

Lesson 1: Holy Water

The first thing you do when you walk into a Catholic church is bless yourself with holy water.

As you enter the church, look for the holy water font near the entrance and bless yourself with the Holy Water as you quietly say, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen." This little ritual reminds us of our baptism – that's why the font is near the door of the church because we 'entered the Church through baptism.'

At the same time, this gesture is also a sacramental and can absolve us of our venial sins and protect us from the devil. As St. Teresa of Avila said, "Nothing drives away the devil faster than holy water." Blessing yourself with holy water as you enter the church will remind you that you are in a sacred place for a sacred time.