

BEST PRACTICES

FOR THOSE AFFLICTED BY EVIL

It sometimes happens that people sense they are being attacked by evil, be it the devil, evil spirits or some malign, unidentifiable power. The following practices should be observed by Catholics who are experiencing any form of spiritual struggle, oppression or demonic attack. These practices can be adapted as necessary for non-Catholics.

- *Regularly* attend Mass and worthily receive Holy Communion.
- Seek out a regular confessor for the Sacrament of Penance.
- Spend time in prayer and adoration before the Blessed Sacrament.
- Incorporate Marian devotions into your daily routine, especially the rosary.
- Use Scripture for prayer and reflection, especially the prologue of John's Gospel.
- Be faithful to daily prayer. Many people find it helpful to set aside time every day for prayer in the morning, at lunch time, in the afternoon, at night and before each meal. Include other devotions, such as Divine Mercy, prayers to the saints, litanies *etc.*
- Use sacramentals such as holy water, blessed salt, blessed objects, sacred images *etc.*

What is important is that you actively call upon Jesus and the saints for help, guidance and protection. Jesus is greater than all the evil that has ever existed; He cannot be defeated. The evil one knows this, so he seeks to discourage people in their faith and frighten them, hoping they will give up and abandon Jesus.

It is fundamental that the afflicted person utilizes these traditional channels of God's healing and grace.

The person needs the support of a praying community (being an active member of a parish) and a spiritual companion or prayer partner. The person should not be isolated. God does not intend for us to walk alone.

There is no magic bullet or quick fix for overcoming the assaults of the devil. Like all of the spiritual life, it is a process that must be followed faithfully until success has been achieved. Above all, the person is to be encouraged to remain focused on Jesus Christ, not on the devil or on evil, despite the evil one's attempt to do so. He has long been called the deceiver, for so he is.