

A Lorica Prayer

A Lorica prayer is a Celtic breastplate prayer which asks for God's protection.

We hold to ourselves this day
God who fashions the earth
who blazes stars across the heavens
who makes the seas team with life
who makes the tropical forests beautiful
and breathes life into humanity.

We hold to ourselves this day
Jesus who teaches by parables and stories
who touches the sick and includes the outcast
who breaks bread and celebrates with wine
who knows our pain and bleeds with us
and gives his life for the world.

We hold to ourselves this day
the Spirit who breathes energy into life
who blazes in tongues of fire that cleanse and forge
who bubbles with excitement and enthusiasm
who speaks in the still small voice of our conscience
and inspires us to live as a community of justice and peace.

We hold to ourselves this day
God who is three-in-one
and invoke God's wisdom to guide
God's power to protect
God's tenderness to heal
and God's delight in community.

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