

BASIC (BEST) PRACTICES

The following practices, if appropriate, should be observed by anyone who is experiencing any form of spiritual struggle, demonic attack or oppression:

Regularly attend Mass and receive Holy Communion

Seek out a regular confessor for the Sacrament of Penance

Spend time in adoration before the Blessed Sacrament

Incorporate Marian devotions into the daily routine, especially the rosary

Use Scripture for prayer and reflection (esp. the prologue of John's Gospel)

Include other devotions (e.g. Divine Mercy), prayers to patron saints, etc.

Use sacramentals such as holy water, blessed salt, blessed objects, sacred images, etc.

Please note:

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

The person must also have the support of a praying community, at least 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, a journey.

Above all, the person is to be encouraged to remain focused on Jesus Christ – not on the devil or evil, despite the evil one's attempt to do so.