

PRAYERS FOR PRACTICES, GAMES AND OTHER EVENTS

Act of Faith

O my God, I firmly believe that you are one God in three divine persons, Father, Son and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy catholic Church teaches, because in revealing them you can neither deceive nor be deceived.

Act of Hope

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

Team Prayer by Coach Lou Holtz

This is the beginning of a new day. God has given me this day to use as I will. I can waste it or use it for good. But what I do today is important because I'm exchanging a day of my life for it.

When tomorrow comes this day will be gone forever, leaving in its place that which I have traded. I want it to be gain not loss, good not evil, success not failure.

I know I shall not regret the price I have paid for it because the future is just a whole string of now's!

Holy Spirit Prayer

Come Holy Spirit,
Fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit
and they shall be created.
And you will renew the face of the earth.
Amen.

Team Prayer by Fr. Brian Cavanaugh, TOR

God created this day for...

gain not loss,
success not failure,
positive actions not negative thoughts.

O Lord inspire us with desire for greatness,
to wisely use these gifts and talents
you have so generously given to us.
They are tools to be used,
not treasures to be stored up.

Create in these young 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 their future.

The **Enduring Commitment** to persevere,
to never quit no matter what the score,
to never give up no matter what the odds.

Amen.

Prayer to Serve God Well

Father of Mercy,
forgive my failings,
keep me in Your Grace,
and lead me in the way of salvation.
Give me strength in serving You
as a follower of Christ.
May the Eucharist bring me Your Forgiveness
and give me freedom to serve You all my life.
May it help me to remain faithful
and give me the grace I need in Your service.
May it teach me the way to eternal life.

**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.**

***The Champion Within* by Dr. Denis Waitley**

You carry the torch of a champion. You may not fully recognize it, but it is with you, wherever you go. Its fire is your winning spirit.

Within you lies a golden ore of potential. Uncover it. Mine it. Let your burning spirit meld with your potential to forge your own winner's medal. Now you are ready to become a champion. The torch will guide you on your way.

See yourself wearing your winner's medal. Feel it, enjoy it and know its value. This medal is your permission to win. The secret of winning in life is that, first, you must believe you are.

***Prayer for Athletes* by Thomas McNally**

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

Prayer for the Game of Life by Richard Cardinal Cushing

DEAR GOD, help me be a good sport in the game of life. I don't ask for an easy place in the lineup. Put me anywhere you need me. I only ask that I can give you 100% of everything I have. If all the hard drives seem to come my way, I thank you for the compliment. Help me to remember that you never send a player more trouble than he can handle with your help...

And help me, Lord, to accept the bad breaks as part of the game. May I always play on the square no matter what others do... Help me study... THE BOOK so I'll know the rules...

Finally, God, if the natural turn of events goes against me and I am benched for sickness or old age, help me accept that as a part of the game, too. Keep me from whimpering that I was framed or that I got a raw deal. And when I finish the final inning, I ask for no laurels; all I want is to believe in my heart, I played as well as I could and that I didn't let you down.

Amen.

Prayer for Self-Sacrifice

Jesus, tender and loving Lamb of God, Utmost Sacrifice of all sacrifices, Your glory is reverberated in the highest. Being preoccupied with my well-being, You chose to self-sacrificed Yourself, Setting aside all Your personal glories. I thank You Lord Jesus for Your act of love! Your action has drawn me closer to You. Teach me to model in smaller things, To sacrifice in order to help others, Guiding my soul to endure abstinence. Lamb of God, I thank you endlessly!

Additional Resources May Be Found At:

http://www.oldenburgacademy.org/files/content/PLC_Sport_Prayers.pdf

<http://www.appleseeds.org/spec-idx.htm>

<http://www.ourcatholicfaith.org/prayer/p-holyspirit.html>

www.sportsleader.org

www.playlikeachampiontoday.nd.edu