

# Christian Prayer: June

## *Anima Christi*

*The Anima Christi is a prayer that appears at the front of St Ignatius Loyola's 'Spiritual Exercises'.*

*It has sometimes been attributed to him, but in fact it dates back at least to the 14th Century. It may have been written by Pope John XXII, but in truth no-one knows its author.*

*It is perhaps best known, in English, in the first translation below, but the second translation, the work of St John Henry Newman, is maybe more vivid and engaging.*

*During June many of the students may have siblings making their first Holy Communion. It is also likely to be the anniversary month of your students' first Communion. Remember to pray for them all, for a deeper love for Christ and for the Eucharist.*

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 unto Thee  
That with Thy Saints I may praise Thee  
Forever and ever. Amen.

*Unknown translator*

Soul of Christ, be my sanctification,  
Body of Christ, be my salvation,  
Blood of Christ, fill my veins  
Water from the side of Christ, wash out my stains.  
May Christ's Passion strengthen me,  
O good Jesus, hear me.  
In thy wounds I fain would hide,  
Never to be parted from thy side.  
Guard me when my foes assail me,  
Call me when my life shall fail me.  
Command me then to come to thee.  
That I for all eternity  
With thy saints may praise thee. Amen.

*Translated by St. John Henry Newman*

