

Enhance your family prayer with
FAMILY ROSARY

5 Lessons from Faith on the Field

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THE FAMILY THAT PRAYS TOGETHER STAYS TOGETHER

WELCOME TO OUR FAMILY

Today is softball's opening day for my daughter's high school league. Thankfully, the sun came around and got things feeling good for us all. That's what sports are supposed to do, right? For many of us, that is **not** what it does. It can feel at times like it is stretching us thin and weakening the quality of our faith. I used to get frenetic about springtime sports' discordant effect on our family dinners, leisurely Sundays, and general peace, but the past few years I've been flying a "W" to boast of its lessons for our family.

There are many themes in sports that are applicable to the faith life. Taking a tip from our pastor, who recently gave a great homily about the need for practice, here are five lessons from sports that my family will be focusing on this season.

A LITTLE HISTORY

Father Patrick Peyton, C.S.C. began his ministry in 1942 with the goal of building **family unity** through daily prayer of the Rosary. Inspired by his own father who had a deep devotion to family prayer, praying the Rosary became the foundation for the life of Father Peyton (1909-92).

We at Family Rosary are ever so grateful Father Peyton's family instilled in him the importance of **family prayer**. Now it can be part of your family's tradition so you can fulfill the vision that "The Family That Prays Together Stays Together," the message created by Father Patrick Peyton, C.S.C., so many years ago.



SPORTS CAN OPEN THE WAY TO CHRIST IN THOSE PLACES OR ENVIRONMENTS WHERE, FOR DIFFERENT REASONS, IT IS NOT POSSIBLE TO ANNOUNCE HIM DIRECTLY; AND PEOPLE, WITH THEIR WITNESS OF JOY, PRACTICING A SPORT AS A COMMUNITY, CAN BE MESSENGERS OF THE GOOD NEWS.

POPE FRANCIS

5 LESSONS FROM FAITH ON THE FIELD

1. SHOW UP READY TO PRACTICE.

When kids play sports, often they have to come to the practice on time or the coach will bench them for the game. If they don't get benched, they slide by and struggle on the field. Not only do they need to come to practice, they need to be ready to play. If you have coached, you know how annoying and unproductive it is when your team is distracted and uncooperative.

What about Mass? If Mass is our practice, are our kids cooperating with the coach? We don't want our kids to be benched in the game of life. God has so many dreams for them and wants to use them to build a more beautiful world but if they are not showing up to practice, they can't do all the incredible things he has planned. *Let's encourage our kids to show up to Mass ready to participate.*

2. STRENGTHEN YOUR MUSCLES.

As they get older, the game gets more challenging — the field is bigger; opponents are more formidable; plays are trickier.

The same is true for our faith. Our kids have to practice every day. They need faith muscles to hit one out of the park. *Let's teach our kids to grow a strong foundation in Truth through daily meditating on Scripture.*

3. KEEP A GOOD ATTITUDE AND EFFORT.

My daughter's coach said that there are really only two things he cares about from the girls: attitude and effort. If both of those things are there then they are doing their job. There are a lot of mistakes that will be made in a game as in life, and that is OK, but attitude and effort will win the favor of your teammates, fans, and coaches.

Our kids will win more games and more battles in life with a good attitude and effort. *Let's keep positive attitudes in our own households so that our kids can continue with strong effort.*

4. GO TO THE TRAINER.

I feel very fortunate that our high school has a trainer on staff full time. If anyone from the sports teams is injured, she can see the trainer for advice and physical therapy. Of course, ignoring an injury would risk potentially doing long-term damage.

What is true of our bodies is true of our souls. The Sacrament of Reconciliation can bring the healing and therapy that we need after the injury of sin. *Let's facilitate the ability for our children to attend the Sacrament of Reconciliation often (2-10 times a year).*

5. LEARN NEW SKILLS.

Can you imagine playing in a high-school baseball game if you were only relying on the skills you learned when you were in second grade? Of course it would be hard! You'd get beaten every time. You might even start to feel that baseball is not for you.

And that surely is what happens to many when it comes to faith — they just don't feel like putting in the time anymore. *Let's encourage our kids to actively keep discovering new things about the Lord, our faith and themselves.*

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GOING DEEPER

Pray together: Lord, help us to learn more about our faith and your work in our lives through daily activities. We want to honor your name and bring graceful goodness in all that we do. Thank you for all the gifts you've blessed us with, especially our sport-loving family. Amen.

CONTINUE THE JOURNEY

What is Lent all about? Do you have to give up everything good and/or fun? Why do Catholics do Lent? [Catholic Central](#)'s latest episode takes you through the history of Lent and how to get the most out of it this year.

CARRIE SOUKUP

Carrie Soukup writes at GraceFinders.com, compelled by St. Therese, Brother Lawrence, and St. Ignatius to help others connect intimately with God in and through the craziness of life. She has served as a curriculum writer, campus minister, high school theology teacher and retreat director. On a great day, you can find her hiking or cycling with her husband and four children.

BRINGING FAMILIES TOGETHER IN PRAYER

This e-book and all our resources represent a culmination of Father Peyton's passion for family unity through prayer. We hope our services will enhance your family's prayer life particularly remembering Father Peyton's famous words, "The Family That Prays Together Stays Together."

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