

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 Thy wounds hide me.

Suffer me not to be separated from Thee.

From the malignant enemy, defend me.

In the hour of my death, call me.

And bid me come to Thee.

That with Thy saints I may praise Thee.

Forever and ever. Amen

An indulgence of 300 days. An indulgence of 7 years, if recited after Holy Communion.

- St. Ignatius Loyola