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A FRIEND IN BATTLE

# MY GUARDIAN ANGEL: MY CONSTANT COMPANION



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## Introduction

*“When tempted, invoke your angel. He is more eager to help you than you are to be helped! Ignore the devil, and do not be afraid of him: he trembles and flees at the sight of your guardian angel.”*

– St. John Bosco

Angels, who are mentioned throughout the Old and New Testaments of the Bible, are just as present in the world as are human beings. The *Catechism of the Catholic Church* (paragraph 328) teaches, “The existence of the spiritual, non-corporeal, beings that Sacred Scripture usually calls ‘angels’ is a truth of faith. The witness of Scripture is as clear as the unanimity of Tradition.”

Guardian Angels are the special angels assigned to human beings, helping us throughout our lives from birth until death. They protect us from physical danger and, more importantly, from spiritual danger.

As creatures with a body and a soul, we are responsible for caring for ourselves both materially and spiritually. Often, we fail to properly protect and nourish ourselves spiritually. It is a great grace that God has assigned us a personal heavenly helper as we strive to be perfect as He is perfect.

Many may find that they have yet to pray to their Guardian Angel. Others, that they have not invoked his heavenly aid since childhood. Yet, when children learn their basic prayers, often one of the first learned is the prayer to the Guardian Angel. They then go on to forget this devotion that ought to be a source of help and comfort throughout life.

This eBook will seek to renew that devotion to the Guardian Angel, briefly touching on the reality of the spiritual battle and offering prayers and quotes to help you draw nearer to your heavenly helper.

May you be inspired by this eBook to live intentionally in the spiritual battle, confidently knowing that you are accompanied every moment by your Guardian Angel.



## On the Spiritual Battle

Many of us are familiar with the reality of war and battles, divisions between groups of people, and the fight between good and evil. As people with both a body and a soul, we are responsible for caring for both. Often, while we provide for our material needs, we fail to properly protect and nourish ourselves spiritually. Unfortunately, few have heard of the constant spiritual battle that surrounds us, often called *spiritual warfare*.

Sacred Scripture and Tradition have always held that spiritual warfare is real and that we, as Christians, are engaged in it whether we realize it or not. Once one is aware of this raging war, and the fight for, and against, their eternal well-being, it would be wise to “gear up” for battle.

Scripture states, “For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places” (Ephesians 6:12).

Popes and great saints throughout history have similarly spoken on the topic of spiritual warfare:

*“It is a departure from the picture provided by biblical Church teaching to refuse to acknowledge the devil’s existence; to regard him as a self-sustaining principle who, unlike other creatures, does not owe his origin to God; or to explain the devil as a pseudo-reality, a conceptual, fanciful personification of the unknown causes of our misfortunes.”*

– Pope St. Paul VI

*“But the devil comes with his artful wiles, and, under the color of doing good, sets about undermining [the soul] in trivial ways, and working it in practices which, so he gives it to understand, are not wrong; little by little he darkens its understanding and weakens its will, and causes its self-love to increase in one way or another he begins to withdraw it from the love of God and persuade to indulge its own wishes.”*

– St. Teresa of Ávila

(continued)



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*"I believe that the Devil exists ... his greatest achievement in these times has been to make us believe that he doesn't."*

– Pope Francis

"Speaking of the realities of the spiritual life is not a reason to despair but to be encouraged to 'put on the whole armor of God, that you may be able to stand against the wiles of the devil'" (Ephesians 6:11).

There is a war raging between good and evil and a fight for souls, God's greatest treasure. In the Gospel of Matthew, we find that Christ did not exempt Himself from this battle against the world, the flesh, and the devil. Of course, being like us in everything *except* sin, He did not submit and He was not conquered. Still, at this moment, the heavenly angels were by His side (see Matthew 4:11). It should be a cause for rejoicing that the Father has assigned us a personal heavenly aid as we strive to imitate the perfect love and fidelity of His Divine Son.



## A Forgotten Friend: Renewed Devotion

The Our Father, the Hail Mary, the Glory Be, and the Prayer to the Guardian Angel are some of the first prayers children learn.

Children ask their Guardian Angels to watch over them day and night, to guide them through the day, and to protect them as they sleep. In this familiar prayer, children refer to their Guardian Angel as their “guardian dear,” as if referring to a precious friend whom they love. Yet, once those children are grown, they often forget this familiar prayer to their heavenly friend.

Guardian Angels, like all angels, are spirits – individual persons like us, with an intellect and a will, but without material bodies. Since both we and they are persons, we can have a personal relationship with them, one that lasts the whole of our life. Every human being is assigned a guardian for the sake of their salvation (see Hebrews 1:14), to help them along the way to the Lord, to live with Him forever. Thus, God Himself wills this relationship, and we should respect and act upon His Wisdom in providing an angel to care for us (see Matthew 18:10–14).

Often, Christians are tempted to name their Guardian Angel or to seek his name in prayer. The Church discourages this practice for the spiritual dangers it entails. Thus, the *Directory on Popular Piety and the Liturgy* n.216 states: “The practice of assigning names to the Holy Angels should be discouraged, except in the cases of Gabriel, Raphael, and Michael, whose names are contained in Holy Scripture.” It is enough to call him Guardian Angel, or Holy Angel, or My Angel or some equivalent title that reflects our divinely given relationship with him.

The life of Padre Pio is one that reflects the intimate relationship of guardian and guarded. He is a saint who attentively listened to the divine inspirations of his Guardian Angel and lived in close accompaniment with him. St. Padre Pio is an admirable example of living life intentionally with one’s Guardian Angel, asking him to be a constant companion in the spiritual battle.

Therefore, if you are one of those who retained devotion to the Guardian Angel, renew your commitment to him. And, if you are someone who let it fall away after childhood, or are learning about it for the first time, follow the advice of Padre Pio, who said, “Invoke your Guardian Angel that he will illuminate and guide you. God has given him to you for this reason. Therefore, use him!”



## Guardian Angel Prayer

*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.*





## Quotes

“Make yourself familiar with the angels and behold them frequently in spirit. Without being seen, they are present with you.”

– St. Francis de Sales

“How happy is that Guardian Angel who accompanies a soul to Holy Mass!”

– St. John Vianney

“How great is the dignity of souls that each person has from birth received an angel to protect it.”

– St. Jerome

“If you remembered the presence of your angel and the angels of your neighbors, you would avoid many of the foolish things which slip into your conversations.”

– St. Josemaría Escrivá

“May we never fail in this devotion to the angels! During our earthly pilgrimage we may often run the risk of having to face the natural elements in turmoil, or the wrath of men who may seek to do us harm. But our Guardian Angel is always present. Let us never forget him and always remember to pray to him.”

– Pope St. John XXIII

“Let us affectionately love His angels as counselors and defenders appointed by the Father and placed over us. They are faithful; they are prudent; they are powerful; why do we tremble? Let us only follow them, let us remain close to them, and in the protection of the God of heaven, let us abide.”

– St. Bernard of Clairvaux

“From its beginning until death, human life is surrounded by their watchful care and intercession. ‘Beside each believer stands an angel as protector and shepherd, leading him to life.’ Already here on earth, the Christian life shares by faith in the blessed company of angels and men united in God.”

– *Catechism of the Catholic Church* (paragraph 336)



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