

## LIKE A BEAM OF LIGHT

*The influence of the angels is like a beam of light made up of countless truths present within good. By focusing on one truth that a person knows, and sustaining that truth and the love attached to it, the angels raise a person's mind from false ideas and protect it from evil (see Arcana Coelestia 5893:3).*

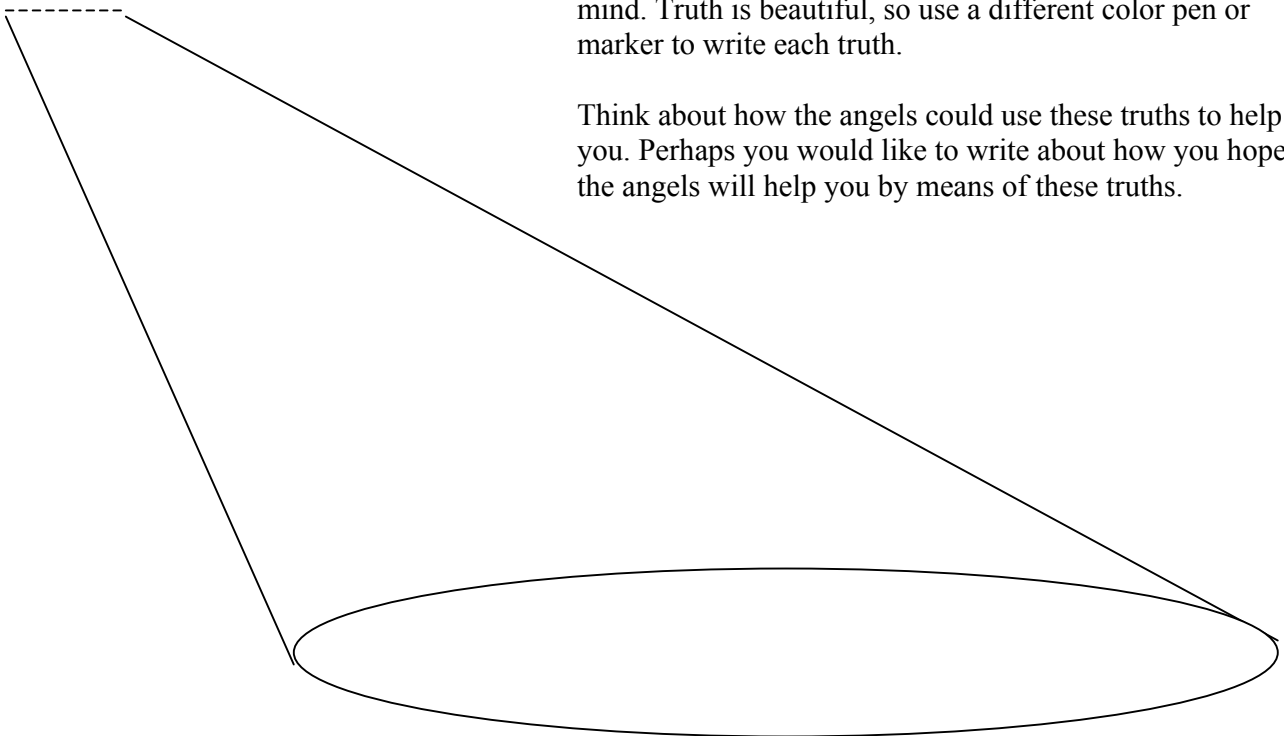
The Lord wants us to be free to choose good or evil, so He makes sure that we aren't aware of our guardian angels—or the evil spirits who would like us to turn away from the Lord. Though we aren't aware of their presence, we are told that the angels try to influence toward what is good. But we do know that the angels work with whatever truths we have learned, focusing on one truth that can help us resist evil.

### A Beam of Light

Draw a beam of light as shown below. Or just make a large circle on a piece of paper to symbolize the light touching your mind). You may want to use a yellow piece of paper or color the beam of light (or circle) a golden yellow color.

Now write some true ideas within the beam of light or the circle you've drawn to show these truths reaching your mind. Truth is beautiful, so use a different color pen or marker to write each truth.

Think about how the angels could use these truths to help you. Perhaps you would like to write about how you hope the angels will help you by means of these truths.



### Focusing on One Truth

Take one truth that appeals to you. Perhaps it is the Lord's words "the truth shall make you free" (John 8:32) or "you are My friends if you do whatever I command you" (John 15:14). Perhaps it is a teaching from the Heavenly Doctrine such as "the Lord sends angels to watch over us to lead us away from evil and inspire us with good" (*Heaven and Hell* 391). Write why you have an affection for this truth. What does it mean to you? How would you explain it to a friend?