



PRAYERS OF THE SAINTS

SAINT PATRICK'S BREASTPLATE (THE DEER'S CRY)

Saint Patrick (attributed), Old Irish, c. 8th century

"Christ with me, Christ before me": a prayer of protection from early Ireland



OLD IRISH

Atomruig indú
niurt trén, togairm Trínoíte.
Cretim treodataid fóisitin óendatad
in Dúlemain dail.

Atomruig indú
niurt gene Crist conabathis,
neurt a crotha conaadnacu,
neurt aeiseirgi conafreagabail,
neurt athoiniuda fri brithemnus mbratha.

ENGLISH

I arise to-day
through a mighty strength, the invocation of
the Trinity,
through belief in the threeness,
through confession of the oneness
of the Creator of Creation.

I arise to-day
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.

Attomriug indiu
neurt graid hiruphín,
inerlattaíd aingiul,
ifrestal nanarchaingiul,
ifrescisin esérgi arcend focraici,
inernaighi uasalthrach,
itaircetlaib fáthi,
ipreceptaib apstal,
inirisib faísmedach,
inendccai nóebingen,
ingnimaib fer fírioin.

Attomriug indiu
neurt nime,
soillsi gréine,
etrochta ésci,
áne thened,
déne lóchet,
luathi gaithi,
fudomna mara,
tairismigi talman,
cobsaidi alech.

Attomriug indiu
neurt Dé dom lúamairecht,
cumachta nDé dom congbaíl,
cíall nDé domimthús,
rosc nDé dom imcaisin,
clúas nDé doméisteacht,
briathar nDé domerlabrai,
lám nDé domimdegail,
intech nDé domremthechtus,
sciath Dé domimdíten,
sochraiti Dé domanacul
ar indledaib demna,
ar aslagib dualach,
ar foirmdechaib acnid,
ar cech nduine midúthracair dam
icéin, anoccus,
inuathiud, isochaidi.

I arise to-day
through the strength of the love of Cherubim,
in obedience of angels,
in the service of archangels,
in hope of resurrection to meet with reward,
in prayers of patriarchs,
in predictions of prophets,
in preachings of apostles,
in faiths of confessors,
in innocence of holy virgins,
in deeds of righteous men.

I arise to-day
through the strength of heaven:
light of sun,
radiance of moon,
splendour of fire,
speed of lightning,
swiftness of wind,
depth of sea,
stability of earth,
firmness of rock.

I arise to-day
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 host to save me
from snares of devils,
from temptations of vices,
from every one who shall wish me ill,
afar and anear,
alone and in a multitude.

Tochuiriuir etrum indíu inna hule neurtasa
fri cech neurt namnus nétrocar
fristái dom churp ocus domanmain,
fri taircetlaib saebfáthe,
fri dubrechtu gentliuchta,
fri saebrechtaib heretecda,
fri himcellacht nidlachta,
fri brichta ban ocus goband ocus druád,
fri cech fis aracuiliu corp ocus anmain duni.

Crist domimdegail indiu
ar cech neim, ar loscud,
ar bádudh, ar guin,
conimraib ilar fochraici.

Crist lim, Crist remam,
Crist imm degaid, Crist innum,
Crist ísum, Crist úasam,
Crist dessum, Crist tuathum,
Crist illius, Crist ipsius,
Crist inerus.

Crist hicride cech duine rodomschrúadar,
Crist angin cech duine rodomlabradar,
Crist iruscc cech duine rodomdecadar,
Crist iclúais cech duine rodomcluinedar.

Atomruig indíu
niurt trén, togairm Trínóite.
Cretim treodataid fóisitin óendatad
in Dúlemain dail.

I summon to-day all these powers between me
and those evils,
against every cruel merciless power that may
oppose 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 to shield me to-day
against poison, against burning,
against drowning, against wounding,
so that there may come to me abundance of
reward.

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

I arise to-day
through a mighty strength, the invocation of
the Trinity,
through belief in the threeness,
through confession of the oneness
of the Creator of Creation.



Domini est salus,
Domini est salus,
Christi est salus.
Salus tua, Domine, sit semper nobiscum.

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

Amen.

