



Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern
both our hearts and bodies in the ways of your laws and the works of your commandments;
that through your most mighty protection, both here and ever,
we may be preserved in body and soul;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Prayer from the Church of England