

"Daddy, that statue of the Sacred Heart reminds us that God is here protecting us."

Sacramentals are signs. They remind us of God, the saints and spiritual truths. They are something like sacraments, but there is this big difference: The sacraments were instituted by Christ to produce grace of themselves and are signs of His direct action on souls. The sacramentals were instituted by the Church and obtain graces for us indirectly by arousing us to those acts of virtue which draw down God's graces on us.

469. What are sacramentals?

Sacramentals are holy things or actions of which the Church makes use to obtain for us from God, through her intercession, spiritual and temporal favors.

470. How do the sacramentals obtain favors from God?

The sacramentals obtain favors from God through the prayers of the Church offered for those who make use of them, and through the devotion they inspire.

471. What are the chief benefits obtained by the use of the sacramentals?

The chief benefits obtained by the use of the sacramentals are:

- first*, actual graces;
- second*, the forgiveness of venial sins;
- third*, the remission of temporal punishment;
- fourth*, health of body and material blessings;
- fifth*, protection from evil spirits.

472. Which are the chief kinds of sacramentals?

The chief kinds of sacramentals are:

- first*, blessings given by priests and bishops;
- second*, exorcisms against evil spirits;
- third*, blessed objects of devotion.

BLESSINGS



Always ask a priest for his blessing. He represents Christ and his blessing obtains special graces.

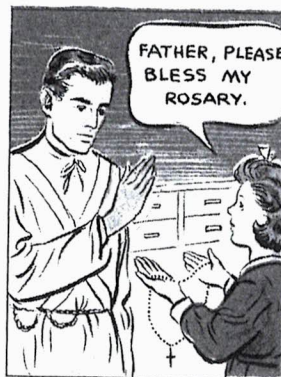
EXORCISMS

"O water, creature of God, I exorcise you . . . so that you may put to flight all the power of the enemy with his apostate angels."



Exorcism means freeing persons or things from the power of the devil. He rarely possesses persons now, but uses things to tempt us. Exorcisms destroy this power.

BLESSED OBJECTS



Have articles of devotion blessed by a priest. This blessing obtains God's grace to arouse devotion.

473. Which are the blessed objects of devotion most used by Catholics?

The blessed objects of devotion most used by Catholics are: holy water, candles, ashes, palms, crucifixes, medals, rosaries, scapulars, and images of Our Lord, the Blessed Virgin, and the saints.

Examples of other sacramentals which are not in the possession of individual Catholics but are used by them together are: a church building, the ceremonies of Benediction, the Stations of the Cross.

474. How should we make use of sacramentals?

We should make use of the sacramentals with faith and devotion, and never make them objects of superstition.

Using sacramentals with faith means believing in what they represent and treating them as signs of spiritual things. We break the first commandment by superstition in using them as good luck charms.

DISCUSSION QUESTIONS:

1. What are exorcisms?
2. Why do we use sacramentals?
3. How are sacramentals like the sacraments?
4. How are they different?
5. How does one use sacramentals with faith, not superstition?

CHOOSE THE BEST ANSWER:

1. Sacramentals inspire: (a) fear (b) grace (c) devotion in us. ☐
2. They are signs of: (a) spiritual things (b) good luck (c) the Church. ☐
3. They were instituted by: (a) Christ (b) the Church (c) holy persons. ☐
4. They are: (a) exactly (b) somewhat (c) nothing like the sacraments. ☐
5. Exorcism means freeing from: (a) harm (b) sin (c) evil spirits. ☐

FILL IN THE BLANKS:

1. A sacramental is a of spiritual things.
2. Objects of devotion should be before we use them.
3. We should not make sacramentals objects of
4. Sacramentals can obtain for us protection from
5. Sacramentals obtain favors through the intercession of

READ FROM THE BIBLE:

Blessings — Gen. 48, 9; Exorcism — Luke 10, 17-20; Blessed Objects — Deut. 28, 3-5.

CLASS PROJECT:

The new Latin-English Ritual lists 26 blessings. Let 26 pupils in the class each give a report to the class on one of these blessings, explaining the purpose and manner of the blessing. (The Latin Ritual lists over 150 blessings.)

PRAYER:

May whatever this touches or sprinkles be rid of all uncleanness and protected from every assault of evil spirits. (This is a good prayer to say when using holy water.)

(Roman Ritual, Blessing of Water.)