

The Prayer 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 preaching of the apostles,
In faith of confessors,
In innocence of virgins,
In deeds of righteous men.

I arise today
Through the strength of heaven;
Light of the sun,
Splendour 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 anear,
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 one
who thinks of me,
Christ in the mouth of every one
who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.

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