



arise 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 arise today through a mighty strength:
the strength of Christ's birth and His baptism,
the strength of His crucifixion and His burial,
the strength of His resurrection and His ascension,
the strength of His coming on Judgement Day.

I arise today through a mighty strength:
The virtue of the love of seraphim,
In the obedience of angels,
In the hope of resurrection unto reward,
By virtue of prayers of patriarchs,
predictions of God's prophets,
preaching of the apostles,
the faith of confessors,
the purity of holy virgins,
and the deeds of righteous men.

I arise today to witness a mighty strength:
The power that created Heaven,
The power that created the light of the sun,
The power that created the brightness of the moon,
The power that created the splendor of fire,
The power that created flashing lightning,
The power that caused the swiftness of winds,
The power that laid the depths of the seas,
The power that founded the earth's stability,
The power that formed all rocks.

I arise today through a mighty strength:
God's power to guide me,
God's might to uphold me,
God's wisdom to teach me,
God's eyes to watch over me,
God ear to hear me,
God's word to give me speech,
God's hand to guard me,
God's way to lie before me,
God's shield to shelter me,
God's host to secure me:

Against the snares of the devil,
Against the temptations of vices,
Against the lusts of nature,
Against everyone who shall wish me ill,
Whether far or near, many or few.

I invoke to my aid all such virtues of mighty strength:
Against every merciless, hostile power,
Which may assail my body and my soul,
Against the incantations of false prophets,
Against idolatries deceits,
Against all knowledge the blinds the soul of humanity.

I arise to day through a mighty strength:
Christ to protect me today
Against every poison, against burning,
Against drowning, against wounding,
That I may receive abundant 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 when I lie down, Christ when I sit down,
Christ to every eye that sees me,
Christ in every ear that hears me.

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Through a confession of the Oneness
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Amen.

~ Prayer of Saint Patrick