

# Key Figures of Fifth Century Christianity

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Church History

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## CHURCH AGES

**CYRIL OF ALEXADRIA 376-444**

### The Early Church AD33-590

AD33-100 The First Century Church

AD100-300 The Patristic Age (Early Fathers)

AD300-590 The Imperial Church

### The Medieval Church AD590-1517

The Reformed Church AD1517-1800

The Modern Church 1800-present

## IN DEFENSE OF THE FAITH

**NESTORIUS 386-450**

**PATRICK 385-461**

**LEO I 400-461**

**BENEDICT OF NURSIA 480-547**

## THE BREASTPLATE OF PATRICK

1. I bind to myself to-day,  
The strong power of the invocation of the Trinity:  
The faith of the Trinity in the Unity  
The Creator of the elements.

2. I bind to myself to-day,  
The power of the Incarnation of Christ, with that of  
his Baptism,  
The power of the Crucifixion with that of his Burial,  
The power of the Resurrection, with the Ascension,  
The power of the coming of the Sentence of  
Judgement.

3. I bind to myself to-day,  
The power of the love of Seraphim,  
In the obedience of Angels,  
(In the service of Archangels,)  
In the hope of Resurrection unto reward,  
In the prayers of the noble Fathers,  
In the predictions of the Prophets,  
In the preaching of Apostles,  
In the faith of Confessors,  
In purity of Holy Virgins,  
In the acts of Righteous Men.

4. I bind to myself to-day,  
The power of Heaven,  
The light of the Sun,  
(The whiteness of Snow,)[13]  
The force of Fire,  
The flashing of lightning,  
The velocity of Wind,  
The depth of the Sea,  
The stability of the Earth,  
The hardness of Rocks.

5. I bind to myself to-day,  
The Power of God to guide me,  
The Might of God to uphold me,  
The Wisdom of God to teach me,  
The Eye of God to watch over me,  
The Ear of God to hear me,  
The Word of God to give me speech,  
The Hand of God to protect me,  
The Way of God to prevent me,  
The Shield of God to shelter me,  
The Host of God to defend me,  
Against the snares of demons,  
Against the temptations of vices,

Against the (lusts) of nature,[14]  
Against every man who meditates injury to me,  
Whether far or near,  
With few or with many.

6. I have set around me all these powers,  
Against every hostile savage power  
Directed against my body and my soul,  
Against the incantations of false prophets,  
Against the black laws of heathenism,  
Against the false laws of heresy,  
Against the deceits of idolatry,  
Against the spells of women, and smiths and  
druids,  
Against all knowledge that binds the soul of man.

7. Christ, protect me to-day  
Against poison, against burning,  
Against drowning, against wound,  
That I may receive abundant reward.

8. Christ with me, Christ before me,  
Christ behind me, Christ within me,  
Christ beneath me, Christ above me,  
Christ at my right, Christ at my left,

9. Christ in the heart of every man who thinks of  
me,  
Christ in the mouth of every man who speaks to  
me,  
Christ in the eye of every man that sees me,  
Christ in the ear of every man that hears me.

10. I bind to myself to-day,  
The strong power of an invocation of the Trinity,  
The faith of the Trinity in Unity  
The Creator of the Elements.