

SHORT PRAYERS FOR ATHLETES

O God, you gave us bodies—as well as minds and hearts—with which to praise and worship you. Our sports and exercises are a fitting use of gifts and talents you have given us. Bless our workouts and the games we play, and those with whom we exercise or compete. Give us strength, endurance, courage and agility as we compete and train. Keep us safe and healthy as we celebrate our physical and mental skills. Amen.

Dear God, thank you for giving me life and my athletic abilities. Help me to play well, to use my talents to the fullest. Help me to use them as gifts from you. Be with me when I am hurt, when I have to deal with the pain of injury, disappointment or losing. 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.

Dear 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, the courage to strive and to dare. If I should win, let it be with my faith and my honor held high. If I should lose, let me stand by the road and cheer as the winners go by. Amen.

Dear God, Please take this moment in my life and use me to give you glory and praise. Take my passion for this sport, may it light up with your love. Take the hours of training and my commitment to excellence. Use it to bring joy and inspiration to others. Take my desire to be the best in sport I can be. May you speak your truth and hope through me. In Jesus name, Amen.

Dear Father, may we compete with Your heart shining through ours. May we push ourselves to be what You tell us we can be. May we have kindness in our hearts, mindfulness in our souls, and endurance to finish. Keep us and our competitors safe from harm, and let our actions be a testament to your glory, Amen.