



Spiritual Warfare: A Catholic Routine of Prayer and Protection

The Catholic Church provides the faithful with sacramentals—such as blessed oil, holy water, blessed salt, medals, crucifixes, and candles—to dispose our hearts toward grace and remind us of Christ's victory over sin and evil. These practices should always be approached with faith, humility, and trust in God, never with fear or superstition.

Sacramentals do not replace the Sacraments, personal prayer, participation in Holy Mass, Confession, or obedience to the teachings of the Church. Whenever possible, seek the guidance of a faithful Catholic priest regarding their proper use.

Daily Spiritual Routine

After your morning shower, begin your day by making the Sign of the Cross and entrusting yourself completely to the Most Holy Trinity.

Using Exorcised blessed oil, you may prayerfully trace the Sign of the Cross upon yourself three times while saying on all areas provided below:

“In the name of the Father, and of the Son, and of the Holy Ghost. Amen.”

Anoint the following areas while asking the Lord to sanctify your senses, thoughts, words, actions, and movements:

Forehead
Nape of the neck
Nose
Lips
Ears
Throat
Tops and palms of the hands
Tops and bottoms of the feet
Small of the back
The Right side, in remembrance of the wound in Christ's Sacred Side

As you do so, pray that everything you see, hear, speak, think, touch, and do may be placed under the authority of Jesus Christ.

Anoint yourself with the Exorcised blessed oil, throughout the day when needed, and at bedtime, on those same areas. After a while, it will become routine.

If undergoing Spiritual Warfare you may consume a small amount of Exorcised Blessed salt on your tongue or sprinkle a tiny amount in your beverage or on your food.

You may also sprinkle Exorcised Holy water around you and make the sign of the Cross.

All of these things done in faith will make you strong in the battle. Cover yourself in that moment, and always with the Precious Blood of Jesus.

A Prayer During Anointing

Lord Jesus Christ, cover me with Your Most Precious Blood.
Sanctify my mind, my senses, my words, and my actions.
Guard me from sin, temptation, deception, and every influence that is contrary to Your holy will.
May I walk today in faith, purity, humility, and obedience.
I belong completely to You. Amen.

Spiritual Care of the Home

A Catholic home should be a place of prayer, peace, charity, and welcome—a domestic church centered upon Jesus Christ.

Consider the following devotional practices:

Annual House Blessing

Invite a Catholic priest to bless your home, preferably once a year or following a move into a new residence. A priest may also provide guidance regarding the appropriate placement and use of sacramentals.

St. Benedict Medals

Properly exorcised, blessed St. Benedict medals may be reverently placed near entrances, windows, or other suitable areas of the home as a visible reminder of faith in Christ and the intercession of St. Benedict.

Some families also place exorcised blessed medals along the boundaries and especially, the four corners of their properties. This should be done prayerfully and respectfully, without treating the medal as a charm or magical object.

Exorcised Blessed Salt and Exorcised Holy Water

Exorcised Blessed salt may be kept reverently in appropriate areas of the home and used according to Catholic devotional custom. Exorcised Holy water may be placed near the entrance so that members of the household can bless themselves when entering or leaving.

When using either sacramental, pray with confidence in God rather than fear of evil.

Blessed Candles

Keep blessed candles available for times of prayer, especially candles blessed on the Feast of the Presentation of the Lord, traditionally known as Candlemas. Any blessed, Catholic, religious candle will do.

(Continued in the back of this page)





Never leave a burning candle unattended. The candle's flame should remind us that Christ is the Light of the World and that darkness cannot overcome Him.

Prayer When Entering a Hotel or Temporary Lodging

When traveling, begin by entrusting the room and everyone staying within it to Jesus Christ.

You may:

Make the Sign of the Cross upon entering.

Sprinkle exorcised holy water reverently throughout the room.

Place and sprinkle, a good amount of exorcised blessed salt across the doorway entrance, window sills, the corners of the room, bathroom, closets and drawers, where permitted.

Display a crucifix, holy card, or blessed St. Benedict medal.

Pray the St. Michael Prayer, the Our Father, the Hail Mary, and while sprinkling the Exorcised salt and Exorcised holy water, pray the St. Benedict prayer, preferably in Latin.

Ask the Lord to grant peace, protection, purity, and restful sleep.

Always respect the property and policies of the hotel or lodging establishment. Do not scatter substances in a manner that causes damage, creates a hazard, or burdens the staff.

Prayer for a Hotel Room

Lord Jesus Christ, I consecrate this room and everyone who enters it to Your Sacred Heart.

Let Your peace reign here.

Protect us from sin, temptation, fear, disturbance, and every influence opposed to Your holy will.

Send Your holy angels to guard us, and through the intercession of the Blessed Virgin Mary, St. Joseph, St. Michael the Archangel, and St. Benedict, keep us faithful to You.

May this place be filled with Your light, peace, and presence. Amen.

The St. Benedict Prayer

Latin

Crux Sacra Sit Mihi Lux!
Non Draco Sit Mihi Dux!
Vade Retro Satana!
Numquam Suade Mihi Vana!
Sunt Mala Quae Libas.
Ipse Venena Bibas!

English

May the Holy Cross be my light.
May the dragon never be my guide.
Begone, Satan!
Never tempt me with your vanities.
What you offer me is evil.
Drink the poison yourself!

The Foundation of Spiritual Protection

The strongest Catholic spiritual defense is not found in performing a particular ritual, but in remaining united to Jesus Christ through:

Frequent Confession
Worthy reception of the Holy Eucharist
Daily prayer and examination of conscience
Fidelity to Sunday Mass and Holy Days of Obligation
Forgiveness of others
Renunciation of serious sin and occult practices
Devotion to Sacred Scripture
The Holy Rosary
Prayer to St. Michael the Archangel
A life of humility, charity, and obedience

Our confidence is not in objects themselves, but in Jesus Christ, who has conquered sin and death. Sacramentals assist the faithful when they are used with reverence, prayer, and a sincere desire to live in friendship with God.





Never leave a burning candle unattended. The candle's flame should remind us that Christ is the Light of the World and that darkness cannot overcome Him.

Prayer When Entering a Hotel or Temporary Lodging

When traveling, begin by entrusting the room and everyone staying within it to Jesus Christ.

You may:

Make the Sign of the Cross upon entering.

Sprinkle exorcised holy water reverently throughout the room.

Place and sprinkle, a good amount of exorcised blessed salt across the doorway entrance, window sills, the corners of the room, bathroom, closets and drawers, where permitted.

Display a crucifix, holy card, or blessed St. Benedict medal.

Pray the St. Michael Prayer, the Our Father, the Hail Mary, and while sprinkling the Exorcised salt and Exorcised holy water, pray the St. Benedict prayer, preferably in Latin.

Ask the Lord to grant peace, protection, purity, and restful sleep.

Always respect the property and policies of the hotel or lodging establishment. Do not scatter substances in a manner that causes damage, creates a hazard, or burdens the staff.

Prayer for a Hotel Room

Lord Jesus Christ, I consecrate this room and everyone who enters it to Your Sacred Heart.

Let Your peace reign here.

Protect us from sin, temptation, fear, disturbance, and every influence opposed to Your holy will.

Send Your holy angels to guard us, and through the intercession of the Blessed Virgin Mary, St. Joseph, St. Michael the Archangel, and St. Benedict, keep us faithful to You.

May this place be filled with Your light, peace, and presence. Amen.

The St. Benedict Prayer

Latin

Crux Sacra Sit Mihi Lux!
Non Draco Sit Mihi Dux!
Vade Retro Satana!
Numquam Suade Mihi Vana!
Sunt Mala Quae Libas.
Ipse Venena Bibas!

English

May the Holy Cross be my light.
May the dragon never be my guide.
Begone, Satan!
Never tempt me with your vanities.
What you offer me is evil.
Drink the poison yourself!

The Foundation of Spiritual Protection

The strongest Catholic spiritual defense is not found in performing a particular ritual, but in remaining united to Jesus Christ through:

Frequent Confession
Worthy reception of the Holy Eucharist
Daily prayer and examination of conscience
Fidelity to Sunday Mass and Holy Days of Obligation
Forgiveness of others
Renunciation of serious sin and occult practices
Devotion to Sacred Scripture
The Holy Rosary
Prayer to St. Michael the Archangel
A life of humility, charity, and obedience

Our confidence is not in objects th



