WEEKLY EMAIL PRAYERS for ATHLETICS

1- Dear Lord, remind us that everything we do is on purpose and with purpose. In sport or in life, let us actively seek the path that leads us to hope, to success, to joy, and to YOU!

In Jesus’ name we pray. Amen.

2- Heavenly Father, we know that our sport will not last forever. Help us to take the lessons we learn here and use them to become the full human persons that you created us to be. Teach us to support each other, to treat our bodies with respect and keep them healthy, and to come to You in worship, prayer, and thanks.

In Jesus’ name we pray. Amen.

3- Almighty God, remind us that success is not a score on a scoreboard, a tee shirt or a trophy. Success is learning and growing, becoming a person who finds strength in kindness and forgiveness. Lead us to try our best, be open to learning, and be willing to practice, knowing that our hard work will make us better people.

In Jesus’ name we pray. Amen.

4- Loving God, help us to remember that practice and repetition lead us to more than success in our sport. Practice creates good habits that become the virtues that shape the way we live our whole lives. May our habits solidify our beliefs so that our actions proclaim our love for You.

In Jesus’ name we pray. Amen.

5- Dear Lord, you challenge us every day to find the good that you created in us. Help us to show that good by working hard, playing fair, and encouraging those around us.

In Jesus’ name we pray. Amen.

6- Almighty God, give us the courage to work hard, and to understand that effort is more important than talent. Help us to use our individual gifts for the good of the team, for the good of our families, and to help build up the Kingdom of God on earth.

In Jesus’ name we pray. Amen.

(have a student read)

7- Heavenly Father, we know it’s hard to learn new skills and obey rules, but we recognize that it’s also hard to be the coach that patiently teaches and the officials that make sure the rules are followed. Thank you for adults that make our game fun, that teach us new things, and that make sure everyone plays fairly.

In Jesus’ name we pray. Amen.

8- Father, we ask that all our talent, all our work and all our effort today be not for our own glory, but for yours. Lead us to do our best, and to reflect your great love in how we treat each other.

In Jesus’ name we pray. Amen.

9- Gracious God, there is awe and wonder in everything that you’ve made. Help us to see the beauty in all of creation, and to approach every difficulty in life with courage and a good attitude.

In Jesus’ name we pray. Amen.

10- Dear Lord, I thank you for this body that you gave me; help me to keep it healthy.

I thank you for my brain; help me to be open to new learning.

I thank you for my tongue; help me to always speak with kindness.

I thank you for my heart; help me to share, encourage, and be a good teammate.

And I thank you for my soul, Lord; teach me ways to grow closer to you.

In Jesus’ name we pray. Amen.

11- Loving God, let us remember that the lessons of sport are the lessons of life:

Play fair, work hard, be strong but not mean, be happy in victory but humble in defeat.

Avoid envy, acknowledge others’ good work, set a good example and always do your best.

In Jesus’ name we pray. Amen.

12- Merciful Father, walk with me when I fail, and help me try harder.

Lift me up when I am sad, and help me see the good I’ve done.

Keep me company when I’m lonely, and remind me that I’m part of a team.

Raise my hopes and raise my spirits so that I may give my best effort and attitude.

In Jesus’ name we pray. Amen.

13- Grant us strength and courage, God, so we may not give in.

Help us be persistent, and finish what we begin.

Help us give our all today, so we may do our best.

And walk with us toward home, Lord, when we have earned our rest.

In Jesus’ name we pray. Amen.

14- Dear God, please untie the knots that keep me from being my best.

Remove the HAVE NOTS, the CAN NOTS and the DO NOTS that hold me back.

Give me courage to let go of the WILL NOTS and the COULD NOTS.

Take away all these NOTS Lord, and leave me with the CAN and the WILL, so that when I DO succeed and find that I HAVE done well, I will be thankful that you walked with me always and never left my side.

In Jesus’ name we pray. Amen.

15- Loving Father, thank you for challenging us, for comforting us when we fall, for protecting us, for lifting our spirits, and for strengthening us as athletes and as persons created in your divine image. May our efforts be for your greater honor and glory.

In Jesus’ name we pray. Amen.

16- Good and gracious God, help us to remember that we are friends and family first, then a team. Grant us the blessings of unity, courage, strength of character and respect for ourselves and others.

We remember to give thanks to all who sacrifice so that we can learn and grow and play.

In Jesus’ name we pray. Amen.

17- Almighty Father, let us strive today for those good habits that our Catholic faith calls virtues. Help us to have integrity, use good judgement, play fairly, temper our impatience, to be courageous, be hopeful, and have faith that you will walk with us every step of the way.

In Jesus’ name we pray. Amen.

18- Dear Lord, give me the strength of heart, mind and body to do my very best for You, my team and myself. Fill me with courage to be a witness to my faith and act with honor to all I meet.

In Jesus’ name we pray. Amen.

19- Loving God, just for today:

give me patience, that I may persevere;

give me prudence, that I may make wise choices;

give me a spirit of charity, that I may see the best in others

and give me courage, that I may reflect Your will in all I do.

In Jesus’ name we pray. Amen.

20- Creator God, you made me a being of body, mind and soul, so that each part can work together to praise Your holy name. Please keep my body healthy and free from injury, my mind clear of selfishness or envy, and my soul full of gladness and joy in your unending grace.

In Jesus’ name we pray. Amen.

21- God of mercy, whether in practice, playing or living our lives, let us conduct ourselves as people whose attitudes and actions reflect to the world our Catholic Christian faith.

In Jesus’ name we pray. Amen.

22- Almighty God, we ask that you watch over our team, in practice and at the game. Help us to give our best, and empower us to overcome every challenge we will face. Let all of our efforts honor Your holy name.

In Jesus’ name we pray. Amen.

23- Thank you, Lord, for the opportunity to use the gifts and talents You have given us to participate in the fun and work of our sport. Thank you for the courage to compete, the openness to learn and be corrected, and the patience to keep trying. Please help us to do our very best.

In Jesus’ name we pray. Amen.

24- Almighty God, help us train and practice well, so we may learn discipline. Help us keep our bodies healthy, so they may serve us well as we compete. Help us be cooperative, so we come together as a team. And help us be humble, so we remember we are also members of our families, communities and Your kingdom on earth.

In Jesus’ name we pray. Amen.

25- Oh God, help us to do our best, be good examples, and by our actions bring honor to our team, school, families and to You. We humbly ask you to help us live our faith, and walk with us as we practice and play.

In Jesus’ name we pray. Amen.

26- Heavenly Father, help us to remember that our team is made up of kids. We are a work in progress, in body, mind and spirit. Give us patience as we test the limits of our endurance, learn to deal with the emotions that come from success and failure, and grapple with disappointment. We promise to love our game, be a good teammate, and do our best for Your honor and glory.

In Jesus’ name we pray. Amen.

27- Loving God, we are team. Give us patience to encourage one another, insight to see the potential in each player, and the character to always set an unselfish example. My our eyes be open to see You in each other, and our hearts open to grow ever closer to You.

In Jesus’ name we pray. Amen.

28- Eternal Father, help us to play strong and hard, to learn from our mistakes, to lift up and encourage each other, to play fair, and be proud of our actions in and out of our sport. Lift us up when we tire, cheer us when we’re down, and guide us to be graceful whether we win or lose.

In Jesus’ name we pray. Amen.

29- Lord God, your servant St. Paul reminds me that, “I can do all things through Christ who strengthens me”. Be my strength, my courage and my grace as I strive to do my best and be a good teammate.

In Jesus’ name we pray. Amen.

30-Merciful God, help us to remember that we are Christians before we are athletes. We will work with an attitude of thankfulness for the ability and opportunity to play our sport, and no matter the outcome, we will give all the glory to You, O Lord.

In Jesus’ name we pray. Amen.

31- Dear God, we are thankful for the work and practice, because it gives us strong bodies. We are thankful for repetition and rules, because they give us discipline. We are thankful for competition, because it gives us the opportunity to be an encouraging teammate, a humble winner or a graceful loser. And we are thankful for our families, who lead us in our faith.

In Jesus’ name we pray. Amen.

32- In everything we do, God calls us to work at it with all our hearts as if doing the action for the Lord Himself. Guide us then, O Lord, to put You first, our families, communities and teammates next, and our own self last. Remind us that we serve Jesus Christ in all we do.

In Jesus’ name we pray. Amen.

33- Holy Father, the book of Proverbs tells us that, “If you are too lazy to plow, don’t expect a good harvest”. Give us discipline to practice well, the heart to encourage our teammates, and the strength to play a hard and fair game.

In Jesus’ name we pray. Amen.

34- Heavenly Father, thank you for this sport we love and for the strength to play it. Thank you for our parents, coaches, opponents and officials that make it possible for us to play. Please keep us safe from injury, and help us see your boundless love in either victory or defeat.

In Jesus’ name we pray. Amen.