Angels are one of the most fascinating realities of the Catholic faith, yet also one of the most misunderstood. In a world that swings between skepticism and obsession with the supernatural, many have lost the true Christian perspective on these spiritual beings. Who are the angels really? Why does their presence in the Bible always come with the phrase “Do not fear”? Do they still play a role in our lives today?

Join me on this deep and revealing journey to discover the truth about angels, their origin, their mission in the history of salvation, and their significance in our time.

1. What Are Angels? An Eternal Truth

The word “angel” comes from the Greek *ángelos*, meaning “messenger.” Angels are pure spiritual creatures, created by God to worship and serve Him. The Catechism of the Catholic Church tells us:

> *“The existence of spiritual, non-corporeal beings that Sacred Scripture usually calls ‘angels’ is a truth of faith.” (CCC 328)*

They are real beings, not mere symbols or metaphors. Their nature is purely spiritual, meaning they have no bodies, but they can manifest in visible forms when God allows it.

2. Angels in the Bible: Messengers of God and Bearers of Peace

From Genesis to Revelation, angels appear throughout salvation history, fulfilling key missions. Let’s look at some examples:

A. Angels in the Old Testament

- **The angel who stops Abraham’s hand** (*Genesis 22:11-12*). When Abraham is about to sacrifice Isaac, an angel stops him and confirms his faithfulness.
- **The angel who guides Israel** (*Exodus 23:20*). God promises to send an angel ahead of Israel to protect them on their way to the Promised Land.
- **The angel in the burning bush** (*Exodus 3:2*). Moses receives God’s call through an angel appearing in the burning bush.

B. Angels in the New Testament

- **The Archangel Gabriel and the Annunciation** (*Luke 1:26-38*). Mary receives the message that she will be the Mother of the Savior.
- **Angels at the birth of Jesus** (*Luke 2:8-14*). Shepherds in Bethlehem receive the news of the Messiah's birth through a heavenly choir.
- **The angel who strengthens Jesus in Gethsemane** (*Luke 22:43*). During His agony before the Passion, an angel comforts Christ.
- **The angel at the Resurrection** (*Matthew 28:5-6*). An angel announces to the women that Jesus has risen.

Each of these appearances carries an essential message: God is present in history, and His angels are there to guide us.

3. "Do Not Fear": The Key to the Angelic Message

Have you noticed that every time an angel appears in the Bible, the first thing they say is "Do not fear"?

- **To Mary:** "Do not be afraid, Mary, for you have found favor with God." (*Luke 1:30*)
- **To the shepherds in Bethlehem:** "Do not be afraid; for behold, I bring you good news of great joy." (*Luke 2:10*)
- **To Zechariah:** "Do not be afraid, Zechariah, for your prayer has been heard." (*Luke 1:13*)

This message is no coincidence. Angels reflect the peace of God and remind us that He is in control. In times of fear and uncertainty, their presence is a reminder that the Lord is with us.

4. Are Angels Still With Us Today?

Some believe that angels were only part of biblical history, but the Church teaches that they continue to act in our lives.

- **Every person has a guardian angel.** Jesus Himself tells us:

> *"See that you do not despise one of these little ones, for I say to you that their angels in heaven always see the face of My Father."*

> *(Matthew 18:10)*

- **Angels protect us in spiritual battles.** St. Paul reminds us that our struggle is not only against flesh but against "principalities, against powers, against the rulers of the darkness of this world" (*Ephesians 6:12*). Angels help us in this fight.
- **Angelic apparitions to the saints.** Throughout history, many saints have testified to the presence of angels in their lives. Saint Padre Pio had a special relationship with his guardian angel and said:

> *"Invoke your guardian angel. He is more eager to help you than you are to receive his help."*

5. How Can We Live in Harmony with Angels?

The presence of angels in our lives is not just a theological concept but a reality we can experience if we open our hearts to God. Here are some ways to live in communion with them:

A. Prayer to the Guardian Angel

From childhood, we learn this 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."*

This simple prayer reminds us that our angel is always with us.

B. Asking for Their Help in Spiritual Warfare

Angels are allies in our battle against sin. Asking for their help strengthens our faith.

C. Living Without Fear, Trusting in God’s Providence

The constant message of angels in the Bible is “Do not fear.” If we believe in God, we can live with confidence, knowing He guides us.

Conclusion: A Reminder of Hope

Angels are much more than decorative figures or myths of the past. They are messengers of God, protectors in our daily lives, and reminders that the Lord never abandons us.

If you are facing challenges, worries, or fears today, remember what they told Mary, the shepherds, and so many others: **Do not fear. God is with you.**

So, the next time you feel afraid, repeat these words with faith and ask your angel to accompany you. You are not alone. All of heaven watches over you.