

## **Prayer of Saint Patrick**

I arise today  
Through the strength of Heaven  
Light of sun  
Radiance of moon Splendor of fire  
Speed of lightning  
Swiftiness 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 anear  
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