



## **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 hour of my death call me  
and bid me come unto thee, that  
with thy saints I may praise thee  
for ever and ever.

Amen.





**1      2    I (we) commit to...**

- ☐ ☐ Attend Mass every Sunday & Holy Day
- ☐ ☐ Attend daily Mass at least once per week
- ☐ ☐ Receive the Sacrament of Reconciliation at least once per month
- ☐ ☐ Spend one hour per week praying before the Blessed Sacrament
- ☐ ☐ Read the Bible 15 minutes per day
- ☐ ☐ Spend 1% (15 minutes) of each day in personal prayer
- ☐ ☐ Pray together with family and loved ones
- ☐ ☐ Pray the Chaplet of Divine Mercy or the Rosary daily
- ☐ ☐ Commit to Christ Renews His Parish (CRHP), marriage enrichment, or The Rescue Project retreat

***Please keep this card as a reminder of your commitment of time with God.***