

# *Saint Patrick's Breastplate Prayer*

*This prayer is called "St. Patrick's Breastplate" because of those parts of it that seek God's protection. It is also known as "The Deer's Cry" or "The Lorica". This is the version that we as Celtic Monks have chosen to memorize and pray in the morning upon awakening. We may additionally pray Psalm 5. We also sometimes use it during our Worship Service.*

I bind unto myself today  
The strong Name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three.

I bind this day to me forever.  
By power of faith, Christ's  
incarnation;  
His baptism in the Jordan river;  
His death on Cross for my  
salvation;  
His bursting from the spiced tomb;  
His riding up the heavenly way;  
His coming at the day of doom;  
I bind unto myself today.

...

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, His might to stay,  
His ear to hearken to my need.  
The wisdom of my God to teach,  
His hand to guide, His shield to  
ward,  
The word of God to give me speech,  
His heavenly host to be my guard.

Against the demon snares of sin,  
The vice that gives temptation  
force,  
The natural lusts that war within,  
The hostile men that mar my  
course;  
Or few or many, far or nigh,  
In every place and in all hours,  
Against their fierce hostility,  
I bind to me these holy powers.

Against all Satan's spells and wiles,  
Against false words of heresy,  
Against the knowledge that defiles,  
Against the heart's idolatry,  
Against the wizard's evil craft,  
Against the death wound and the  
burning,  
The choking wave and the  
poisoned shaft,  
Protect me, Christ, till Thy  
returning.

**Christ be with me,  
Christ within me,  
Christ behind me,  
Christ before me,  
Christ beside me,  
Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me,  
Christ above me,  
Christ in quiet,  
Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend  
and stranger.**

I bind unto myself the Name,  
The strong Name of the Trinity;  
By invocation of the same.  
The Three in One, and One in  
Three,  
Of Whom all nature hath creation,  
Eternal Father, Spirit, Word:  
Praise to the Lord of my salvation,  
Salvation is of Christ the Lord.