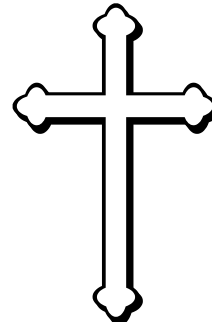


God, Be in My Sport



a prayerbook for sports

presented by

***PLAY LIKE  
A CHAMPION  
TODAY***

Character Education Through Sports

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I urge coaches, young athletes, and parents to make good use of this beautiful selection of prayers. Before practice or a game, take time to thank God for the blessings of life, energy, health and friendship. God is always with you and always loves you. As you become more aware of God's love for you, remember that God wants us to love others as we are loved.

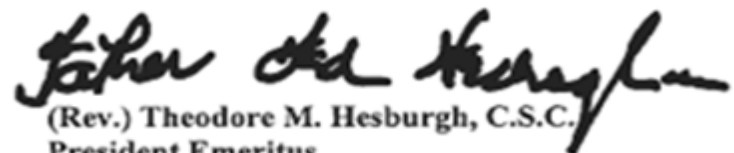
Turn the simple words, "Play Like a Champion Today" into your daily prayer. Whatever you do, whether it is playing a sport, studying for an exam, coaching young people, visiting a sick friend in the hospital, do it with great love. Thank God for each moment you have on this earth and make the most of every opportunity. Even when you are asked to do something that you find very difficult, do it with all the joy you can summon.

In sports and in life, be a competitor and a peacemaker. Play as hard as you can and always remember to respect your competitors and thank them for making you a better competitor. Play fairly on the court and work for justice in our society and world. One of my favorite sayings is, "Opus justitiae pax." (Peace is the work of justice.)

At times, we all fail: we strike out, we miss shots, we make errors, we hurt others, we are insensitive. God does not want us to dwell on our past wrongs. God forgives our past, so that we can be all God wants us to be "Today." Trust that God gives you all the strength you will need to be a champion every day.

Play Like a Champion Today.  
God Bless You.

Ever devotedly in Notre Dame,

  
(Rev.) Theodore M. Hesburgh, C.S.C.  
President Emeritus

*Play Like a Champion Today* is an innovative coach and parent education program designed to transform the culture of sport today. The program offers an athlete-centered and research-based approach to sports done well.

Thank you for your interest in this book of Sport Prayers. We offer this one of a kind resource to schools, coaches, parents and athletes to nurture spiritual growth through sport.

We wish to thank our *Play Like a Champion Today* partners and friends across the country for contributing their school and league prayers to this collaborative work. They are directly acknowledged throughout the book.

Many blessings to your teams and your sport season.

Play and Pray Like Champions!

For more information or to order additional copies, contact:

*PLAY LIKE A CHAMPION TODAY*  
plactoday@gmail.com  
www.playlikeachampion.org  
574-250-6424

Send donations to:  
*Play Like a Champion Today*  
P.O. Box 72  
Notre Dame, IN 46556

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## **PRAYERS FOR ATHLETES**

## An Athlete's Prayer

Dear God,

Today is game day and I place myself in your loving hands. Help me to be a good sport. I pray that I do not seek individual glory or accolades, but rather that I play for your glory and for the good of my team. I pray that all who play this game today are protected from physical harm.

And, my Lord, help me to accept the bad breaks as part of the game. I pray that I play to the best of my ability and to give honor to you by accepting my position and my place in the lineup.

Loving God, I pray for those who watch from the stands that they, too, give glory to you by accepting, without prejudice, the rules and decisions of the game today. May their hearts be filled with joy and gladness that you have given them the ultimate gifts they watch this day: the players.

Dear God, I pray for the coaches and referees that they too experience your loving guidance in the decisions they make today. For those who work behind the scenes to make this day enjoyable and for the founders and supporters of (Insert School/ League name).

Finally, I pray to you, Loving God, that you enjoy this game today and bestow on each of us wisdom and acceptance—no matter the outcome of the final score. With you in our hearts, we are all winners. Amen.

Linda Fleshman, Parent  
Fort Worth Christian Football League  
Forth Worth, TX

## For Athletes

Thanks God, for giving me life; and talents for my participation in sports.  
Help me to play well, to use my powers to the full, to see them as gifts from you.

Be with me when I need to play hurt, when I have to deal with the pain of injury, disappointment, loss.

Keep me aware of the brotherhood/sisterhood I have with all athletes, even when they are opponents; free me from the temptation to fake, to foul, to cheat.

I need to see that dedication to the cause will mean suffering, but let me know that it is the kind of suffering that leads to new life and greater maturity.

Help me play with heart, and never lose heart.

Most of all, help me never to quit in my efforts to be open to you. For I believe your full coming into my life is the way to real life, in all I do; I believe it is the way of my becoming the truly human person you destined me to be.

Amen.

Excerpted and adapted from *Day By Day: The Notre Dame Prayerbook for Students* by Thomas McNally, copyright 2004 by Ave Maria Press, Inc., P.O. Box 428, Notre Dame, IN, 46556,  
[www.avemariapress.com](http://www.avemariapress.com)  
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## Athlete's Prayer

Words of Champions

Help me to play the game, dear Lord, with all my might and main;  
Grant me the courage born of right, a heart to stand the strain...

Send me a sense of humor, Lord, to laugh when victory's mine;  
To laugh, if I should meet defeat, without a fret or whine...

Give me the grace to follow rules, to 'fess up when I'm wrong,  
When silence or some other thing wins plaudits from the throng...

When foes are tough and fighting fierce and I am getting weak,  
Dear God, don't ever let me show a broad, bright, yellow streak.

And teach me, Lord, life's game to play just one day at a time.  
With Thee as coach and trainer, Lord, real victory must be mine.

Used with Permission by Fr. Brian Cavanaugh, T.O.R., Chaplain for Franciscan University Athletics,  
"Apple Seeds"® <http://www.appleseeds.org>

## An Athlete's Prayer

I thank you O God  
for giving me a body  
which is fit and strong,  
and for making me able to use it well.  
In my training,  
help me never to shrink the discipline which I know that I need  
and that I ought to accept.  
In my leisure and in my pleasure,  
help me never to allow myself any indulgence  
which would make me less fit than I ought to be.  
When I compete with others,  
help me, win or lose, to play fair.  
When I win,  
keep me from boasting;  
When I lose,  
keep me from making excuses.  
Keep me from being conceited when I succeed,  
and from being sulky when I fail.  
And help me always with good will  
congratulate a better man who beat me.  
Help me so to live  
that I will always have a healthy body, and a healthy mind.  
This I ask for Your love's sake.  
Amen.

<http://prayers-and-poetry.blogspot.com/2007/07/athletes-prayer.html>

### **An Athlete's Prayer**

"For I asked God for strength that I might achieve,  
Instead I was made weak that I might learn to humbly obey.

I asked for help that I might do greater things,  
Instead I was given infirmity that I might do better things.

I asked for riches that I might be happy,  
I was given poverty that I might be wise.

I asked for power that I might have the praises of men,  
I was given weakness that I might feel the need of God.

I asked for things that I might enjoy life,  
I was given life that I might enjoy all things.

I got nothing I asked for, but everything I hoped for.  
Almost despite myself, my unspoken prayers were  
answered.

Because I am among all athletes who have been most richly blessed: You see, I lost  
by inches, but I won by a mile."

Anonymous

Adapted from a prayer written by an unknown Confederate Soldier  
<http://www.willowayfarmco.com/AthletesPrayer.html>

### **Player Prayer**

God, let me play well but fairly.  
Let competition make me strong but never hostile.  
Forbid me to rejoice in the adversity of others.  
See me not when I am cheered, but when I bend to help my opponent up.  
If I know victory, allow me to be happy;  
if I am denied, keep me from envy.  
Remind me that sports are just games.  
Help me to learn something that matters once the game is over.  
And if through athletics I set an example, let it be a good one.

Used with permission by Gregg Easterbrook from the column "Tuesday Morning Quarterback" on  
NFL.com and ESPN.com

### **Don't Quit**

When things go wrong, as they sometimes will,  
when the road you're trudging seems all uphill,  
when the funds are low and the debts are high,  
and you want to smile but you have to sigh,  
when care is pressing you down a bit - rest if you must,  
but don't you quit.

Life is queer with its twists and turns.

As everyone of us sometimes learns.

And many a fellow turns about when he might have won had he stuck it out.

Don't give up though the pace seems slow - you may succeed with another blow.

Often the goal is nearer than it seems to a faint and faltering man;

often the struggler has given up when he might have captured the victor's cup;

and he learned too late when the night came down,

how close he was to the golden crown.

Success is failure turned inside out - the silver tint of the clouds of doubt,

and when you never can tell how close you are,

it may be near when it seems afar;

so stick to the fight when you're hardest hit - it's when things seem worst,

you must not quit.

-by Edgar A. Guest

Poem Submitted By Ed Bernot, Principal, Central Catholic High School, Pittsburgh, PA

### **PRAYERS FOR COACHES**

### **Coach's Prayer**

Heavenly Father guide me as I try to coach my team to build each player's character and boost their self-esteem. May I keep an even temper and remember it's a game; let me not have favorite players, but treat them all the same. Grant me patient wisdom as I praise them or correct ...Remembering that I must work to earn each one's respect. Lord, whether we may win or lose, may all who are watching see the kind of coach at every game that you would have me be. Amen.

Used with Permission: Inner-City Catholic League, South Bend, IN

### **Team Prayer for Coaches**

God, our Father,  
We pray for our coaches.  
We thank you for their unselfish dedication to the team.  
We thank you for the hours they have dedicated to our team,  
And for the honor they bring to our school  
By their leadership and commitment.  
Lord God, bless our coaches in the name of Jesus, our Lord.  
Amen

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception, Oldenburg, IN



### **Coach Prayer for Young Athletes**

Heavenly Father, be with my young athletes as they test their physical skills.

Let them play well, but fairly.

Let competition make them strong, but never hostile.

Grant them the strength to best their opponent, and lead them to always help the opponent up.

Grant them moments to rejoice, but not in the adversity of others.

Help them stay safe from injury, both physical and emotional.

Help them to learn something that matters once the game is over.

Help them remember that sports are just games.

If they know victory, allow them to be happy.

If they are denied, keep them from envy.

If through athletics, they set an example, let it be a good one.

In the name of Your Son, Jesus.

Amen.

### **PRAYERS TO BEGIN A GAME**

Used with permission by Les Wall

<http://chirho.wordpress.com/2007/11/10/prayer-for-young-athletes/>

### **Prayer Before a Game**

God our Father, help us to put forth our best effort, to represent our school with class, to respect our opponents, and to grow as disciples of your Son, Jesus.

Keep us safe from injury and harm through the intercession of Our Lady, the mother of your Son and our mother, too. We ask this through Christ, our Lord.

Amen.

Saint Sebastian, pray for us!

Composed by and Used with Permission by: Monsignor Michael Heintz, Chaplain  
Inner City Catholic league, South Bend, IN

### **A Prayer Before the Game**

Dear Lord,

You have blessed us with many gifts and talents.

We thank you especially for the ability to participate in sports today.

Help us to play in a Christ-like manner.

Help us to play in a way that fosters good will and teamwork.

Help us to play to the best of our abilities.

Win or lose, we hope to have fun, make friends and celebrate life.

Amen.

Composed by and Used with Permission by: Ron Bowes, Asst. Superintendent  
Diocese of Pittsburgh Catholic Sports

### Prayer to Play Fair in the Game of Life

Dear Lord,

In the struggle that goes on through life  
We ask for a field that is fair,  
A chance that is equal with all the strife,  
The courage to strive and to dare;  
And if we should win, let it be by the code,  
With our faith and our honor held high;  
And if we should lose, let us stand by the road  
And cheer as the winners go by.

Prayer Attributed to Legendary Notre Dame Football Coach, Knute Rockne

### *Play Like a Champion* Pre-Game Prayer

Please bless today's game, our opponent, our team, and all watching our play. Thank you for the opportunity to compete and bring out the best in each other. May we play hard and fair. Please keep everyone safe from injury and harm. We pray in the name of the Father, and of the Son, and of the Holy Spirit - Amen.

### *Play Like a Champion* Post-Game Prayer

Thank you, Lord, for the chance to compete and use our talents through sports. Remind us that we are called to give our best and to finish the race while caring for others along the way. We pray in the name of the Father, and of the Son, and of the Holy Spirit - Amen.

Play Like a Champion Today Coaches Manual, University of Notre Dame

### **Before the Game**

Almighty God,  
You are the source of all our gifts and talents  
As participants in (Insert Name) sports,  
Please help us to represent You  
As members of the Body of Christ,  
In our attitudes, competition and actions.  
Protect us from all injuries  
And give us the strength to play our best  
Using sound strategies  
In a fun, fair and competitive way.  
Help us to respect all that are here today;  
Parents, fans, coaches, teammates,  
Opponents and officials  
Guide the coaches and officials  
To aid us in playing in a Christ-like manner.

Amen.

Gary Roney, Athletic Director  
Pittsburgh Catholic Youth Ministry, High School Athletics, Pittsburgh, PA

### **A Prayer Before a Sports Game**

God our Father,  
You have created us  
to strive for the best.  
Grant to all athletes, coaches, and fans,  
strength to pursue excellence  
during this event.  
We pray for the safety of these athletes;  
Protect them from injury and harm.  
And finally, we pray for your grace,  
that you would provide us  
with the endurance to pursue our heavenly prize:  
eternal life in Your Son.

Amen.

Used with Permission by David Bennett, ChurchYear.Net  
<http://www.churchyear.net/prayer/prayerbeforeasportsgame.html>

### **Athlete Mindset**

Heavenly Father,  
We thank you for this day, for these two teams,  
For the chance to study,  
To understand the world around us a little better,  
For the health to be here,  
For the thrill of a sporting event,  
And for individuals leaning to play as a team.  
Grant that we not take days like this for granted.  
Give us the grace to play our best, to be a good sport,  
Win or lose, and to honor You with our efforts.  
Amen.

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception  
Oldenburg, IN

### **Blessing on the Game**

Father in Heaven,  
We ask Your blessing on the game we are about to play.  
Give each one of us the courage to play the game in a manner, which by our words  
and our actions, is pleasing to You.  
Let us enter into the competition in a spirit of  
sportsmanship  
And with respect for members of the opposing team.  
We ask you Father, to bless each one of us  
And especially the coaches, officials and players.  
Keep us under the protection of Your Son, Jesus Christ,  
And help us to be aware of His presence with us in the game.  
Amen.

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception  
Oldenburg, IN

### **Blessings on our Athletic Event**

Heavenly Father,

We ask Your blessing on all those who

Gathered here for this event.

We trust the youth of our world to Your care.

We ask Your unique blessing upon these young people here

Tonight/today. We pray that they might live lives of courage and conviction;

We pray that they might set and achieve a high

standard of moral conduct. We pray that they might have goals that reach to Heaven.

May they face up to disappointment, accept defeat with courage, and be truly humble in victory.

We thank you for the vitality and vigor with which these young people are blessed.

May we, (Insert School/League Name), be worthy hosts for our guests.

We ask this in Christ, our Lord, Amen.

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception  
Oldenburg, IN

### **Sportsmanship Prayer**

Lord God, our Heavenly Father, we thank you for this opportunity to gather together this afternoon/evening in competition. We ask that all of those involved today/tonight may conduct themselves in a God-pleasing manner and show good sportsmanship despite the outcome.

Lord, we thank you for the gifts and abilities you have blessed these athletes with, and we pray that they may use them to glorify You.

We ask that all involved in today's/tonight's game may be kept free from injuries and that You will be with us as we leave this place today/tonight.

All this we pray in the name of our Lord and Savior, Jesus Christ. Amen.

### **Reflecting Your Presence**

Lord Jesus,

You tell us that whenever two or more are gathered

In Your name, You are present in their midst.

And so we are confident that as we lift up our thoughts to You, You are indeed with us.

Help all we do with this event to reflect Your presence among us and within us.

May all our actions give glory to Your name and promote peace and love to the world.

We pray this in Your most holy name.

Amen.

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception  
Oldenburg, IN



### Prayer for Protection

Protecting God,  
As we enter into this competition, we pray for our protection and for the protection of those with whom we will compete.

Help us to play with all our strength and with the spirit of good sportsmanship.  
Help us to remember that we are all Your children, no matter what uniform we wear.  
When we look back on this competition, let us see that we committed ourselves fully to the game and emerged with dignity and respect for our competition.

Amen.

### TEAM PRAYERS

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception  
Oldenburg, IN

### Team Prayer

God has created this day for ...  
Gain not loss,  
Success not failure,  
Positive action not negative thought.

Lord, inspire us with the desire for greatness,  
To wisely use the gifts and talents you  
Have so generously given us.  
They are tools to be used,  
Not treasures to be stored.

Create in these athletes:  
The RIGHT ATTITUDE to excel  
In the classroom and in life. The attitude that says  
"I can reach deeper inside myself."

The FIRM BELIEF in God, themselves, their families,  
And their teammates,  
To have great expectations for the future.

The ENDURING COMMITMENT to persevere,  
To never quit no matter what the odds.

Amen.

Used with Permission by Fr. Brian Cavanaugh, T.O.R., Chaplain for Franciscan University Athletics,  
"Apple Seeds"® <http://www.appleseeds.org>

### Rugby Team Prayer

May the Lord bless you and keep you;

May God's courage fill your hearts,  
And God's strength be in your legs.

May God's right arm be upon you,  
And God's shoulder be at your back.

May God's passion inflame your spirit,  
And the dignity of God's presence guide your play  
And stem your temper;

This day, may God's enduring fortitude  
Raise you up to be men (and women)  
Who are strong, noble and wise.

May the blessing of Almighty God descend upon you,  
The Father, The Son, and The Holy Spirit.

Amen.

Used with Permission by Fr. Brian Cavanaugh, T.O.R., Chaplain for Franciscan University Athletics,  
"Apple Seeds"® <http://www.appleseeds.org>



### **Team Prayer**

Lord Jesus,  
We welcome Your presence here among us and  
In our community of (Insert School/League Name).  
Today, we gather together to represent our School/Church.  
Share with us Your Spirit of peace and love for one another.  
Bless us with a team spirit of good will, both for  
ourselves  
And the team we face in the game.  
Help us to be the best we can possibly be,  
To strive to play fairly and well.  
We ask this in Your name, Lord Jesus.  
Amen.

### **Blessings on the Season**

Loving God, you give each of us special gifts and You call us to serve You and one  
another in particular ways.  
Help us to do the very best we can sharing our talents and skills.  
Bless our team and season. When we have the  
opportunity to excel, encourage us toward excellence in Heart, Mind and Body.  
When challenges and obstacles come our way, remind us to  
Fulfill our responsibilities and commitment to TEAM.  
Help us, Loving God, to always do our best at whatever we do.  
We pray this in the name of Jesus, our Lord. Amen.

Tim Boyle, Athletic Director, Oldenburg Academy of the Immaculate Conception  
Oldenburg, IN

### **Prayer of Release**

Dear Lord,  
Please give us a faith that expects greater things.  
Whatever we do, let us give it our best.  
Anxious in nothing, at peace with the promise,  
that when we've done all we can,  
You'll take care of the rest.

Mike Zelenka, Principal, Incarnation Catholic School  
Tampa, FL

### Prayer to St. Sebastian, Patron Saint of Athletes

Dear Commander at the Roman Emperor's court,  
You chose to be also a soldier of Christ and dared to spread faith in the King of Kings, for which you were condemned to die. Your body, however, proved athletically strong and the executing arrows extremely weak. So another means to kill you was chosen and you gave your life to the Lord. May athletes be always as strong in their faith as their Patron Saint so clearly has been.  
Amen.

Prayer Cards and St. Sebastian medals can be ordered through:  
<http://www.catholiccompany.com/prayer-to-st-sebastian-patron-athletes-prayer-card-p2015432/>

### Communal Response Petitions

*Response: Lord, our hearts are on fire for you.*

We pray for the strength and courage to perform to the best of our abilities  
this evening.

*Response: Lord, our hearts are on fire for you.*

We pray that everyone is safe and free from injury  
tonight and always.

*Response: Lord, our hearts are on fire for you.*

We pray that you inspire us to live for you with greater fervor.

*Response: Lord, our hearts are on fire for you.*

We pray that you will make us like diamonds so that we may shine for you.

*Response: Lord, our hearts are on fire for you.*

*Communal Prayer: All join in the Lord's Prayer:  
Our Father...*

Mike Zelenka, Principal, Incarnation Catholic School  
Tampa, FL

## Team Petitions

*Response: Lord, build our team.*

For our sports teams this season, we pray for safe play, a fair playing field and good fortune.

We pray to the Lord. *Response: Lord, build our team.*

For focus on the field/court, help us to stay centered during our play and perform to the best of our abilities. We pray to the Lord. *Response: Lord, build our team.*

For fun on the field/court, help us to enjoy ourselves and remember that the act of play is meant to be fun. We pray to the Lord. *Response: Lord, build our team.*

For good team communication and camaraderie out on the field/court, help us to work well together as a group each time we are together.

We pray to the Lord. *Response: Lord, build our team.*

For fairness of play, we pray that we accept our mistakes and play with a spirit of fair competition.

We pray to the Lord. *Response: Lord, build our team.*

For the opportunity to play our sport, we thank you for the abilities you have given each athlete, as well as the chance to engage in recreation that we enjoy.

We pray to the Lord. *Response: Lord, build our team.*

For the bodies, minds and spirits of each member of our team, help us to make decisions both on and off the field/court that promote health and give us strength.

We pray to the Lord. *Response: Lord, build our team.*

For your presence among us Lord, help us to represent your spirit in our play.

We pray to the Lord. *Response: Lord, build our team.*

For strength and agility, help us to play with skill and capability.

We pray to the Lord. *Response: Lord, build our team.*

For leadership both on and off the field/court, help us to respect each team member's personalities and contributions to the team.

We pray to the Lord. *Response: Lord, build our team.*

## EVENT PRAYERS

### Opening Prayers (Athletic Banquet or Team Celebrations)

Dear Lord,

Thank you for this opportunity to gather again as the (Insert your school/league name) Community does with so much joy in Your Name.

We are assembled here today/tonight, to celebrate the participation and successes of the student athletes and coaches of (Insert School/League name). We have strived to learn from the coaches, compete as teams, and have learned to appreciate one another whether in victory or defeat.

Lord...You have looked down upon us with favor and spread the blessing of Your Love over these athletes through the joy of participation in athletics.

Remember and watch over all of (Insert School/League name)...especially those that are sick or in need of healing. Let us triumph through each day helping those we can, and appreciating the support and love we get from those around us.

May we all “Live-Strong” in our faith.

All of this, we pray in Your Name, Amen.

Dave Deranek, Athletic Director  
St. Jude, South Bend, IN

### Suggested Prayer to Begin an Athletic Board Meeting

Dear Lord,

We pray that you will protect and bless all the children that this Athletic Board will guide during the academic year. We pray as we head into another school year that you also guide the (Insert School/League Name) Athletic Board in the performance of our duties.

May we always remember...

that our children are our most important priority ... and that we, at all times, do what is best for our athletes in a loving and Christian environment.

May we always remember...

that we shall first minister and serve these students' needs to learn, grow, and develop under our tutelage.

May we always...

use Christ's teachings and example in all of our encounters with our athletes, coaches, officials and all those people that we will meet in the course of performing our duties.

And, may we always bring honor and dignity to (Insert School/League Name), the Catholic Church and all of the families we represent.

We thank you for the talents given each of us here today as well as those that have served here in the past. May we build on our collective experiences and knowledge as we approach each day.

In Christ's name, Amen.

Dave Deranek, Athletic Director  
St. Jude, South Bend, IN

## PRAYERS FOR PARENTS

### A Parent's Prayer

Loving God,  
You are the giver of all we possess,  
the source of all our blessings.  
We thank and praise you.

Thank you for the gift of our children.  
Help us to set boundaries for them,  
and yet encourage them to explore their athletic abilities.  
Give us the strength and courage to treat  
each day and each game as a fresh start.

May this sport help our children come to know you, the one true God,  
and Jesus Christ, whom you have sent.  
May your Holy Spirit help them to grow  
in faith, hope, and love,  
so they may know peace, truth, and goodness.

May their ears hear your voice.  
May their eyes see your presence in all things.  
May their lips proclaim your word.  
May their hearts be your dwelling place.  
May their hands do works of charity.

May the physical trials of the game help them to learn how to walk in the way of  
Jesus Christ,  
Your Son and our Lord. Amen

Adapted from:

<http://www.rc.net/arlington/stann/Teen%20and%20Parent%20Prayer%20Booklet.pdf>

### **A Parent's Blessing Before a Game**

Bless this child, Lord, as he/she enters this competition.  
Defend him/her against injury and send your Spirit to guide him/her  
In playing his/her best. Strengthen his/her faith in your constant  
presence with us in both success and failure. Bring the team  
victory in praise of your glory, now and forever

Amen!

<http://blaa.bishopleiboldeagles.com/Forms/Prayer%20Guide.pdf>

### **A Parent's Prayer Before a Game**

Strong and faithful God,  
as we come together for this contest,  
we ask you to bless these athletes, our children.  
Keep them safe from injury and harm,  
instill in them respect for each other,  
and reward them for their perseverance.  
Lead us all to the rewards of your kingdom  
where you live and reign for ever and ever.

Amen.

Adapted from:  
<http://www.ncregister.com/blog/jimmy-akin/revealed-the-churchs-official-prayer-for-sports-events>

### **Prayer for Parents**

Grant us, O Lord Jesus,  
The strength to imitate faithfully the example of your Holy Family  
And to make our home another Nazareth.  
May peace, love, and happiness prevail in all things and all games.  
Grant us the grace to be the parents  
We should be for our children.  
Grant that our child may find solid support  
For their human dignity  
And for their growth in truth and love  
Within the embrace of their team.  
May Saint Sebastian watch and guide them in their efforts today,  
As he guides us in support of our children.

Amen

Adapted from: [www.catholic.org/prayers/prayer.php?p=835](http://www.catholic.org/prayers/prayer.php?p=835)



## **BIBLICAL SCRIPTURES RELATING TO SPORT**

**1 Corinthians 9: 24-27** “Do you know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one. Thus, I do not run aimlessly; I do not fight as if I were shadowboxing. No, I drive my body and train, for fear that, after having preached to others, I myself should be disqualified.”

**Hebrews 12:1** “Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus.”

**1 Timothy 1: 18-19** “I entrust this charge to you, Timothy, my child, in accordance with the prophetic words once spoken about you. Through them may you fight a good fight by having faith and a good conscience. Some, by rejecting conscience, have made a shipwreck of their faith.”

**1 Timothy 4:7-10** “Avoid profane and silly myths. Train yourself for devotion, for while physical training is of limited value, devotion is valuable in every respect, since it holds a promise of life both for the present and for the future. This saying is trustworthy and deserves full acceptance. For this we toil and struggle because we have set our hope on the living God, which is savior of all, especially those who believe.”

**1 Timothy 6:11-12** “But you, child of God, avoid all this. Instead pursue righteousness, devotion, faith, love, patience and gentleness. Compete well for the faith. Lay hold of eternal life, to which you were called when you made the noble confession in the presence of many witnesses.”

**2 Timothy 2:5** "Similarly, an athlete cannot receive the winner's crown except by competing according to the rules."

**2 Timothy 4:7-8** "I have competed well; I have finished the race; I have kept the faith. From now on the crown of righteousness awaits me, which the Lord, the last judge, will award to me on the last day, and not only to me but to all who have longed for his appearance."

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