



## Champion Parent Focus: Prayer in Sport

On this Easter Monday, we will discuss how sport parents can help their child's sport journey be connected to our Catholic faith. One simple, yet powerful way for parents to bring faith into their child's sporting experience is by praying with their child before and after practices and competitions. An offering of thanksgiving and praise for the ability to play is appropriate. Even a spontaneous blessing upon your child prior to his/her departure to the game would be a powerful message to him/her that God is a part of our lives. Prayer by itself doesn't make sports spiritual, but it brings an awareness of God's presence to the event. Prayer can also put sports into the proper perspective – helping to develop the cardinal virtue of Temperance in athletes and in parents.

### Sample Parent and Athlete Prayer

Lord, we thank you for Megan's ability to play in today's game. We ask you to guide her feet as they run, her hands as they seek to throw accurately, her mind to make the best decisions. Help her to play fairly and to the best of her ability having fun and staying safe from injury. In your name we pray, Amen.

Play Like A Champion offers an E-Book of Sport Prayers that you can download and have available to assist your prayer time with your child athletes. Click [here](#) to request the E-Book.



Hallelujah means "Praise the Lord"

**May Alleluia be our prayer and commitment to seek, recognize and honor God's presence among us.**