

# 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.

We humbly pray that we may always prove ourselves a people mindful of your favor and glad to do your will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way.

We commend to your goodness all those who are afflicted or distressed in body, mind or soul, that you grant them comfort and relief according to their needs, granting them patience in their suffering.

Through Jesus Christ our Lord, Amen.

Adapted from the Book of Common Prayer



Visit [cathedral.org/prayer](https://cathedral.org/prayer) to create your own prayer!