

# The Lewis County Catholic Times

*A Weekly Bulletin for the parishes of Saint Patrick Catholic Church, Weston,  
Saint Boniface Catholic Church, Camden and Good Shepherd Mission, Glenville, West Virginia  
Established 1848*

## The Breastplate of St. Patrick

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 armor worn in battle.)

More recent scholarship suggests its author was anonymous. In any case, this prayer certainly reflects the spirit with which St. Patrick brought our faith to Ireland! St. Patrick's Breastplate, also known as *The Lorica of Saint Patrick* was popular enough to inspire a hymn based on this text as well. (This prayer has also been called *The Cry of the Deer*.)

When St. Paul referred to putting on the "Armor of God" in his letter to the Ephesians (6:11) to fight sin and evil inclinations, he could have been thinking of prayers just like this one! We may not wear combat gear in our daily lives, but St. Patrick's Breastplate can function as divine armor for protection against spiritual adversity.



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.

I arise today  
Through the strength of Christ's birth  
with His baptism,  
Through the strength of His crucifixion  
with His burial,  
Through the strength of His resurrection  
with His ascension,  
Through the strength of His descent for  
the judgment of doom.

I arise today  
Through the strength of the love of  
cherubim,  
In the obedience of angels,  
In the service of archangels,  
In the hope of resurrection to meet with  
reward,

In the prayers of patriarchs,  
In the predictions of prophets,  
In the preaching of apostles,  
In the faith of confessors,  
In the innocence of holy virgins,

In the deeds of righteous men.

I arise today, through  
The strength of heaven,  
The light of the sun,  
The radiance of the moon,  
The splendor of fire,  
The speed of lightning,  
The swiftness of wind,  
The depth of the sea,  
The stability of the earth,  
The firmness of rock.

I arise today, through  
God's strength to pilot me,  
God's might to uphold me,  
God's wisdom to guide 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 shield to protect me,  
God's host to save me  
From snares of devils,  
From temptation of vices,

From everyone who shall wish me ill,  
afar and near.

I summon today  
All these powers between me and those  
evils,  
Against every cruel and merciless power  
that may oppose my body and soul,  
Against incantations of false prophets,  
Against black laws of pagandom,  
Against false laws of heretics,  
Against craft of idolatry,  
Against spells of witches and smiths and  
wizards,  
Against every knowledge that corrupts  
man's body and soul;  
Christ to shield me today  
Against poison, against burning,  
Against drowning, against wounding,  
So that there may come to me an  
abundance of 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 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.

***People sometimes pray a shorter  
version of this prayer just with  
these 15 lines about Christ***

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.



*Saint Joseph and the Christ Child by Pieter van Lint*

### **Go to Joseph**

“This patronage must be invoked as ever necessary for the Church, not only as a defense against all dangers, but also, and indeed primarily, as an impetus for her renewed commitment to evangelization in the world and to re-evangelization,” wrote St. John Paul II in *Redemptoris Custos* (Guardian of the Redeemer).

John Paul II further said, “Because St. Joseph is the protector of the Church, he is the guardian of the Eucharist and the Christian family. Therefore, we must turn to St. Joseph today to ward off attacks upon the real presence of Christ in the Eucharist and upon the family. We must plead with St. Joseph to guard the Eucharistic Lord and the Christian family during this time of peril.”

### **Prayer to St. Joseph**

Oh, St. Joseph, whose protection is so great,  
so strong, so prompt before the throne  
of God. I place in you all my interests and  
desires.

Oh, St. Joseph, do assist me by your  
powerful intercession, and obtain for me  
from your divine Son all spiritual blessings,  
through Jesus Christ, our Lord.

So that, having engaged here below your  
heavenly power, I may offer my  
thanksgiving and homage to the most loving  
of Fathers.

Oh, St. Joseph, I never weary of  
contemplating you, and Jesus asleep in your  
arms; I dare not approach while He reposes  
near your heart.

Press Him in my name and kiss His fine  
head for me and ask him to return the Kiss  
when I draw my dying breath.

St. Joseph, Patron of departing souls - Pray  
for me.



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