

# Teacher Quick Guide Card



## HOLY HABITS CHALLENGE



# MAKE FRIENDS WITH SAINTS



REGULARLY PRAY THE "ANGEL OF GOD" PRAYER.



FREQUENTLY INVOKE A PATRON SAINT FOR HELP.



PRAY THE "ANGELUS" PRAYER DAILY (OR 3X A DAY!).

## ***The Background***

Catholics have always had a very broad view of God's desire and capacity to include all of His creatures in the important work of salvation. God does not confine Himself to simple, one to one relationships between He and us. Rather, He allows all of us to become helpers of each other as we offer prayers, and as we worship together in the communion of the Church's family.

The network of friendship and assistance extends into the next life with those persons who are in heaven, and also to the unseen creatures of God, the Angels. We are always surrounded by a great cloud of witnesses, helpers, friends, and intercessors who all share in God's freely given love and power.

Much like we get to know certain people on earth and draw close to them, we are encouraged to get to know the Saints and Angels as well. We can learn about their stories, be impressed by their examples, and we can ask for their prayers. We can trust in the continual guidance of our Guardian Angel. We are never alone while we have their friendship.

As time passed, the Church grew in the practice of naming special, or Patron Saints, to watch over specific persons, places, things, and activities. Learning who our Patron Saints are, and asking for their help, is yet another way to deepen our friendship with them.

The "Angelus" prayer goes back several centuries in the Church originating from some of the practices of the monasteries that called to mind the Incarnation at different times of the day with simple prayers. It eventually became a means for ordinary Christians who were not living in monasteries to mark the passage of the day by calling to mind the Incarnation at morning, noon, and night. The text of the prayer centers on the truth that God became man, and was born among us through a woman, Mary.

Praying the "Angelus" regularly helps us remember how close God is to us, and also how much God desires that we imitate the attitude, or disposition, of the Blessed Mother so that He can enter the world again, and again through each of us.

## **Useful texts:**

### **Text of the "Angel of God" Prayer:**

"Angel of God, my guardian dear, to whom His love commits me here, ever this day be at my side to light and guard, to rule and guide. Amen."

### **Text of the "Angelus" Prayer:**

"The Angel of the Lord declared unto Mary/ And she conceived of the Holy Spirit."

(Pray one "Hail Mary")

"Behold the Handmaid of the Lord/ Be it done unto me according to thy Word."

(Pray one "Hail Mary")

"And The Word was made flesh/ And dwelt among us."

(Pray one "Hail Mary")

"Pray for us O Holy Mother of God/ That we may be made worthy of the promises of Christ."

"Pour forth we beseech thee, O Lord, thy grace into our hearts, that we to whom the Incarnation of Christ thy Son was made known by the message of an Angel, may, by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ our Lord. Amen."

### **Holy Habit Pledge:**

"I pledge, together with my brothers and sisters in Christ, to make the Holy Habits Challenge, and to run so as to win the crown of righteousness."

## **A Saint for the Habit:**

- **Saint John Paul II:** As pope he canonized more Saints than all of his predecessors combined.  
Feast Day: October 22nd

## **Classroom Tips:**

- Incorporate the Habit and Logo on a classroom board.
- Pray the "Angel of God" prayer before the students depart for home at the end of the class day or end of the instruction time.
- Pray the Angelus around the noon hour or around 6pm.
- Talk with the students about Guardian Angels.
- Ask the students to select and research a Patron Saint based on the Saints who share their first or middle name, or whose feast day is on their birthday, or who are patrons of their favorite activities or objects.

## **Catechism Connection:**

- See *Catechism of the Catholic Church* section 336 on Guardian Angels.
- See *Catechism of the Catholic Church* sections 946-962 on the Communion of the Saints.

