

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

Praying and focusing on the *Angel of God* throughout the entire year will allow you to come to know Jesus – the Son of God – and His great love for us through His gift of a Guardian Angel. Please implement one simple aspect from the resources below, in an ongoing way, to help you grow in their understanding of the *Angel of God* Prayer.

God's love for us

God is incredibly generous in His love for us! He provides each person with a Guardian Angel to accompany us throughout our lives 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.

Why do we want to pray the Angel of God Prayer on a daily basis?

- 1) Learn about God's gift of a Guardian Angel.
- 2) Be open and aware of the guidance and protection of our Guardian Angel.
- 3) Thank God for the gift of your Guardian Angel.
- 4) Recognize how much God loves you and wants to protect you.



(Tobias and the angel)

The Meaning of the Words

- **Angel of God, my guardian dear** The prayer begins by addressing your angel that God has given you. Your guardian angel watches over you, night and day, and helps guard you from harm.
- **to whom God's love commits me here** A Guardian Angel is God's gift to each person. It was through God's love that this angel was assigned only to you. A guardian is someone who watches over you and helps protect you. A guardian is someone who is looking out for what is best for you.
- **Ever this day be at my side** In this prayer, you are asking your angel to stay right next to you throughout the day and night, and that he will help you think about God and understand His love for you.
- **to light and guard, to rule and guide** Your guardian angel will help to protect you from spiritual and physical dangers. Further, he will guide you to make the best decisions and to keep you going in the right direction toward God. We can ask for light that allows us to see God's good way (rather than darkness); to be guarded (rather than being left defenseless); to be ruled by being in line with the Word of God (rather than wandering aimlessly); and to be guided with specific directions for personal circumstances.
- **Amen** means "So be it." This means that you understand and desire that the words you just prayed will come to pass.





Learning the Principles

- 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 persons with an intellect and a will. They often delivered important messages in Biblical times, such as when the angel Gabriel announced to Mary that she was to be the Mother of Jesus (Luke 1:26-38). Indeed, the word “angel” is derived from the Greek word meaning messenger.
- An important point is that this angel is a gift to them from God and this gift speaks of God’s love for them. We never want to be more focused on the angel rather than Jesus. The angel’s presence points 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.
- “Beside each believer stands an angel as protector and shepherd leading him to life” (St. Basil, *Catechism of the Catholic Church*, hereafter CCC, paragraph 336). It may not have occurred to us that angels, in their role as messengers and servants of God, provide guidance for us in knowing God’s will for a particular situation. Further, angels are called “mighty ones” who will not die, as “the splendor of their glory bears witness.” (CCC 330-331) There is a “multitude of the Heavenly hosts” – their numbers are beyond counting – and tradition tells us they are organized into nine “choirs” of angels.
- God, in His great love for us, gives each of us our own guide, a Guardian Angel.
- Our Guardian Angel seeks to keep us going in the right direction on our path towards God, and ultimately to Heaven.
- Guardian Angels watch over us, pray for us, and help guide our thoughts and inclinations. They have the power to help protect us from physical and spiritual harm!
- Christ Himself made reference to Guardian Angels when He said once referring to children that “their angels in Heaven always see the face of My Father who is in Heaven” (Matthew 18:10).
- “How great is the value of the [human] soul that every single person has from birth received an angel for his protection.” St. Jerome
- We are to make the holy angels our friends and honor them by our prayers. “Never do in the presence of your Angel what you would not do in my presence.” (St. Bernard)
- Each human person “from its beginning until death, is surrounded by their watchful care and intercession.” (CCC 336) See paragraphs 328-336 in the *Catechism of the Catholic Church* for the section on angels.
- One of the roles of Guardian Angels is to help guide us toward God. As such, our focus should always be directed first and foremost toward God, yet it should be a wonderful source of comfort throughout our lives to know that we have the support and assistance of these powerful intercessors as we face our daily struggles.
- We must treat our Guardian Angels with respect and love while having confidence in their protection, which we all need at times!



- Because angels “always behold the face of My Father who is in Heaven” they are the “mighty ones who do His work, hearkening to the voice of His word.” (CCC 329, Matthew 18:19; Psalm 103:20)
- “Christ is the center of the angelic world.... They are His angels because they were created *through* and *for* Him....They belong to Him still more because He has made them messengers of His saving plan.” (CCC 331)
- We can also imitate our angels, much as we imitate Our Lord, in the little, and not so little, things we do to help each other, especially those in need.
- Every country, city, town, village, and even family has its own special Guardian Angel. (St. Clement and St. Gregory the Great)
- The entire Book of Tobit is a powerful testimony of angelic support and guidance, while Psalm 91:10-12 reaffirms their role and their acts on our behalf.
- **There** are also fallen angels better known as demons. (CCC 391-395) These evil spirits have no love for us, and certainly not God or anything else. These demons want to drag us down to Hell with them by goading us into all kinds of sinful and malicious behavior. Fortunately, our Guardian Angels can help us follow in our Lord’s footsteps on the road toward Heaven instead.
- Prayer is a vital necessity. Prayer and Christian life are inseparable. (CCC 2744-2745) In other words, when we pray with our heart, we come to know Jesus Christ personally and deeply, even through the intercession of our Guardian Angel. As this friendship with Him grows, we recognize increasingly how much He loves us and how much we want to love Him. From this love, received and given, we respond from a natural desire to be one with Him in all things, and live our lives in a way that is reflective of His own. This brings much peace and joy to us and those around us.

Encountering God in Prayer

- Pray the *Angel of God* Prayer aloud and take notice of a word or phrase that stood out. Allow some time of silence to think about why the word or phrase stood out for you.
- Reflect on the phrases of the *Angel of God* Prayer. In silence have a “heart-to-heart” conversation with your Guardian Angel and/or Jesus. This takes it to the next level of a deep personal encounter.
- We want to pray this prayer with love for God, leading to a deeper friendship with Him and adoration of Him each time we recite it.

Scriptural Foundation

- See Catechism paragraphs 332-333 for most Scriptures in the Bible regarding angels in their role of Christ’s saving plan
- “He will command His angels concerning you to guard you in all your ways.” (Ps. 91:11)
- Elijah was fed by an angel (1 Kings 19: 5-8).
- “ See that you never despise one of these little ones [children]. I assure you, their angels in Heaven always see the face of My Father who is in Heaven” (Matt 18:10).
- Jesus Prays in the Garden of Gethsemane: “‘Father, if You are willing, take this cup from Me. Yet not My will, but Yours be done.’ Then an angel from Heaven appeared to Him



and strengthened Him. And in His anguish, He prayed more earnestly, and His sweat became like drops of blood falling to the ground” (Lk 22:42-44).

- “The truth is angels are all spirits whose work is service, sent to help those who will be the heirs of salvation.” (Hebrews 1:14)
- “Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it.” (Hebrews 13:2)

New Testament **Stories** about angels

- The angel Gabriel announced to Zechariah that Elizabeth would conceive a child in her old age. (Luke 1:5-25)
- The angel Gabriel announced to Mary that she would be the Mother of the Savior. (Luke 1:26-38)
- An angel appeared to Joseph in a dream that he was to take Mary his wife into his home. (Matthew 1:18-25)
- The angel Gabriel announced the birth of the Savior to the Shepherds. (Luke 2:9-20)
- An angel led Peter out of prison: Peter was put into prison by King Herod, but the night before his trial an angel appeared to him and told him to leave.... The prison doors opened with their own accord, and the angel led Peter into the city. (Act 12:3-19)

