

## **WEEKEND OF JANUARY 10th and 11th**

### **Team Huddle Reflection – 1 Timothy 4:8**

There's a line in Scripture from 1 Timothy 4:8 that says "bodily training is of some value." And anyone who's practiced, lifted, or played through soreness knows that's true. The work you put in matters.

But it also says something bigger. It says godliness, how we live and treat people, has value in every part of life, not just right now, but long after the game is over.

Here's the reality. Every athlete plays their last game at some point. Seasons end. Jerseys get turned in. What sticks with you isn't points, minutes, or stats. It's habits. It's character.

How you treat your teammates.

How you respond when a call doesn't go your way.

How you handle winning without bragging and losing without blaming.

That's sportsmanship. And that's training for life, not just this season.

So today, yes, compete hard. Give full effort. Do your job.

But also pay attention to how you do it.

Respect each other. Respect officials. Keep your composure when emotions run high. Those moments matter more than you think.

Let's train our bodies, but let's also train who we are becoming.

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### **Team Prayer**

(USE BEFORE WARMING UP or DO PRE-GAME AS THE OPENING PRAYER)

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

Lord God,

this weekend we celebrate the Baptism of the Lord, when Your Son stepped into the Jordan and revealed a life of obedience, humility, and mission.

We thank You for the gift of our bodies, our abilities, and the opportunity to compete. As Your Word reminds us in 1 Timothy 4:8, bodily training has value, but godliness has value in every part of life.

Help us to train both body and heart.

Teach us to compete with integrity, to respect our teammates, opponents, and officials, and to carry ourselves with humility in victory and grace in defeat.

May the lessons we learn through sport shape our character long after the final whistle, and help us live out our faith in daily life.

Sacred Heart of Jesus, have mercy on us.

Immaculate Heart of Mary, pray for us.

St. Sebastian, pray for us.

We ask this through Christ our Lord. Amen.

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