BLESSED SALT

Why salt? - Salt has a rich and long history in the ancient world and in the Bible. The word "salary" comes from the Ancient Roman era when soldiers were paid in salt, a precious commodity. In the Old Testament no sacrifice was offered to God unless it were first sprinkled with salt. Salt is also used as a preservative that keeps food from spoiling. It symbolizes friendship and hospitality. In the Book of Kings Elisha uses salt to restore the waters of a well.

How to use blessed salt? - Not surprisingly, blessed salt can be consumed in ways normal salt would be. It may also be sprinkled in a room, or across a threshold, or in other places as an invocation of divine protection, to keep evil (spiritual) forces and influences away.

The effects of blessed salt? - Blessed salt is intended to be an instrument of grace to preserve one from the corruption of evil occurring as sin, sickness, demonic influence, etc.

It's not magic! - It's important not to be superstitious about blessed objects (salt, in this case), but, rather, in due deference, to make use of them without becoming paranoid. That being said, if we admit that we are in spiritual warfare, why wouldn't we want to make use of the tools and prayers of the Church which would better equip us to protect ourselves? So, there is a healthy, balanced approach you must take with the use of blessed salt, as with any other sacramental. Avoid scrupulosity and obsessive worry over these things, remain in a state of grace, stay close to God, to the Sacraments and to Our Lady. These basics must always take precedence in your heart, your mind, and your prayer life, above and before your use of blessed objects.

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How to use a blessed candle in your everyday life:

1. You can sprinkle blessed salt in your cooking. A few grains in drinking water can bring about spiritual benefits, if used with faith and prayer.
2. You can sprinkle blessed salt under the bed to ward off nightmares, temptations.
3. You can also sprinkle it in corners of your home, etc., for spiritual protection or to prevent burglary. You can say a prayer of protection if you'd like.
4. You can carry a small vial of blessed salt while traveling or in your car – again, for spiritual protection.

Prayers you can use:

By the sprinkling of this blessed salt, I seal this (room or home) in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Through the use of this blessed salt, may God drive away the powers of evil, and protect us always by the presence of his Holy Spirit. Amen.

Almighty and eternal God, we humbly appeal to your mercy and goodness. You have given this blessed salt for our use. May all who use it find in it a remedy for body and mind. And may everything that it touches be freed from uncleanness and any influence of the evil spirit. Through Jesus Christ our Lord. Amen.

O God, source of irresistible might and King of an invincible realm, the ever-glorious Conqueror. You have shone the light of your kindness upon this salt and have hallowed it with the dew of your mercy. In awe and humility we beg you now, O Lord: wherever this salt is sprinkled and your holy name is invoked, every assault of the unclean spirit may be baffled, and all dread of the serpent's venom be cast out. To us who entreat your mercy, grant that your Holy Spirit may be with us wherever we may be. Through Christ our Lord. Amen.

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