

A Prayer of Thanksgiving for Sports and Fitness Activities

Scripture Reading:

Psalms 136:1-9, Ephesians 5:15-20

Reflections of the Heart:

“Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, drink deeply from good books - especially the Bible, build a shelter against a rainy day, give thanks for your blessings and pray for guidance every day.”

~ John Wooden, Legendary College Basketball Coach

ONE Prayer:

Eternal Father, thank You for creating humanity in Your image. Thank You for allowing sports to serve as a common bond for people from all walks of life. Thank You for inspiring our children, youth and adults to participate in sports and fitness activities that will help promote health and wellness for people in every community across the globe. Thank You for all of the jobs made available through the sports and fitness industries. Lord, we give thanks to You, for You are good. Your faithful love endures forever. We give thanks to You, the Lord of lords; to You, who alone does mighty miracles. We thank You, the God who made the heavens so skillfully and placed the earth among the waters. We thank You, Lord, for forgiving our sins, healing all of our diseases, redeeming us from death, crowning us with Your loving-kindness and tender mercies, filling our lives with good things and renewing our youth like the eagles.

Almighty Father, it is Your will for us to give thanks to You always and in all things. It is Your will for all to be well with each person and that they are as healthy in body as they are strong in spirit. We are thankful that Your Word will be operative in the lives of our children, youth and adults in organized sports, as well as informal sports and fitness activities. As they commit their works to You, their plans will succeed. They will continue to seek Your Kingdom above all else, and live righteously, and we know that You will give each person everything needed to be able to perform to the best of his or her their ability in all sports and fitness activities. Lord, as our sports and fitness professionals and participants walk uprightly and do what is right, no good thing will be withheld from them.

Who are the sports and fitness professionals that have touched your life? List what they have done and give thanks:

Holy Spirit, we thank You for helping sports participants of all ages and skill levels to find programs and activities to meet their needs. We thank You that You will bless families with children to have access to afterschool and summer sports and fitness programs. Thank You for increasing awareness among residents in each community of the benefits of participating in the sports and fitness programs available in their area. Holy Spirit, help children, youth and adults eat meals and snacks with fresh fruits and vegetables and reduce their intake of harmful fats and sugary foods. Help them achieve greater balance in their lives by reducing the amount of time they spend entertaining themselves with digital technology. Increase their focus on improving their health. Lord, keep the staff and participants of sports and fitness programs safe, and assign Your angels to stand guard against crime at their venues.

Righteous Father, please forgive all sports and fitness professionals and participants for all acts of sinfulness. Forgive them for at times being ungrateful and unappreciative. Forgive those who have tainted other people's perception of sports through their acts of ungodliness. Forgive those who do not value sports as a source of glory for You and a way of improving the lives of people. Please forgive all sports and fitness professionals and participants for not putting You first in all they do. Lord, forgive me for ***(list any sins that you have committed)***. Holy Spirit, remind sports and fitness professionals and participants of those they need to forgive and help them

to be quick to forgive. As for me, Holy Spirit, bring to my remembrance those I need to forgive. ***(Take a moment and ask the Holy Spirit to show you names or faces of people that you may need to forgive. As He shows you, say aloud, "I forgive name of person(s)." Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)***

Holy Spirit, help all sports and fitness professionals and participants to not yield to temptation; but deliver them from the evil one.

Blessing and honor and glory and power belong to You, Lord, who sits on the throne and to the Lamb forever and ever. You are worthy, O Lord, to receive glory and honor and power; for You created all things, and by Your will they exist and were created. In Jesus' Name, Amen.

Scripture References for the Written Text (NKJV & NLT): Genesis 1:26, Psalm 136:1,3-6, Psalm 103:3-5, I Thessalonians 5:18, Ill John 2, Proverbs 16:3, Matthew 6:33, Psalm 84:11, Matthew 6:13, Revelation 5:13, Revelation 4:11

© Scripture quotations are taken from the Holy Bible, New Living Translation, copyright 1996, 2004. Used by permission of Tyndale House Publishers, Inc., Wheaton, Illinois 60189. All rights reserved. ©2016 Caldwell Ministries, Inc. All rights reserved — No reproduction of the material is permitted without the expressed permission of CMI.