

My Prayer Time

Praying the *Angel of God* each day will help you remember that God, in His great love for you, gave you your own guide, a Guardian Angel. Follow the steps that are listed below.



Begin your prayer with the Sign of the Cross.

The Sign of the Cross affirms our belief in the three Persons of the Triune God and that we are saved by Jesus' death on the cross.

Sign of the Cross

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Come Holy Spirit, enkindle in our hearts the fire of Your love. Jesus, please give me the grace to quiet down to become aware of Your love for me. Jesus, I want to spend this time with You in the company of my Guardian Angel. Help me to give You my full attention and to pray from my heart.

Angel of God

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

- **ASK** your Guardian Angel to remove any obstacles that inhibit renewal in your life, in the lives of family members of the parish, in the life of the parish and in our diocese.
- **EXPRESS** silently your sorrow for any sins you committed, remembering that all sin offends God.
- **PRAY** the *Angel of God* a second time, silently from the heart, more slowly than the first time.
- **CHOOSE** a word or phrase from the Prayer that stood out for you. Silently think about it, speak with God about it, (and, if praying with others, share it aloud.)
- **THANK** our Heavenly Father in your own words for a blessing received. (Share this aloud

Close your prayer time with the *Sign of the Cross*.



Dear Friend in Christ,

Learning about God needs to be accompanied by daily prayer to develop and grow in a personal friendship with Him. This relationship with Jesus in turn strengthens you on the true path to happiness.

Praying the *Angel of God Prayer* daily will help you learn about God's gift of your Guardian Angel. This will be a daily reminder to be open and aware of the guidance and protection of your 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 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.



Tobias and the Angel

In our culture, we tend to think of angels as little decorative cherub ornaments rather than the powerful spiritual beings that they truly are. Many 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 persons with an intellect and a will. Your Guardian Angel is a gift to you from God and this gift speaks of God's love for you. You never want to be more focused on the angel rather than Jesus. The angel's presence points you and helps guide you to Jesus.

When and Where to pray... Choose a specific time to pray and ask the Holy Spirit to strengthen your desire to pray, leading to a stronger commitment: in the morning, after dinner, in the evening. Set up a sacred space in the home, keeping it simple. It is helpful to have a picture or statue of Mary and/or Jesus to help stay focused during prayer time.

Distractions are common during prayer. Do not follow the distraction, but as you notice it, simply turn back to the prayer at hand. If the same distraction keeps returning, talk about with Jesus.

When you pray for something, you can trust that God will answer every prayer, in a way that is best for you. Remember, sometimes the answer will be "yes," sometimes the answer will be "no," and sometimes the answer will be "not now, but later" as God's timing is perfect. For further resources on the *Angel of God Prayer* visit diolc.org/deeper.

My dear Co-workers in mission,

I want to offer a note of encouragement as we move into the next phase of our renewal efforts in the diocese. I have asked that prayer to the Holy Spirit be increased as **it is only in the Holy Spirit that true renewal and successful mission will be carried out. Please repeat often, "Come Holy Spirit."**

I also ask you to **implore your Guardian Angel to remove any obstacle to renewal in your life, in the lives of the family members of the parish, in the life of the parish and in our diocese.** Thank you in advance for your assistance in helping to make this part of Wisconsin a garden of holiness and love in Jesus.

+Bishop Battersby