

# Anima Christi

While this prayer is widely attributed to St. Ignatius of Loyola, its actual origins are unknown, as it actually has been dated back several centuries before St. Ignatius's time. It's actually listed as a Prayer of Thanksgiving in the Roman Missal.

*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.*

# The Divine Praises

Because we so often only call upon God in prayer when we need something or have a special petition, it's important that we still remember to sing His praises as well. Most commonly prayed during Adoration of the Blessed Sacrament (after Benediction but before the Host is placed back into the tabernacle), this prayer is a wonderful way to show respect and praise not only to God, but to His Blessed Mother, St. Joseph, and all the angels and Saints. It reminds us of the key role the Holy Family should play in our daily lives, and is therefore a wonderful prayer to keep in our back pocket at all times.

*Blessed be God.*

*Blessed be His Holy Name.*

*Blessed be Jesus Christ, true God and true Man.*

*Blessed be the Name of Jesus.*

*Blessed be His Most Sacred Heart.*

*Blessed be His Most Precious Blood.*

*Blessed be Jesus in the Most Holy Sacrament of the Altar.*

*Blessed be the Holy Spirit, the Paraclete.*

*Blessed be the great Mother of God, Mary most Holy.*

*Blessed be her Holy and Immaculate Conception.*

*Blessed be her Glorious Assumption.*

*Blessed be the name of Mary, Virgin and Mother.*

*Blessed be St. Joseph, her most chaste spouse.*

*Blessed be God in His Angels and in His Saints.*