

October 2, 2023



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

MEMORIAL OF THE GUARDIAN ANGELS

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

Jesus said, "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father."

MATTHEW 18:10

Reflection

The Gospel today is a challenging one for me as I experience great resistance to the thought that I have a Guardian Angel. On this Memorial of the Guardian Angels, I'm choosing to set aside space within me to reflect on Jesus' words, "See that you do not despise one of these little ones, for I say to you that their angels in heaven always look upon the face of my heavenly Father" (Mt 18:10).

As a child, I found the concept of having a Guardian Angel looking over me quite comforting. It was the sense that I mattered in the eyes of God. As I grew into adulthood, the idea of having a Guardian Angel has faded and only

surfaces on the Memorial of the Guardian Angels. I continue to wrestle with my own resistance to having a Guardian Angel though, deep within myself, I find it to be true.

Prayer to my Guardian Angel

Settle down, O reason that seeks clarity and sets boundaries on my imagination.

Allow space for me to welcome the Guardian Angel given to me at birth.

*O Guardian Angel ever faithful presence within and around me,
Gently help me release any doubts about you that clamor to deny your existence.*

Allow the childlike wonder of Guardian Angels to once again capture my imagination and curiosity. Help me to embrace this sense of unknowing and free me from all that impedes accepting your presence.

Alight my inmost being and guide me to a place where I desire to embrace the mystery of God's unfolding in my life through the gift of you, my Guardian Angel.



For Pondering

- Do you embrace or resist the reality of God gifting you with a Guardian Angel since your birth? What is your own history and understanding of Guardian Angels?
- Try Googling Guardian Angels under reputable, Catholic sites and allow yourself the gift of exploring what Guardian Angels mean, or might mean, for you.

For Prayer

*O God of Mystery and eternal love,
gift each of us with the ability
to set aside our need to “prove” the existence of your Angels.
We pray for the grace to open ourselves
to the infinite possibilities of your movement in our lives.
Amen.*

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