



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 not to be separated from you.

From the wicked foe, defend me.

At the hour of my death, call me

and bid me come to you

That with your saints I may praise you

For ever and ever.

Amen.

-St. Ignatius of Loyola

