

Catholic Ritual & Prayer to Stop Jealousy at Work

You Will Need

1 white candle

A scapular medal

Fresh sage

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How to do the ritual

Light a white candle on your altar.

Hold the medal in your hands and a few fresh sage leaves on your other hand.

Say the following prayer once:

“ Come, Holy Spirit of God, bind me with your power to protect me from the envious who want to harm me and my family.

Show us your kindness and bless our work!

Yes, bless our work!

I cancel all envy in the name of the Father, the Son and the Holy Spirit. Amen! ”

Let the candle burn as you visualize a protective shield around you and inside your medal. Let it burn all the way as you meditate or pray.

Blow out the candle and throw all remains away.

Wear this medal around your neck. Every time you enter your workplace, touch it with your right hand, asking Jesus and Mary that you will have their protection on this day to keep all the bad energies away.