***Saint Patrick’s Breastplate*** is yet another way of saying what the psalmist says and what Jacob learned in the desert.  Invite all children to copy your motions as we read it slowly and invite the children to come stand with you as you read it.

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Christ with me *(hug yourself)*,

Christ before me *(both palms up in front of you)*,

Christ behind me *(arms behind you)*,

Christ in me *hands over heart)*,

Christ beneath me *(spread legs and firm your stance)*,

Christ above me *(hands over head)*,

Christ on my right *(hand out to right)*,

Christ on my left, *hand out to left)*

Christ when I lie down *make a pillow with your hands and lay your head in it)*,

Christ when I sit down *(sit down)*, Christ when I arise *(stand up)*,

Christ in the heart of every man who thinks of me *(point to head)*,

Christ in the mouth of everyone who speaks of me *(point to mouth)*,

Christ in every eye that sees me *(point to eyes)*,

Christ in every ear that hears me *(point to ears*.