

## Ways To Use Holy Water

I wonder if we keep **Top of Mind** that we live in a world that is filled with evil spirits from the day of Creation for that is their hunting ground. In the Holy Bible, they are referred to as **serpents, sons of god** (Genesis 6), **legion of demons, wandering spirits and fallen angels**. I quote below few Holy Bible references...

- In St. John 12:31 it is scripted “Now is the judgment of this world: now shall **the prince** of this world be cast out” – please note that **satan** is referred to as **the prince of the world**.
- In St. John 16:11 it is recorded “Of judgment, because **the prince** of this world is judged.”
- In St. Matthew 8:31 is written “So the **devils** besought him (Jesus), saying, If thou cast us out, suffer us to go away into the herd of swine”.
- In St. Matthew 12:45 you will read “Then goeth he, and taketh with himself **seven other spirits more wicked than himself, and they enter in and dwell there**: and the last state of that man is worse than the first. Even so shall it be also unto this wicked generation”.

Coupled with Holy Bible references and the experience of St. Teresa of Avila, (that I have quoted below) I believe that it would be wise to follow our Religion as practised by our forefathers.

**“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 virtue. For my own part, whenever I take it, my soul feels a particular and most notable consolation.”** – St. Teresa of Avila (28-03-1515 to 04-10-1582). Her Feast Day is October 15<sup>th</sup>.

St. Teresa of Avila’s quote reminded me of the importance of Holy Water. It is a recalling of our Baptism and our Baptismal Commitments. Our Baptismal commitment included renouncing satan and despising sin and therefore to battle satan we need the support of the Devine and the element that they can provide the laity.

The Anglicans, and Roman Catholics dip their fingers in the Holy Water and make the Sign of the Cross when entering the church. We, at Memorial Church Anglican, do not have this practise as we share the edifice with protestants.

We must remember that this Water, through the Priest, is **Blessed by our Omnipotent God in the Righteousness of Jesus Christ’s Baptism**. One, out of the many prayers that the Priest says during the Sanctification Ceremony is:

- “O God, who for man's welfare established the most wonderful mysteries in the substance of water, hearken to our prayer, and pour forth your blessing on this element now being prepared with various purifying rites. May this creature of yours, when used in your mysteries and endowed with your grace, serve to cast out demons and to banish disease. May everything that this water sprinkles in the homes and gatherings of the faithful be delivered from all that is unclean and hurtful; let no breath of contagion hover there, no taint of corruption; let all the wiles of the lurking

enemy come to nothing. By the sprinkling of this water may everything opposed to the safety and peace of the occupants of these homes be banished, so that in calling on your holy name they may know the well-being they desire, and be protected from every peril; through Christ our Lord. **Amen**".

The fact of the matter is that **the Holy Water is a powerful sacramental** and we ought to use it daily. To prevent us from using it without thinking or callously, we should consciously find ways to use it regularly. **Holy Water can be used to bless people, places, and possessions that are used by humans in their goal towards glorifying God with their lives.**

**Believers use it according to their upbringing.** I give below some of the occasions when the Holy Water is used:

- Soon after getting up in the morning
- After reading the Holy Bible and Prayers in the morning
- After their noontime/midday prayers (they carry a bottle of Holy Water with them)
- After the day has ended and during night time prayers
- There are also those who use Holy Water only on Fridays at **Morning, Noon and Night Time Prayers**. These are individuals who **abstain from solid food** during the daylight hours on Fridays all through the year – as a commemoration of Good Friday.

So, please figure out what you would be able to follow regularly and take it up with absolute BELIEF.

**Here is a list of eight ways to use holy water in your everyday life:**

1. **Bless Yourself** – This suggestion is obvious, but if we are only blessing ourselves with holy water on Sunday, then are not we missing out on the rest of the week? You can never have too much Grace or Blessing in your life. Use Holy Water daily.

2. **Bless Your House** – If you have not taken the time to bless your house with Holy Water, then no time is better than the present. Your home is the domestic Church and is in need of spiritual protection. You can sprinkle holy water in your home yourself, after you have had a priest formally bless your Home using Holy Water as part of the house blessing ceremony.

3. **Bless Your Family** – Use Holy Water to pray and make the Sign of the Cross over your children before they go to sleep at night. Bonding the family to each other and to God in this way is a great family tradition to adopt. You can keep a Holy Water bottle by the bedside for this purpose.

4. **Bless Your Work Space** – If you work outside of the home, sprinkling your work space with Holy Water is a great idea, not only for spiritual protection on the work front, but also as to sanctify your daily work for the Glory of God.

5. **Bless Your Motor Vehicles** – The Motor Vehicles are probably the most dangerous of places where you spend a significant amount of time each day. Never underestimate the power of Holy Water applied to your vehicle to keep you safe from harm's way, when used

in belief and trust in God. In fact, should have a priest bless your Motor Vehicles with Holy Water before general use.

**6. Bless Your Vegetable Garden** – It was a common practice in the Middle Ages for people to sprinkle their vegetable gardens with Holy Water. In times when people were very dependent on crops for their livelihood, lack of rain or early frosts could be devastating. Using Holy Water to bless and sanctify the plants that would be used for the family's sustenance showed their reliance on God's Grace. Why wait for calamity!

**7. Bless the Sick** – If you know of any sick friends or family, then blessing them with Holy Water probably counts as a corporeal and a spiritual work of mercy. If you visit the sick in a hospital or nursing home, bless their living space with holy water and leave a Bottle of Holy Water with them as a comfort in their time of need.

**8. Bless Your Pets** – Many parishes on the feast of St. Francis of Assisi have a rite of blessing for pets. Pets are loved companions for individuals and families and often provide a great service to them, and even these can be blessed with Holy Water because all creation has the end of giving Glory to God. This also applies to livestock and farm animals that provide labour, livelihood, and nourishment to humans.

**Here is are two simple prayers that you could use when using The Holy Water:**

*As your trace, the sign of the Cross across yourself say*

**“By this Holy Water and by Your Precious Body and Blood, cleans all my sins away, O Lord. Amen.”**

*As you place the sign of the Cross on your forehead, lips and upon your heart say*

**“God be in my Head and in my Thinking; God be on my Lips and my Speaking; God be in my Heart that I may Glorify Thee. Amen.”**

There is no specific prayer to pray when using Holy Water, other than the Sign of the Cross, “In the name of the Father and the Son and the Holy Ghost.” You can also pray Our Lord's Prayer.

*Some of our Roman Catholic brethren also say the following prayer*

**“Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, cast into hell satan and all the evil spirits, who prowl through the world seeking the ruin of souls. Amen”.**

Be very careful when using Holy Water. Keep in mind that the Holy Water that is in your possession has been blessed by the prayers of our priest in the Sanctuary of our Omnipotent and Omnipresent GOD and therefore should be used reverently.

### **How To Use Holy Water**

Holy water is one of those beautiful gifts (and weapons) from our God to keep us sanctified and Holy in our daily lives, and to keep the things we regularly use sanctified and Holy.

Hopefully if we stop and think of what a generous gift Holy Water is for us, we will use it **more frequently, thoughtfully, and gratefully!**

I know of parents using Holy Water to Bless things their children regularly use, such as bicycles, school books, tiffin boxes and the like...

God Bless You.

Cecil K. Dewars

Memorial Church Anglican – Whitefield