



# St. Patrick's Breastplate



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.