

**Faith Superheroes Prayer**  
**Excerpts from *The Breastplate of Saint Patrick***

*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...*



*Christ to shield me  
today  
Against poison, against  
burning,  
Against drowning, against wounding,  
So that there may come to me an 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.*

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### **Prayer to Mary during this time of pandemic**

*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick.*

*At the foot of the Cross you participated in Jesus' pain, with steadfast faith. You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us:*

*He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection.*

*We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin. Amen.*

