

# Exorcism Proves That God is Almighty, and He Loves Us

BY MARGARITA MENDOZA  
El Observador Editor

**D**o not doubt it: God is almighty and He exists, and the devil is the king of lies and he hates humans.

Whoever decides against having solid faith in God, the almighty Savior and Creator, may open doors for the devil through certain actions.

There are behaviors and practices that “open doors to spiritual darkness. But Christ is infinitely stronger, and every faithful soul has nothing to fear,” says the exorcist for the Diocese of Rockford. (Note: The diocesan exorcist’s name is omitted for safety and privacy.)

Another priest, Father Alexander Suárez Sáenz, parochial vicar of St. Rita of Cascia Parish, Aurora, explains that some ways of opening the doors to the devil include:

- believing in horoscopes;
- trusting witches or practicing witchcraft;
- embracing *syncretism* of religion (amalgamating components of different faiths);
- using an Ouija board;
- practicing *spiritism* (attempting communication with spirits of the dead); and
- wearing amulets.

Even living in abnormal clutter or using profanities can be hazardous.

The diocesan exorcist says, “When we deny our spiritual needs by abandoning the faith, we begin to look for it elsewhere. Many dabble in the New Age and occult practices — witchcraft, tarot cards, psychics, mediums, reiki, yoga, etc. All of these practices are a sin against the First Commandment. Someone who practices these is essentially choosing another god. These practices are about manipulation and control. We are meant to surrender and trust in God in all things.”

Spiritual darkness causes different types of affliction. Looking back at numerous cases that the team has handled over the years, the diocesan exorcist says, “There are many different types of extraordinary affliction — infestation (house or item), oppression, obsession, and possession. Most of our cases do not rise to possession, which is still very rare because of God’s mercy.”

What do you need to do if you or someone that you may know is experiencing demonic possession? The Church’s answer is exorcism.

## What is exorcism?

According to the United States Conference of Catholic Bishops (USCCB), “exorcism is a specific form of prayer that the Church uses against the power of the devil.”

As stated by the *Catechism of the Catholic Church* 1673, an exorcism occurs “when the Church asks publicly and authoritatively in the name of Jesus Christ that a person or object be protected against the power of the Evil One and withdrawn from his dominion.”

Jesus performed exorcisms, and from Him the Church has received the power and office of exorcism.

The Gospels of Mark, Luke and Matthew teach that Jesus commissioned His disciples to expel demons in His name. Jesus “summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits...



(OSV News photo/LD Entertainment)

The late Pauline Father Gabriele Amorth, a longtime exorcist for the Diocese of Rome who died in 2016, is pictured performing an exorcism on a woman in the documentary “The Devil and Father Amorth.”

## Four sources of protection from the devil

The diocesan exorcist encourages these four points to keep the devil away.

- 1 Mass:** Going faithfully to Mass on Sundays and holy days of obligation is “the foundation.”
- 2 Reconciliation:** We should go to confession regularly, especially “if we are struggling against mortal sin. If we are battling mortal sin, then go as often as needed to be in a state of grace. Otherwise, I suggest every month or two.”
- 3 Daily prayer:** We must “develop a daily prayer habit. We should start where we are and build up to 30 minutes of prayer a day.”
- 4 Sacramentals,** including holy water, blessed salt, blessed candles, rosaries, St. Benedict medals, crucifixes, and blessed images.

They drove out many demons, and they anointed with oil many who were sick and cured them” (Mk 6: 7, 13).

As successors to the apostles who received this commission, bishops grant their authority to priest exorcists for their ministry and ensure that there are exorcists in each diocese. In the United States the names of these exorcists are generally kept anonymous, both for safety and “so as not to overwhelm the exorcist with random calls and inquiries,” states the USCCB.

This fall, Pope Leo XIV reminded exorcists that their roles are delicate and most necessary at the 15th International Association of Exorcists, which gathered 300 priests and exorcist assistants near Rome from Sept. 15 to 20. According to Vatican News, the pope encouraged the priests “to live it both as a ministry of liberation and of consolation, accompanying the faithful truly possessed by the evil one with prayer and the invocation



(OSV News photo/Debbie Hill)

This representation of the saving love of Christ crucified is at Holy Family Church in the West Bank city of Ramallah.

of Christ’s effective presence, so that ... the Lord may grant victory over Satan.”

## Is an affliction mental or spiritual?

Certain instances of a person struggling with psychological issues may easily be confused with possession.

“There is a difference between a severe mental illness and demonic possession. It is quite unique and quite awful. Psychological problems tend to respond to physiological treatments, medication, psychotherapy... but spiritual problems don’t... that’s when you need an exorcist,” says Catholic priest, exorcist and psychologist Father Stephen Joseph Rossetti of the Archdiocese of Washington. It is important to distinguish the difference, and “sometimes it’s both,” he adds.

## “Triumph Over Evil” exorcism documentary and reactions

Father Rossetti and other priest exorcists were sources for the documentary “Triumph Over Evil: Battle of the Exorcists.” The film was broadcast just in time for Halloween on Oct. 30 in 700 movie theaters nationwide. Goya Producciones promoted the one-day release. (Note: Further group screenings can be arranged at <https://vod.ecatholic.com/triumph-over-evil>)

It was promoted as “the only feature documentary to receive official approval from the International Association of Exorcists.”

Priests on social media have cited “Triumph Over Evil” as a source of inspiration for their homilies and publications. Filmgoers in South Barrington also responded after watching the documentary.

A 13-year-old film attendee shared, “I learned from the movie that exorcists do a lot of stuff that have to do with demons, and they help people getting right out of them by praying and fasting for them.”

Michael More, another filmgoer, learned “information about the spiritual battle and empowering ourselves and knowing what to stay away from, and God is on our side, and knowing as parents what to do for helping our kids. I was nervous about bringing them... but I’m really glad I brought them, because I think is important to start this young because they are in the battlefield already.”

Kristen Mark from Loves Park said she “cried one or twice, especially when they talked about Mary.”

At least three of the people interviewed after watching the film said that they learned the importance of prayer — especially praying in the morning, praying at meals and praying while receiving communion. They also learned they should be close to our mother, the Virgin Mary.

Priests in the film talked about their experiences when they were doing exorcisms and mentioned how Mary impacts that special form of prayer.

Demons can’t say the name of the Virgin Mary, the exorcists said; instead, the demons will say something like, “That’s her. That’s her. I can no longer do anything.” When a priest prays the rosary, that prayer scares evil spirits away, even those that would refuse to leave a person’s body.

“The rosary is stronger than the atomic bomb,” said the late Father Gabriele Amorth in the film. The exorcist for the Diocese of Rome — one of the most famous Catholic exorcists — died in 2016.

## If we cling to God, He protects us

The Diocese of Rockford exorcist confirms, “In every case of demonic affliction, the turning point comes when a person returns to confession, Mass, daily prayer, forgives someone they’ve held in resentment, or renounces a sinful pattern. Once that spiritual ‘open door’ is closed, affliction weakens and eventually ceases. The work of deliverance is 80 percent (on) the one experiencing it, and 20 percent the work of the Church through her sacraments and prayers.”



(CNS photo/Sean Gallagher, The Criterion)

The exorcist for the Archdiocese of Indianapolis holds a crucifix in St. Michael Church in Brookville, Ind.

He also explains that “a soul that clings to Jesus, receives the sacraments, keeps a clean conscience, and lives in charity is spiritually invincible — not because of their own strength, but because the Holy Spirit dwells within them (1 Jn 4:4).”

“We remain under God’s protection when we live out the fullness of

our faith,” the diocesan exorcist says.

He issues one last point of caution, though. “In deliverance ministry, one consistent truth emerges: the devil’s greatest victory is to convince people either that he does not exist or that he is more powerful than he is. Both extremes are false.”

In conclusion, exorcism is prayer; it’s the power and love of God rescuing His children; it’s the liberation of a person from their suffering. Prayer and faith keep the demons away.

For more information: [triumphoverevil.com](http://triumphoverevil.com)