Prayer Exercise

Angel of God

Habit of Prayer: Vocal Prayer

Introduction: Angel of God

This is not just a "child's prayer," but a prayer everyone should say on a daily basis. The prayer recognizes that angels can have an impact on our lives, and are here because of God's love for us. We simply need to invoke their aid and trust in Jesus' promise that our "angels always behold the face of my Father who is in heaven" (Matthew 18:10). Finally, your guardian angel is always with you, and so it is important to develop a regular habit of prayer (relationship) with your own angel, inviting your angel to aid you in your resistance of sin and pursuit of good.

Five Practical Tips

1. When you wake up, greet your Guardian Angel and beg him to accompany and protect you throughout the day.
2. Before you pray, put yourself in the presence of the Holy Angels and beg your Guardian Angel to enlighten you.
3. Before you leave on a journey, ask your Guardian Angel to come along and protect you. One common way to do this is to always recite the Angel of God prayer as you pull out of the driveway in your car.
4. Throughout the day, you may recite a short prayer such as "O blessed Angel, I love you and I wish to love you more and more."
5. Before going to bed, thank your Guardian Angel for protecting you this day and ask for his assistance throughout the night

Meditation: Breaking Open the Meaning of the Angel of God

Angel of God,

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.

My guardian dear,

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.

Amen.