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Titolo	Be Thou my breastplate : forty days of giving your life to God the Celtic way // Paul Wallis
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Note generali	Description based upon print version of record.
Nota di contenuto	Contents; The Breastplate of Fursa; How to pray this Breastplate Prayer; Forty individual prayers and meditations; Appendix 1 Lent with Fursa; Appendix 2 Weekend retreat with Fursa
Sommario/riassunto	The title is taken from the hymn Be Thou My Vision , a famous reworking of the most familiar of all the ancient Celtic 'Breastplate Prayers', the Breastplate of St Patrick. This book draws upon the seventh century Breastplate of Saint Fursa. History doesn't go into great detail in its record of Fursa's life and Be thou my breastplate doesn't pretend otherwise. The text takes what is known of his story and reflects on his prayer in daily bite-size pieces. Each brief chapter unpacks and applies the prayer's contents for the reader, drawing out the fresh insights and profound challenges that come