

# Anima Christi

*This prayer dates to the early fourteenth century and was possibly written by Pope John XXII, but its authorship remains uncertain. Its use is recommended before the Blessed Sacrament and as a prayer of thanksgiving after Mass.*

Anima Christi, sanctifica me.	Soul of Christ, sanctify me.
Corpus Christi, salva me.	Body of Christ, save me.
Sanguis Christi, inebria me.	Blood of Christ, inebriate me.
Aqua lateris Christi, lava me.	Water from the side of Christ, wash me.
Passio Christi, conforta me.	Passion of Christ, strengthen me.
O bone Jesu, exaudi me.	O good Jesus, hear me.
Intra tau vulnera absconde me.	Within they wounds hide me.
Ne permittas me separari a te.	Suffer me not to be separated from thee.
Ab hoste maligno defende me.	From the malicious enemy defend me.
In hora mortis meae voca me.	In the hour of my death call me.
Et iube me venire ad te,	And bid me come to thee,
Ut cum Santis tuis laudem te, In saecula	That with thy saints I may praise then
saeculorum.	forever and ever.
Amen.	Amen.

## Act of Spiritual Communion

*These prayers can be used any time but are especially recommended when one is not in a state of grace and therefore is unable to receive communion at Mass, when on is unable to attend daily Mass, when one is passing a Catholic church, and at the end of a Visit to the Blessed Sacrament.*

I wish, my Lord, to receive you with the purity, humility, and devotion with which your most holy Mother received you with the spirit and fervor of the saints.

Amen.

OR:

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite my self wholly to you. Never permit me to be separated from you.

Amen.

*Before leaving, genuflect again, on one knee or two, as required.  
Make the Sign of the Cross.*