

God our protector,

KEEP US SAFE IN THE SHADOW OF  
YOUR WING.  
GOD OUR STRENGTH,  
CALM OUR FEARS AND ANXIETIES, FILL  
OUR HEARTS WITH YOUR PEACE.  
GOD, IN YOUR WISDOM,  
GRANT US THE DISCERNMENT TO  
ALWAYS CHOOSE WISELY.  
GOD IN YOUR GOODNESS,  
HELP US TO GROW IN PATIENCE WITH  
OURSELVES IN TIMES OF TROUBLE AND  
CHALLENGE  
GOD OF JUSTICE,  
GIVE US THE COURAGE TO RIGHT  
WRONGS AND TO DO GOOD.  
GOD OF LOVE,  
SURROUND US WITH FRIENDS AND  
FAMILY TO CHERISH.  
GOD, IN YOUR MERCY,  
FILL US WITH COMPASSION FOR A  
WORLD IN NEED OF IT.  
GOD IN YOUR FAITHFULNESS,  
HELP US, ALWAYS AND EVERYWHERE,  
TO SEEK YOU.

— written by Nora Bradbury-Haehl,  
The Twentysomething Handbook