

St. Patrick's Breastplate (I Arise Today)

Words and music

by Elizabeth Busch Letourneau

From the ancient prayer attributed to St. Patrick

Adapted from the English translation by Kuno Meyer

Capo IV

Am G Am
I arise today through a mighty strength,
Am G
The invocation of the Trinity:
C G Am
The Three in One, the One in Three,
Am G Am
The Creator of creation.

2. I arise today through the strength of Christ,
His birth, His death, His resurrected life;
His rising to the throne above,
And His coming again in His Kingdom.

3. I arise today through the angels' might,
In love and faith and sacrifice;
Through prayers of prophets and saints of old,
And in hope of the resurrection.

4. I arise today through the strength of heaven:
Through sun and moon in radiance given;
Through fire and lightning, wind and sea;
And through earth's sure, firm foundation.

5. I call today on God's mighty strength
To shield and guide, to uphold and save—
From devils' snares and temptation's ills
And from cruel and dark corruption.

C G Am E
Christ with me, Christ before me, Christ behind me, Christ in me,
C G Am E
Christ beneath me, Christ above me, Christ on my right, Christ on my left,
C G Am E
Christ when I lie down, Christ when I sit down, Christ when I arise,
Am G Am E
Christ in the heart of all who think of me, Christ in the mouth of all who speak of me,
Am G Am E
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:
The Three in One, the One in Three,
The Creator of creation.