

The Breastplate of St. Patrick

I bind myself to the strong virtue of love,
and the obedience of angels,
and the predictions of prophets,
and the preaching of the apostles
and the faith of confessors.

I bind myself to the power of heaven,
the light of the sun,
the brightness of the moon,
the splendour of fire, the flashing of lightning,
the swiftness of wind,
the depth of the sea,
the stability of earth,
and the compactness of rocks.

I bind myself today,
God's power to guide me,
God's might to uphold me,
God's power to teach me,
God's eye to watch over me,
God's ear to hear me,
God's word to give me speech;

Christ with me and before me,
Christ behind me and within me,
Christ to the right of me,
Christ to the left of me,
Christ above me,
Christ beneath me,
Christ in the heart of everyone who thinks of me,
Christ in the eye of everyone who sees me,
Christ in the ear of everyone who hears me.

I bind myself today to the strong virtue of Christ.

Amen.