

St Patrick's Breastplate

I arise today
through the strength of heaven
light of sun,
radiance of moon
splendour 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

Psalm 91 (NRSV)

¹ You who live in the shelter of the Most High, who abide in the shadow of the Almighty,

² will say to the LORD, 'My refuge and my fortress; my God, in whom I trust.'

³ For he will deliver you from the snare of the fowler and from the deadly pestilence;

⁴ he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler.

⁵ You will not fear the terror of the night, or the arrow that flies by day,

⁶ or the pestilence that stalks in darkness, or the destruction that wastes at noonday.

⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you

⁸ You will only look with your eyes and see the punishment of the wicked.

⁹ Because you have made the LORD your refuge, the Most High your dwelling-place,

¹⁰ no evil shall befall you, no scourge come near your tent.

¹¹ For he will command his angels concerning you to guard you in all your ways. ¹² On their hands they will bear you up, so that you will not dash your foot against a stone.

¹³ You will tread on the lion and the adder, the young lion and the serpent you will trample under foot.

¹⁴ Those who love me, I will deliver; I will protect those who know my name. ¹⁵ When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honour them.

¹⁶ With long life I will satisfy them, and show them my salvation.