



Acts of Spiritual Communion

A partial indulgence is granted to the faithful who, using any duly approved pious formula, make 1) an act of spiritual communion; 2) an act of thanksgiving after Communion (e.g. Anima Christi; En ego, O bone et dulcissime Iesu).

Anima Christi

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 malicious enemy defend me.
In the house of my death call me.
And bid me come to thee,
That with thy saints I may praise thee
for ever and ever.

En ego, O bone et dulcissime Iesu

Behold, O kind and most sweet Jesus, I cast myself upon my knees in thy sight, and with the most fervent desire of my soul, I pray and beseech thee that thou wouldst impress upon my heart lively sentiments of faith, hope, and charity, with true contrition for my sins and a firm purpose of amendment; while with deep affection and grief of soul I ponder within myself and mentally contemplate thy five wounds, having before my eyes the words which David the prophet put on thy lips.

Manual of Indulgences, pp 51-52