**St. Patrick’s Breastplate**

I arise today through the strength of heaven

Light of sun, radiance of moon

Splendor of fire, speed of lightning

Swiftness of wind, depth of the sea

Stability of earth, firmness of rock

I arise today through God's strength to pilot me

God's eye to look before me

God's wisdom to guide me

God's way to lie before me

God's shield to protect me

From all who shall wish me ill

Afar and a-near

Alone and in a multitude

Against every cruel, merciless power

That may oppose my body and soul

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 to shield me

Christ in the heart of everyone who thinks of me

Christ in the mouth of everyone who speaks of me

I arise today

****