

# An Athlete's Prayer

Thomas Wurtz

*Compete Inside:*

*100 Reflections to Help You Become the Complete Athlete, p. xi*



**HEAVENLY FATHER,**

As I compete, help me to seek your glory,  
with a brotherly affection towards my opponent,  
always striving to see you in them.

As I sweat and fight through pain,  
help me to unite my struggle  
to the suffering of your son on the cross.

If I win, allow it to be for your honor,  
in your name with a humble heart.

If I fail, let it be with dignity and a courageous spirit,  
always willing to stand strong and compete again.

Make my desire for greatness firm,  
yet with peace of mind  
know that my worth is always found in you,  
in victory or defeat.

I ask this through Jesus Christ our Lord.

Amen.