

## Prayer in times of temptation

God, at this present moment I am tempted to do evil, give me the strength and grace to focus on Your goodness and kindness.

I invoke Your presence, which is living, active, powerful and repels the powers of hell restoring peace in the heart.

Do not let me succumb to weakness and temptation, but help me to resist the allure of instant gratification.

Help me to strengthen my relationship with You.  
Watch over me from heaven above.

God help me! God save me!

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