

## Lorica of St Patrick

In the Christian monastic tradition, a **lorica** is a prayer recited for protection. It is essentially a 'protection prayer' in which the petitioner invokes all the power of God as a safeguard against evil in its many forms. The Latin word *lōrica* originally meant "armour" or "breastplate." Both meanings come together in the practice of placing verbal inscriptions on the shields or armorial trappings of knights, who might recite them before going into battle.

I arise today  
Through the strength of heaven;  
Light of the sun,  
Splendour of fire,  
Speed of lightning,  
Swiftness of the wind,  
Depth of the sea,  
Stability of the earth,  
Firmness of the 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 way to lie before me,  
God's shield to protect me,  
God's hosts to save me  
Afar and a near,  
Alone or in a multitude.

Christ shield me today  
Against wounding  
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 everyone 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 arise today  
Through the mighty strength  
Of the Lord of creation.

Amen