



Anima Christi

Soul of Christ, sanctify me
Body of Christ, save me
Blood of Christ, drench me
Water from the side of Christ, wash me
Passion of Christ, strengthen me
Good Jesus, hear me
Within your wounds, shelter me
from turning away, keep me
From the evil one, protect me
At the hour of my death, call me
Into your presence lead me
to praise you with all your saints
Forever and ever.
Amen.

—*St. Ignatius of Loyola*



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