

## **The Prayer of St Patrick, also known as The Breastplate of St. Patrick or The Deer's Cry**

This prayer is found in a collection of hymns found in two manuscripts kept in Dublin. It dates from the 5<sup>th</sup> century (433 is one date associated with it) and is attributed to St. Patrick. The document states that St Patrick sang this when an ambush was laid against him and his group as they travelled to preach the faith at the center of the pagan King's court. To those lying in ambush, Saint Patrick and his monks appeared as a doe followed by fawns. This is the reason the prayer is at times called "The Deer's Cry." (or, "The Lorica"). As a prayer of protection, it is more commonly called the Breastplate of St Patrick.

**I arise today**

**Through a mighty strength, the invocation of the Trinity,  
Through 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 the service of the Archangels,  
In hope of resurrection to meet with reward,  
In prayers of Patriarchs,  
in predictions of Prophets,  
In preaching of Apostles, in the faith of Confessors,  
In innocence of Holy Virgins, in the deeds of righteous men.**

**I arise today,**

**Through the strength of Heaven;  
The light of the sun,  
The radiance of the moon,  
The splendor of fire,  
The speed of lightning,  
The swiftness of wind, The depth of the sea,  
The stability of the earth,  
The firmness of the rocks.**

**I arise today,**

**Through God's strength to lead 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 shield to protect me,  
God's host to save me:  
From the snares of devils,  
From the temptations of vices,  
From everyone who shall wish me ill, afar and near.

I summon today  
All these powers between me and those evils,  
Against every cruel and merciless power that may oppose my soul and body  
Against the incantations of false prophets,  
Against the dark laws of heathenism,  
Against the false laws of heretics,  
Against the craft of idolatry,  
Against the spells of witches, conjurers and augurers,  
Against every knowledge that corrupts man's body and soul.  
Christ to shield me today  
Against poison, against burning,  
Against drowning, against wounding,  
So that there may come to me an 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 when I lie down,  
Christ when I sit down,  
Christ when I rise,  
Christ in the heart of all who think of me,  
Christ in the mouth of all who speak of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.

[The prayer concludes with the following, but is this part is omitted in the Ancient Faith Prayer Book: "I arise today through a mighty strength, the invocation of the Trinity, through belief in the Threeness, through confession of the Oneness of the Creator of creation. Salvation is of the Lord. Salvation is of the Lord. Salvation is of Christ. May Thy Salvation, O Lord, be ever with us. Amen."]