

*Prayers for
Athletes & Sports*



Chaminade-Madonna
College Preparatory

Mission Integration Office
August 2026



Dear Coaches, Trainers, and Student Athletes:

Chaminade-Madonna College Preparatory is a Catholic school rooted in the Marianist Tradition. One of the Characteristics of Marianist Education is to provide a high-quality education for the whole person: mind, body, and soul. Therefore, Catholic-Marianist schools offer a variety of educational opportunities, including arts, sciences, spiritual, and athletic. This methodology allows us to help each student mature as an integrated, whole person, tending to intellectual development and moral, social, psychological, physical, and creative development.

Marianist educators, including athletic coaches and trainers, encourage students to cultivate their talents and acquire the skills that will equip them to be learners for life.

As a Catholic school rooted in the Marianist tradition, we begin all activities, the school day, individual classes, and athletic events by asking for God's blessings for ourselves and others. Our praying is not necessary for a win; instead, it is a prayer for the blessings of life, thanksgiving for those who support us, and a petition for God's assistance in keeping our eyes on what is most important in life.

In this spirit, we urge all our coaches, trainers and student-athletes to use this collection of prayers developed by our Mission Integration Office. These sections of prayers include General Prayers, Athletes' Prayers in the Marianist Tradition, and Prayers for Specific Events.

Jerry Albert, M.S.
Men's Athletic Director

Caytie Lagrange, M.S.
Women's Athletic Director



Saint Sebastian Patron of Athletes and Sports

Sebastian (256 – 288) was a brave and dedicated Christian Commander in the Roman Emperor's Imperial Guard. The Emperor persecuted Christians, but St. Sebastian secretly brought supplies to these persecuted Christians. His missionary efforts gained recognition in underground circles. He practiced great faith even when the times demanded that such faith remain hidden, and he even brought Christianity to fellow members of the Roman armed services. People also recognized St. Sebastian for his exceptional fitness and endurance, especially during his martyrdom. His story shows courage, dedication, and strength.

Attributes such as these are important for athletes and soldiers, for it is their dedication and fearlessness that help them to succeed in their endeavors. Hence, St. Sebastian became known as the patron of athletes and sports. Like St. Sebastian, during games and events, all athletes must be able to withstand long physical endurance. They pray to him, a devoted, strong, and holy person, to receive the strength to do their best and to avoid injuries.

Does praying or not praying to Saint Sebastian really make a difference? The truth is, praying isn't going to win the game or give athletes superhuman powers, but it does help to start every practice and competition with a prayer. While praying to St. Sebastian won't ensure a win, it gives you—the athlete a positive attitude.

Prayer to St. Sebastian for Athletes

Saint Sebastian, patron saint of athletes and sports, help me to do the best that I can, aim high, and always give it my best effort, and if I should fail, give me the strength to try harder. Amen.

General Prayers All Sports

1. God, our Creator, help us to put forth our best effort, to represent our CMCP school community with class, to respect our opponents, and to grow as disciples of your Son, Jesus, and Mary, our Mother. Keep us safe from injury and harm and help us to conduct ourselves as you would, with grace and kindness. We pray: may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from www.ConnectUsfund.org)
2. Good and Gracious God, as we prepare for this (Insert name of the sport) game, we offer you this prayer of thanksgiving. Thank you for helping us to grow in spirit, inspiration, and talent. You have blessed us and given us strength as a team. As we start this game, we ask that you continue to guide us so that we may do your will in everything. We ask this in the name of our Lord, Jesus Christ. Amen. (Adapted from 10 Prayers Before a Game, Courtney Pococh; www.everydayknow.com)
3. Source of all Life, we praise you and thank you for all of the blessings and gifts that you have given to our CMCP. Help us start this (Insert name of the sport) event with a heart full of your love, strength, and wisdom. May we put into practice today everything we have learned during our training, and may we play this game to the best of our abilities. As always, we ask you to hear our prayers through the intercession of St. Sebastian, our patron and protector. Amen. (Adapted from 10 Prayers Before a Game, Courtney Pococh; www.everydayknow.com)
4. God of All Blessings, before we start this (***Insert name of the sport***) game, we pause to give you thanks for the blessings in our lives. We thank you and ask that you bless all those who support us: our coaches, our teachers, our families, and our friends. Allow us to play this game to the best of our ability, keeping our players and opponents safe and free from injury. And, most of all, Creator God, may we learn to be the women and men You created us to be. And may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.
5. Creator God, we ask your blessing on the game we are about to play. Give each

of us the courage to play this game in a way that, by our words and actions, is pleasing to you and reflects the values we treasure here at CMCP. Let us enter this competition in a spirit of sportsmanship and with respect for the members of the opposing team. Bless us, our coaches, the officials, our parents and our team. And may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from the Archdiocese of San Antonio, TX)

6. Almighty God, You are the source of all our gifts and talents. As participants in ***(Insert the name of the sport)***, help us to represent You as members of the Body of Christ and members of our Chaminade-Madonna community in our attitudes, competition, and actions. Protect us from all injuries and give us the strength to play our best using sound strategies in a fun, fair, and competitive way. Help us to respect all who are here today and guide the coaches and officials to aid us in playing in a Christian manner. Amen. (Adapted from Gary Roney, Athletic Director, Pittsburgh Catholic Youth Ministry)

Prayer for Sports Medicine

Good and Gracious God, whose Son, Jesus Christ, went about doing good and healing all manner of illness, I ask you to hear my prayer. You have entrusted me with the care of all our student-athletes at CMCP. I give you thanks, and I ask for your assistance in this ministry. Please help me to keep my athletes well, strong, and fit. Protect them from all injuries, but if they occur, give me the knowledge and skills to support their healing. As we all strive for our shared goal of providing a holistic learning experience for the students, I ask for your grace to be an instrument of your healing presence in mind, body, and spirit. Through the intercession of Saints Cosmas & Damian, patron saints of medicine, I pray. Amen.

Pre-Game Prayer

Dear God, please bless today's game, our team, our opponents, and all watching our play. Thank you for the opportunity to compete and bring out the best in each other. May we play hard and fair. Please keep everyone safe from injury and harm. We pray this prayer in the name of the Father, and of the Son, and of the Holy Spirit – Amen (Adapted from God, Be In My Sport, Play Like a Champion Educational Series; www.playlikeacampion.org)

Prayer for our Team

Dear Lord, you have blessed our team with many gifts and talents. We thank you

especially for the opportunity to participate in **(Insert name of the sport)** today, together as a team. Help us all play in a Christ-like manner, in a way that fosters goodwill, teamwork, and creates great memories for us to cherish. Assist us in playing to the best of our abilities. Win or lose, we hope to have fun, make friends, and celebrate life. We always ask these prayers in the name of Jesus, our Lord. Amen. (Adapted from www.ConnectUsfund.org)

Prayer for all those involved in Sports

O God, you gave us bodies, as well as minds and hearts. Our sports and exercises are a fitting use of gifts and talents you have given us. Bless our workouts and the games we play, and those with whom we exercise or compete. Give us strength, endurance, courage and agility as we compete or train. Keep us safe and healthy as we celebrate our physical and mental skills in sport. And may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Mary. Amen. (Adapted from a Prayer Courtesy of Marquette University, God, Be In My Sport, Play Like a Champion Educational Series; www.playlikeachampion.org)

Prayer to Play Fairly

God, let me play well but fairly. Help me to learn something that matters once the game is over. Let competition make me strong but never hostile. Always let me help my opponent up. Never catch me rejoicing in the adversity of others. If I know victory, allow me to be happy; if I am denied, keep me from envy. Remind me that sports are just games. If through athletics I set an example, let it be a good one. And may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Mary. Amen. (Adapted from www.beliefnet.com)

Prayer to Build Each Other Up

God of heaven and earth, today we ask you to bless our game, our team, and all who are watching us play. Thank you for the opportunity to compete and bring out the best in each other. May we play hard and fair. Show us opportunities to build each other up, spiritually, emotionally, and physically. We also ask that you send blessings to our entire CMCP community. We pray in the name of the Father, and of the Son, and of the Holy Spirit. Amen. (Adapted from www.ConnectUSfund.com)

Prayer before a Tough Game

Heavenly Creator God, you promised that you would not abandon us. We have a really tough game today, and we are nervous. Our opponents are very good, and we need to win this game. Help our team work well together and communicate effectively. Help us hit our mark and avoid mistakes. Calm our minds so we can think clearly and play our best. And may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Mary. Amen. (Adapted from www.ConnectUSfund.com)

Post-Game Prayer

Thank you, God, for the chance to compete and use our talents through sports. Remind us that we are called to give our best and to finish the race while caring for others along the way. Bless our parents, friends, and fans who came out to support us during this game. May we use the lessons we have learned from this game for our good? And may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Mary. Amen. (Adapted from God, Be In My Sport, Play Like a Champion Educational Series; www.playlikeacampion.org)

Prayer to Play Fair in the Game of Life

God of the Universe, in the struggle that goes on through life, we ask for a field that is fair, a chance that is equal with all the strife, the courage to strive and to dare. And if we should win, let it be by the code, with our faith and our honor held high. And if we should lose, let us stand by the road and cheer as the winners go by. We ask this through Jesus our Lord and Savior. Amen. (Adapted from a Prayer Attributed to Legendary Notre Dame Football Coach, Knute Rockne, God, Be In My Sport, Play Like a Champion Educational Series; www.playlikeacampion.org)

Athletes' Prayer in the Marianist Tradition

1. God in heaven, we come before you this day, and we give you thanks for our many blessings. May the actions of all here players, fans, coaches, and referees, always reflect your love for all people. Please keep all the athletes free from injury, and may they be strengthened in mind, body, and soul to do their best each day. And, together we pray: May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from St. Mary's University)
2. Creator God, I am aware at this moment of your love for me, for I know you are the source of all that is good in my life. I give you special thanks for bestowing physical talent upon me and all team members that allows us to participate in (Insert name of the sport). I pray that, as an athlete, I can represent the Marianist tradition to the best of my ability, both on and off the playing field. I ask that I play with courage, determination, and endurance. I also ask for your help so that I may always be a powerful witness to all the values I have come to learn here at CMCP. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. (Adapted from the Athletic Directors of Marianist Schools, 2005)
3. Holy Mother of God, we ask for your prayers during this practice (or competition) that you might help lead us closer to God through our participation on this team. We ask that you keep us safe as we lift all the prayers we hold in our hearts to God, that we may come to know your Son more fully through you. May the Father, and the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from God, Be In My Sport, Play Like a Champion Educational Series; www.playlikeachampion.org)

Prayers for Specific Sports Events

Baseball

Holy God, we pray:

- Grant me wisdom to tell a strike from a ball, to know where to throw.
- Keep me always in the baseline, running straight and true.
- Give me the vision to see every pitch and whether another player needs my help.
- Be my strength, when I throw the ball when I'm far from homeplate, or against a wall.
- Guide my feet so I never miss a base, and bring me home safely.
- Let me always hustle, so I'm at my best.
- When I help younger players, I always give praise.
- Guide our coach to be fair and smart, and be an inspiration for us.
- Let me take a loss, just as well as a win.
- And, however my games end, let me always have fun.

May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

(Adapted from Prayers to Our Saints, www.prayertooursaints.com)

Basketball

God of all Creation, as we face our opponents tonight, may we play our hearts out and give 100% effort on the court. May we also be good sportsmen to our opponents before, during, and after the game. We ask that you watch over us during the game. Give us the stamina to endure the game and the mental strength to overcome every challenge we will face. Bless our coaches, our team, and all those who support us as we compete on this court. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from Prayers to Our Saints, www.prayertooursaints.com)

Beach Volleyball

God of Creation, You have shown us our place in this world as channels of your love. As we play this game (or training) of Beach Volleyball, we are reminded of your power and light that come from the sun, moon, and stars. Help us compete fairly, play as a team, and always remember that we are made to protect all of creation: air, water, sand, and soil. We begin this time together with a mindful remembrance of our Characteristics of Marianist Education, in particular: Education for Service, Justice, Peace, and the Integrity of Creation. We pray this through the intercession of St. Francis, Patron of God's Creation. Amen. (Adapted from Laudato Si' by Pope Francis)

Cheerleading—This prayer can be used before a game or a competition.

God, before we take to the field (or practice), we come together as a team to pray. Please watch over us from the start to the finish. Help us to succeed, and so we pray:

- Stunts that are solid and tight. Arms that remain by our side.
- Flyers that are confident. High "V's" that are never bent.
- Cradles that are caught up high. Pointed jumps that truly fly.
- Tosses that soar through the air.
- Motions that are sharp and snap. A loud crowd that likes to clap.
- Voices that deeply shout. Thumbs that do not stick out.
- No bumps that happen while we're passing.
- Everlasting smiles! Endurance that keeps us strong.
- Teamwork that can't go wrong.

But mostly, God, we'd like to have a routine that's injury-free. Amen. (Adapted from Prayers to Our Saints, www.prayertooursaints.com)

Cross Country, Runners & Track and Field

God, source of my strength, as I approach the track/course to start this race, I remember to thank you for your grace and blessings. You have created me to strive to be the best I can. Give me the courage, strength, and agility as we train (or compete). Protect me as I go my way and keep us safe and healthy. Guide my feet to run smooth and swift – to move and run free. Stay with me, Lord, and may my run be pleasing to you, because it is through you that I can do my best. And, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Dance

God of all Creation, I sometimes forget that You created me for joy and to dance in Your presence. My mind becomes too busy, and my heart is too heavy for me to remember that I have been called to dance; dance to the Sacred Dance of Life. I was created to smile, to love, to be lifted, and to lift others. Grant me the courage to attempt the impossible and the heart to make it possible. Teach me to dance to the sounds of your world and your people. I want to move in rhythm with your plan and help you follow your lead. May I lead with joy, and may my dance tell of your love for me and others. O Sacred One, untangle my feet from all that ensnares. Free my soul that my dancing may praise you now and forever. Amen. (Adapted from a poem by Hafiz, a 14th-century Persian Muslim poet.)

E-Sports

Dear Lord, you have already blessed us with the gift of technology and imagination. Bless my teammates as they grow in friendship with each other. We ask for your assistance in playing honestly and in the spirit of good sportsmanship as we begin this competition. Give me calm as I log on, guide me through my strategy, keep my fingers steady, and may I compete with lightning speed. Send your Holy Spirit upon us today, and let all participants in these games play to the best of their ability. We ask these prayers through the intercession of St. Isidore of Seville, patron of computers and programmers. Amen.

Flag Football

As we begin this game, I ask you to bless all my fellow teammates and our community at CMCP. I am grateful for all the blessings you have given our team and me. Fill us with energy and passion as we push ourselves to play well and fairly. May we be strong on the field and remember the strategies we practiced. May we respect our opponents and grow into women of strength, wisdom, and integrity. Amen.

Football

God in Heaven, our CM Lions Football team is built on the foundations of love, respect, trust, and excellence. As we play today, may our squad be strong and united, and may our club spirit be one of truth and love. Today, we pray that we work together to be the best we can be, play fairly, and respect every player in the game. Keep us all safe and guard us from injury. Thank you to our coaches, our training, family, friends, and all those who have come out to support us as we play this game. Watching over us, Lord, and whether we win or lose, may Your love triumph over all. And, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from Prayer by Julie Palmer © Copyright 2019 www.prayerscapes.com)

Golf

Creator God, you have blessed us with the beauty of nature and the abilities of mind and body. Today, we give thanks for the chance to play the game of golf. We are also thankful for the sense of community we experience with others in this course. Open our minds and hearts to the lessons this game can teach us. May we not give up after a few bad holes, because things will get better – if we keep trying. Be with us, that we may enjoy each moment of today's play. And, may our vision be keen as an eagle; may our drives be as straight as arrows; may our irons aid the birdies' flight; may our putts be true and on the

mark; and may our friendships always be above par. We ask for all these prayers through the intercession of St. Andrew of Scotland, Patron of Golf and Golfers. Amen.

Soccer

Good and Gracious God, as we begin this practice (competition), we come to you in prayer. We are thankful for the gifts you have given us. Bless all those in the CMCP soccer community. Protect us from injury, and give us the courage and speed to be an example to all athletes of good conduct and enthusiasm. Help us to maintain our dignity, because we are made in your image and likeness. It is because of You that we take pride in our athletic achievements. Bless us with Your love and Your peace, so that when this event is but a memory, we will remember our participation with pride and joy. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Softball

Good God, I pause and bring your presence to mind. I ask you to bless me as I begin this softball game (or practice). Allow me to play my best but always with integrity. Allow competition to make me stronger but never bitter, jealous, or inconsiderate of others. Always encourage me to see my opponents as people and to keep my heart filled with compassion and integrity. If I should see the blessings of victory, let me be proud, but keep me from reckless boasting. If victory is denied, keep me from feeling defeated. Allow me to be genuinely proud of a worthy competitor as I say "Good Game." At the end of each day, help me identify the life lessons you want me to learn so that I may grow as an athlete and a person. I ask you to hear my prayer. Amen.
(Adapted from A Softball Player's Prayer—SIFG)

Swimming

Dear God, another swimming meet today. As I dive off the block and my head hits the rush of cold water, I ask you to bless my family, my friends, and my coach. As I take to the blocks, let me not forget You. Let my starts and turns be quick, my arms and legs be sure, and help my strokes be smooth and strong. Help me to endure this race. You have blessed me with unique and special gifts, and I share these talents with others in my CMCP community. Let me never forget that swimming is not about medals and wins; rather, it is the passion in me for how I swam the race and for how I live my life. We ask all these prayers through the intercession of St. Adjutor of Vernon, patron of swimmers. Amen.
(Adapted from a Swimmers' Prayer—SAIL)

Tennis

Creator God, as we approach the court to prepare for this match, help us to remember that you have created us in your image and we are blessed with gifts and talents unique to each of us. Today, we ask you to be with us. Whether it's singles or doubles, let us always play fair, respect the umpire's decision, and give each other a lift when our game is off. Let our parents, coaches, and fans be proud of our actions on and off the court. We ask all these things in your name, one God, forever and ever. May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen. (Adapted from www.FancifieldBySharla.com)

Volleyball

Good and Gracious God, thank you for the privilege of training with this team. We thank you for all the gifts and talents that you have so graciously given us. We also thank you for each player on our CMCP Volleyball team. Watch over us as we compete today. Protect us from injury and fill us with strength and courage as we give of our best. Guide us to play well, and if we know victory, grant us happiness. If we are denied a victory, keep us from envy. Seal in my heart that everyone who takes the court with me becomes my (sister or brother). May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Biblical Scriptures for Athletes (New Revised Standard Version)

Deuteronomy 31:6; 7b-8

Be strong and bold; have no fear or dread of them, because it is the Lord your God who goes with you. He will not fail you or forsake you. Be strong and bold, for you are the one who will go with this people into the land that the L has sworn to your ancestors to give them; and you will put them in possession. It is the L who goes before you. God will be with you; God will not desert you or abandon you. Do not fear or be dismayed.

1 Corinthians 9:24-27

Do you not know that in a race, the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self- control; they do it to receive a perishable wreath, but we an imperishable one. So, I do not run aimlessly, nor do I box as though beating the air; but I strictly discipline my body and make it my slave, so that after proclaiming to others, I myself should not be disqualified.

Philippians 2:3-4

Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but the interests of others.

Philippians 4:13

I can do all things through Christ, who strengthens me.

Colossians 4:5-6

Conduct yourselves wisely towards outsiders, making the most of the time. Let your speech always be gracious and attractive so that you will have the right response for everyone.

1 Timothy 1:18-19a

I am giving you these instructions, Timothy, my child, in accordance with the prophecies previously made about you, so that by following them you may fight the good fight, having faith and a good conscience.

1 Timothy 6:11-12

But as for you, a child of God, shun all this; pursue righteousness, godliness, faith, love, endurance, gentleness. Fight the good fight of the faith; take hold of the eternal life, to which you were called, and for which you made the good confession in the presence of many witnesses.

2 Timothy 4:7-8

I have fought the good fight, I have finished the race, I have kept the faith. From now on, there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give me on that day, and not only to me, but also to all who have longed for his appearing.

Hebrews 12-2a

Therefore, since a great a cloud of witnesses surrounds us, let us also lay aside every obstacle and the sin that clings so closely, and let us run with perseverance, the race that is set before us, looking to Jesus, the pioneer and perfecter of our faith.