

INTRODUCTION



Angels & The Supernatural begins tomorrow! Here's a quick guide on how to approach this series.

How to Use This Series

The content is designed to be deeply rewarding.

We recommend that you read the content slowly and journal throughout the series to record and retain what you're learning. Write down your thoughts, questions, and any insight you may receive from the Holy Spirit.

If you don't already have a journal, you may be interested in purchasing the one we have designed specifically for this series [here](#).

We encourage you to move through the series one day at a time, without skipping ahead or attempting multiple days at once. However, if you move at a slower pace, don't worry! You will greatly benefit from the series, even if you can only read each article as your schedule permits.

Remember, you have a full year to repeat *Angels & The Supernatural* as many times as you wish.

Angels & The Supernatural is designed to give you a basic understanding of the invisible world created by God.

This series includes weekly articles and videos that will help you:

- Learn about and foster devotion to the holy angels
- Obtain a basic understanding of demons and how to resist their temptations
- Understand the urgency and the importance of praying for the holy souls in Purgatory
- Have a healthy Catholic perspective on supernatural realities
- ...and more

The video commentary by Fr. Matthew Kauth complements the written content with insights, examples, and more.

After you read the article and watch the video each day, you can continue with a scriptural audio rosary that includes thoughtful meditations on each Rosary Mystery. A daily novena prayer concludes the daily content to ensure that this series will bear much spiritual fruit in your life.

An Introduction to Your Hosts

Meet the Writer:

Genevieve Cunningham is from eastern Pennsylvania. She studied writing at the Franciscan University of Steubenville and received spiritual formation from the Poor Clares of Perpetual Adoration. She is an editor, writer, and marketer for Good Catholic; a blog contributor for [Catholic Company Magazine](#); and a freelance manuscript editor for fiction, non-fiction, and collections of poetry. Her writing has been published by *DKA Magazine*, *Humane Pursuits*, and the acclaimed Catholic quarterly *Dappled Things*.

Meet the Video Commentator:

Fr. Matthew Kauth is a priest of the Diocese of Charlotte, NC. After completing a Bachelor of Sacred Theology at The Catholic University of America, Fr. Kauth was ordained to the priesthood in 2000. He then served as a parochial vicar, administrator, and pastor for six years. During this time he gained popularity through his lectures with the Catholic Scripture Study International program. He was later sent to Rome to complete a license and doctorate in Moral Theology. After obtaining his doctorate in 2012, he was appointed chaplain of a diocesan high school while also teaching theology at Belmont Abbey College. In 2014 he spearheaded a commission to determine the feasibility of establishing a college seminary in the Charlotte Diocese in cooperation with Belmont Abbey. As a result, [St. Joseph College Seminary](#) was founded in 2016. Fr. Kauth became its first Rector, where he continues to serve today."

Get to know Fr. Matthew Kauth—watch the video below!

[View Video Transcript](#)

Your Journey at a Glance

PART ONE: INTRODUCTION

Day 1: What is the Supernatural?

Day 2: The Catholic Attitude Toward Things Unseen

Day 3: Purgatory, Holy Souls, and Ghosts

PART TWO: UNDERSTANDING ANGELS

Day 4: Who Are the Angels?

Day 5: The Nine Choirs of Angels

Day 6: The Five Roles of Angels

Day 7: How to Behave Towards Angels

PART THREE: LESSONS FROM THE ANGELS

Day 8: Imitating Angelic Virtues to Grow in Holiness

Day 9: Lessons From the Angels On Prayer and Adoration

PART FOUR: UNDERSTANDING DEMONS

Day 10: What Is a Demon?

Day 11: The Power (and Limitations) of Demons

Day 12: How to Behave Toward Demons

PART FIVE: SPIRITUAL WARFARE

Day 13: What Is Spiritual Warfare?

Day 14: How Demons Tempt Us

Day 15: How Good Angels Help Us

Day 16: Saints Who Did Battle with Demons

Day 17: Warrior Angels in Battle

Day 18: Mary, Queen of Angels & St. Joseph, Terror of Demons

PART SIX: YOU AND YOUR GUARDIAN ANGEL

Day 19: A Deeper Look at Guardian Angels

Day 20: True Stories of Guardian Angels

Day 21: How to Have a Proper Devotion to Your Guardian Angel

