

Using Sacramentals in Our Battle against Sin

Sacramentals are sacred signs that invite God's grace into our lives to help us grow in the spiritual life. Sacramentals include objects like holy water, crucifixes, rosaries, and images of saints. When we use sacramentals, we can take moments in our everyday lives and make them holy.

Sacramentals can be especially helpful to us in moments of temptation or spiritual battle. When Satan and his demons try to draw us toward sin and away from God, sacramentals can be powerful tools to help us cling to God and drive them away. In the lives of the saints, we see many examples of this truth.

Holy water is water that has been blessed by a bishop, priest, or deacon. It serves as a reminder of our Baptism and can be used to bless things. Saint Teresa of Avila wrote, "I know by frequent experience that there is nothing which puts the devils to flight like holy water."¹¹ When we use holy water, we are reminded that by our Baptism we belong to Christ. When we cling to Christ, Satan and his demons depart.



The rosary is a set of beads that we use to meditate on the mysteries of the life of Christ and pray for the Blessed Virgin Mary's intercession. Saint Josemaría Escrivá wrote, "The holy Rosary is a powerful weapon."¹² This is because the Blessed Virgin Mary is a powerful intercessor! When we pray to the Mother of God, especially when we use a blessed sacramental like a rosary, we remind Satan of God's promise that "the woman" would crush the head of the serpent (Genesis 3:15).

A crucifix is an image of Christ on the Cross. Saint Bonaventure said he fought against doubt by kneeling before a crucifix. A crucifix reminds us of Jesus' love for us, that He would die on the Cross for our sins. By the Cross, Satan was defeated. That is why the image of Christ on the Cross makes Satan flee.

Journal Reflection

What are some ways you can use sacramentals in your life to fight against temptation and sin? Write your answer on the journal page. [Journal pages are available on the parent and student portals.](#)