

*The Lorica of St. Patrick (edited)*

I arise today  
Through a mighty strength, the invocation of the Trinity,  
Through a belief in the Threeness,  
Through confession of the Oneness  
Of the Creator of creation.

I arise today  
Through the strength of Christ's birth and His baptism,  
Through the strength of His crucifixion and His burial,  
Through the strength of His resurrection and ascension,

I arise today  
In the prayers of patriarchs,  
In preachings of the apostles,  
In faiths of confessors,  
In deeds of righteous men and women.

I arise today through the strength of Heaven  
the rays of the sun,  
the radiance of the moon,  
the splendor of fire,  
the speed of lightening,  
the swiftness of the wind,  
the depth of the sea,  
the stability of the earth  
the firmness of rock.

I arise today through the power of God:  
God's might to comfort 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 lead me,  
God's way to lie before me,  
God's shield to protect me,  
God's Heavenly Host to save me  
from the snares of the devil,  
from temptations to sin,  
from all who wish me ill,  
from near and afar,  
alone and with others.

May Christ shield me today  
against all dangers  
so that I may fulfill my mission  
and bear fruit in abundance.  
Christ behind and before me,  
Christ below and above me,  
Christ with me and in me,  
Christ around and about me,  
Christ on my right and on my left,  
Christ when I lie down at night,  
Christ when I rise in the morning,  
Christ in the heart of every man who thinks of me,  
Christ in the mouth of everyone that speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.