

THE BREASTPLATE OF SAINT PATRICK

I arise today
Through a mighty strength,
the invocation of the Trinity,
Through belief
in the Threeness,
Through confession of
the Oneness
of the Creator of creation.
I arise today
Through the strength
of Christ's birth
with His baptism,
Through the strength
of His crucifixion
with His burial,
Through the strength
of His resurrection
with His ascension,
Through the strength
of His descent
for the judgment of doom.
I arise today
Through the strength
of the love of cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of resurrection
to meet with reward,
In the prayers
of the patriarchs,
In the predictions of prophets,
In the preaching of apostles,
In the faith of confessors,
In the innocence
of holy virgins,
In the deeds of righteous men.

I arise today
Through the strength
of heaven,
The light of the sun,
The radiance of the moon,
The splendor of fire,
The speed of lightning,
The swiftness of wind,
The depth of the sea,
The stability of the earth,
The firmness of rock.
I arise today
Through God's strength
to pilot me,
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone
who shall wish me ill,
afar and near.
I summon today
All these powers between me
and those evils,
Against every cruel
and merciless power
that may oppose
my body and soul,
Against incantations
of false prophets,

Against black laws
of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of witches
and smiths and wizards,
Against every knowledge
that corrupts man's
body and soul;
Christ to shield me today
Against poison,
against burning,
Against drowning,
against wounding,
So that there may come to me
an abundance of reward.

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart
of every man
who thinks of me,
Christ in the mouth
of everyone
who speaks of me,
Christ in every eye
that sees me,
Christ in every ear
that hears me.

