

# My Guardian Dear: Turning to Our Guardian Angels in Times of Need

*Ann Burns*

*“You have a chance to move in far better society than the Joneses. Why worry about keeping up with the Joneses? Keep up with the Angels and you’ll be far wiser and happier”o (Fulton J. Sheen).*



There are innumerable quotes on the value of a good friend. We recognize that authentic friendship, truly looking out for another and desiring her good, is a precious gift. We mourn lost friendships; we seek meaningful relationships. But what if we had

a “hand-picked-by-God” best friend? Someone whose sacred mission was to care for, help, and advocate for us?

**God, in doing everything for us, has given us a chosen best friend: a guardian angel.** Most of us probably learned the [Guardian Angel Prayer](#) when we were little, but how many of us continue to pray it every day? If we get to know our dear, hand-picked friend, we will realize not only that we should be offering this prayer daily, but also, that we should call upon our angel constantly.

**“Our guardian angels are our most faithful friends, because they are with us day and night, always and everywhere. We ought often to invoke them.”** (St. John Vianney)

**Angels possess an incredible intellect and unbelievable strength; they’re magnificently holy and they love fiercely. When God charges an angel with the care of a particular soul, that angel uses his special gifts to vigilantly protect and defend that person. Our guardian angels love us intensely, and while working constantly to assist us, they pray and advocate for us before God.**

**In learning to love our guardian angels, we develop an enormous trust in God’s unfailing help. We should start our days by asking for our guardian angels’ aid, whether in overcoming a particular vice or in faithfully approaching our daily duties. And before we drift off to sleep, we should all ask our angels to watch over us.**

The more we do this, the more we will call upon our angels throughout the day, as one might call upon an older sibling who loves and dearly wishes to protect his little sister.

**When Should We Ask for a Guardian Angel’s Assistance?**

“When tempted, invoke your angel. He is more eager to help you than you are to be helped. **Ignore the devil and do not be afraid of him; he trembles and flees at the sight of your guardian angel.**” (St. John Bosco)

When we are tempted, we should ask our angels to help us overcome the trial. But they can help us with more than just resisting temptation. We should also ask for their counsel before making business decisions.

For instance, we can seek their help in the midst of conflict. We can ask them to beseech the guardian angel of the person with whom we’re struggling. In doing so, our angels can help us resolve the difficulty fruitfully.

We should also ask for their help in discerning our vocations, whether to marriage or the religious life. We should continue to ask for their assistance within our marriages or our other vocational duties, asking them to help us attain the grace of a happy and holy life. We can even ask for their help and consolation in sickness.

There is no reason not to call upon our guardian angels for help. I always call upon my guardian angel when traveling, even if it’s just a trip to the grocery store or merging onto a busy highway. I take great comfort in knowing my angel is helping me.

"Pray to your guardian angel. Invoke his aid if you should find yourself in any serious danger of body or soul, and I assure you that he will help and protect you." (St. John Bosco)

Our guardian angels desire our spiritual and physical well-being. When we choose to befriend them, we can be assured that at the hour of our death, they will accompany us and advocate for us before God.

Get to know your dear friend. You won’t regret it.

Angel of God, my guardian dear,  
to whom God’s love commits me here,  
ever this day (or night) be at my side,

to light, to guard, to rule and guide.  
Amen.

*Recommended reading: [All About the Angels by Fr. Paul O'Sullivan](#)*

*Ann Burns is the founder of [The Feminine Project](#), an organization dedicated to restoring the joy of womanhood. She is a writer and speaker, and strives to uphold what is truly good and beautiful. Most of all, she is a wife and mother, and loves to share the joy in living each day well.*