

St. Theresa of Avila's words on holy water: *"From long experience I have learned that there is nothing like holy water to put devils to flight and prevent them from coming back again. They also flee from the cross, but return; so holy water must have great value. For my own part, whenever I take it, my soul feels a particular and most notable consolation. In fact, it is quite usual for me to be conscious of a refreshment which I cannot possibly describe, resembling an inward joy which comforts my whole soul."*

*"One night, I thought the devils were stifling me; and when the nuns had sprinkled a great deal of holy water about I saw a huge crowd of them running away as quickly as though they were about to fling themselves down a steep place."*

*"I will describe something that happened to me one night of All Souls. I was in an oratory: I had said one nocturn and was repeating some very devotional prayers which follow it—they are extremely devotional: we have them in our office-book—when actually the devil himself alighted on the book, to prevent me from finishing the prayer. I made the sign of the Cross and he went away. I then began again and he came back. I think I began that prayer three times and not until I had sprinkled some holy water on him could I finish it. At the same moment I saw several souls coming out of purgatory: their time there must have been nearly up and I thought that perhaps the devil was trying to impede their deliverance."* (from the letters of St. Theresa)



### FAITH

**B**less yourself and your entire house with holy water.

Place holy water on your index and middle fingers and bless yourself by making the sign of the Cross, then make a smaller cross on your forehead for purity of mind, a second small cross on your throat for purity in speech, and a third small cross on your chest for purity of heart. Then go into each room of the house and say (while making the Sign of the Cross in the air) **"I bless this room in the name of the Father, and of the Son, and of the Holy Ghost! Amen."**

What you must remember although holy water is a powerful means of protection against evil, one must have **FAITH** when using it.

Faith can move mountains! Jesus said to them *"Amen, I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."*

Matthew 17:20

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## The Power of Holy Water



*"Thou shalt sprinkle me with hyssop, O Lord,  
and I shall be cleansed;  
Thou shalt wash me,  
and I shall be made whiter than snow."*

*Psalms 52-9*

***\*HOLY WATER a means of SPIRITUAL WEALTH***

**H**oly water is a sacramental that remits venial sin. Because of the blessing attached to it, Holy Mother Church strongly urges its use upon her children, especially when dangers threaten, such as fire, storms, sickness and other calamities. **Every Catholic home always should have a supply of holy water.**

**W**e do not take advantage of the benefits derived from holy water. Christians should cultivate its use. Untold spiritual wealth is concentrated in a tiny drop of blessed water. And we rarely think about it.

**I**f we realized the many benefits which may be derived from holy water, we would use it far more frequently, and with greater faith and reverence. Holy water has its great power and efficacy from the prayers of the Church, which its Divine Founder always accepts with complacency.

**F**ollowing are some of the petitions the priest makes to God when he blesses water:

"**O**h God,....grant that this creature of Thine (water) may be endowed with divine grace to drive away devils and to cast out diseases, that whatever in the houses or possessions of the faithful may be sprinkled by this water, may be freed from every thing unclean, and delivered from what is hurtful... Let everything that threatens the safety or peace of the dweller by the sprinkling of this water; so that the health which they seek by calling upon Thy Holy Name may be guarded from all assault." Amen

**\***Excerpts from Rev. Herm. Fischer, S.V.D

***\*"When you see the term "Holy Water" think of the blood, repentance, and saving faith in Christ."***

***\*BENEFITS OF HOLY WATER.....  
A SACRAMENTAL***

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**PRAYERS EFFECTIVE**

These prayers ascend to Heaven each time you take holy water and sprinkle a drop, either for yourself, or for another whether he be present or absent; and God's blessings descend for soul and body.

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**DISPEL THE DEVIL**

The devil hates holy water because of its power over him. He can not long abide in a place or near a person that is often sprinkled with this blessed water.

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**DO YOUR DEAR ONES LIVE AT A DISTANCE?**

Holy water, sprinkled with faith and piety, can move the Sacred Heart to bless your loved ones and protect them from all harm of soul and body.

When worry and fear take possession of your heart, hasten to your holy water, and give your dear ones the benefit of the Church's prayers.

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**THE HOLY SOULS LONG FOR IT**

Only in Purgatory can one understand how ardently a poor soul longs for holy water.

If we desire to make a host of intercessors for ourselves, let us try to realize now some of their yearnings, and never forget them at the holy water font. The holy souls nearest to Heaven may need the sprinkling of only one drop to relieve their pining souls.

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**REMITTS VENIAL SINS**

Because holy water is one of the Church's sacramentals, it remits venial sin.

Keep your soul beautifully pure in God's sight by making the Sign of the Cross carefully while saying,

***"By this holy water and by Thy Precious Blood wash away all my sins, O Lord."***

**\*** Imprimatur: + Albert G. Meyer, Archbishop of Milwaukee, Jan. 13, 1958

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