

# St. Patrick Pray for Us.



## ***THE BREASTPLATE***

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 everyone 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 .  
(Short Version)

*St. Patrick's Breastplate is a popular prayer attributed to one of Ireland's most beloved patron saints. According to tradition, St. Patrick wrote it in 433 A.D. for divine protection before successfully converting the Irish King Leoghaire and his subjects from paganism to Christianity. (The term breastplate refers to a piece of armour worn in battle.)*

*The Person of Christ was at the heart of Patrick's preaching and his personal spirituality. How powerfully this is portrayed in his prayer, known as his Breastplate. Dare we long, especially these coming days to be filled with the Person of Christ as Patrick was. Let us resolve to say this little prayer for divine protection regularly in honour of St. Patrick and also as a prayer against this virus.*