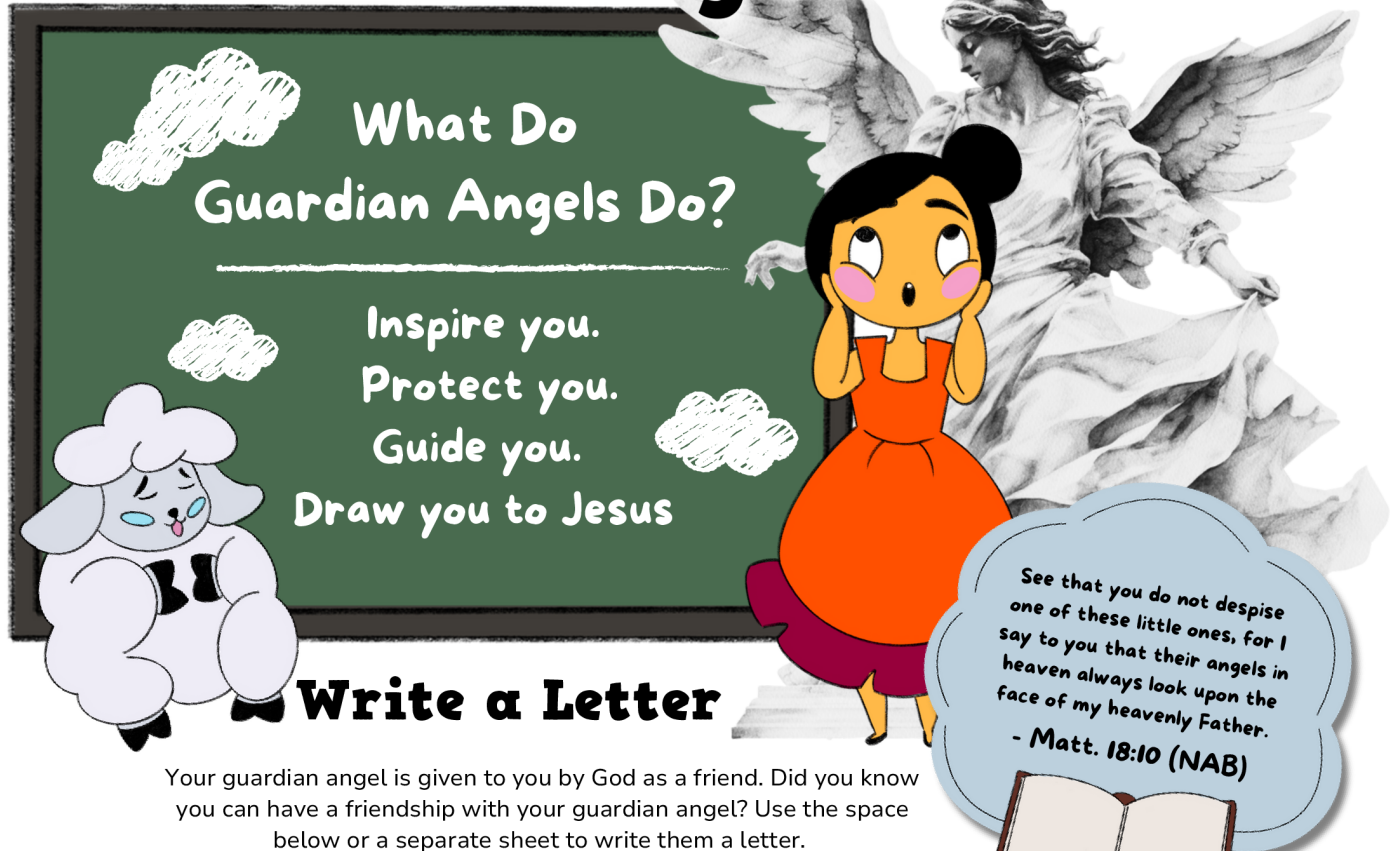


Guardian Angels



Your guardian angel is given to you by God as a friend. Did you know you can have a friendship with your guardian angel? Use the space below or a separate sheet to write them a letter.



Did You Know?

The word angel literally means messenger. Can you name the angel who brought the message of salvation to the world? (Hint: You can find the answer in Luke 1)

Angels are spiritual creatures who glorify God without ceasing (CCC 350).



Reflection Questions

Take a moment to acknowledge your guardian angel's help in your life.

What would you like your guardian angels help with? Ask them for their help.

Was there a time when you felt particularly close to Jesus? Thank your angel for guiding your soul to Him.

Response of Supplication

Your angel is always praying for you. Tell him your intentions.

Take a moment to think of someone you'd like to pray for. Ask your guardian angel to pray for them, but also ask THEIR guardian angel to pray for them too.

Guided Imaginative Prayer

Follow the prompt to enter into imaginative prayer with your guardian angel.

Close your eyes, and imagine that you just woke up. Say “good morning” to your guardian angel! Then see yourself eating breakfast with your guardian angel. He’s there on your way to school, sitting next to you during class, praying for you as you work hard on homework, and guarding you as you sleep.

