

Sports & Faith

***"Compete well for the faith."
—1 Timothy 1:12a***



***"Have among yourselves the same attitude
that is also yours in Christ Jesus"
- Phillipians 2:5-6***

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***"Sport, properly directed,
develops character,
makes a man courageous,
a generous loser, and a
gracious victor; ...
Sport, rightly understood,
is an occupation of the
whole man, and while
perfecting the body as
an instrument of the mind,
it also makes the mind itself
a more refined instrument
for the search and
communication of truth
and helps man to achieve
that end to which all others
must be subservient, the
service and praise of his
Creator."***

***– Pope Pius XII,
Sport at the Service of the Spirit
July 29, 1945***

What does faith have to do with sports?

Prayer is an essential part of the Christian experience and St. Paul tells us to “pray without ceasing.” Prayer needs to be incorporated into every dimension of our lives.

As role models, coaches and parents need to teach their children this important facet of their faith!

When should we pray?

- Parent’s Meetings
- Before & After practices
- Before & After Games
- During Half-Time
- For an injured player (either team)
- Team Party



“Praying with your team can be a helpful way of reminding your players of God's presence on and off the playing field. Take these things into account when praying with the team:

- Prayers can be spontaneous or prepared ahead of time.
- Invite team members to lead the team in prayer.
- Pray to play well rather than to be granted a victory.
- Pray for your opponents.
- In games, invite the opposing team and officials to participate in the prayer.”

<http://www.playlikeachampion.org/coaches/prayers.html>

Sample Prayers

Prayer for Health

God, please watch over us in this athletic competition.
As we use these gifts that You bestowed upon us,
to the best of our individual abilities.

Help us to remember that through Your Grace and Wisdom,
Our Guardian Angel remains watchful.
Just as the shepherd keeps vigil over his flock.

Amen.

The Athlete's Prayer – for winners and losers alike

Lord, in the battle that goes on through life
I ask but a field that is fair
A chance that is equal with all in strife,
And courage to strive and to dare.
And if I should win, let it be by the code,
With my faith and honor held high;
And if I should lose,
let me stand by the road
And cheer as the winner goes by.
Amen.

<http://derdo.wordpress.com/>



Athlete's Prayer



God, let me play well but fairly.
Help me to learn something that matters
once the game is over.
Let competition make me strong but never hostile.
Always let me help my opponent up.
Never catch me rejoicing in the adversity of others.
If I know victory, allow me to be happy;
if I am denied, keep me from envy.
Remind me that sports are just games.
If through athletics I set an example,
let it be a good one.

<http://www.beliefnet.com/>

Team Prayer

Lord Jesus,
We welcome your presence here among us and your spirit of love alive in our community of Bishop Leibold School. Today we gather to represent our school. 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 will face in the game.

Help us to be the best we can possibly be, to strive not so much to win, as to play fairly and well. Draw us close together as a team and a group of friends who reflect your spirit of love.

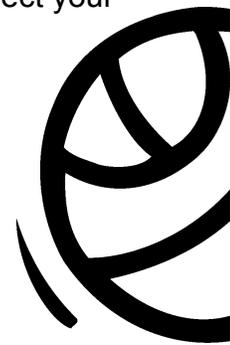
We ask this in your name Lord Jesus.

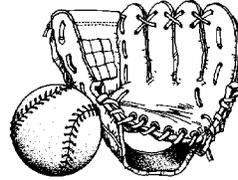
Amen

A Parent's Blessing before a Game (place a hand on your child's shoulder)

Bless this child, Lord, as he/she entered 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://www.cedarcatholic.org>





Sample PLC 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."



Sample PLC 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."

[http://www.playlikeachampion.org/
coaches/prayers.html](http://www.playlikeachampion.org/coaches/prayers.html)



