

Lorica Prayer

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 every man

who speaks of me,

Christ in every eye that sees me,

Christ in every ear that hears me.

- Saint Patrick's Breastplate Prayer