



from

St. Patrick's Breastplate

May the strength of God guide me this day, and
may his power preserve me.

May the wisdom of God instruct me;
the eye of God watch over me;
the ear of God hear me;
the word of God give sweetness to my speech;
the hand of God defend me;
and may I follow the way of God.

Christ be with me, Christ before me,
Christ be after me, Christ within me,
Christ beneath me, Christ above me,
Christ at my right hand, Christ at my left,
Christ in the fort, Christ in the chariot,
Christ in the ship,
Christ in the heart of every man who thinks of me,
Christ in every eye that sees me.
Christ in every ear that hears me.

