

THE ATHLETE'S PRAYER

**I thank you, Oh God, for giving me a body
which is specially fit and strong,
and for making me able to use it well.**

**In my training, help me never to shirk the
discipline which I know that I need and
I ought to accept.**

**In my leisure and in my pleasure help me
never to allow myself any indulgence which
would make me less fit than I ought to be.**

**When I compete with others help me,
win or lose, to play fair.**

**When I win, keep me from boasting;
when I lose keep me from making excuses.
Keep me from being conceited when I succeed
and help me always with good will to
congratulate a better man who beat me.**

**Help me so to live that I will always
have a healthy body and healthy mind.**

This I ask for your love sake,

AMEN