

My Family Prayer Time

God, in His great love for you, gave you your own guide, a Guardian Angel.
Your Guardian Angel watches over you, prays for you, and helps guide your thoughts.
Recognize how much God loves you and wants to protect you. Thank Him for this gift.

Begin your prayer time with the Sign of the Cross.

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen
The Father, Son and Holy Spirit live in us through Baptism. Close your eyes and take some time in silence, in the company of your Guardian Angel, to be aware of Jesus within your heart and to greet Him.

As a family, have each family member thank Jesus for two blessings:

such as: your parents, being loved by God as His child, being with family; the gift of a Guardian Angel; a friend; learning something new; God's creation; a person that treated you nice; an answer to prayer.



Prayer to My Guardian Angel

**Angel of God, my guardian dear,
to whom God's love commits me here.
Ever this day be at my side,
to light and guard, to rule and guide. Amen**

Close your prayer time with the Sign of the Cross



Dear Parents,

As the primary educators of your children, we thank you for allowing us to partner with you to help your children come to know the Person of Jesus Christ through studying the Catholic Faith, daily conversation with Him in prayer and reception of the Sacraments.

Learning about God needs to be accompanied by daily prayer in the home in order for your child to develop and grow in a personal friendship with Him. This relationship with the Son of God in turn strengthens your child, and every member of the family, on the true path to happiness. That is why your child will be learning several prayers this year. One prayer will be the specific focus throughout the entire year for Pre-Kindergarten. Praying and focusing on the *Angel of God* will allow your child to come to know how much Jesus loves each one of us.

Why pray the *Angel of God* Prayer daily?

Praying this prayer each day will help children learn about God's gift of their Guardian Angel. And this will be a daily reminder to be open and aware of the guidance and protection of their Guardian Angel. It is especially comforting that God has assigned to each person a guardian angel that accompanies us on our journey to Heaven. We are reminded in the *Angel of God* prayer that we can ask our guardian angel for protection, guidance, light and intervention. Praying this prayer each day will also serve as a prompt to thank God for this gift.

In our culture, we tend to think of angels as little decorative cherub ornaments rather than the powerful spiritual beings that in reality they are. Further, a surprising number of people incorrectly believe that when human beings die they become angels. Angels are created beings by God. They are pure spirits and therefore they do not have bodies like we do, but are considered to be persons with an intellect and a will. The most important point that children need to learn is that this angel is a gift to them from God and this gift speaks of God's love for them. We never want the children to be more focused on the angel rather than Jesus. The angel's presence points us and helps guide us to Jesus. It is important to keep in mind that Jesus is present continuously with each one of us. However, God wills to give us this additional gift of a Guardian Angel.

It may be helpful to begin by having your child repeat each phrase after you. Further, praying the *Angel of God* slowly as a family on a daily basis will make it easier to learn the words. It is helpful to have a picture or statue of Jesus to help stay focused during prayer time.

To be consistent, it is essential to choose a specific time that best fits your family life, such as

- At a meal time
- Just after getting out of bed or before leaving home in the morning
- In the evening or at bedtime

For further suggestions to help your child learn and understand the *Angel of God Prayer* go to <http://diolc.org/catechesis/prayer/> Pre-Kindergarten

