

Patrick's Breastplate

I arise today

Through a mighty strength, the invocation of the Trinity,
Through the 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

I arise today

Through the strength of heaven:
Light of sun,
Radiance of moon,
Splendor of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea,
Stability of earth,
Firmness of 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 host to save me
From snares of devils,
From temptations of vices,
From everyone who shall wish me ill, Afar and a near,
Alone and in multitude.

Christ to shield me today

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 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, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness,
Of the Creator of Creation.

Silence (10 minutes is a good length of time for this practice.)

Find somewhere private.

Sit relaxed and comfortable with eyes closed. You are not looking at *nothing*, you are looking *within*, paying attention to God who comes to live *within* you.

Be aware – of your body, your breathing your thoughts. Don't try and stop your thoughts or judge or even change them, just notice them. Be amazed at how alive and vibrant your thoughts are.

This is what the mind does – it thinks, it creates, it moves about, it **imagines**.

As you watch your thoughts dancing and moving freely about, you don't try and stop them – instead you slowly gain *distance* from them, like a plane taking off from a runway.

The thoughts are still there, they just grow smaller and less consequential, less demanding.

In the silence that follows, practice *attentiveness* and *listening*.

Praying the Psalms

Simply pick a psalm or two and read or recite them out loud. Let them guide you through a wide range of emotional and prayerful responses to God.

The Lord's Prayer

Say this prayer out loud and then use it as a guide to pray more freely: being thankful, asking for His kingdom to come in specific situations that you know of, confessing what you need to confess, bringing your needs to Him.

Finish with saying the prayer out loud again.

“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.
Forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.”