



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, inebriate me
Water from Christ's side, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within Thy wounds hide me
Suffer me not to be separated 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

A favorite Prayer of Sister Erica Joan McDowell