## IN JESUS CHRIST, WE ARE...I AM....

Adopted into God's family (Ephesians 1:5).

**B**lessed with every spiritual blessing (Eph. 1:3).

Chosen from the foundation of the world (Eph. 1:4).

**D**elivered from the power of darkness (Col. 1:13).

**E**mpowered with the power of Christ (Eph. 1:19).

Forgiven of all my sins (Eph. 1:7; Col. 2:13).

**G**lorified as a child of God (Romans 8:28-30).

Holy and beloved (Colossians 3:12).

Indwelt by the Holy Spirit (1 Corinthians 3:16, 6:19).

Justified, declared righteous before God (Romans 3:24).

**K**ing's heir (Romans 8:17, Ephesians 1:11).

**L**oved with an everlasting love (Romans 8:38-39).

**M**ercied by God and made His own (1 Peter 2:9-10).

**N**ew creation, old things have passed away (2 Cor 5:17).

Overcomer of the world (1 John 5:4-5).

**P**erfect and complete (Hebrews 10:14; Col. 2:10).

Quieted by His love (Zeph. 3:17; Matt. 11:28).

**R**edeemed by His blood (1 Peter 1:18-19).

**S**aved from sin, Satan, and death (Ephesians 2:1-10).

**T**ranslated into the kingdom of Christ (Colossians 1:13).

**U**nited with other believers (Ephesians 2:21, 4:16).

Victorious (1 Corinthians 15:57).

Washed and regenerated (Titus 3:4-7).

**X**ceedingly blessed with God's promises (2 Peter 1:4).

**Y**oked with Christ (Matthew 11:28-30).

**Z**ealously sought after by God's Spirit (James 4:5).

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 shield to protect me,
God's host to save me
From snares of devils,
From temptation of vices,
From everyone who shall wish me ill, afar and near.

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.

Excerpts from St. Patrick's Breastplate, 433 AD