

# Lorica of St. Patrick

(composed AD 433)

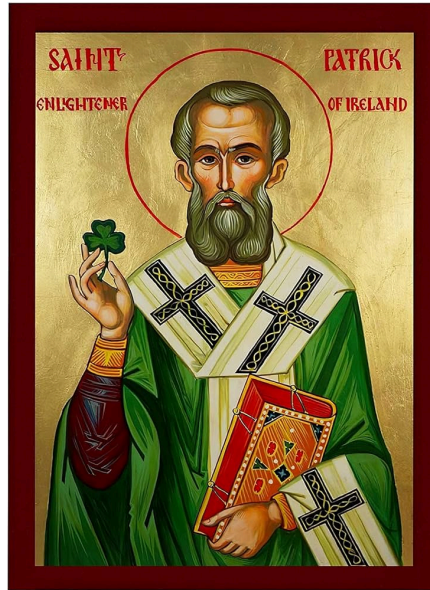
I shield myself today through a mighty strength,  
The invocation of the Trinity,  
Through a belief in the Threeness,  
Through confession of the Oneness  
Of the Creator of creation.

I shield myself today through the strength  
Of Christ's birth and His baptism,  
Through the strength of His crucifixion  
And His burial,  
Through the strength of His resurrection  
And His ascension,  
Through the strength of His descent  
For the judgment of doom.

I shield myself today  
With the strength of the love of cherubim,  
In obedience of angels,  
In service of archangels,  
In the hope of resurrection to meet with reward,  
In the prayers of patriarchs,  
In preachings of the apostles,  
In faiths of confessors,  
In innocence of virgins,  
In deeds of righteous men.

I shield myself today  
With the virtues of God's creation:  
The stars of His heaven,  
Light of His sun,  
Splendor of His fire,  
Speed of His lightning,  
Swiftness of His wind,  
Depth of His sea,  
Stability of His earth,  
Firmness of His rock.

I shield myself today  
Through God's strength to uphold 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 hosts to save me  
From snares of the devil,  
From temptations of vices,  
From every one who desires me ill,  
Afar and near,  
Alone or in a multitude.

I summon today all these holy powers  
Between me and evil,  
Against every cruel merciless power  
That opposes my body and soul,  
Against incantations of false prophets,  
Against black laws of paganhooood,  
Against false laws of heretics,  
Against craft of idolatry,  
Against women's charms and wizard's spells,  
Against every darkness that corrupts man's body and soul.  
Christ shield me today  
Against poison, against burning,  
Against drowning, against wounding,  
So that I may complete my life in peace and repentance.

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 in the heart of every man who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in the eye that sees me,  
Christ in the ear that hears me.

I shield myself today  
Through a mighty strength, the invocation of the Trinity,  
Through a belief in the Threeness,  
Through a confession of the Oneness  
Of the Creator of creation.