

The Terrain:

Life can seem lonely. Maybe we think no one is paying attention, or that no one understands us. All of us need a cheerleader or a coach to urge us onward.

The Path Forward:

"I believe in the Communion of Saints," reads the Apostles' Creed. This includes: Guardian Angels, saints known only to God, and Saints known by name who have special care of us as our patrons. They are our friends, advocates, intercessors, and cheerleaders who are ALWAYS there.



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!).

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.”

Tip for success:

Pray the “Angel of God” prayer at bedtime alone or as a family; set an alarm for noon to pray the Angelus prayer; research a Saint who shares your own name.

Fruits of victory:

Never feeling alone because you are surrounded by heavenly friends.

Extra stuff:

Customarily the “Angelus” is prayed daily at 6am, noon, and 6pm which is why church bells, clock towers, and civil sirens still sound at that time each day. These are good reminders today as well!

Holy Habits 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.”

