

*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 The Breastplate of St. Patrick

