



Guidelines for the Devotional Use of Blessed Oil or Water

The Church reserves the three Holy Oils (Chrism, Catechumens, and Sick) strictly for use in the Sacraments. However, the Church also recognizes the use of blessed oil or water by the faithful as a sacramental for devotional and private use.

Purpose and Application

Primary Intent

The use of a blessed sacramental is primarily intended for seeking healing and protection from harm. It is also a way for the faithful to pray for the spiritual blessings and riches that are ours in Christ Jesus.

Who May Bless?

Blessed oil or water may be used by the faithful to bless **themselves** or **someone they have authority over** in a spiritual or parental capacity. This typically includes:

- Parents to their children
- Spouses to one another (such as husband to wife)
- Godparents to their Godchildren

Note: Lay people should **not** bless other lay people over whom they do not hold this specific form of authority.

Method of Blessing

The most common way to bless using the sacramental is to make the **Sign of the Cross** on the **forehead** while saying the accompanying prayer. You may also apply the oil or water to **other parts of the body**, especially if you are praying for healing localized in a specific area. In the case of blessed olive oil, it may also be used in **cooking**.

Important Distinction

If you are using blessed oil or water on another person, it is essential to clarify that you are using a **sacramental** blessed by a priest or deacon, and that it is **not** one of the Holy Oils of the Church. You are **not administering a Sacrament**. The **Anointing of the Sick** is strictly reserved for the ministry of an ordained Catholic priest.

The Prayer of Blessing

Use the blessed oil or water devoutly, with great **faith** and **trust** in the power of our Lord's Passion. Recite the following prayer while tracing the Sign of the Cross on the forehead or other ailing body part of the one being blessed:

**MAY THE BLESSING OF ALMIGHTY GOD - FATHER, SON, AND HOLY SPIRIT -
DESCEND UPON YOU AND REMAIN WITH YOU FOREVER**

AND MAY HIS HOLY FACE SHINE UPON YOU.

