



In addition to the creation of the **material** world, God created the **spiritual** world out of nothing. The **angels**, as well as every human person, are gifts of **pure love** from **God**.

Angels are **traditionally** said to have been created for the sole purpose of **servicing** us in our **needs**. Yes, God could have chosen to care for us directly without the use of angels, but He didn't. He chose to create angels as **mediators** of His **grace** and **care**.

Our Guardian Angels love us, know us, care for us and desire deeply that we become holy. These celestial beings were created for the sole purpose of caring for us and getting us to Heaven. How do they do this? They do it by **mediating** God's **grace** to us. They play a central role in **communicating** to us the **will** and **mind** of **God**. They can **speak** all that God wants to say to us. They are also **protectors** in that they bring grace from God to **particular situations** in life to fight against evil and to help us do good. We should speak to our angels, rely upon their **intercession**, and allow them to **communicate** to us God's **abundant grace**.

Once we get to know your guardian angels, it will become easier to **sense** their **presence** and **recognize** when they send you guidance. The **best** way to get to know your guardian angels is by simply **interacting** with them.

In High School, our religion teacher suggested we give our guardian angels a **name**. I chose "**Joy**". I am well aware of her/his presence when I move too quickly and almost fall, but don't. I think she catches me!!! I do feel protected because of her presence.

If you want to name your angel, take some **quiet time**, and ask the **Holy Spirit** to bring a **significant** name to your mind. I think you have come up with a good one if thinking of it or saying it aloud makes you feel **peaceful** or brings a **smile** to your face. I believe that using our guardian angels' names helps us stay more **connected** to them and makes them seem more **real** to us. These are just some of my **personal** thoughts.

Sometimes, when **someone** is **always** looking out for us, we say they are our **guardian angels**. Some signs that someone in your life could be your earthly Guardian Angel:

- ❖ They have a way of making you feel better.
- ❖ They don't want to change you.
- ❖ They value your happiness like their own.
- ❖ They are supportive and not judgmental.
- ❖ They have built a strong bond with you.

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