Anima Christi



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.

Permit me never to

be separated from thee.

From the wicked foe, defend me.

At the hour of my death, call me.

And bid me come to thee,

That with your saints I may praise thee Forever and ever.

Forever and eve

Amen.