

The St. Benedict medal is a prayer of exorcism against Satan, a prayer for strength in time of temptation, a prayer for a peaceful death in the Lord, a prayer for peace among ourselves and among the nations of the world, a prayer that the Cross of Christ be our light and guide, a prayer of firm rejection of all that is evil, a prayer of petition that we may with Christian courage walk in God's ways, with the Gospel as our guide, as St. Benedict urges us.

There is no special way prescribed for carrying or wearing the Medal of St. Benedict. It can be worn on a chain around the neck, attached to one's rosary, kept in one's pocket or purse, or placed in one's car or home. The medal is often put into the foundations of houses and buildings, on the walls of barns and sheds, or in one's place of business.

Blessing

Medals of St. Benedict may be blessed by any priest (Instr. Sept. 26, 1964). The

following English form may be used.

V. Our help is in the name of the Lord.
R. Who made heaven and earth.
In the name of God the Father almighty, who made heaven and earth, the seas and all that is in them, I exorcise these medals against the power and attacks of the evil one. May all who use these medals devoutly be blessed with health of soul and body. In the name of the Father almighty, of his Son Jesus Christ our Lord, and of the Holy Spirit the paraclete, and in the love of the same Lord Jesus Christ who will come on the last day to judge the living and the dead, and the world by fire.

R. Amen.
Let us pray. Almighty God, the boundless source of all good things, we humbly, ask that, through the intercession of St. Benedict, you pour out your blessings upon these medals. May those who use them devoutly and earnestly strive to perform good works be blessed by you with health of soul and body, the grace of a holy life, and remission of the temporal punishment due to sin. May they also, with the help of your merciful love, resist the temptations of the evil one and strive to exercise true charity and justice toward all, so that one day they may appear sinless and holy in your sight. This we ask through Christ our Lord.

R. Amen.
The medals are then sprinkled with holy water.

Nihil obstat: Rev. Joseph C. Kremer, S.T.L., *Censor deputatus.*

Imprimatur: George H. Speltz, D.D., Bishop of St. Cloud, April 24, 1980.