

Arthur Quiller-Couch, ed. 1919. *The Oxford Book of English Verse: 1250–1900*.

Henry Charles Beeching. 1859–1919

## 855. Prayers

**GOD** who created me  
Nimble and light of limb,  
In three elements free,  
To run, to ride, to swim:  
Not when the sense is dim,  
But now from the heart of joy,  
I would remember Him:  
Take the thanks of a boy.

Jesu, King and Lord,  
Whose are my foes to fight,  
Gird me with Thy sword  
Swift and sharp and bright.  
Thee would I serve if I might;  
And conquer if I can,  
From day-dawn till night,  
Take the strength of a man.

Spirit of Love and Truth,  
Breathing in grosser clay,  
The light and flame of youth,  
Delight of men in the fray,  
Wisdom in strength's decay;  
From pain, strife, wrong to be free,  
This best gift I pray,  
Take my spirit to Thee.