

The Lorica of Saint Patrick

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 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 obedience of angels,

In service of archangels,  
In the hope of resurrection  
to meet with reward,  
In the prayers of patriarchs,  
In preachings of the apostles,  
In faiths of confessors,  
In innocence of virgins,  
In deeds of righteous men.

I arise today

Through the strength of heaven.

Light of the sun,  
Splendor of fire,  
Speed of lightning,  
Swiftness of the wind,  
Depth of the sea,  
Stability of the earth,  
Firmness of the 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 way to lie before me,  
God's shield to protect me,  
God's hosts to save me.

From snares of the devil,  
From temptations of vices,  
From everyone who desires me ill,  
Afar and a near,  
Alone or in a multitude.

I summon today all these powers  
between me and evil,  
Against every cruel merciless power  
that opposes 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  
and smiths and wizards,  
Against every knowledge  
that corrupts man's body and soul.

Christ shield me today

Against poison,

against burning,

Against drowning,

against wounding,

So that reward may come to me

in abundance.

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 in the heart of every man

who thinks of me,

Christ in the mouth of every man

who speaks of me,

Christ in the eye that sees me,

Christ in the ear that hears me.

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