

## **The Lorica, (The Deer's Cry)**

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 Christ with His Baptism,  
Through the strength of His Crucifixion with His Burial,  
Through the strength of His Resurrection with His Ascension,  
Through the strength of His descent for the Judgement of Doom.

I arise today  
Through the strength of heaven;  
Light of sun,  
Radiance of moon,  
Splendour of fire,  
Speed of lightening,  
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 secure me,  
Against snares of devils,  
Against temptations of vices,  
Against inclinations of nature,  
Against everyone who shall wish me ill,  
Afar and anear,  
Alone and in a crowd.

I summon today all these powers between me and these evils:  
Against every cruel and merciless power that may oppose my body and soul,  
    Against incantations of false prophets,  
    Against black laws of heathenry,  
    Against craft of idolatry,  
    Against all manner of spells,  
Against every knowledge that endangers man's body and soul.

    Christ to protect me today  
    Against poison, against burning,  
    Against drowning, against wounding,  
So that there may come 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 where I lie, Christ where I sit, Christ where I arise.  
    Christ in the heart of every man who thinks of me,  
    Christ in the mouth of every man who speaks of me,  
Christ in every eye that sees me, Christ in every ear that hears me.

    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 a mighty strength - the invocation of the Trinity  
    Through belief in Threeness,  
Through confession of the Oneness  
    Of the Creator of Creation.

    Salvation is of the Lord.  
    Salvation is of the Lord.  
    Salvation is of Christ.  
May Thy salvation, O Lord, be ever with us.  
    Amen.