



## An Athlete's Prayer

**Lord**, help us to play this game  
with the best that is in us.

Help us to enjoy it - win or lose.

Help us to cooperate with one another because  
we can only win if we work together.

Help us to challenge our opponents  
to give their best, too.

Help us to stick to the rules because victory  
without sportsmanship is hollow.

Help us to accept the decisions of the officials -  
whether or not we agree with them.

And finally, Lord,  
help us to meet victory or defeat  
with the knowledge that what we put into  
the game is far more important  
than the final score. **Amen.**