

## Unison Prayers from The God of Daniel Series

### **Saint Patrick's Breastplate** (c. AD 387 - 17 March 461)

I arise today

Through a mighty strength, the invocation of the Trinity, through the belief in the threeness, through the confession of the oneness of the Creator of Creation.

I arise today

Through the strength of Christ's birth 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 Judgment Day.

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 demons, from temptations of vices, from everyone who shall wish me ill,

Afar and near, alone and in multitude.

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 the belief in the threeness, through the confession of the oneness of the Creator of Creation.

**The Confessions of Saint Augustine** (13 November AD 354 - 28 August AD 430)

Who is God apart from our God?

You are the absolute, the ultimate good, the most powerful and omnipotent, the most merciful and most just, deeply hidden yet intimately present, most beautiful and most strong, immutable yet changing everything.

You are always active, always at rest, holding all together but not out of need, supporting and filling and protecting, creating and nourishing and perfecting.

You are my true joy if I recognize that I am subject to You.

**Saint John of the Cross** (24 June 1542 – 14 December 1591)

O God, he who has You is at rest.

How sweet to me Your presence.

You are the sovereign God.

I will draw near to You in silence, making my soul Your bride.

I will rejoice in nothing till I am in Your arms.

O Lord, I beg You, leave me not for a moment.

**Prayer of Saint Francis** (1181 or 1182 – 3 October 1226)

Lord, make me an instrument of Thy peace;

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

and where there is sadness, joy.

O Divine Master,

grant that I may not so much seek to be consoled as to console;

to be understood, as to understand;

to be loved, as to love;

for it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to Eternal Life.

Amen.

**The Daily Prayer** (excerpt from John Eldredge (b. 1960) *Waking the Dead*)

Dear God, holy and victorious Trinity, You alone are worthy of all my worship, my heart's devotion, my praise, all my trust, and all the glory of my life. I love You, I worship You, I trust You. I give myself over to You in my heart's search for life. I renounce all other gods and all idols, and I give You the place in my heart and in my life that You truly deserve.

I confess here and now that this is all about You, God, and not about me. You are the Hero of this story, and I belong to You. Search me and reveal to me where You are working in my life. Grant to me the grace of Your healing and deliverance and a deep and true repentance.

**Prayer of Thomas à Kempis** (c.1380 – 25 July 1471)  
from **The Imitation of Christ**

Lord, You know what is best; let this be done or that be done as You please. Give what You will, as much as You will, when You will. Do with me as You know best...for Your greater honor. Place me where You will and deal with me freely in all things.

I am in Your hand; turn me about whichever way You will. Behold, I am Your servant, ready to obey in all things. Not for myself do I desire to live, but for You – would that I could do this worthily and perfectly!