



*I arise today*

*Through God's strength to direct me:*

*God's might to uphold me,*

*God's wisdom to guide me,*

*God's eye to look before,*

*God's ear to hear me,*

*God's word to speak to 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 devils,*

*From temptation of vices,*

*From everyone who shall wish me ill,*

*Afar and anear,*

*Alone and in a multitude.*

(trans. Kunoy Meyer)