

# 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.

Grant, O God, that your holy and life-giving Spirit may so move every human heart, and especially the hearts of the people of this land, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace.

You have commanded us to love our enemies, to pray for those who persecute us. Lead them and us from prejudice to truth; deliver them and us from hatred, cruelty and revenge; and in your good time enable us all to stand reconciled before your throne.

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



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