

THE LORD'S PRAYER

Matthew 5:9-13

This, then, is how you should pray:

'Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as it is in heaven.

Give us today our daily bread.

And forgive us our sins,

as we have forgiven those who sin against us.

And don't let us yield to temptation,

but rescue us from evil.

For yours is the kingdom and the power and the glory forever. Amen.'

ST PATRICK'S BREASTPLATE PRAYER

- abridged

According to tradition, St. Patrick wrote 'the breastplate (referring to the piece of armour worn in battle) prayer' in the mid 400's A.D. as he travelled as a missionary into then pagan Ireland. St Patrick and other courageous men and women of God helped change the spiritual landscape of a nation. As we step daily as Christ's people into our secular world, the words of this prayer can provide some ancient yet fresh language as we find our protection, hope, focus and strength in Christ.

I arise today: through a mighty strength 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: 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;
Christ to shield me today.

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,
Christ when I arise,
Christ in the heart of everyone 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 of the Trinity, through belief in the Threeness, through confession of the Oneness of the Creator of creation.