

The Anima Christi

An ancient prayer to Jesus in the tradition of the Catholic Church.

The sequence of sentences in Anima Christi have rich associations with Catholic concepts that relate to the Holy Eucharist (Body and Blood of Christ), Baptism (water) and the Passion of Jesus (Holy Wounds).

Prayer text

Latin text

Anima Christi,
sanctifica me.
Corpus Christi, salva
me.
Sanguis Christi, inebria
me.
Aqua lateris Christi,
lava me.
Passio Christi, conforta
me.
O bone Jesu, exaudi
me.
Intra tua vulnera
absconde me.
Ne permittas me
separari a te.
Ab hoste maligno
defende me.
In hora mortis meae
voca me.
Et iube me venire ad te,
Ut cum Sanctis tuis
laudem te.
In saecula saeculorum.
Amen

Poetic English translation

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
Separated from Thee let me never be ("Permit me not to be
separated from Thee")
From the malicious enemy defend me ("From the malignant
enemy defend me")
In the hour of my death call me
And bid me come unto Thee
That I may praise Thee with Thy saints ("That with thy
Saints I may praise Thee")
Forever and ever
Amen

Translation by Cardinal John Henry Newman

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, fill all my veins;
Water of Christ's side, wash out my stains;
Passion of Christ, my comfort be;
O good Jesus, listen to me;
In Thy wounds I fain would hide;
Ne'er to be parted from Thy side;
Guard me, should the foe assail me;
Call me when my life shall fail me;
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end.
Amen.