

## The Deer's Cry

Composed by Shaun Davey, performed by Rita Connolly  
from the CD "The Pilgrim" - used with permission

I arise today

Through the strength of heaven:

Light of sun,  
Radiance of moon,  
Splendor of fire,  
Speed of lightning,  
Swiftness of wind,  
Depth of sea,  
Stability of earth,  
Firmness of rock.

I arise today

Through God's strength to pilot me:

God's eyes to look before me,  
God's wisdom to guide me,  
God's way to lie before me,  
God's shield to protect me,  
From all who shall wish me ill,  
Afar and anear,  
Alone and in a multitude.

Against every cruel, merciless power  
that may oppose my body and soul

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 to shield me,

Christ in the heart of every one who thinks of me,  
Christ in the mouth of every one who speaks of me.

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**Poem referenced by James Finley  
at the Following the Mystics conference:**

Matt Talbot was a drunkard  
Dismas was a thief  
Magdalene was a playgirl  
and Thomas without belief

But there they are in heaven  
Looking down upon us now  
Each holding a tilted halo  
To a badly battered brow

And so the sins of all you sinners  
Don't definitely damn  
For your was-ness doesn't matter  
If your is-ness really am.

- Author Unknown

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