

PRAYER FOR ATHLETES

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“Day By Day: the Notre Dame Prayerbook for Students”



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.