

# Are guardian angels real?

What does a guardian angel really do? The Catechism of the Catholic Church says, "From its beginning until death, human life is surrounded by their watchful care and intercession" (No. 336). One source reports that St. Augustine explained of angels, "If we journey into another country, they follow us; go where we will by land or by sea, they are ever with us all day long and all night long, and during every moment of our life."

Our guardian angels aren't assigned by God merely to protect us from physical harm – or even death. Sometimes angels do protect us in that way. But, these invisible protectors are primarily concerned with keeping us on a path that leads to God.

## 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.