

PRAYERS IN THE PEW™ MONTHLY

FAITH IN ACTION CALENDAR / HIGHLIGHTS

THU FEB 6	St. Paul Miki and Companions, Japanese Martyrs
TUE FEB 11	Our Lady of Lourdes
SAT FEB 22	Feast of the Chair of St. Peter, Apostle

Faith Formation Companion to Prayers in the Pew™

→ MONTHLY SYNOPSIS ←

February 2025 – February gives us a glance at Ordinary Time before we plunge into Lent in early March. We should use this time in an “ordinary” month to renew our prayer lives and strengthen our devotions. The angels and saints always assist us in our every attempt to draw closer to God.

THE GUARDIAN ANGEL PRAYER

The Church has always encouraged the faithful to pray the Guardian Angel Prayer to strengthen our spiritual relationship with our personal angel. The traditional Guardian Angel Prayer dates back to the 11th century – nearly a thousand years ago! An English Benedictine monk named Reginald composed the prayer *Angele Dei* and added it to the writings of St. Anselm.

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.*

Note that the prayer outlines four duties of angels on our behalf. First, they enlighten us. Angels are great teachers! We often fail in the moral or spiritual life through lack of understanding. We should often ask our guardian angel for light from God to help us know His will, particularly when we are facing a big decision.

Second, our angels guard us, which is obvious from their name. While they do protect us from physical harm and accidents at times, that is not their main mission. Every guardian angel's primary duty is to protect us from the greater spiritual dangers of demons and sin.

When we ask our guardian angels to “rule” us, we are asking them to help us form good habits in the moral and spiritual life so that we can live according to

God's law. Angels are often depicted as soldiers or warriors because they help us maintain a healthy spiritual discipline.

Finally, our Guardian Angels “guide” us on our journey of life, which reminds us of the way in which the Archangel Raphael guided Tobias on his journey in the Book of Tobit. Angels know the way to Heaven, and we should ask their help very day to get there!



“No, I am pretty sure it's do unto others as you would have others do unto you.”

BIBLE BASICS



Exodus 23:23.25 “My angel will go before you and... you shall serve the LORD, your God; then he will bless your food and drink, and I will remove sickness from your midst.”

Matthew 18:10 “See that you do not look down on any of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven.”

SPIRITUAL CHALLENGE

This month's challenge is to nurture devotion to your guardian angel and ask your angel for an increase of grace to live your Catholic faith more robustly, especially as we approach the holy season of Lent. Let us learn to trust our holy angel's guidance in all things.



Catechesis on God's Holy Angels

We live in an age of fascination with angels, but we must always remember that not all angels are good angels (2 Corinthians 11:14). So, to protect ourselves from false ideas and distortions about angels, we turn to the solid teaching of the Church:

They are Pure Spirits – First of all, the Church recognizes that angels are purely spiritual beings, not composed of any material substance whatsoever, even though they can enter the material world and appear in human form. (It is said that St John Bosco's guardian angel appeared to him as a large, grey dog!)

They are Messengers – The name “angel” in both Hebrew and Greek means “messenger”, which designates the primary function of angels. They communicate God's messages to humanity. We have only to think of the glorious Archangel Gabriel, who greeted the Blessed Virgin Mary at the Annunciation to see the most perfect example of an angel messenger.

They are Missionaries – All angels are “sent” by God to perform some function or mission to human beings. In addition to being messengers, they are ambassadors, emissaries, or actors in implementing God's will. In the Bible, angels free people from jail (Peter), direct the disciples to new missions (Paul), and even facilitate marriage (Tobias and Sarah), among other functions.

They Assist us in Prayer – Finally, we must never forget that angels' primary task is to worship God. The Lord said that our angels “*behold the face of God in heaven*” (Matthew 18:10). Most powerfully, the Book of Revelation (8:3-4) shows an angel offering up the prayers of the faithful like incense that rises to God's throne.

— THE SCHOOL OF SAINTS —



“Make friends with the angels, who though invisible are always with you. Often invoke them, constantly praise them, and make good use of their help and assistance in all your temporal and spiritual affairs.” ~ *Saint Francis de Sales*

“That God whom we desire to see and hold before us, is always ready to come to our assistance. Always faithful to his promises and seeing us fighting valiantly, he will send us his angels to sustain us in the trial.”

~ *St. Pio of Pietrelcina*

Featured Prayer for February

Evening Offering

O my God, at the end of this day I thank You most heartily for all the graces I have received from You. I am sorry that I have not made a better use of them. I am sorry for all the sins I have committed against You. Forgive me, O my God, and graciously protect me this night. Blessed Virgin Mary, my dear heavenly mother, take me under your protection. St. Joseph, my dear Guardian Angel, and all you saints of God, pray for me. Sweet Jesus, have pity on all poor sinners and save them from hell. Have mercy on the suffering souls in purgatory.

(This prayer is taken from the Prayers in the Pew *Family Edition* Prayer Card. Please refer to our website SitStandKneel.com for the online version of this newsletter and all our prayer cards.)

— CATECHISM CONNECTION —



336 – From its beginning until death human life is surrounded by their watchful care and intercession. “Beside each believer stands an angel as protector and shepherd leading him to life” (St. Basil). Already here on earth the Christian life shares by faith in the blessed company of angels and men united in God.

CALENDAR OF FAITH | February

FEB 2	Presentation of Jesus in the Temple
FEB 3	St. Blase, Bishop and Martyr (Blessing of Throats)
FEB 5	St. Agatha, Virgin and Martyr
FEB 6	St. Paul Miki and Companions, Japanese Martyrs
FEB 8	St. Josephine Bakhita, Virgin
FEB 10	St. Scholastica, Virgin
FEB 11	Our Lady of Lourdes
FEB 14	Saints Cyril and Methodius, Bishops and Doctors of the Church
FEB 17	Seven Holy Founders of the Servite Order
FEB 21	St. Peter Damien, Bishop and Doctor of the Church
FEB 22	FEAST OF THE CHAIR OF ST. PETER, APOSTLE
FEB 23	St. Polycarp, Bishop and Martyr

The *Prayers in the Pew* monthly newsletter and *Faith Fundamentals* supplement are publications of SitStandKneel Partners, San Diego, CA. Visit us at www.sitstandkneel.com for our prayer cards, novenas, and online newsletters. See our special offer on Prayer Cards by using the QR Code.

Helping Catholics to Learn, Live, and Love their Faith.

