

## THE DEER'S CRY – A PRAYER FOR EACH MORNING

*The 'Deer's Cry' is also known by the name 'St. Patrick's Breastplate' and is an example of a 'lorica' - a 'breastplate' recited for the protection of body and soul against all forms of evil. The name of the hymn derives from a legend - when Loeguire, the High King of Tara, resolved - in 5<sup>th</sup> century Ireland - to ambush and kill Patrick and his monks to prevent them from spreading the Christian faith in his kingdom. As Patrick and his followers approached singing this hymn, the King and his men saw only a herd of wild deer and let them pass by. The word 'cry' also has the sense of a prayer or petition.'*

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

I arise today  
through God's strength to pilot me,  
God's eye to look before me,  
God's wisdom to guide me,  
God's way to lie before me,  
God's shield to protect me.

From all who shall wish me ill,  
afar and anear,  
alone and in a multitude,  
against every cruel merciless power  
that may oppose my body and soul,

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 to shield me,

Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me.

I arise today.'