

A Prayer of Joy for Sports and Fitness Professionals

Scripture Reading:

Psalm 29, Philippians 4:4-8

Reflections of the Heart:

God, the source of our hope, will fill us completely with joy and peace because we trust in Him. We will overflow with confident hope through the power of the Holy Spirit. *Romans 15:13*

ONE Prayer:

Omniscient Father, this is the day You have made, and we will rejoice and be glad in it! Thank You for sports and fitness professionals and for providing them with Your joy. Lord, thank You for blessing them with athletic gifts that bring joy, hope and goodwill to people across the globe. We thank You that an increasing number of sports and fitness professionals are embracing their status as role models for children, youth and adults. Thank You for taking care of them and supplying all of their needs from Your glorious riches in Christ Jesus. Thank You for sending the Holy Spirit to instruct, guide, teach and comfort them. Lord, sports and fitness professionals worship You with gladness and come before You, singing with joy. They acknowledge that You are God! You made them, and they are Yours. Sports and fitness professionals are Your people, the sheep of Your pasture. They enter into Your gates with thanksgiving; go into Your courts with praise. They give thanks to You and praise Your Name, for You are good. Your unfailing love continues forever, and Your faithfulness continues to each generation.

Wonderful Father, we declare that all sports and fitness professionals will love You, even though they have never seen You. Though they do not see You now, they trust You; and they rejoice with a glorious inexpressible joy. May those who search for You be filled with joy and gladness in You. May those who love Your salvation repeatedly shout, "God is great!" Today, we confess that when troubles of any kind come their way, they will consider it an opportunity for great joy. For when their faith is tested, their endurance has a chance to grow. So they will let it grow, for when their endurance is fully developed, they will be perfect and complete, needing nothing. We decree that those who listen to instruction will prosper; those who trust in You will be joyful. As they prosper, they will share freely and give generously to those in need. Their good deeds will be remembered forever. They will have influence and honor.

Holy Spirit, reveal how I can pray for the joy of sports and fitness professionals today:

Holy Spirit, help sports and fitness professionals understand that God is the source of all joy, and it is through His grace that it is offered to them. Show them that while worldly joy is temporary, the joy that You give is always available and accessible. Teach them how to rejoice in the Lord by seeking Him first in all things, spending time in His presence and His Word, being obedient to His will, honoring Him with praise and partnering with Him through prayer. Increase their faith and patience during times when joylessness tries to take root due to challenging external or self-inflicted circumstances such as a disappointing individual or team performance in an important game or competition. Give them the strength and the strategies to overcome obstacles joyfully so that they may be positive role models for those they love, lead, instruct, care for and walk beside. Show them how to enjoy life and laugh more.

Loving Father, forgive sports and fitness professionals for all acts of sinfulness, including strife, discord, jealousy, lying, greed, gossip, bribery, abuse of power and idolizing people and things. Forgive them when instead of embracing joy, they choose to worry, fear, complain and wallow in self-pity. Forgive those who only focus on what will bring them joy instead of what they can do to give You and others joy. Father, forgive me for ***(list any sins that you have committed)***. Holy Spirit, remind all sports and fitness professionals 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 reveal names or faces of people that you may need to***

forgive. As He reveals them, say “I forgive name of person(s).” Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)

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

Immortal Lord, You are the blessed and only Almighty God. You are the King of kings, and the Lord of lords. You alone can never die. You live in light so brilliant that no human can approach You. No human eye has ever seen You, nor ever will. To You belongs all honor and power forever and ever. In Jesus' Name, Amen.

Scripture References for the Written Text: Psalm 118:24, Philippians 4:19, Psalm 100:2-5, 1 Peter 1:8, Psalm 70:4, James 1:2-4, Proverbs 16:20, Psalm 112:9, Matthew 6:13, I Timothy 6:15-16

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