

## **The Competitor's Prayer**

### **Ready:**

Pour out your hearts before Him. God is our refuge .—Psalm 62:8b

### **Set**

Hearing athletes and coaches pray before competition is always interesting. Many times pre-game prayers can be a “rah-rah” talk or desperate plea for a big win. As a true competitor, what is the correct way to pray before entering the heat of battle? The following prayer is fitting for a game, competition, workout, or even practice:

Lord, I compete for You alone. I have crossed the line, and there is no turning back. 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. My drive comes from the Holy Spirit. Through the pain and the cheers, I will not give in or give up. My passion for competition comes from above. 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. I am under Your authority. I will respect and honor my teammates, coaches, and opponents. I play by all of the rules. I submit to You as my Ultimate Coach. I am Your warrior in the heat of battle, humble in victory and gracious in defeat. I serve those on my team and those I compete against. My words inspire and motivate. My body is Your temple. You dwell within me. Nothing enters my body that is not honoring to You. I train to bring You glory.

### **Go**

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

### **Workout**

Mark 11:24-25; 1 John 5:14-15

### **Overtime**

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

**Bible Reference:**

1 John 5



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