

# YOUR PERSONAL *Prayer*

O God, our help in ages past,

We commend to your gracious care and keeping all the men and women of our armed forces at home and abroad. Defend them day by day with your heavenly grace; strengthen them in their trials and temptations; give them courage to face the perils which beset them; and grant them a sense of your abiding presence wherever they may be.

Through Jesus Christ our Lord, Amen.

Adapted from the Book of Common Prayer



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