



Did you know that there are seemingly harmless practices that, without realizing it, can open the door to the enemy?

Today more than ever, in a world where evil disguises itself as “normality,” exorcists warn us: we cannot be naïve. Being Catholic is not just “believing in God,” but also recognizing the existence of the evil one and being firmly prepared to reject him.

In this article, I will guide you step-by-step to understand **which are those three dangerous practices**, their **theological foundation**, their **history**, and **how to protect your soul** amid today’s challenges.

“Be sober and vigilant. Your adversary the devil prowls around like a roaring lion seeking someone to devour. Resist him, firm in your faith.”

(1 Peter 5:8-9)

Why talk about open doors to the devil?

The Church has always taught that Satan is a real, personal, and active being in the world. His goal is simple: **to separate us from God and lead us to eternal perdition**. But the devil, as cunning as he is, rarely shows himself openly. Rather, he works in the shadows, seducing us through apparent “innocence.”

The Catechism of the Catholic Church states clearly:

“Satan’s power is not infinite. Nevertheless, he acts in the world out of hatred for God and His Kingdom in Christ Jesus... His action causes grave injuries—of a spiritual nature and, indirectly, even of a physical nature—to each man and to society.”

(CCC 395)



Today, many Catholics are unaware that certain cultural, fashionable, or entertainment practices **can be true spiritual traps**.

The 3 most dangerous practices according to experienced exorcists

1. Engaging in esotericism and occult practices (even “just for fun”)

Astrology, card reading, tarot, ouija boards, energy rituals, horoscopes, spiritual “cleansings,” energy reiki... All of these belong to the occult world and are absolutely incompatible with the Christian faith.

Why is it dangerous?

Because by seeking answers, protection, or power outside of God, we are **breaking the First Commandment** (“You shall have no other gods before me,” Exodus 20:3) and, additionally, **opening spiritual doors to the devil**. Even if it is “out of curiosity,” “for a joke,” or “for fashion.”

History and theology:

From the early centuries, the Church condemned oracles, divination, and magic. Saint Augustine said that seeking to know the future outside of God was “prostituting the faith.”

Spiritual consequences:

The devil uses these practices as hooks. What starts as a “game” can end in spiritual oppression, infestations, demonic influences, and, in severe cases, possession.

What to do?

- Go to Confession immediately if you have participated in any of these practices.
- Explicitly renounce, in prayer, any pact or bond that was made.
- Reaffirm your total trust in Jesus Christ as the only Lord of your life.

“Do not turn to mediums or spiritists; do not seek them out to be defiled by them.”



| *(Leviticus 19:31)*

2. Consuming violent, blasphemous, or satanic content (music, series, video games, books)

There is a cultural current that glorifies evil: music with explicitly satanic lyrics, horror movies where the devil is the protagonist, video games that involve invoking dark forces, novels promoting rituals or blasphemous practices.

Why is it dangerous?

Because everything we consume feeds our mind and spirit. And if we fill our inner selves with hatred, violence, fear, or idolatry, **we cease to be temples of the Holy Spirit** (cf. 1 Corinthians 6:19) and become vulnerable to demonic influences.

History and theology:

For centuries, Christians carefully guarded what they saw, read, or listened to. The Church Fathers teach that **the senses are the gates of the soul**: what enters through the eyes, ears, and mouth affects our spiritual life.

Spiritual consequences:

It can provoke insensitivity to the sacred, attraction to perversion, spiritual disorders like anxiety, nightmares, loss of faith, and even home infestations.

What to do?

- Make a radical “media fast” from toxic content.
- Bless your home and enthrone sacred images (crucifixes, icons).
- Choose music, books, and movies that edify the soul.

| *“The eye is the lamp of the body. If your eye is sound, your whole body will be full of light.”*

| *(Matthew 6:22)*



3. Living in habitual mortal sin (and not confessing)

This is the gravest and most common door... and sadly, many Catholics today ignore it.

Why is it dangerous?

Mortal sin breaks our communion with God. And where God is expelled, **the enemy advances**. A person living in mortal sin (sexual relations outside marriage, hatred, blasphemy, abortion, drunkenness, etc.) **lives in a state of spiritual death**, making them highly vulnerable to serious attacks and temptations.

History and theology:

Saint Thomas Aquinas explains that the soul in mortal sin “falls under the dominion of the devil.” It does not mean automatic possession, but it does mean a grave vulnerability.

Spiritual consequences:

Increased sin, despair, hardening of the heart, attraction to evil, possible physical and spiritual ruin.

What to do?

- Conduct a sincere examination of conscience.
- Go to sacramental confession as soon as possible.
- Make a firm commitment to abandon sin and live in grace.

“Whoever sins belongs to the devil, because the devil has sinned from the beginning.”
(1 John 3:8)

How to spiritually shield ourselves? (Theological and pastoral



practical guide)

1. Intense sacramental life:

- Frequent confession (at least once a month or whenever you fall into grave sin).
- Sunday Mass attendance (and, if possible, also on weekdays).
- Receive Communion in a state of grace.
- Frequent use of holy water, the sign of the cross, and prayer.

2. Daily prayer:

- Pray the Rosary: the Virgin Mary is terror of demons.
- Prayers of renunciation of evil and consecrations to the Sacred Heart.
- Daily reading of the Bible (even just a few verses).

3. Solid Catholic formation:

- Read the Catechism.
- Attend retreats, workshops, and authentic Catholic prayer groups.
- Form your moral conscience correctly.

4. Spiritual environment at home:

- Blessed crucifixes in every room.
- Marian icons or images.
- Fill your home with Christian music and spiritual readings.
- Regularly bless your house with holy water.

5. Reject, resist, and renounce:

Every time you detect a temptation or a trap, **resist it in the Name of Jesus**.

Remember: Satan cannot stand a soul firm in faith and grace!

Conclusion: An invisible war... but real

The spiritual battle is intense, and we cannot be naïve. **The devil exists, he hates us**, but **Jesus Christ has conquered**. We are called to **remain vigilant, in prayer and in grace**, to live in the glorious freedom of the children of God.



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“Do not be overcome by evil, but overcome evil with good.”
(Romans 12:21)

Today more than ever, we must be courageous, well-formed, and determined Catholics. There is no room for lukewarm faith. Let us be light in the midst of darkness, guardians of our souls and our homes.