

Wednesday Lent Reflection

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 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.

The Deer's Cry (St Patrick) –
Shaun Davey, *The Pilgrim*

Bright Morning Star – Judy Collins

Morning Breaks – Craig Armstrong
(*Piano Works*)