

LORICA OF SAINT PATRICK



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 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 Judgment of Doom.



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 preachings of Apostles, in faiths of
Confessors,

in innocence of Holy Virgins, in
deeds of righteous men.

I arise today
through the strength of Heaven:
light of Sun, brilliance of Moon,
splendour of Fire,
speed of Lightning, swiftness of
Wind, depth of Sea, stability of Earth,
firmness of Rock.



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 host to secure me:
against snares of devils,
against temptations of vices,
against inclinations of nature,
against everyone who shall wish me

ill,

afar and anear, alone and in a
crowd.



arise today

I summon today all these powers
between me (and these evils):

 against every cruel and merciless
power that may oppose my body and my
soul,

 against incantations of false prophets,
 against black laws of heathenry,
 against false laws of heretics,
 against craft of idolatry,
 against spells of witches and smiths
and wizards,

 against every knowledge that
endangers man's body and soul.

 Christ to protect me today
 against poison, against burning,
 against drowning, against wounding,
 so that there may come 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 every man
who speaks of me,

Christ in every eye that sees me,
Christ in every ear that hears me.



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.

St. Patrick (ca. 377)

*Also known as *Deer's Cry* (*Fáed Fíada*) and *St. Patrick's Breastplate*. It is said to have turned St. Patrick and his followers into deer when they were being pursued by the king's men early one morning--hence the title "The Deer's Cry." Since then, it has always been used not only as a morning prayer, but as a prayer of protection

