

Prayer of St. Patrick

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
everyone 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.

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Don't know where to start?
Here's some tips for how to structure a prayer:

Praise: Address God with a adjective of praise or affirmation
*Wonderful God, Merciful Savior,
Spirit of Hope, Precious Lord*

Thanks: What can you thank God for today?
*Thank you for sunshine, rain,
family, a promotion,
mended relationship, a good day*

Help: Is there help you are seeking or searching for?
*Help me be patient,
help me be less angry,
help me listen more, help me trust you.
Or simply "Help". God knows your need.*

AMEN.

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