

Q. 67 *Is it a good and useful thing to receive Holy Communion frequently?*

It is a very good thing and most useful to receive Holy Communion frequently, even every day, provided it is done always with the right disposition.

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.*