

19 Ways to Pray

10) Asking for the Intercession of the Saints and Angels

The Saints, Angels, and your Guardian Angel have a lot to teach you through their lives and examples. They can help you grow spiritually and closer to God as learn from them. It is also true that you can choose specific Saints and Angels to draw closer to and to have a spiritual relationship with. This means choosing Saints that you can relate to and admire.

There also are times when Saints and Angles seem to choose you. This is revealed as a given Saint or Angel continues to pop up in your life. Cultivating a relationship with the Saints and the Angels can bring you spiritual protection, strength, encouragement, and peace.

Ultimately, we are one big family with the Saints and Angels and those in Purgatory. They love you, and you can cultivate love for them. More than anything the Saints and Angels want to lead you to your final home in Heaven.

Cultivating a relationship with a Saint means learning about them, finding a picture of them and hanging it in your room, home, or office, visiting where they are from, praying before their relics, remembering them on their feast day, asking them to pray for you, or praying a novena to them. More generally the Litany of the Saints (see online for various versions) is a wonderful prayer to pray.