

The Anima Christi

The Anima Christi is a prayer
from around the 14th century.

It is still widely used after
receiving the body and blood
of Our Lord, Jesus Christ
in Holy Communion.

**Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, fill me with love.
Water from Christ's side, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Thy wounds, hide me.
Never let me be parted from Thee.
From the malicious enemy, defend me.
In the hour of my death, call me.
And bid me come unto Thee.
That I may praise Thee with Thy saints
and with Thy angels, forever and ever
Amen**