

## **ST. PATRICK'S BREASTPLATE**

St. Patrick's Breastplate is a popular prayer attributed to the great saint. More recent scholarship suggests its author was anonymous. In any case, this prayer certainly reflects the spirit with which St. Patrick brought the faith to Ireland.

(The term breastplate refers to a piece of armour worn in battle.)

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  
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.

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 the Threeness,  
Through confession of the Oneness  
of the Creator of creation.