

July 22, 2024

Daily Reflections



Center for Spiritual Development

THIRSTING FOR GOD

By Alicia M. Rodriguez

An Excerpt from Today's Responsorial Psalm

My soul is thirsting for you, O Lord my God.

PSALM 63:2

Reflection

One of my favorite prayers is the Anima Christi prayer written by an unknown author but often credited to Saint Ignatius of Loyola, who popularized it.

A line from today's responsorial psalm reminded me of a line in the Anima Christi that I am usually drawn to: "Blood of Christ, inebriate me."

I first heard the prayer in 8th grade when I attended Catholic school. I remember learning that the word *inebriated* means to be drunk. Imagine the blood of Christ making you drunk with joy, to the point where even the darkest shadows cannot take that joy away from you.

Actually, I don't have to imagine it; I've had that experience.

COVID cast a dark shadow upon us. Among so many challenges, the pandemic has impacted the opportunity to receive the Blood of Christ during Communion. I went several years without it until one summer my friend's parents decided to put on a small retreat for six of us -- a three-day retreat, held in a cabin up in the mountains.

One day we were told that they had gotten a priest to come and celebrate Mass with us; we didn't think much of it, since our retreats normally had a priest celebrate Mass at least once during our stay. What we weren't expecting was for the priest to break bread with us prior to celebrating Mass. After seeing that we were so close, like a family, and listening to how much we all missed receiving the Blood of Christ, he then asked if we all consented to receiving the Blood of Christ during Communion. We all did.

Upon receiving the Blood of Christ I finally understood exactly what that line in the Anima Christi means, to be inebriated by His Blood. There were many emotions running through me. I didn't know until then exactly how much my soul had been thirsting to receive the Blood of Christ. I felt as if I were on a desert island and a kind stranger appeared out of nowhere and offered me the only potable water.

I have not received the Blood of Christ again since that summer, but to this day I still feel inebriated from when I received it last.

Our souls thirst for God and in return, He inebriates us with the Blood of Christ that grants us everlasting life.



Preparing for Communion Outdoors

Photo by Alicia M. Rodriguez

For Pondering

Imagine you are stranded on a desert island with no food or drink when all of a sudden, a man with a kind face appears before you and offers you a drink that will quench your thirst for all time. Do you accept the drink, or do you continue thirsting? What would keep you from drinking?

For Prayer

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 your wounds hide me;
Separated from you, let me never be;
From the evil one protect me;
At the hour of my death, call me;*

*And close to you bid me;
That with your saints and Angels I may be
Praising you forever and ever.
Amen.*

AUTHOR UNKNOWN, OFTEN CREDITED TO SAINT IGNATIUS OF LOYOLA

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