

The Holy Guardian Angels

Today is Wednesday the 2 October, the feast of The Holy Guardian Angels, in the 26th Week of Ordinary Time.

The monks of the Abbey of Keur Moussa sing Psalm 90: You who dwell in the shelter of the Lord, who abide in the shadow of the Almighty, say to the Lord, "my refuge, my stronghold, my god in whom I trust." "Under his wings you will find refuge. You will not fear the terror of the night, nor the arrow that flies by day. Upon you no evil shall fall. For you he has commanded his angels, to keep you in all your ways.

Today's reading is from the Book of Exodus.

There is the conviction throughout the Bible that God watches out for his people. In the Book of Genesis, angels led Lot out of Sodom. In Exodus, an angel led Israel out of Egypt and as we hear in today's reading, an angel acts as a guide for the people in the wilderness. An angel provides Elijah with food in the desert and in Matthew's Gospel we are told that angels ministered to Jesus in the desert. In the Acts of the Apostles, we read that an angel released Peter from prison. The reading we hear today comes after some lengthy passages of laws and regulations following on from the Ten Commandments and the giving of the Law on Mount Sinai. Suddenly the style changes from legislation, to words of encouragement.

In the reading we hear a promise that is made over and over again in the Scriptures: "I am going to send an angel in front of you, to guard you on the way and to bring you to the place that I have prepared." There is the promise of a messenger, an angel, to act as a guide for the people in the wilderness. The promise is intended to encourage Israel to be faithful in their pilgrimage to the land.

Listen to the reading again and try to hear these words addressed to you.

Do you sense the presence of the Lord guiding you on your journey of faith? Do you have a sense that "God is with you" to help you in the decisions and choices you are faced with? Ask the Lord for the help and guidance that you feel you need at this present time.