

## **RESOURCE SHEET 42**

### **Prayer:**

May the Strength of God guide us.

May the Power of God preserve us.

May the Wisdom of God instruct us.

May the Hand of God protect us.

May the Way of God direct us.

May the Shield of God defend us.

May the Angels of God guard us.

- Against the snares of the evil one.

May Christ be with us!

May Christ be before us!

May Christ be in us,

Christ be over all!

May Thy Grace, Lord,

Always be ours,

This day, O Lord, and forevermore. Amen.

Life of the saint known as Enlightener of Ireland

<https://oca.org/saints/lives/2013/03/17/100821-st-patrick-the-bishop-of-armagh-and-enlightener-of-ireland>

## Lorica of Saint 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](#) 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.

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 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.

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 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.

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.  
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.