



Sports Prayers



This Bible verse reminds us that we are called to live our lives like runners in a race. Keeping our eyes fixed on our goal, to live for God and share the Good News about God's love with others.

Hebrews 12 v 1

We are surrounded by a great cloud of people whose lives tell us what faith means. So let us run the race that is before us and never give up.

"Before every game I ask God to help me play well, help my team and try to score a goal or assist a goal and he answers my prayers so this is why I point to the sky to thank him."

Bukayo Saka

How many Christian sports people can you name?

What message of encouragement would you give them about sharing their faith?

How could you pray for them today that they would be an example of faith to others?

"I try to stay in the Bible and I pray a lot, just talking to God. He provides my strength and wisdom."

Allyson Felix



World Prayers

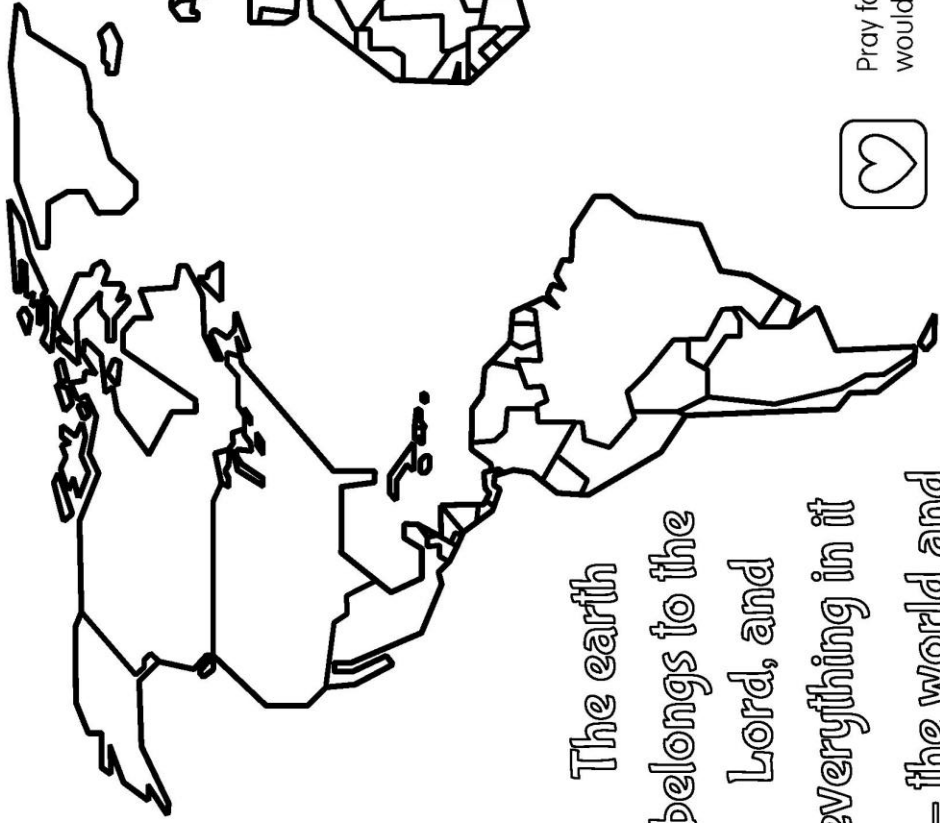
This summer the Olympics will be taking place in Tokyo, Japan. At the beginning of the Olympics there is always an opening ceremony. The flags of each country enter in a special parade.

Why not use the opening ceremony as an opportunity to pray for each of the countries and the Christians that live there.

Pray for the church and children in those countries that they would be bold in sharing God's love with others.



Colour and Pray World Map



The earth
belongs to the
Lord, and
everything in it
— the world and
all its people.

Psalm 24 v 1



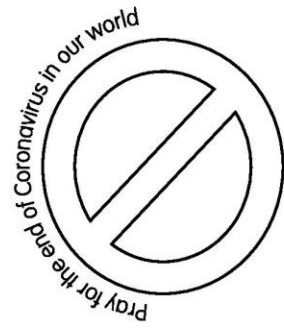
Pray for God's church in each country, that they would be able to share God's love with others.



Pray for the leaders of each country that they would make wise decisions that best protect and provide for people.

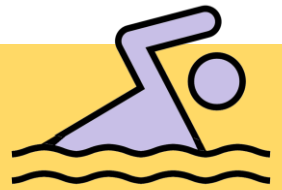


Pray that everybody in every country would be able to access the food, resources, and health care they need.





Circuit Training



1 Timothy 4 v 8

Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and in the future life, too.

This Bible verse reminds us that just like a sports person trains to prepare themselves for competition, we can train ourselves to live for God.

Why not set up your own Spiritual Circuit training stations - set a timer to go off every two minutes and work your way around completing each challenge!



Read your Bible

It is good to read God's word every day – here are some great verses you could look up in your Bible.

We know that God likes to speak to us through the Bible – so once you had found and read the verse spend some time thinking about what it means for you.

1 John 2 v 6 1 Corinthians 3 v 16
Galatians 3 v 26
John 3 v 16 John 14 v 6

Listen to God

Set up a listening station where you can listen and see what God is saying to you. Remember that God can speak to us in many different ways.



Pray for Others

It is great to spend time praying for others. Why not put out some photos of friends and family members that you can take time to pray for. Here are some groups of people you could take time to pray for.

Government

Friends

Family

Keyworkers

Church Leaders

Teachers



Share some love

We can share God's love with others. Set up a station with pens and paper where you can write or draw an encouraging message for somebody else.

You could say thank you to them for the way they show you love, celebrate some of the talents that God has given them or just tell them some of the reasons why you love and care for them.

Why not ask God who he would like you to write a message to and what He would like you to say?