

My Guardian Angel

Did you know that each of us is accompanied by an angel? When God created everything, He also wanted to create millions of angels: beings of light who don't have bodies like us, but who are always before God to serve Him and speak with Him.

The word "angel" means "messenger," that is, one who carries and brings news, whether from us to God or from God to us.

And since humanity is what God loves most, He Himself has desired to send an angel before us, to protect us on our journey and guide us, just as He did with Saint Peter, the first Pope in history, whom He sent an angel to free him from prison after he was unjustly imprisoned.

And just as angels helped these and many other men, each of us has an angel whom we call "guardian angel," because their role, their work, is to care for and watch over us.



Your guardian angel will always be your friend, not only now when you're little, but also when you're an adult. Even if you don't see him, rest assured that he's very attentive to what you do every day.

If you need to tell God something, talk to your guardian angel so he can convey your message. Every day, pray to your guardian angel and talk to him, because he will also tell you many things from God, just like that "little inner voice" that tells you "this isn't right" or "you'd better do this other thing." That is surely the voice of your angel.

So when you wake up, before going to sleep, or whenever you feel in danger and don't know what to do, you or your parents, siblings, grandparents, and friends can pray this prayer to your guardian angel.