



Guardian Angels



Angels are mighty spiritual creatures who praise God and help us become friends with him. We are made up of body and soul, but angels are just made up of spirit.

Angels are servants and messengers of God; always with him in heaven. Jesus is at the centre of the angelic world and they are his angels. They belong to him because they were created through and for him.

The word angel means 'messenger' and they are mentioned in the bible and throughout the Church's history. Angels were there at the beginning of creation and throughout history. Before Jesus lived, angels protected and led the people of God. They announced what God had called people to do and the births of children. Finally, the angel Gabriel announced the births of St John the Baptist and of Jesus.

We believe that we all have a guardian angel because Jesus said: "Do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven" (Matthew 18:10). Also, St Basil the Great (330-379 A.D.) said: "Beside each believer stands an angel as protector and shepherd leading him to life."

We thank angels for protecting us and helping us and we honour them.

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, rule and guide.
Amen.