



Breastplate of St. Patrick



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I arise today
Through a mighty strength,
the invocation of the Trinity,
Through belief in Threeness,
Through confession in 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
and His burial,
Through the strength of His
resurrection with His ascension,
Through the strength of His descent
for the judgement of Doom.

I arise today
Through the strength of the love of the
Cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of the resurrection to meet
with reward,
In the prayers of patriarchs,
In prediction of prophets,
In preaching of apostles,
In faith of confessors,
In innocence of holy virgins,
In deeds of righteous men.

I arise today
Through the strength of heaven,
Light of sun,
Radiance of moon,
Splendour of fire,
Speed of lightning,
Swiftiness of wind,
Depth of sea,
Stability of earth,
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 to me,
God's hand to guard me,
God's way to lie before 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 anear,
Alone and in a multitude.

I summon today all these powers
between me and those evils,
Against every cruel, 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 women, smiths
and wizards,
Against every knowledge that
corrupts man's body and soul.

Christ to shield me today
Against poisoning, against burning,
Against drowning, against
wounding,
So there come to me 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.

I arise today
Through a mighty strength,
the invocation of the Trinity,
Through belief in threeness,
Through confession of the oneness,
of the Creator of Creation.

St. Patrick b 387, d 17 Mar 461
Photo: St. Patrick's Church, Rome



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