



# Guardian Angels

**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."<sup>1</sup> Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You<sup>2</sup>. Have mercy on us, and be with us today as we contemplate our Guardian Angels.

**INTRODUCE TOPIC & SCRIPTURE Exodus 23:20** "Behold, I send an angel before you, to guard you on the way and to bring you to the place which I have prepared."

## BREATH-WORK & GRATITUDE

**BODILY PRAYER VERSE "Holy Angels, Our Guardians, defend me."**

**MEDITATION** ..."The mission of the guardian angels is to help men in the face of all temptations and dangers, and to bring good inspirations to their hearts. They are our intercessors, our guardians, and they give us their help whenever we invoke them... We have to treat our guardian angel as we would a good friend. He is always on the watch, constantly prepared to give us his aid, if only we would ask him. It is a great pity when, through ignorance or forgetfulness, we do not sense the company of such a faithful companion, or do not ask him for help whenever we need it. We are never alone at moments of temptation or difficulty. Our guardian angel helps us; he will remain by our side until the very moment we leave this world. At the end of our lives, our guardian angel will accompany us before God..."<sup>3</sup>

**RESOLUTION** (Re-read Scripture.) "In spite of the great perfection of their nature, angels do not have God's power or infinite knowledge, so they cannot read what is in our consciences. We only have to speak to our guardian angel in our minds for him to understand and even to deduce from our inward thoughts more than we ourselves are able to express."<sup>4</sup> Am I grateful for the great gift of a guardian angel? Do I ask my guardian angel for help in times of need? What can I do to start building a relationship with my guardian angel, my trusted friend? *Holy Spirit, come... Mary, teach us to get to know our angels.*

**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 we do glorify You.*

*Mary, Queen of Angels, pray for us; St. Joseph: pray for us; All You Guardian Angels (or saint of the day). pray for us.* In the name of the Father, and of the Son, and of the Holy Spirit, Amen.

<sup>1</sup> St. Thomas Aquinas

<sup>2</sup> Based on 1Kings 8:61 and 43

<sup>3</sup> Francis Fernandez, *In Conversation with God*, Vol. 2: 7.2 Scepter Publishers. Used with permission. [www.scepterpublishers.org](http://www.scepterpublishers.org)

<sup>4</sup> Francis Fernandez, *In Conversation with God*, Vol. 2: 7.3 Scepter Publishers. Used with permission. [www.scepterpublishers.org](http://www.scepterpublishers.org)

