

## HOW TO USE THE BLESSED OIL

This oil, blessed by a priest in the name of the Church, may be used by lay people when praying for themselves and sick relatives, friends, and neighbours. It is different from that oil which a priest uses when conferring the "Sacrament of the Anointing of the Sick."

Blessed oil which is intended for home use, can be used every day or as often as needed. As with holy water and all sacramentals, it should be used with faith. Use of oil blessed in the name of the Church reminds us that the praying Church is united with us in our prayer requests.

An expectant faith in the desire and power of Jesus to heal in body, soul, and spirit, can be strengthened by prayer and Holy Scripture. Especially when one's own faith seems weak, it is very useful to imagine the tremendous love which Jesus has for the person for whom one is praying.

The ritual of the Church suggests a psalm be prayed aloud followed by the reading of a Gospel passage. Some suggested psalms and Gospel passages:

Psalms 91, 16, or 51  
Matthew 8:5-13  
Mark 16:14-18  
John 1:1-14

To apply the oil, simply moisten the thumb and rub the oil - in the form of a cross if you wish - on the forehead, or where it seems most appropriate.

Any prayer may accompany the anointing with the blessed oil. One is free to compose a prayer of one's own.

Examples: "Lord Jesus, bring healing in mind, body, and spirit to (name of sick person)."

"Through the intercession of the Blessed Virgin Mary, and the apostles Peter and Paul, may Jesus heal you in the power of his Spirit."

"May Jesus, who loves you, heal you."

## PART OF THE PRAYER FROM THE BLESSING OF OIL FOR LAITY

Grant, we pray, that those who will use this oil, which we are blessing in your name, may be delivered from all suffering, all infirmity, and all wiles of the enemy. Let it be a means of averting any kind of adversity from people made in your image and redeemed by the precious blood of your Son, so that he may never again suffer the sting of the ancient serpent; through Christ our Lord.

## PRAYER TO BE PRAYED EACH NIGHT WHILE BLESSING YOURSELF WITH OIL

Father, in the Name of Jesus, I bless myself with this holy oil for my total healing of body, mind, and spirit. I ask that a drop of the Precious Blood flow through all my veins, and through the full power of the death and resurrection of Jesus, I rebuke the power of cancer and every other deadly disease in my body. Amen.