience his protection on the road. [Raphael] led the young man happily to his relative Raguel, whose daughter, [Sarah], Tobias would marry. Raphael exorcised Sarah of an evil spirit and later cured Tobias' father of his blindness. Today, therefore, St. Raphael is venerated as the patron of both travelers and of the sick.³ / Life itself is a long journey that ends in God. To reach the end of the road safely, we need help, protection and advice, since there are many possibilities of straying or getting perilously detained on the road.... For this reason, we can all entrust ourselves to the patronage of St. Raphael, the archangel who is a special guide for those who still need to find out what God expects of them in life.⁴

RESOLUTION (Re-read Scripture.) The Church has long invoked Raphael as the Patron for travelers. He is most especially the intercessor for traveling along the way of life. Today let us ask St. Raphael not only for his intercession while we travel, but also to guide us amid the many decisions we have to make in our life. May we always seek the Will of our Father God. Holy Spirit Come...

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all I do, glorify You. Mary, Star of the Sea: pray for us; St. Joseph: pray for us; St. Raphael (or saint of the day): pray for us. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ Fr. Francis Fernandez, *In Conversation With God*, Vol. 14, 98.2 (Used with permission)

⁴ Sr. Faustine Maria Pia, *Litany of Trust*

*Modifications include raised -knee position or sitting with legs extended. *Cross legged seated position is not to be used during prayer.*

