

A woman in military gear, including a helmet and a tactical vest, is shown from the chest up. Her hands are clasped in prayer, and she has a serene expression. The background is dark and moody, with a diagonal split between a dark grey and a black area.

I WILL BLESS THE LORD AT ALL TIMES; HIS PRAISE SHALL CONTINUALLY BE IN MY MOUTH. MY SOUL SHALL MAKE ITS BOAST IN THE LORD; THE HUMBLE SHALL HEAR OF IT AND BE GLAD. OH, MAGNIFY THE LORD WITH ME, AND LET US EXALT HIS NAME TOGETHER.

PSALM 34:1-3 (NKJV)

I AM A VESSEL OF PRAISE. I BLESS THE LORD AT ALL TIMES. I MAGNIFY AND BOAST IN THE LORD.



WARRIOR'S MEDITATION