

## A prayer of commitment

The Celtic monks who sought solitude for meditation produced pioneers who left the comfort of their own lands to settle in far-off places such as Iceland, long before it was colonised by Norwegian Vikings. One such monk was Patrick (389-461). He was probably the monk who did the most to evangelise Ireland and the Celtic peoples by training others to do the job (2 Timothy 2:2). Paul said that we should *put on the breastplate of righteousness* (Ephesians 6:14). This word is Patrick's, entitled:

### Patrick's Breastplate

I bind unto myself today  
The strong name of the Trinity,  
By invocation of the same,  
The Three in One, and One in Three.

I bind this day to me forever,  
By power of faith, Christ's incarnation;  
His baptism in the Jordan river;  
His death on cross for my salvation.  
His bursting from the spiced tomb;  
His riding up the heav'nly way;  
His coming at the day of doom;  
I bind unto myself today.

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, his might to stay,  
His ear to hearken to my need;  
The wisdom of my God to teach,  
His hand to guide, his shield to ward,  
The word of God to give me speech,  
His heav'nly host to be my guard.

Against all Satan's spells and wiles,  
Against false words of heresy,  
Against the knowledge that defiles,  
Against the heart's idolatry,  
Against the wizard's evil craft,  
Against the death-wound and the burning,  
The choking wave, the poison'd shaft,  
Protect me, Christ, till thy returning.

More . . .

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.

I bind unto myself the name,  
The strong name of the Trinity,  
By invocation of the same,  
The Three in One and One in Three,  
Of whom all nature hath creation,  
Eternal Father, Spirit, Word.  
Praise to the Lord of my salvation:  
Salvation is of Christ the Lord.

Translated by Mrs C.F Alexander

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