



Anima Christi

This beautiful prayer, which dates from around the 14th century, is wonderful to pray after receiving Our Lord in Holy Communion!

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, inebriate me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within Your wounds hide me.
Separated from You, let me never be.
From the evil one protect me.
At the hour of my death, call me,
And close to You bid me,
That with Your saints,
I may be praising You forever and ever.
Amen.