



ESSENTIAL SPIRITUAL WARFARE PRAYERS  
FOR PROTECTION AND DELIVERANCE

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FOR PROTECTION AND DELIVERANCE

Written and compiled by  
Mary Leonora Wilson, FSP



BOOKS & MEDIA

Boston

*Nihil Obstat:* Reverend James R. Mattaliano, S.J., M. Div., M.Th.

*Imprimatur:* ✚ Seán Cardinal O'Malley, O.F.M. Cap.

Archbishop of Boston

December 21, 2020

ISBN 10: 0-8198-2412-7

ISBN 13: 978-0-8198-2412-7

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Published by Pauline Books & Media, 50 Saint Pauls Avenue, Boston, MA 02130-3491

Printed in the U.S.A.

[www.pauline.org](http://www.pauline.org)

Pauline Books & Media is the publishing house of the Daughters of St. Paul, an international congregation of women religious serving the Church with the communications media.

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## Foreword

The spiritual battle of humanity goes all the way back to the Garden of Eden. In Genesis 3:15 we read that God will put enmity between the serpent and the woman, between its offspring and hers; “He will strike at your head, while you strike at his heel.”

In the Book of Revelation 12:7–9 we hear of Satan being thrown down to earth along with the other fallen angels (now demons) where, filled with rage, he wages war against the rest of the offspring of the woman clothed with the sun, and with her Son.

This is the world and the reality in which we live, but as Christians, we are not to fear or be disheartened. Jesus has promised us that he has overcome the world (Jn 16:33).

All of us are called to take courage and to choose whom we will serve. A choice for the

Lord will always leave us open for attack from the enemy of creation.

The attacks made upon us are ultimately further attacks on God as Satan rages against him and all that is holy, true, and divine. Satan has eternally and permanently lost, yet he wishes to take as many souls down with him as possible, as he continues to sweep his tail in an attempt to cast the star of our lives into the darkness of his separation (see Rv 12:1–4).

To withstand Satan's assault upon our souls, we must arm ourselves with the weapons of faith (Eph 6) and use the means available to us that guarantee our ultimate victory: prayer, fasting, sacrifice, regular confession, Mass, the Eucharist, Adoration, the Rosary, the Scapular, Sacred Scripture, and the use of sacramentals (the Chaplets of Divine Mercy and of Saint Michael, the Saint Benedict and Miraculous Medals, holy water, etc.). In using these effective means, we prevent the enemy from robbing us of our true destiny—union with God.

Jesus reminds us that apart from him we can do nothing but, trusting in him, his abiding

presence and saving power are with us (see Jn 15:4–7).

The Apostle James exhorts us to submit to God and resist the devil, who will flee from us (Jas 5:7). This submitting to God is all about fostering, developing, and deepening a relationship with him through prayer and the spiritual life. We must remain very close to Jesus, Mary, Saint Joseph (the “Terror of Demons”), Saint Michael, all the angels, and the saints. In doing so we arm ourselves against the assaults of the enemy that assuredly come to us. May these prayers bring you the protection and deliverance the Lord desires for you and your loved ones.

JAMES R. MATTALIANO, S.J.

*President of the Pope Leo XIII Institute (For the education and training of priests in the holy ministry of exorcism and deliverance)*



# Introduction

## *Jesus, the Source of Our Faith*

“I do not ask that you take them out of the world but that you keep them from the evil one” (Jesus’ prayer to the Father for his disciples the night before he died, Jn 17:15).

When Jesus and the three apostles with him descended from the mount of the transfiguration, they were met by a crowd of people and a distraught father, who had brought his son to the disciples that they might rid him of a spirit that was tormenting him. The disciples had been unable to cast the spirit out of the boy. Almost as a last resort, the father turns to Jesus and cries: “If you can do anything, have compassion on us and help us.’ Jesus said to him, ‘If you can! Everything is possible to one who has faith.’

Then the boy's father cried out, 'I do believe, help my unbelief!' Jesus, on seeing a crowd rapidly gathering, rebuked the unclean spirit and said to it, 'Mute and deaf spirit, I command you: come out of him and never enter him again!' Shouting and throwing the boy into convulsions, it came out" (Mk 9:22–26). The disciples were as amazed as everyone else. Later, in private, they asked Jesus, "Why could we not drive it out?" Two answers are recorded, both important to the topic of this booklet. Matthew remembers Jesus answering: "Because of your little faith. 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" (Mt 17:20). And Mark records these words of the Master: "This kind can only come out through prayer" (Mk 9:29).

Faith and prayer are two very powerful weapons that God has equipped us with in the battle against evil. It is Jesus himself who teaches us, by example, by encouragement, and even by admonition, to pray to be delivered from evil. Jesus



prays and fasts for forty days and forty nights in the desert before his encounter with Satan. He prays nights and in the early morning hours before driving out demons and healing and teaching. He prepares for his passion in intense and profound prayer and urges his disciples to do the same: “Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak” (Mk 14:38). In teaching us how to pray to the Father, Jesus includes these very important words: “do not subject us to the final test but deliver us from the evil one” (Mt 6:13).

The *Catechism of the Catholic Church* reminds us that this last petition of the Our Father is not dealing with abstracts, but is referring to a real person, Satan, the leader of those angels who opposed God before the creation of the world and who even sought to ruin the plan of redemption accomplished in Jesus (see CCC 2851). Saint Paul is also explicit: “Our struggle is not with flesh and blood but with the principalities, with the powers, with the world rulers of this present darkness, with the evil spirits in the heavens” (Eph 6:12).

All of Scripture speaks of the need of spiritual warfare against the spirits of evil. Should we be afraid or anxious? Not at all. God permits Satan to exercise power over the natural world and lets him tempt us, but he will not be victorious in the end. Saint Paul says, “If God is for us, who can be against us?” (Rom 8:31). In everything “we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord” (Rom 8:37–39).

Jesus our Redeemer is the source of our faith; he marches ahead of us, alongside us, with us. If we do not abandon him, he will not abandon us. It is he who assures us of victory, and because of him we can fight bravely and confidently: “Behold, I am with you always, until the end of the age” (Mt 28:20).

I

# The Sacraments

*Powerful Defenses Against Evil*



It's important to recognize the forces of evil in the world so that we can be prepared to resist them. We are not called to be exorcists. Major exorcisms (i.e., expulsion of demons and/or liberation from demonic possession) can be performed only by a priest with the permission of a bishop (see CCC 1673). But we can protect and defend ourselves from demonic activity by avoiding sin and renouncing sinful habits; by deepening our relationship with the Lord through prayer, Scripture, and the sacraments; by deepening our knowledge of the faith and living a life of virtue—especially the virtues of humility, charity, and dependence upon God; by seeking the support of Mary, the angels, and the saints; and by making use of the sacramentals provided by the Church.

In the Book of Genesis, we read the story of God's rejection of Cain's offering and how angry Cain was. God then speaks to Cain: "Why are you angry . . . ? If you do well, will you not be accepted? And if you do not do well, sin is

lurking at the door; its desire is for you, but you must master it” (Gn 4:6–7). In our struggle against the powers of darkness, sin is the evil, Satan is the instigator of sin.

Have you ever experienced sin lurking at your door? Perhaps in your thoughts or in your heart? Saint Paul did. He writes to the Romans: “When I want to do right, evil is at hand. For I take delight in the law of God, in my inner self, but I see in my members another principle at war with the law of my mind, taking me captive to the law of sin that dwells in my members” (Rom 7:21–23). Isn’t this often our own experience? Sin lurking at the door . . . “Miserable one that I am! Who will deliver me from this mortal body? Thanks be to God through Jesus Christ our Lord” (Rom 7:24–25).

The first means of defense against Satan is to recognize sin lurking at our door, to call it by name, to avoid it, and to renounce sinful habits. This is possible through the grace won for us through the passion and death of Jesus Christ and poured into our hearts by the Holy Spirit in Baptism, in Confirmation, and in the

sacraments of Eucharist and Reconciliation. The sacraments are there for us, to strengthen us and to draw us into a deeper relationship with Jesus Christ. With his grace we become formidable against the enemy. In his first letter to the Corinthians, Paul reminds us, “God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it” (1 Cor 10:13).

One very effective way to prepare ourselves for trials and spiritual combat is a sacramental life: frequent confession, frequent Communion, and at least weekly participation at Sunday Mass. If daily Mass is a possibility, even better. The more we nourish ourselves with the Eucharist, the better prepared we will be. In the sacraments given us by Jesus we have an arsenal and an invaluable source of grace!

Regularly renewing our baptismal vows and affirming our faith in the creed of the Church are important spiritual practices that strengthen us in our Christian identity, by constantly reminding us whose we are.