



TASTE Reflection Questions
15 January 2026

Sacraments and Sacramentals Hope in the Spiritual Battle

[\(Link to References\)](#)

Deacon Chuck Bieberich



Pray, Hope, and Don't Worry ~ Padre Pio

1. Deacon Chuck Bieberich said that we don't really hear about the spiritual battle in **HOMILIES**.

- Why do you think that is so, even though the scriptures teach about it and the Apostles warned us about the battle?
- How do you think not hearing about it has affected your journey of Faith?
- What did you think when Deacon Chuck told us of the number of demons there are?
- What did you think of the intelligence of the demons?

2. Deacon Chuck reminded us that God has control over the demons and keeps them on a short leash. However, He permits the demons to harass and tempt us.

- How did you feel about the statement that God permits demons to tempt and harass us in order to allow us to grow in holiness, increase our trust in Him, and sanctify us?
- Have you ever felt a demon harass you or tempt you? What was the situation?
- When you are tempted to watch or listen to something that is not from God or simply distract yourself with media etc, how will you see that differently? How will you act differently?

3. Most of us probably thought the primary symbolism of the water in **BAPTISM** is to "wash away" sin. We learned:

- The primary symbolism is death as we are spiritually killing/drowning the old life of sin so that we may rise to new life.
- Until we are baptized, we are not children of God. Rather, we are under the dominion of Satan.
- During baptism, not only does the priest claim the child for Christ by tracing the sign of the cross on the forehead, but he says the prayer of exorcism and anoints him with oil on the breastplate so that evil will not cling to them.
- How did you feel when you learned that from the time of our birth and until our baptism, not only were we separated from God and that God was not our Father, but that our father was Satan?
- How can you encourage family or friends to Baptize their children? Prayer? Loving and compassionate conversation? Should you worry about the parent getting angry and affecting your relationship?

4. Deacon Chuck talked about **SACRAMENTALS**. He reminded us that when we use any Sacramental, it is NOT the OBJECT itself, rather it is JESUS who is the POWER. It is NOT a SUPERSTITION. He gave each of us Blessed Salt and Oil as well as 4 St. Benedict Medals. He mentioned this medal includes Latin initials that are abbreviations for exorcistic prayers like Vade retro Satana!" (Begone, Satan!), "Non suade mihi vana" (Do not entice me with your falsehoods).

- How easy or difficult is it to remind yourself that it is NOT the object, but Jesus who is the power in Sacramentals?
- What Sacramental do you currently wear or use? Which ones are you likely to add?
- Knowing that blessed and exorcised, St. Benedict medals provide incredible protection against demonic activity, who might you pass along the extra medals to?
- In what situations will you call upon our Blessed Mother?

WARNING OF REALITY OF BATTLE WITH EVIL SPIRITS

- **Ephesians 6:10-17** — Finally, draw your strength from the Lord and from his mighty power. Put on the armor of God so that you may be able to stand firm against the tactics of the devil. For 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. Therefore, put on the armor of God, that you may be able to resist on the evil day and, having done everything, to hold your ground. So stand fast with your loins girded in truth, clothed with righteousness as a breastplate, and your feet shod in readiness for the gospel of peace. In all circumstances, hold faith as a shield, to quench all [the] flaming arrows of the evil one. And take the helmet of salvation and the sword of the Spirit, which is the Word of God.
- **Padre Pio** — “The number of devils active in the world is greater than all the people who have been alive since Adam. If they all took on bodily form they would blot out the light of the sun.”
- While it may seem like the evil spirits have the upper hand, remember Jesus has already defeated Satan and He has given Mary our mother the job of crushing Satan's head for all eternity. But in the meantime, God permits us to be tempted, oppressed, obsessed and in rare cases even to be possessed for our sanctification. One tactic that demons often use is to distract us from the good and holy, from edifying thoughts, prayers, videos, websites so that the good goes undone. The suffering that we endure in the spiritual battle is meant to bring us closer to living a life of holiness & to grow in our trust of our God. But God keeps them on a short leash.

SACRAMENTS TO PROTECT OURSELVES AGAINST EVIL SPIRITS

- We protect ourselves from spiritual mayhem by living a good, holy, Catholic sacramental life, by being in a state of Grace, by trusting in the power of God, the mercy of God. And we have to start by admitting that we cannot do it by ourselves, we regularly need the Grace of our Loving Father.
- **Sanctifying grace** — It is a habitual gift, a stable and supernatural disposition that perfects the soul itself to enable it to live with God, to act by His love. Habitual grace, the permanent disposition to live and act in keeping with God's call, is distinguished from actual graces which refer to God's interventions.
- **Baptism** — In this sacrament, we first receive Sanctifying Grace, which is God's divine life in our soul. It is here that we die spiritually (as symbolized by drowning in water) — dying to a life of sin (Kingdom of Darkness) and rising to a glorious new life in Christ. We become adopted children of God.
- **Confession** — If we have committed a mortal sin, we separate ourselves from God, and we put ourselves back under the dominion of Satan (he becomes our father again). Thanks be to God, that Sanctifying Grace can be restored through the Sacrament of Confession. And even if we have not committed a mortal sin, we still receive an increase in Sanctifying Grace. Fr. Gabriele Amorth, the famous exorcist of Rome who said “One **CONFESSION** is worth 100 exorcisms.”
- **Holy Eucharist** — The most powerful way to increase Sanctifying Grace is through the reception of the Holy Eucharist, the Body, Blood, Soul and Divinity of Jesus Himself. The more often we receive Holy Communion, the more strength we gain in the spiritual battle, and the more we are protected from the evil one.
- **Confirmation, Matrimony, Holy Orders & Anointing of the Sick** — We also receive Sacramental Grace through each of these. “Sacramental grace” is the grace of the Holy Spirit, given by Christ and proper to each sacrament. The Spirit heals and transforms those who receive him by conforming them to the Son of God. The fruit of the sacramental life is that the Spirit of adoption makes the faithful partakers in the divine nature by uniting them in a living union with the only Son, the Savior.

SACRAMENTALS TO PROTECT OURSELVES AGAINST EVIL SPIRITS

- “These are sacred signs which bear a resemblance to the sacraments. They signify effects, particularly of a spiritual nature, which are obtained through the intercession of the Church. By them, men are disposed to receive the chief effect of the sacraments, and various occasions in life are rendered holy.” Demons despise anything that is blessed. They may include:
- **Holy water** — We can use it to bless ourselves, our house, or put a little in meals or drink it.
- **Blessed and exorcised salt** — It is used the same way to cast out demons.
- **Blessed oil** — It can be used to protect our homes from demons entering by making the sign of the cross over the doors and windows. Also, on your car it can protect you from demonic mayhem on the road,
- **Remember** — it is not the sacred object itself, but it is Jesus who is providing the power that protects us. We should never treat sacramentals in a superstitious way, as good luck charms or anything like that.
- **Rosaries, crucifixes, or medals, Brown scapular** — All of these provide powerful protection from demonic influence. It's not the saint whose blessed medal we wear or carry with us on our keychains, it is Jesus, through the intercession of that particular saint who makes the demons flee.
- **Saints** — Some saints seem to invoke more fear in the demons than others. Two of the best ones for spiritual warfare are: *Our Blessed Mother* — The demons fear her most & cannot bear to hear her name. Invoke her often by saying the Hail Mary. *Saint Benedict* — Wear his medal or invoke his intercession; He is among the most potent & feared by demons.
- **Solemn Rite of Exorcism** — A sacramental to free that person of demonic possession. It is used where the demons have acquired the right and the permission of God to inhabit a person's body. Among sacramentals used in this rite is the *Crucifix* as the most powerful and painful to the demons. Also, the *priestly stole* is a symbol of authority given by Christ to the Church. Also used are other sacramentals — Holy Water, blessed oil, St Benedict medals, incense, and relics.
- **Deliverance Prayers** — They are a series of beautiful, powerful prayers to reject, rebuke, and renounce demons of all stripes. They can be done in person or on-line with “pray with me videos.” Among the most powerful of the prayers during the monthly sessions are those to break the Free Masonic curse, which, sadly, many Americans are afflicted by and do not even know.