Introduction: A “Harmless Game”… or a Doorway to Spiritual Danger?

In an era where the occult is marketed as entertainment—from horoscope apps to spiritism sessions on YouTube—many Catholics ask: *“What’s the harm in playing with a Ouija board if it’s just for fun?”* The answer, far from being a simple “no,” reveals a spiritual reality that the modern world has trivialized but that the Church has understood for centuries.

This isn’t about fearmongering; it’s about shedding **the light of faith and reason**, drawing from the **Catechism of the Catholic Church**, Sacred Scripture, and the testimony of exorcists. Brace yourself: what you’re about to discover will change how you view what’s “harmless.”

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1. The Ouija Board: Just a Game or a Hidden Portal?

Origin and History: Beyond Parker Brothers’ Marketing

Though many associate the Ouija board with a 20th-century board game, its roots are deeply **spiritist and occultist**. It emerged in the 19th century during the rise of the **spiritualist movement**, which promoted communication with the dead through séances and mediums. The board, with its letters and numbers, was—and still is—a **tool for summoning entities**.

The Church has always taught that behind these practices **are not the dead** (who cannot communicate at will with the living, as explained in *Luke 16:19-31*), but **deceiving spirits**: demons that disguise themselves as loved ones to gain influence (2 Corinthians 11:14).

The Myth of “Innocent Fun”

The problem isn’t the plastic or cardboard of the board but the **intention**: when used, even “out of curiosity,” one seeks **a connection with the occult**. Spiritually speaking, this is like opening your window and shouting, *“Come on in!”*

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2. What the Catechism (and Exorcists) Warn About

Catechism §2116: A Clear Condemnation

The text is unequivocal:

> *“All forms of divination—Ouija boards, horoscopes, tarot cards—reject the honor owed to God. They imply a desire for power over time and people, which belongs to God alone.”*

Playing with a Ouija board, even “as a joke,” falls under the sin of **superstition and divination**, forbidden in **Deuteronomy 18:10-12**: *“Do not practice divination or sorcery… for the Lord detests these things.”*

Chilling Testimonies

Exorcists like **Gabriele Amorth** (Rome’s famous exorcist) warned: *“90% of demonic possession cases began with games like the Ouija board.”* Demons don’t distinguish between a “serious ritual” and a “game”—**they respond to the invitation.**

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3. “But I Don’t Believe in That”: The Deception of Self-Suggestion

Some argue: *“If I don’t believe in demons, they can’t affect me.”* This is a grave mistake. Spiritual reality **doesn’t depend on our belief in it**. Would you let a stranger into your home just because you “don’t believe” in burglars?

Fr. José Antonio Fortea, theologian and expert in demonology, explains: *“The Ouija board is like a switch: when you use it, you activate a spiritual connection, even if you can’t see it.”*

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4. Catholic Alternatives: How to Satisfy Spiritual Curiosity Safely

The longing for transcendence is legitimate, but it must be directed toward God:

- **Praying for the dead**: Instead of summoning them, offer Masses and Rosaries for their souls.

- **Reading about the saints**: They intercede for us *according to God’s will*.
- **Eucharistic adoration**: Here lies the *true presence* that fills the soul.

Conclusion: Freedom vs. Slavery

Christ freed us so that we *“would not return to the yoke of slavery”* (Galatians 5:1). The Ouija board, though marketed as fun, is a **spiritual chain**. The Church doesn’t forbid it arbitrarily but out of **motherly love**: like a mother pulling her child away from fire.

Is 10 minutes of thrill worth risking your spiritual peace? The answer, you now know, is clear.

> *“Let your ‘yes’ mean ‘yes,’ and your ‘no’ mean ‘no.’ Anything more is from the evil one.” (Matthew 5:37).*

Did you find this article helpful? Share it and help others avoid danger. The light of truth always overcomes the darkness!