

**The ANGELS' LITTLE  
INSTRUCTION BOOK**  
Learning from God's Heavenly Messengers

**Eileen Elias Freeman**



Warner Books



*The Angels'  
Little Instruction  
Book*



LEARNING FROM GOD'S HEAVENLY MESSENGERS  
BY EILEEN ELIAS FREEMAN



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*The Angel's Little Instruction Book*





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## *Introduction*

*J*esus reminded us that the Kingdom of heaven is all around us—in our very midst, in fact—so is it any wonder that we are surrounded by angels, God’s unseen messengers? These wise and loving creatures have been a part of our lives since the earth was created, and are known to Judaism, Christianity, Islam, and other world religions. The scriptures tell us that angels are immortal spirits created by God as servants of the divine and guardians of the earth and all who dwell on it.

I have always believed in angels. When I was a child of five, God sent my angel into my life to comfort me after the death of my grandmother, and to reassure me that she was with God and that I need not fear anything in life. I have always tried to live that message.

That visitation awakened in me a hunger to find out more about the loving God who took pity on my grief and sent me such exquisite comfort. I

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wanted to learn all I could about the messengers and servants of God. I earned a B.A. in Comparative Religions from Barnard College, and an M.A. in Theology from the University of Notre Dame while pursuing my quest.

I now head The AngelWatch Foundation, Inc., a non-profit organization whose purpose is to search out evidence of angelic activity on earth and to disseminate information about angels. I publish *AngelWatch*, a bi-monthly magazine about angels that includes first-person accounts of angelic visitations, reviews of new books, and both scholarly and popular articles on angels. For more information about the work of The AngelWatch Foundation, please write to me at: AngelWatch, P.O. Box 1397, Mountainside, New Jersey 07092 U.S.A., enclosing a stamped, self-addressed envelope.

A word about the scripture texts used in this book: The quotes below each angelic “instruction” are not “proof texts” in the usual sense of the word. Rather, they are designed to provide a context within which we can see how God’s angels operate on earth. Sometimes neither the “instruction” nor the

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relevant scripture mentions angels at all. Nonetheless, issues like forgiveness, love of neighbor, turning from evil, and living in the light of God are all matters of intense interest to our guardian angels.

In the end, we must realize that the angels have no instructions of their own to offer us. Like pure prisms, they simply refract for us a small portion of the infinitely faceted crystal that is God. Whatever comes from an angel came first from God, who delights in providing us with wonders at every step of our journey Home. May we “run with perseverance the race that is set before us,” holding hands with the angels and our brothers and sisters, and always looking to Jesus, “the pioneer and perfecter of our faith.”

*Eileen Elias Freeman*

*April, 1994*





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*The Angels' Little Instruction Book*







*We are never closer to our angels  
than when we pray to God.*



*I give you thanks, O Lord, with my whole heart;  
before the angels I sing your praise.*

Psalm 138:1



*Children often have  
imaginary playmates. I suspect  
that half of them are really  
their guardian angels.*



*Take care that you do not despise one of these little ones; for I tell you, in  
heaven their angels continually see the face of my Father.*

Matthew 18:10



*Never be afraid.  
Fear is the most useless gift  
we can give ourselves.*



*Do not be afraid; for see, I am bringing you good news of great joy  
for all the people: To you is born this day in the city of  
David a Savior, who is the Messiah, the Lord.*

Luke 2:10-11



*Angels shine from without  
because their spirits are lit from  
within by the light of God.*



*An angel of the Lord, descending from heaven, came and  
rolled back the stone and sat on it. His appearance  
was like lightning and his clothing white as snow.*

Matthew 28:3



*Angels can fly lightly  
because they take God seriously.*



*While I was praying, . . . Gabriel, whom I had seen before  
in a vision came to me in swift flight at the  
time of the evening sacrifice.*

Daniel 9:21





*Our angels know us  
more intimately than our parents,  
our spouses, or ourselves.*



*My lord has wisdom like the wisdom of the angel of  
God to know all things that are on the earth.*

2 Samuel 14:20



*Angels speak to us with  
the voice of the God  
who sent them.*



*I am going to send an angel in front of you,  
to guard you on the way. . .*

*Be attentive to him and listen to his voice. . .  
for my name is in him.*

Exodus 23:20-21



*Life is a tapestry:  
We are the warp; angels, the weft;  
God, the Weaver. Only the Weaver  
sees the whole design.*



*My frame was not hidden from you when I was being  
made in secret, intricately woven in the depths of the earth.*

Psalm 139:15



*An angel falls from heaven  
with each drop of rain,  
to guide it to its place.*



*Who has cut a channel for the torrents of rain  
and a way for the thunderbolt?*

Job 38:25



*Insight is better than  
eyesight when it comes to  
seeing an angel.*



*I, Daniel, alone saw the vision; the people who were with me did  
not see the vision, though a great trembling fell upon them,  
and they fled and hid themselves.*

*So I was left alone to see this great vision.*

Daniel 10:7-8



*If we could speak with  
the tongues of angels,  
our first word would  
always be God.*



*And one (seraph) called to another and said:  
“Holy, holy, holy is the Lord of hosts.”*

Isaiah 6:3



*Keep your heart open,  
like the angels';  
a closed heart can neither give  
nor receive love.*



*A new heart I will give you, and a new spirit I will put within  
you; and I will remove from your body the heart of stone  
and give you a heart of flesh.*

Ezekiel 36:26



*Always set a place at the  
table for your angels; you never  
know when they might show up.*



*Abraham said, "My lord, If I have found favor with you,  
do not pass by your servant. . . . let me bring a little bread,  
that you may refresh yourselves."*

Genesis 18:3, 5



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