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## **5+ Ways to a Deeper Relationship with your Guardian Angel**

Prayer by Philip Kosloski

 PDF Designed by Shaun Prario

Our Guardian Angels are very powerful, but we must allow them to have a greater influence in our lives. How can we do that?

Before we examine how we can concretely better our relationship with our Guardian Angel, let us take a moment to hear from a woman who developed a very close friendship with her Guardian Angel.

Often when we think of Guardian Angels, we think of paintings that picture an angel protecting a little child. While we know that Guardian Angels are with us throughout our lives, it would be appropriate to attach a sort of “child-like simplicity” that is required to have a deep relationship with your Guardian Angel. Often as adults we have to scientifically test everything and are much more skeptical than children, especially when it comes to supernatural matters.

One such example of child-like simplicity is found in the life of Sister Maria Antonia (1900-1939). She was a holy woman who throughout her life had a special devotion to her Guardian Angel, whom she fondly called her “New Friend.” Her Guardian Angel was a constant invisible presence and as a child, she had no doubts about her Guardian Angel and trusted him completely. Here is one story from her autobiography, which again shows the role of our Guardian Angels in leading us to sanctity:

“One afternoon some other children and my sisters and I went for a walk in the country with Acacia and Conceicao. Acacia took money with her to buy fruit, and we carried little baskets. We went to a farm that was recommended by Abelino, the good soldier whom my father had brought with him from Santa Vitaria...

We ran into the orchard with Abelino, Acacia and Conceicao. While the man was gathering the fruit for Acacia, the other children, without the knowledge of our three guides, began to gather big peaches and plums, which they placed in their baskets. I saw them plainly. Their little baskets were nearly full, and only mine was empty. Just then I was standing under a peach tree. Looking up, I saw a big peach, and another, and another—all within reach of my hand. I thought:

‘Why cannot I pick some peaches like the other children?’ I stretched out my hand to pick a peach, and my fingers had already touched this big velvety peach, when I received the most sweet, calm warning of my New Friend [Guardian Angel]. My arm, suspended in mid-air, was gently lowered by an ‘invisible hand,’ which I felt as really as if I had been touched by one of the persons I could see. For I had a better and more clear understanding of the voice of my New Friend than of the spoken words of Mother Raphael, or Sister Pauline, or Sister Irene, whom I could see when they spoke to me.

I repented immediately and with great sorrow of the big ugly sin that I was about to commit; and a great pity for the good Jesus filled my heart as I thought of the great big thorn that I had nearly hammered into His sacred head. That night, as I lay in bed, I wept bitterly after I had begged forgiveness from the good Jesus, from Our Lady and from my New Friend. (This custom of begging forgiveness of my New Friend I kept up until I was fourteen years old.)

In one of her instructions Sister Irene had spoken to us about a young boy who died and was sentenced to suffer in Purgatory because of the lies he had told during life. Up to that time I had not known the meaning of a lie, and I imagined that the poor boy had committed a very big sin to deserve such a punishment. However, my New Friend would give me the explanation very soon.”

– *Under Angel Wings: The True Story of a Young Girl and Her Guardian Angel*

We see how Sister Antonia’s “New Friend” helped her in avoiding sin and how she was not skeptical of her Guardian Angel, but fully trusted in his guidance.

Now let us look at some concrete steps we can take to draw closer to our own Guardian Angel and in so doing, draw closer to our ultimate goal of Heaven.

### **Remembering our Guardian Angel Daily**

First of all, it is important to remember that our Guardian Angel is always with us. That is easier said than done, but we should strive to do what we can. St. Bernard instructed others to,

“Always remember that you are in the presence of your Guardian Angel. In whatever place you may be, in whatever secret recess you may hid, think of your Guardian Angel. Never do in the presence of your Angel what you would not do in my presence.” –*The Guardian Angels Our Heavenly Companions.*

***How can we possibly remember that our Guardian Angel is always with us? Here are five 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.
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Traditionally, the Church has appointed Tuesday as a day devoted to the Holy Angels and so it is fitting to remember in a special way our Guardian Angel. If you have a good relationship with a priest, encourage him to celebrate a Votive Mass in honor of the Holy Angels.

Birthdays are also excellent days to remember your Guardian Angel and to thank him for protecting you for another year.

Whenever we enter a place or even while we are at home, we can salute and pay homage to the Guardian Angels of our parents, friends, and family members as well as the Guardian Angels of priests, bishops, the Pope and all people.

It is even beneficial to honor the Guardian Angels of our enemies; those that assault us or the Christian Faith as well as those who do not believe in Christ.

When we approach the Holy Eucharist, we should also do well to invite our Guardian Angel to help us adore Jesus in the Most Blessed Sacrament and to banish all distractions from our minds and hearts.

In addition to remembering our Guardian Angel, it is important to speak to them through our thoughts. They will typically respond to us, not in audible words (though they can do that), but through “inspirations” and other suggestions that enter our minds. The majority of our Guardian Angel’s activity will go unnoticed, but that does not mean he is at our side!

**Prayers to our Guardian Angel**

There are many prayers to our Guardian Angel as well as to the angels in general. These prayers keep them in our minds and help us to find the right words to say to our holy protectors. Here are just a few:

### *Angel of God*

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.

### *Sanctus (Holy, Holy) – This is the prayer of the angels in Heaven*

Holy, holy, holy, Lord, GOD of hosts. Heaven and earth are filled with Your glory. Hosanna in the highest. Blessed is He who comes in the name of the Lord. Hosanna to GOD in the highest.

### *Angelus – Traditionally recited at 6:00 am, 12:00 pm and 6:00 pm*

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

Hail Mary, full of grace, the Lord is with Thee;

Blessed art thou among women,

And blessed is the fruit of thy womb, Jesus.

Holy Mary, Mother of God,

Pray for us sinners,

Now and at the hour of our death. Amen

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy word.

Hail Mary, etc.

V. And the Word was made Flesh.

R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

### **Let Us Pray**

Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ Thy Son was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection. Through the same Christ Our Lord. Amen.

***The Chaplet of St. Michael [Litany to the Holy Angels]***

O glorious Prince of the heavenly host, Saint Michael the Archangel, defend us in the battle and in the fearful warfare that we are waging against the principalities and powers, against the rulers of this world of darkness, against the evil spirits. Come thou to the assistance of men, whom Almighty God created immortal, making them in His own image and likeness and redeeming them at a great price from the tyranny of Satan. Fight this day the battle of the Lord with the legions of holy Angels, even as of old thou didst fight against Lucifer, the leader of the proud spirits and all his rebel angels, who were powerless to stand against thee, neither was their place found any more in heaven. And that apostate angel, transformed into an angel of darkness who still creeps about the earth to encompass our ruin, was cast headlong into the abyss together with his followers. But behold, that first enemy of mankind, and a murderer from the beginning, has regained his confidence. Changing himself into an angel of light, he goes about with the whole multitude of the wicked spirits to invade the earth and blot out the Name of God and of His Christ, to plunder, to slay and to consign to eternal damnation the souls that have been destined for a crown of everlasting life. This wicked serpent, like an unclean torrent, pours into men of depraved minds and corrupt hearts the poison of his malice, the spirit of lying, impiety and blasphemy, and the deadly breath of impurity and every form of vice and iniquity. These crafty enemies of mankind have filled to overflowing with gall and wormwood the Church, which is the Bride of the Lamb without spot; they have laid profane hands upon her most sacred treasures. Make haste, therefore, O invincible Prince, to help the people of God against the inroads of the lost spirits and grant us the victory. Amen.

**indulg. By Leo XIII, 25 Sep. 1888**

**Consecration to our Guardian Angel**

A great way to build your relationship with your Guardian Angel is to consecrate yourself to them. It is an ancient tradition of the Church that has been accepted. It is a special way to give your Guardian Angel more reign over your life and to truly commit yourself to following his guidance. It is a pledge of trust, showing your Guardian Angel that you trust them fully and desire to follow their promptings.

There is no special formula or preparation for this consecration. You can say this prayer every day if you so desire.

***Here is an approved prayer of consecration:***

O Most Bountiful God, who by a wonderful order has commanded Your Angels to defend us. I (N.N.) choose the holy Angels as my patrons, and I firmly resolve in the presence of the Immaculate Virgin Mary, Queen of Heaven to honor with a special devotion the blessed St. Michael and my holy Guardian Angel, and never to depart, either in word or action, from the duty I owe to those blessed Spirits, nor to suffer those who are committed to my care to say or do anything against their honor. Therefore, I beseech You, O Lord, that the holy Angels who always minister before You in Heaven, may defend my life here on earth, and that, persevering to the end in Your holy grace, in company with them and the Queen of Angels, I may gain everlasting life through Christ our Lord. Amen.

Additionally, the Church also provides a particular prayer of consecration to the protection of St. Michael the Archangel. This is a very powerful prayer, one that places yourself under his special care.

### ***Saint Michael the Archangel – Act of Consecration***

Oh most noble Prince of the Angelic Hierarchies, valorous warrior of Almighty God and zealous lover of His glory, terror of the rebellious angels, and love and delight of all the just angels, my beloved Archangel Saint Michael, desiring to be numbered among your devoted servants, I, today offer and consecrate myself to you, and place myself, my family, and all I possess under your most powerful protection.

I entreat you not to look at how little, I, as your servant have to offer, being only a wretched sinner, but to gaze, rather, with favorable eye at the heartfelt affection with which this offering is made, and remember that if from this day onward I am under your patronage, you must during all my life assist me, and procure for me the pardon of my many grievous offenses, and sins, the grace to love with all my heart my God, my dear Savior Jesus, and my Sweet Mother Mary, and to obtain for me all the help necessary to arrive to my crown of glory.

Defend me always from my spiritual enemies, particularly in the last moments of my life.

Come then, oh Glorious Prince, and succor me in my last struggle, and with your powerful weapon cast far from me into the infernal abysses that prevaricator and proud angel that one day you prostrated in the celestial battle. Amen.

### **Summary**

Besides remembering your Guardian Angel throughout the day, praying to him or consecrating yourself to him, there are two organizations that emphasize the activity of the angels.

The first I recommend is the Angelic Warfare Confraternity. This particular group is an apostolate of the Dominican Order and is directed at using prayer and seeking the intercession of the angels for sexual purity. They use as their inspiration the story of St. Thomas Aquinas where angels put a cord of purity around him after being tempted by a prostitute.

It is possible to join this Confraternity, even if you are not near a Dominican priest. They have detailed instructions on how to enroll on their website. It is a very powerful community of prayer, that will help anyone seeking to live out a chaste life.

The second organization I recommend is Opus Angelorum (Work of the Angels). It is the main apostolate of the Canons Regular of the Holy Cross and are a worldwide organization. They emphasize heavily the activity of the Holy Angels and have great resources and publications on their website. Additionally, if you happen to live close to a priest from their order, you are then able to go through a long process of education on the Holy Angels and then fully consecrate yourself to your Guardian Angel.

In the end, I hope you were able to learn something new and draw closer to the angels all around us. I firmly believe that the angels can help us get to Heaven, but we must first of all let them! We must let them do their work of sanctification and allow them into our lives. If we do so, the fruits will be soon to follow.