

# POPULAR DEVOTIONS & SACRAMENTALS



## SACRAMENTAL WORLDVIEW



# SACRAMENTAL WORLDVIEW

"There is scarcely any proper use of material things which cannot be thus directed toward the sanctification of men and the praise of God."

*Sacrosanctam Concilium 61*

## Prepared for the Sacraments?

Are we receiving the full effects of the sacraments?

Have we striven to eliminate obstacles?

Do we come with open hearts?

Are our daily lives open to God's grace?

Are we breathing "Catholic"?

↳ daily? or for an hour a week?

"[S]acramental life is impoverished and very soon turns into hollow ritualism if it is not based on serious knowledge of the meaning of the sacraments,



and catechesis becomes intellectualized if it fails to come alive in the sacramental practice."

*Catechesi Tradendae, 23*

# What is a Sacramental?

a sacred sign which bears a resemblance to the sacraments

it prepares us to receive the sacrament & disposes us to cooperate with the grace

it sanctifies occasions of life

Scripture & Church Fathers

CCC 1667

## How do sacramentals “work”?



Through the faith we bring to their use and through the prayers which the Church offers for those who use them, they obtain benefits for us.



CCC 1670

“Yes,... to put one’s trust in [charms, amulets, etc], to imagine that inanimate objects such as these could protect against disease or other evil, is undoubtedly nothing but gross superstition. How is it, then, that we Catholics are permitted by our Church to have amulets of many kinds, such as crosses, scapulars, medals?

Is this superstition?”

Msgr. John Sullivan, [Externals of the Catholic Faith](#)



“No; because the Catholic, unlike the pagan, does not trust in them on account of any inherent virtue which he imagines them to have, or any supposed magical power. He puts his trust only in the living God, Who through the prayers of His Church, blesses these material things and bids her children to keep and use them as memorials of Him, as symbols of His merciful providence.”

Msgr. John Sullivan, Externals of the Catholic Faith

## A word on “popular piety”



CCC 1674

Besides sacramental liturgy and sacramentals, catechesis must take into account the forms of piety and popular devotions among the faithful. The religious sense of the Christian people has always found expression in various forms of piety surrounding the Church's sacramental life, such as the veneration of relics, visits to sanctuaries, pilgrimages, processions, the stations of the cross, religious dances, the rosary, medals, etc.

CCC 1674

# How do sacramentals “work”?

## favours obtained:

actual grace  
aid to devotion  
protection from evil spirits  
remission of temporal punishment  
due to sin  
certain temporal blessings  
forgiveness of venial sin

CCC 1670

Holy Water	Holy Oils
Medals	Church bells
Rosaries	Vestments
Palms	Candles
Incense	Crucifixes
Blessed Salt	the Agnus Dei

## Blessings & Consecrations

CCC 1671: persons, meals, objects, places

CCC 1672: certain blessings  
*consecrate* persons to God  
blessing of an abbot  
rite of religious profession

CCC 1673: exorcisms



# Sign of the Cross

prompts gratitude, love, contrition  
emblem of God's mercy



summary of our Faith  
history:  
Apostolic times

# Holy Water



cleansing,  
renewal, purification  
reminds us  
of our Baptism  
exorcism

# Ashes

repentance, humility, mortification



*Remember that  
you are dust,  
and to dust you shall  
return*

history: Old Testament



# the Rosary

meditations on the  
events in the life of  
Christ and His Mother



*Rosarium Virginis Mariae*, 2002

St. Dominic & Apostolate of Preaching

October 8 - Our Lady of the Rosary

# the Stations of the Cross

meditation on the Passion of Christ

grace of pilgrimage

history:

- Blessed Alvarez, O.P.
- Franciscans



# the Scapular

“shoulder blade”

symbolic of a yoke, cross, shield

various kinds

brown:

St. Simon Stock

green: conversion



# the Miraculous Medal



history: France, 1830  
St. Catherine Labouré



*O Mary, conceived without sin,  
pray for us  
who have recourse to thee.*

# Medal of St. Benedict



*May the holy cross be my light!  
May the dragon  
never be my guide!*

*Begone Satan! Never tempt me  
with your vanities!  
What you offer me is evil.  
Drink the poison yourself!*

