Precompetition Prayer Plan

Pray for faithful conduct and carry out the next duty.

Bring gratitude and responsibility into competition without promising a result or treating opponents as enemies.

Example: an athlete prays for help responding respectfully to a disputed call, names the action to practice, and reviews that conduct after competition regardless of the result.

01 Prepare the moment

Keep prayer suited to the athlete's own routine.

Competition and timing

Athlete concern

Participation invitation

Family prayer arrangement

02 Choose the prayer

Use gratitude and honest conduct requests.

Reason for gratitude

Conduct to ask help with

Original prayer words

Outcome promise to avoid

Precompetition Prayer Plan / Review & follow-through

03 Match the conduct

Choose a visible action beside the words.

Listening responsibility

Respectful opponent action

Frustration response

Practical preparation duty

04 Review after competition

Check the named commitment beyond the score.

Action actually practiced

Moment needing correction

Gratitude afterward

Next responsibility