

How to Use the St. Benedict Chaplet

While holding the crucifix, make the sign of the cross, and recite the **Apostles' Creed**.

Next recite the following:

Holy St. Benedict, we honor you for your self-sacrifice and solitary devotion to our Lord. May your life of prayer and contemplation inspire in all of us a similar respect for holiness and deep spirituality. We thank you for the Rule of St. Benedict and the strength and example of your monastic commitment. All things begin when we listen to the voice of God. Amen.

Say three **Our Fathers**, three **Hail Marys** And three **Glory Be**, on the 9 beads. Or you can say one **Our Father**, one **Hail Mary**, and one **Glory Be**, 3 times.

St. Benedict is known as the devil chasing Saint and Exorcism Saint.

The Medal of Saint Benedict:

- **C.S.P.B. The cross of the Holy Father Benedict**
- **C.S.S.M.I. May the Holy Cross be my light**
- **N.D.S.M.D. Let not the dragon be my guide**
- **V.R.S. Be Gone Devil!**
- **N.S.M.V. Don't Persuade me to do Evil....**
- **S.M.Q.L. The cup you offer is evil**
- **I.V.B. Drink the poison yourself**

The purpose of the medal is to call down God's blessing and protection upon us, wherever we are, and upon our homes and possessions, especially through the intercession of St. Benedict. By the conscious and devout use of the medal, it becomes, a constant silent prayer and a reminder of our dignity as followers of Christ.