

The Deer's Cry
(Saint Patrick's Hymn)
Kuno Meyer's translation

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

I arise today
Through the strength of the love of
Cherubim,
In obedience of angels,
In the service of archangels,
In hope of resurrection to meet with reward,
In prayers of patriarchs,
In predictions of prophets,
In preachings of apostles,
In faiths of Confessors,
In innocence of holy virgins,
In deeds of righteous men.

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 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 anear,
Alone and in a multitude.

I summon today all these powers between me
and those evils,
Against every cruel merciless power that may
oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom,
Against false laws of heretics,
Against craft of idolatry,
Against spells of women and smiths and
wizards,

Against every knowledge that corrupts man's
body and soul.

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

<https://www.hymnologyarchive.com/patricks-hymn>

I bind unto myself today
The virtues of the starlit heaven,
The glorious sun's life-giving ray,
The whiteness of the moon at even,
The flashing of the lightning free,
The whirling wind's tempestuous shocks,
The stable earth, the deep salt sea,
Around the old eternal rocks.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Cecil Frances Alexander, "I Bind Unto Myself Today," Fourth
and Final Stanzas

In this fateful hour
I call on all heaven with its power
The sun with its brightness
The snow with its whiteness
The fire with all the strength it hath
The lightning with its rapid wrath
The wind with its swiftness
The sea with its deepness
The rocks with their steepness
The earth with its starkness
All these I place
Between myself and the powers of darkness.

Madeline L'Engle, *A Swiftly Tilting Planet*. Farrar, Strauss &
Giroux, 1978.