

# Quench thy thirst...

[truthhimself.blogspot.com/2018/07/quench-thy-thirst.html](http://truthhimself.blogspot.com/2018/07/quench-thy-thirst.html)

**You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the Precious Blood of Christ, like that of a lamb without blemish or spot. - I Peter 1:18-19**



Albrecht Durer ~ *The Crucifixion*

**"He opened up for us  
in His most sacred wounds  
four founts:  
a fount of mercy, a fount of peace,  
a fount of devotion, a fount of love  
and summons all to quench their thirst there."**

***St Bernard of Clairvaux***

**The  
Anima  
Christi**

The Anima Christi dates back to the 14th century. It is a prayer inviting us to ask our Lord for comfort, strength and guidance in our pursuit of holiness. It remains widely used after receiving the precious Body and Blood of Our Lord 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**