



Icon of Saint Sebastian, martyr,  
patron saint of athletes

## Prayer for Athletes

Commander at the Roman Emperor's court, you chose to be also a soldier of Christ, and dared to spread faith in the King of Kings, for which you were condemned to die.

Your body, however, proved athletically strong, and the executing arrows extremely weak.

So another means to kill you was chosen, and you gave your life to the Lord.

May athletes be always as strong in their faith as their patron saint so clearly has been.

Amen.

Saint Sebastian, intercede for all those who participate in sports, granting them physical and mental well-being. We pray for the grace to overcome injuries and to maintain a healthy way of life. We ask for your protection and guidance, and for the grace to stay mentally and emotionally strong in the face of adversity.

We ask this through Jesus Christ our Lord.

Amen.