

## **The Competitor's Prayer**

### **Ready:**

*"Pour out your hearts before Him. God is our refuge." -Psalm 62:8*

### **Set**

Many times, pre-game prayers can be like a "rah-rah" talk or a desperate plea to God for a big win. But as true competitors, we need to ask, "What is the proper way to pray before entering the battle? How should we pour out our hearts before God so that we will be spiritually ready for competition?" Here is a great prayer that you can pray before a game, competition, workout or even practice:

"Lord, I compete for You alone. In every victory and every loss, I play for You. Every time I compete, I stand for the cross. My love for the game is evidence of my love for You. I play for You, Lord, when I put on the uniform, lace up the shoes and walk out of the locker room. I declare my loyalty to You.

"My drive comes from the Holy Spirit. Through the pain and through the cheers, I will not give in or give up. My passion for competition comes from above. I sweat for the One who made me. The champion inside of me is Jesus. My only goal is to glorify the name of Christ. To win is to honor Him.

"I feel Your delight when I compete. All of my abilities are from You, Jesus. My heart yearns for Your applause. I am under Your authority. I will respect and honor my teammates, coaches and opponents. I will play by the rules. I will submit to You as my Ultimate Coach.

"I am Your warrior in the heat of battle. I am humble in victory and gracious in defeat. I serve those on my team and those I compete against. My words inspire and motivate. I utter what You desire. My body is Your temple; nothing enters my body that is not honoring to You. I train to bring You glory. My sweat is an offering to my heavenly Master.

"I wear Your jersey, Lord. Victory does not lie in winning but in becoming more like You. There is no greater victory. In Your name, I pray. Amen."

### **Go**

1. What are your pre-game prayers like?
2. Do you define winning by the scoreboard or by Christlike competition?
3. How can you develop your prayer life in the arena of competition?

### **Workout**

Mark 11:24-25; John 5:14-15

### **Overtime**

*Lord, I admit that my prayers before competition are more focused on the scoreboard than on becoming like You. I desire to pour out my heart before You every day that I compete. Develop in me a pure heart. Amen.*

**Bible Reference:**

John 5



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