

A Liturgy for Athletics

Call to Worship

Today we are gathered to celebrate our love for (Insert athletic function here). We are blessed to be brought together to celebrate the hard work we have put into preparing our bodies, minds and spirits for a fun day filled with friendship, healthy competition and love for athletics. We are hopeful that we will do well to represent our schools, but above all we aim to do our best to treat everyone with dignity and respect.

Let us take a moment to silent ourselves for prayer.

Gathering Prayer

In the name of the Father, and of the Son, and of the Holy Spirit.

+Amen.

Loving Father,

Today we are gathered here to celebrate (insert athletic function here). Thank you for the people who have made it possible for us to be here today: our coaches, our parents/guardians, our teachers and most of all, our fellow athletes. Be with us today as we strive to do our best, to treat all participants with love and dignity, and most of all to be respectful, honest and people of integrity. Regardless of the outcome today, let us be joyful people, thankful for the challenges our bodies can endure and the mental stamina this sport asks us to utilize.

We ask this through Jesus Christ, your beloved Son.

+Amen.

Reading (Isaiah 40.28-31)

A reading from the prophet Isaiah.

The Lord is the everlasting God,
the Creator of the ends of the earth.
He does not faint or grow weary;
his understanding is unsearchable.
He gives power to the faint,
and strengthens the powerless.
Even youths will faint and be weary,
and the young will fall exhausted;
but those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

The Word of the Lord.

R. Thanks be to God.

Responsorial Psalm (Psalm 138.1-2, 2-3, 6, 8)

R. Lord, your love is eternal; do not forsake the work of your hands.

I will give thanks to you, O LORD, with all my heart,
for you have heard the words of my mouth;
in the presence of the angels I will sing your praise;
I will worship at your holy temple.

R. Lord, your love is eternal; do not forsake the work of your hands.

I will give thanks to your name,
because of your kindness and your truth:
When I called, you answered me;
you built up strength within me.

R. Lord, your love is eternal; do not forsake the work of your hands.

The LORD is exalted, yet the lowly he sees,
and the proud he knows from afar.
Your kindness, O LORD, endures forever;
forsake not the work of your hands.

R. Lord, your love is eternal; do not forsake the work of your hands.

Gospel (Matthew 11.28-30)

A reading from the Gospel according to Matthew.

Jesus said,
"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.

Prayers of the Faithful

The response is: ***Lord hear our prayer.***

We pray for athletes around the world, whether professional or amateur:

That through sport they learn to value the bodies that God has given them, their minds to persevere, and their spirits to aim to do the best of their abilities.

We pray to the Lord.

R. Lord hear our prayer.

We pray for Pope (Francis), the bishops, the clergy and all holy men and women:

That they can find time to enjoy active healthy lifestyles.

We pray to the Lord.

R. Lord hear our prayer.

We pray for those in government:

That they see that the value of athletics stems past a single event and that they work toward legislation that supports healthy eating and active lifestyles from conception to adulthood.

We pray to the Lord.

R. Lord hear our prayer.

We pray for those of us present here today:

That we strive to do our best and regardless of the outcome, acknowledge our bodies and minds are gifts from God that should be celebrated and cared for.

We pray to the Lord.

R. Lord hear our prayer.

Let us join our hearts and voices in the prayer that Jesus taught us...

Our Father,

+Amen.

St. Sebastian, Patron Saint of Sports, pray for us.

In the name of the Father, and of the Son, and of the Holy Spirit.

+Amen.