

Patrick's Breastplate

Source: http://wikisource.org/wiki/St._Patrick's_Breastplate Used here with some adaptations.

Patrick made this hymn. It was made in the time of Loegaire son of Niall. The cause of its composition, however, was to protect him and his monks against deadly enemies that lay in wait for the clerics. And this is a corslet of faith for the protection of body and soul against devils and men and vices. When anyone shall repeat it every day with diligent intentness on God, devils shall not dare to face him, it shall be a protection to him against every poison and envy, it shall be a defence to him against sudden death, it shall be a corslet to his soul after his death. Patrick sang this when the ambushes were laid against his coming by Loegaire, that he might not go to Tara to sow the faith. And then it appeared before those lying in ambush that they (Patrick and his monks) were wild deer with a fawn (Benén) following them. And its name is 'Deer's Cry.'

I rise today

through a mighty strength, the invocation of the Trinity,
through trust in the threeness,
through confidence in the oneness
of the Creator of creation.

I rise today

through the strength of Jesus Christ with His incarnation and baptism,
through the strength of His kingdom invitation and His every word and deed,
through the strength of His crucifixion with His burial,
through the strength of His resurrection with His ascension,
through the strength of His everlasting victory over sin and satan, death and hell.

I rise today

through the strength of the love of Cherubim,
in obedience of angels,
in the service of the archangels,
in hope of resurrection to meet with reward,
in prayers of patriarchs,
in predictions of prophets,
in preachings of apostles,
in faiths of confessors,
in innocence of holy virgins,
in deeds of righteous people.

I rise today

through the strength of the heavens around us:
light of sun,
brilliance of moon,
splendour of fire,
speed of lightning,
swiftness of wind,
depth of sea,
stability of earth,
firmness of rock.

I rise 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 and hold me,
God's way to lie before me,
God's shield to protect me,
God's angel armies to secure me,
against snares of devils,
against temptations of vices,
against inclinations of nature,
against every one who shall wish me ill,
far off and near,
alone and in a crowd.

I summon today all God's powers between me and all evils:

against every cruel merciless power that would oppose my body and my soul,
against incantations of false prophets,
against bad laws of heathenry,
against false laws of heretics,
against craft of idolatry,
against curses, condemnations and judgments of men and women,
against every knowledge set against man's body and soul.
Christ to protect me today
against poison, against burning,
against drowning, against wounding,
physically, emotionally, and spiritually
so that there may come to me abundance of reward.

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 in breadth, Christ in length, Christ in height,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I rise today

through a mighty strength, the invocation of the Trinity,
through trust in the threeness,
through confidence in the oneness,
of the Creator of creation.