

## I Choose to Breathe the Breath of Christ

I choose to breathe the breath of Christ

that makes all life holy.

I choose to live the flesh of Christ

that outlasts sin's corrosion and decay.

I choose the blood of Christ

along my veins and in my heart

that dizzies me with joy.

I choose the living waters flowing from his side

to wash and clean my own self and the world itself.

I choose the awful agony of Christ

to charge my senseless sorrows with meaning

and to make my pain pregnant with power.

I choose you, good Jesus, you know.

I choose you, good Lord;

count me among the victories

that you have won in bitter woundedness.

Never number me among those alien to you.

Make me safe from all that seeks to destroy me.

Summon me to come to you.

Stand me solid among angels and saints

chanting yes to all you have done,

exulting in all you mean to do forever and ever.

Then for this time, Father of all,

keep me, from the core of my self,

choosing Christ in the world. Amen.

— Joseph Tetlow SJ

Joseph Tetlow is a professor of spiritual theology. Many of the prayers attributed to him are taken from a manual entitled "Choosing Christ in the World." It is designed to help people experience the spiritual exercises over an extended period of time as they go about their daily tasks.

This prayer is a contemporary paraphrase of the Anima Christi — a favorite prayer of St. Ignatius which he placed at the beginning of his book of spiritual exercises. He frequently suggested that the retreatant conclude a prayer period by reciting this prayer.