

PRAYERS FOR ATHLETES WHEN INJURED

PRAYER OF SURRENDER

Composed by Tomislav Uskok

Merciful Father,
you blessed me with the gifts and love of sport.
You know the difficulty and pain I endure now during this injury.
Help me to trust you in all my worries,
and help me to lean on you even more in my recovery.
I humbly pray your healing hand may descend upon me
and strengthen me during this time.
O Jesus, I surrender all my fear, pain and anxiety to you.
St Joseph, pray for us.
Amen.

Tomislav plays in the A-League for Macarthur FC.

“The practice of a sport also teaches us not to be discouraged and to start again with determination after a defeat or injury.”

POPE FRANCIS, ADDRESS TO THE PARTICIPANTS IN THE ANNUAL CONGRESS OF THE EUROPEAN CYCLING UNION, 9 MARCH 2019



PHOTO CREDIT: PEXELS: PAVEL DANILYUK

PRAYER FOR HEALING

Composed by Donna MacFarlane

Dear Lord,
I call out to you in my suffering and you hear me.
In your mercy, please restore and strengthen me.
Help me to fix my eyes on you
and trust that you have a plan for me
that is greater than I could imagine.
Help me to know that I am loved beyond measure.
Thank you for this opportunity to learn patience
and to be your witness.
For yours is the power, the kingdom and the glory
for ever and ever.
Amen.

Donna is a Commonwealth Games bronze medalist (2006) and Olympic athlete (2008) in the 3000m steeplechase.