

Prayer for after Communion
during the Year of the Eucharist

ANIMA CHRISTI

**Jesus, may all that is you flow into me.
May your Body and Blood be my food and drink.
May your passion and death be my strength and life.
Jesus, with you by my side enough has been given.
May the shelter I seek be the shadow of your cross.
Let me not run from the love which you offer,
but hold me safe from the forces of evil.
On each of my dyings shed your light and your love.
Keep calling to me until that day comes,
when, with your saints, I may praise you forever. Amen.**

Lord Jesus, Bread of Life and Covenant of Love -
Nourish us with your Body and Blood

Our Lady of the Blessed Sacrament -
Pray for us



April 1, 2010 - June 26, 2011

*Translation and adaptation of the
"Anima Christi" by David L.
Fleming, SJ. Cited in "Hearts on
Fire: Praying with Jesuits," ed.
Michael Harter, SJ, Institute of Jesuit
Sources, St. Louis, MO, 1993.*

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