

October 2, 2025

Daily Reflections



Center for
Spiritual
Development

GUARDIANS OF THE UNIVERSE

By Julie Mussché

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.*

Reflection

Did you have a picture and prayer to the Guardian Angel above your bed as a child? I did, and said the prayer regularly along with, "Now I lay me down to sleep..." Today is the Feast of the Holy Guardian Angels. Earlier in the week we celebrated the Feast of the Archangels Saints Michael, Gabriel and Raphael. Since as a child I considered Michael to be my over-watcher, it seemed reasonable to consider both Feast Days in this reflection. Who was your

Guardian Angel as a child? I imagine Michael was mine because he had a superhero quality about him, casting out Satan from Heaven and all that. I certainly understand why he is the patron saint of law enforcement.

The archangels make appearances in both the Old and New Testament writings, and are honored by many religious traditions. Through scripture, we learn that angels protect, guide, and heal humankind. As I've grown older, I've wondered in fact if Raphael might in fact be my Guardian Angel since he's the patron of travelers and healers. Whatever the case, isn't it nice to consider that there are angels watching over us? Happy Feast Day.



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For Pondering

- What's your earliest memory of angels or archangels?
 - How does your tradition define the presence and role of angels?
 - What and who would you like to celebrate on this Feast Day?
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For Prayer

*May our right hand bring us closer to our Godliness.
May our left hand give us strength to face each day.
And before us may our vision light our paths ahead.
And behind us may well-being heal our way.*

Al around us is Shechinah (4x)

*Miy'mini Michaeil, umismoli Gavriel,
Umil'fanai Uri'eil, umei'achorai are'faeil,
V'al roshi Sh'china (4x)*

*May Michael be at my right hand, Gabriel at my left,
Before me Uriel, behind me Raphael,
And above my head the Divine Presence.*

DEBBIE FRIEDMAN, AT CARNEGIE HALL, 1996

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