

Saint Patrick's Breastplate

Translated by Kuno Meyer, 1890, public domain

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 with His
baptism,
Through the strength of His crucifixion with His
burial,
Through the strength of His resurrection with
His ascension,
Through the strength of His descent for the
judgement of Doom.

I arise today
Through the strength of the love of the
Cherubim,
In the obedience of angels,
In the service of archangels,
In the hope of the resurrection to meet with
reward,
In the prayers of patriarchs,
In prediction of prophets,
In preaching of apostles,
In faith of confessors,
In innocence of holy virgins,
In deeds of righteous men.

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 sea,
Stability of earth,
Firmness of 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 to me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to save me,

From snares of devils,
From temptation of vices,
From every one who shall wish me ill,
Afar and anear,
Alone and in a multitude.
I summon today all these powers between me
and those evils,
Against every cruel merciless power that may
oppose 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 to shield me today,
Against poisoning, against burning,
Against drowning, against wounding,
So there 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 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 one who speaks of
me,
Christ in the eye of every one who sees me,
Christ in every ear that hears me.

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.