
Meditation on the Guardian Angels, Pope St. John XXIII, October 2, 1959

According to the teaching of the Roman Catechism, we must remember how admirable was the intention of divine Providence in entrusting to the angels the mission of watching over all mankind, and over individual human beings, lest they should fall victims to the grave dangers which they encounter.

In this earthly life, when children have to make their way along a path beset with obstacles and snares, their fathers take care to call upon the help of those who can look after them and come to their aid in adversity. In the same way our Father in heaven has charged his angels to come to our assistance during our earthly journey which leads us to our blessed fatherland, so that, protected by the angels' help and care, we may avoid the snares upon our path, subdue our passions and, under this angelic guidance, follow always the straight and sure road which leads to Paradise.

Every one of us is entrusted to the care of an angel. That is why we must have a lively and profound devotion to our own Guardian Angel, and why we should often and trustfully repeat the dear prayer we were taught in the days of our childhood.

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.

Prayer to My Guardian Angel

Angel of God, my Guardian dear,
to whom God's love commends me here;
Ever this day be at my side,
to light, and to guard, to rule and to guide.
Amen

Prayer to St. Michael the Archangel

St. Michael the Archangel,
defend us in battle;
be our protection against the wickedness
and snares of the devil.
May God rebuke him, we humbly pray,
and do thou, O prince of the heavenly host,
by the power of God, cast into hell
Satan and all the evil spirits who prowl
about the world seeking the ruin of souls.
Amen
