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J.M.J.

LORICA OF SAINT PATRICK



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I 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 the strength of
Christ's birth and His baptism,
Through the strength of
His crucifixion and His burial,
Through the strength of

His resurrection and 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 obedience of angels,
In service of archangels,
In the hope of resurrection
to meet with reward,
In the prayers of patriarchs,
In preachings of the apostles,
In faiths of confessors,
In innocence of virgins,
In deeds of righteous men.

I arise today
Through the strength
of heaven;
Light of the sun,
Splendor 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
From snares of the devil,
From temptations of vices,
From every one
who desires me ill,
Afar and anear,
alone or in a multitude.

I summon today
all these powers
between me and evil,

Against every cruel merciless
power that opposes
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 women
and smiths and wizards,
Against every knowledge that
corrupts man's body and soul.

Christ shield me today
against poison,
against burning,
against drowning,
against wounding,
So that reward may come
to me in abundance.

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 every
man who speaks of me,
Christ in the eye that sees me,
Christ in the ear that hears me.

I arise today
Through a mighty strength,
the invocation of the Trinity,
Through a belief
in the Threeness,
Through a confession
of the Oneness
of the Creator of creation.

Salvation is of the Lord.
Salvation is of the Lord.
Salvation is of the Christ.
May your salvation, O Lord,
be ever with us.