



## SPf: Say Prayers frequently

As we start our summer journey to Soak Up the SON, let's begin...at the beginning – of Creation, that is. Did you ever wonder why the world and everyone and everything in it is here? St. Gregory the Great explains that God's love and goodness is so enormous that it cannot be contained, and so He brought everything in all creation to life. We believe God the Holy Trinity created everything we see and even things we can't see – all to share in His overflowing love!

Today we are going to learn more about some of the invisible creatures God made. We call them angels. Many saints teach that God created the angels before He formed the world we see. He made the angels as spirits that don't have bodies like ours. The word “angel” actually means messenger. They help carry out God's plans with powerful miracles and messages of love, hope and truth. They also praise Him with songs and prayers.

God sends His holy angels to help us. In fact, we each receive a special guardian angel at our baptism that walks beside us throughout our life, helping us to follow God's will. Our guardian angels love us, teach us, guide us to make good decisions, and save us from many unseen dangers.

Here is a prayer you can say to your guardian angel. Read it with your family during morning or evening prayers or when you are afraid or confused.

*O Holy Angel, who stands by my wretched soul and my passionate life: do not abandon me, a sinner, neither depart from me because of my lack of self-control. Leave no room for the evil demon to gain control of me through the violence of this mortal body. Strengthen my weak and feeble hand, and instruct me in the path of salvation. O holy Angel of God, the guardian and protector of my wretched soul and body: forgive all the sorrows I have caused you, every day of my life. If I have sinned in this past night, protect me during this day. Keep me from every adverse temptation, that I may not anger God by any sin. Pray to the Lord for me, that He may establish me in His fear and make me, His servant, worthy of His goodness. Amen.*

- Prayer to One's Guardian Angel

Now read and discuss the following, adapting as needed depending on the age of your child(ren):

### **How do God's angels help us?**

*The Angels are always ready to help us. I have seen it happen with my eyes, with the eyes of my mind – even at the most difficult moments. When I was in India, jackals, a whole pack of jackals, with their eyes glowing in the dark, rushed in my direction in the jungle forest and God made me invisible to them, as if I didn't exist. Wasn't that protection of the angels? What do you think? After such adventures nothing frightens me. And something else too: When we have love in our heart, the angels become our best “friends”. They are the ones to come when at times we ask ourselves, “Where am I to go now? What shall I find there?” I travelled a lot in my life and happened to move from one place to another, without any material security, but always with the protection of the angels.*

—Mother Gavriela Papaioannis

### **Do we ever model our prayer lives after the angels – one voice, one heart, one mind?**

*Let us think of the whole host of angels, how they stand by and serve his will, for Scriptures say: “Ten thousand times ten thousand were doing service to him, and they cried out: Holy, holy, holy, Lord Sabaoth; the whole of creation is full of His glory.” Then let us gather together in awareness of our concord, as with one mouth we shout earnestly to him that we may become sharers in his great and glorious promises.*

—Saint Clement of Rome, Epistle to the Corinthians

### **Do you know some hymns of the Divine Liturgy are “angelic” hymns? Do you know them by heart and sing them at home?**

The Trisagion Hymn is based on the song of the angelic Seraphim heard by the Prophet Isaiah (6:5). By the end of the 6th century, it had been placed in the text of the Divine Liturgy. Sing this hymn as part of your family's morning and evening prayers. You will be joining the angels in praising the Holy Trinity!

**“Holy God, Holy Mighty, Holy Immortal have mercy on us. (3X)**

**Glory to the Father and the Son and the Holy Spirit, now and forever and unto ages of ages, amen.  
Holy Immortal have mercy on us.”**

—Trisagion Hymn of the Orthodox Divine Liturgy

# dive in: imitate the holy angels

The holy angels obey God right away. It's not always easy to obey God if we don't first learn to obey our parents, teachers, or others who take care of us. If we start a holy habit of obeying school and house rules right away when we are little, it will be easier to obey God's commandments when we are older.

- Study the 10 Commandments together. Talk about how these rules God gave us, protect us and other people.
- This video is a nice tool for children of all ages to help them remember the 10 commandments. It's short and the animations are great memory triggers: <https://youtu.be/MhJGrzH4Y9A>.
- Share kindness like the angels! Take or draw pictures of people as you see them sharing toys, food, kind words and acts. Every day of the week each family member should be on the look out for at least one example they see of "sharing kindness." Display the pictures or drawings on your refrigerator or in your icon corner. Collect them at the end of the week and make "Sharing Kindness Like the Angels" booklets as keepsakes.

## Vitamin d: Sharing god's Message

In the Bible we read many stories wherein God's holy angels were sent to share messages of encouragement, comfort, guidance, truth, and correction with His people. Often God Himself would repeat their exact words at a later time, confirming that their mission was from Him. We can learn so much about sharing God's message of love from the angels.

We can imitate them by sharing God's holy words. Here is a collection of Holy Scripture coloring page printables designed with young people in mind: <https://bit.ly/bible-coloring>.

For more information on holy angels and for resources and activities to reinforce this lesson visit:

<http://orthodoxeducation.blogspot.com/2008/10/ten-fun-facts-about-angels.html>

<https://orthodoxsundayschool.org/epistles-feasts-and-sacraments/3-5-years-old/hebrews-angels>

