

Daily Homily  
The Holy Guardian Angels  
Memorial  
26 Ordinary Time, Monday  
2 October 2023  
[USCCB Daily Readings](#)

Our Catholic teaching on the Guardian Angels really sprang forth from the monastic tradition in the 12<sup>th</sup> Century with St. Benedict and St. Bernard.

This is what St. Bernard has to say about the scripture readings we just heard: “He has given his angels charge over you to guard you in all your ways.”

*“These words should fill you with respect, inspire devotion and instill confidence; respect for the presence of angels, devotion because of their loving service, and confidence because of their protection. And so the angels are here; they are at your side, they are with you, present on your behalf. They are here to protect you and to serve you. But even if it is God who has given them this charge, we must nonetheless be grateful to them for the great love with which they obey and come to help us in our great need.”*

Today may your guardian angel, your help from heaven, who is with you now... praying with you and praying for you... fill you with respect... inspire devotion... and instill confidence.

What a great gift from God!