

# Prayer with HOLY WATER

*By this Holy Water and by Your  
Precious Blood, wash away all my  
sins, O Lord.*

## WHAT IS HOLY WATER?

Sacramentals like Holy Water or the sign of the cross are simple tools that help us dedicate our daily lives to God, living more sacramentally as we go about our routines. The Church strongly urges its use, especially when dangers threaten. The devil hates Holy Water because of its power over him. He cannot long abide in a place or near a person that is often sprinkled with this blessed water.

When we bless ourselves with Holy Water, we remember that, through the sanctifying grace of baptism, we are children of God. It is an opportunity to seek God's forgiveness for our sins while contemplating the purifying nature of water and asking for God's protection from the devil.

## WHAT IS A SACRAMENTAL?

Sacramentals are sacred signs established by the Church that resemble sacraments and symbolize spiritual effects. These effects are received through the intercession of the Church. Sacramentals, such as blessed candles and medals, serve as reminders of the grace we receive through sacraments and help prepare us to receive actual graces from the Holy Spirit.

Reference: Catechism of the Catholic Church #1667-76



Holy Water in the Catholic Church is water that has been blessed by a priest or bishop for use in religious ceremonies. It is typically used for blessings, baptisms, and to remind people of their baptismal vows.

The process of making holy water involves the priest or bishop performing a special blessing prayer over the water. Sometimes the water may be exorcised (prayed over to remove evil influence) before it is blessed. In many Catholic traditions, the water is placed in a font at the entrance of the church so that people can bless themselves as they enter, reminding them of their baptism.

It has been used since the early Church, with historical roots going back to the Old Testament, where water was often used in purification rituals.



# St. Teresa of Avila on **HOLY WATER**

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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."



## DISPOSAL OF HOLY WATER

*Holy Water usually lasts for a long time. However, if you have Holy Water that is in need of disposal you may pour it into the ground {soil} like a flower bed around the outside of your home. The reason we pour it into the ground is because the ground is sacred and we are returning it to nature. Other religious articles such as broken rosaries, worn out scapulars, broken statues, etc. may be buried in the ground as well.*

## HOLY WATER USES:

The more often we use Holy Water, the more we will realize and appreciate how powerful a sacramental it is. Use it to bless people, places and things that you use to glorify God.

- Bless yourself and others {family & friends}
- Bless your pets
- Bless your house {especially during bad weather}
- Bless your vehicles (car, motorcycle, and/or boat)
- Bless your work space
- Bless the sick and dying
- Sprinkle some on the graves when you visit a cemetery and also sprinkle some for the poor souls in purgatory

