

Faith in Five – Adult Satan



1. God created angels to worship God and minister to His people. The angel Lucifer ("bearer of light") was a magnificent being, beautifully described in Ezekiel 28:12-15. He fell because of pride. "Your heart became proud on account of your beauty, and you corrupted your wisdom because of your splendor." Lucifer desired to be God, not to be a servant of God. When he became corrupt, his name was changed to Satan ("adversary"). Jesus, the eternal Son of God, witnessed Satan's fall, in Luke 10:18: "I saw Satan fall like lightning from heaven."
2. Some do not believe that Satan exists. The truth is Satan known also as the devil, exists. He and the other demons are in reality fallen angels, spiritual beings that refused to accept God's reign. All the demons, Satan included, were created naturally good, and became evil by their own choosing (CCC, 391). They are at work in the world all the time, working out of their hatred for God and for us. The first thing we must accept is that the devil is real and exists to "kill, steal and destroy"(John 10:10). In his first letter, St. Peter makes this clear: "Be sober and vigilant. Your opponent the devil is prowling around like a roaring lion looking for [someone] to devour. (1 Peter 5:8)
3. Jesus says about Satan: "He was a murderer from the beginning, and has nothing to do with the truth, because there is no truth in him. When he lies, he speaks according to his own nature, for he is a liar and the father of lies" (John 8:44). Satan will use discouragement and despair to keep us from trusting God. Division, confusion, disobedience, and enmity in the Church are other tactics. St. Paul wrote, "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" (Ephesians 6:12).
4. **We are confident that the power of God will always triumph over Satan, good over evil and love over hatred.** We have nothing to fear when we remain in Christ Jesus, for in Him we are given power, love, and a sound mind (Timothy 1:7). St. John reminds us, "It was to destroy the devil's works that the Son of God revealed Himself" (1 John 3:8). By taking these discouraging thoughts captive and turning them over to Christ, we can stop the enemy in his tracks.
5. Demons fear the holy Name of Jesus or be in His presence. Why? **Because at the Name of Jesus** every knee will bend, in the heavens and on the earth and under the earth (Philippians 2:10-11). All must submit to and acknowledge God. In Matthew 8:28-30, demons recognized Jesus as the Son of God, and submitted to His authority over them. The Name of Jesus is an effective way to cope with the presence of demons.
6. Professional exorcists in the Catholic church will tell you that demons do not usually take possession of a person without their permission. Involuntary demonic possessions can occur, but most of the time a person has done something to encourage the evil

spirits. Consulting horoscopes, astrology, palm reading, interpretation of omens and lots, the phenomena of clairvoyance, engaging in magic and sorcery with recourse to mediums all conceal a desire for power over time, history, and other human beings. They contradict the honor, respect, and loving fear that we owe to God alone (CCC, 2116). These are sins against the First Commandment, "You shall love the Lord your God with all your heart, and with all your soul and with all your mind". We worship the Lord God alone and serve only Him (Matthew 4:10).

7. Practices of the occult hinder our relationship with God and give the devil a way to break into our souls. There is good reason that the Church warns against meddling in the occult: "Should anyone turn to mediums and fortune tellers and follow their wanton ways, I will turn against such a one and cut him off from his people" (Leviticus 20:6).
8. The Catechism of the Catholic Church definitively states: "All practices of magic or sorcery, by which one attempts to tame occult powers, so as to place them at one's service and have a supernatural power over others – even if this were for the sake of restoring their health – are gravely contrary to the virtue of religion. These practices are even more to be condemned when accompanied by the intention of harming someone, or when they have recourse to the intervention of demons" (CCC, 2117).

Demons will use humanity's curiosity to their own advantage, which eventually presents itself as a temptation. One innocently appearing incident can open the floodgates to the devil's wiles as in the case of Eve who believed the enemy's lies. If a person dabbled in occult practices out of fun when they were a child or a teenager years ago, a demon can lie hidden inside that person, undetected for a long time.

9. Other seemingly harmless activities can give the devil access to us. The New Age movement spread through the occult and metaphysical religious communities in the 1970-1980s, focused on enlightening the mind through personal transformation ([Source](#)). Another is yoga, which was not created for exercise but for worship of many false gods. ([Source](#)). "In Hinduism, yoga (Sanskrit for "yoke" or "union") it is the general category of various kinds of disciplines (physical, mental, sexual) meant to unite a person with the divine to achieve enlightenment. The experts on yoga admit that the exercises and stretches are representations of eastern deities, which are demons. The body postures are meant to release Kundalini serpent energy and mimic postures of a person diabolically manifesting during an actual exorcism ([Source](#)).
10. Unclean spirits vary in strength, boldness, and malice. They can influence our thoughts by way of the imagination, and they can excite feelings in us, such as lust, anger, or despair. Demons look for the opportune time and place when we are weakest and let our guard down. Their power over us will either increase or decrease according to the level of resistance they meet in us. Demonic powers it will grow in our souls if we allow it.

Growing in holiness is one of the best ways to cope with demonic attacks or harassment. Although “[a]ll things are lawful for me,”... not all things are helpful” (1 Corinthians 6:12). We must abstain and avoid the temptation of sin by fleeing from it, including the appearance of it (1 Thessalonians 5:22). We make ourselves strong against the devil’s attacks when we choose the love of God over the fear the devil is trying to sow.

11. Jesus himself underwent temptation by the devil and gave us examples of how to resist him ([source](#)).
 - a. **Jesus fasted, prayed, and kept vigil**, during the forty days of temptation in the desert. St. John Vianney taught that when the devil sees someone praying a little more, doing a little fasting, and sleeping a little less, he becomes fearful of that person.
 - b. **Jesus used sacred words - the Word of God** - words of the psalms and prayers of the Church was used to answer the devil’s attempts. For us, we have access to the Most Holy Name of Jesus, and the intercession of the Blessed Virgin Mary (who crushed the head of Satan beneath her feet (Genesis 3:15). Temptations are addressed by contradicting them with God’s name and his holy word spoken as an urgent prayer.
 - c. **Jesus put His trust in the Lord God**, who is Love. Perfect love casts out fear (1 John 4:18). Literally, once for every day of the year, God reminds us in the Scriptures that evil is something we should not fear. Death has no power over us.

A frequent or daily examination of the conscience is essential to keeping spiritually fit. This can be done any time of the day, in as little as 2 minutes. Many will do this at the end of the day or even several times throughout the day. This assures us of staying close to God’s Will ([Source](#)). Taking account of what happened in our day as a means to do better is a sign that God’s grace is working in us, helping us to grow in freedom and awareness. The Holy Spirit will guide us into all truth. When sin is made known to us, we must address this with fervent and frequent confession. In confession our relationship with God is restored.

12. **Keeping the devil away** ([source](#))
 - a. **Frequent the sacraments of confession and Eucharist** – the Holy Eucharist, Christ living in us! There is no better way to drive the devil away! St. Thomas Aquinas confirmed this in his Summa Theologiae, “[The Eucharist] repels all the assaults of demons.”
 - b. **Consistent prayer life** helps us maintain the grace and intimate relationship with Christ. Knowing God’s word by reading the Scriptures is key to staying close to God’s will. St. Jerome (AD 347–420) said, “Ignorance of Scripture is ignorance of Christ.” Therefore, to know Scripture is to know Christ and his power.
 - c. **Fasting** – Of one particular demon, Jesus said to his disciples, “This kind cannot be driven out by anything but prayer and fasting” (Mark 9:29). In this same account in St. Matthew’s Gospel, Jesus responds that they were not able to cast out the demon because of their little faith (17:19).
 - d. **Sacramentals** can be powerful weapons in the daily fight to keep the devil from ever coming back. Exorcists suggest such sacramentals as blessed salt and blessed

- water not only be kept at home but to be brought along wherever a person goes. Bless your house, enthrone the Sacred Heart, and make it a place where the devil has trouble gaining a foothold. [Watch Heather's video on Protecting the Home.](#)
- e. **Marian Devotion** - Devotion to Mary is a powerful means of protection in our daily life. Recitation of the Holy Rosary has been known to draw fear among demons and is an important weapon in the arsenal of an exorcist in fighting demonic attacks. Pope St. Leo XIII says, "The Rosary is a remedy for all our evils and the root of all our blessings."
 - f. **Our Guardian Angel and St. Michael the Archangel.** Scripture teaches us the importance of our angels. In Psalm 91 we read, "For he will give his angels charge of you to guard you in all your ways" (v. 11). We call upon St. Michael to defend us in battle, against the wickedness and snares of the devil.
 - g. **Invocation of the Name of Jesus and the Blood of Jesus.** As mentioned, the devil is powerless against the Name of Jesus. We are saved by His blood for without the shedding of blood, there is no remission of sin.
 - h. The best protection against demons and evil spirits is to **attend Mass regularly**. We receive grace from Jesus, through the sacraments and prayer. God is always close to us, whether or not we remain close to Him. Praise God for His faithfulness to us!
13. A **minor exorcism** is performed at baptism at the Rite of Baptism for Children and the Rite of Christian Initiation of Adults (RCIA). This type of exorcism does not deal with full possession of a person by a demon but moves to expel the influence of evil spirits. **Major exorcism** in the Catholic Church, is the formal expulsion of demons or evil spirits from a person, thing or area. The Church asks publicly and authoritatively in the name of Jesus Christ for this protection or liberation. Prayers from the rubrics of the rite and sacramentals are used. Each diocese has at least one priest with the training and authority, under the bishop, to exorcise demons.
14. A major or solemn exorcism is not to be performed by the laity. This is a serious matter that must be addressed by a bishop or priest professionally trained for this ministry in the Church. The devil is real and dealing with him is not to be taken lightly. The devil must be properly deposed.
15. **Does God love Satan?** God loves everything He created but everyone has been given a free will. God will not force His love on anyone and will allow them to choose against Him. ([Source](#))

So submit yourselves to God. Resist the devil, and he will flee from you. (James 4:7)

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