

## Sports Prayers

By Jolene Roehlkepartain

Faith often ends up on the sidelines during games and practices. Add prayer to your child's sporting events.

### For

Young Family

### Season

Winter

### Needed

Sports Prayers worksheet (see last page), scissors, zip-seal plastic bag; optional: stickers, permanent markers



[creativecommons.org/licenses/by/2.0/](https://creativecommons.org/licenses/by/2.0/) 1

### Prepare in Advance

Make a copy of the Sports Prayers worksheet and cut apart the prayers. Fold each prayer in half, and place the folded prayers in a zip-seal plastic bag.

### Activity Plan

1. Say this prayer aloud to begin.

*Dear God, remind us of your presence whether we're on or off the playing field. Amen.*

2. As a family, discuss the following questions:
  - Do you ever pray during a sports practice? Why or why not?
  - Do you ever pray during a sports game? Why or why not?
  - What makes you feel more comfortable: saying a silent prayer or praying aloud?
  - What might you pray for while you play or practice?
3. Show the bag with the prayers and say you will bring it to sports practices and games. Explain how it will be used—see Steps 4 and 5 below.
4. Before a practice or game, have your child pull out one prayer to pray aloud. If your child needs help with reading, read the prayer aloud together. Afterward, put the prayer back in the bag.
5. If your child feels uncomfortable praying in front of others, have him or her pray before getting out of the car or when you and your child are away from the rest of the team.
6. Variation 1: As a family, write more prayers to add to the bag.
7. Variation 2: Decorate the plastic bag with stickers and/or permanent markers.

## Prayers for Sporting Events

---

Dear God,  
Be with me as I play today. Help me to notice others around me, so I can help them as I play.  
Amen.

---

Dear God,  
Help me to play my best.  
Amen.

---

Dear God,  
Make me a good listener today. Help me listen to my coach and my teammates.  
Amen.

---

Dear God,  
Guide me to play well with the other kids on my team.  
Amen.

---

Dear God,  
When I get discouraged, help me to keep trying.  
Amen.

---

Dear God,  
Thank you for giving me a body that moves like it does.  
Amen.

---

Dear God,  
Open my eyes to new ways of playing well.  
Amen.

---

Dear God,  
Help me pay attention to what my body needs as I play.  
Amen.

---

