

Fr. Perozich comments —

Monsignor Stephen Rossetti's comments in his "Exorcist Diary" posts found on SpiritualDirection.com are precise, simple, helpful, and easy to understand.

He writes, **"I have also found these three R's helpful in overcoming the normal temptations of life, which are often fueled by evil spirits. Whenever we are tempted, we can say: "In the holy name of Jesus, I reject the evil spirits of [name the temptation]. I **reject** them; I **renounce** them; I **rebuke** them. In Jesus' holy name, I cast them out!" I have personally found it helpful. I suspect others would as well."**

Most of the things I hear in confession are "rash judgments", calumny, detraction, pornography, masturbation, and missing Holy Mass on Sundays and Holy Days of obligation.

The demons of ire, lust, and sloth seem to be very active in the lives of God's people.

The sacrament of Penance is a great exorcism when the Christian fails to live life in Christ.

This admonition from exorcist Fr. Rossetti is a great help to spiritual peace from the demonic temptations which assail God's holy people.

Exorcist Diary: The 3 Rs For Casting Out Demons

JULY 31, 2022

MONSIGNOR STEPHEN ROSSETTI





“He turned and said to Peter, ‘Get behind me, Satan!’”
Mt 16:23

After a recent online deliverance session with us, a woman shared her experience:

I’ve been able to attend most of the sessions and have found that with each successive one, I have been increasingly able to gain spiritual healing. For many years, I have been afflicted with an evil spirit that causes me to hate God and to curse Jesus. I have sought deliverance for a long time. I am learning with each session how to better deal with evil attacks from the devil. I have learned, in particular, that I must do the 3 Rs. I am able to relate with the Lord Jesus in a loving way, without any sense of the previous hostility, resentment, or anger

These three R’s of casting out demons are: **reject**, **renounce**, and **rebuke**. In our online sessions, as well as our face-to-face solemn exorcisms, we ask afflicted people to **identify the evil spirits present and then say the three R’s**. So, for example, if an individual identifies the presence of

an evil spirit of lust, the person would then say: **“In the Holy Name of Jesus, I reject, I renounce, and I rebuke the spirit of lust. In Jesus’ holy name, I cast it out!”**

To **“reject”** is to make an act of the will which says in effect: **“I do not want this evil spirit.”** To **“renounce”** is to give back any benefits desired or received in the demonic relationship. To **“rebuke”** is sharply denouncing the evil spirit. In deliverance work, an important step in the process of liberation is **cutting the relationship between the individual and the evil spirit.** While a simple rejection would likely suffice, we have found these three R’s to be a bit more thorough and decisive.

After the afflicted person has formally rejected the evil spirit, the Exorcist can then invoke the authority of the Church and more easily cast it out. While the entire process of casting out demons can take some time, this formal process of rejecting the evil spirits, using the three R’s, is an important step along the way.

I have also found these three R’s helpful in overcoming the normal temptations of life, which are often fueled by evil spirits. Whenever we are tempted, we can say: “In the holy name of Jesus, I reject the evil spirits of [name the temptation]. I reject them; I renounce them; I rebuke them. In Jesus’ holy name, I cast them out!” I have personally found it helpful. I suspect others would as well.

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