A Prayer for Fitness Professionals

To be used before a coaching session, workout, or practice

> *breathe in*
> God, you give breath.
> *breathe out*
> God, you give life.
> (Repeat as desired)

Lord, you provide the foundation for our physical existence.
It was you who made our bodies — our flesh, muscle, and bone — and said, “it is good.”
It is with these elements that I set to work today.

But it is not just the physical body to which you have called me to expertly attend —
In the moments I am with my clients, I am called to be for them an anchor of the spirit.
Though this is not a line on a job description, I recognize you made us as complex creatures whose physical bodies cannot be separated from our emotional selves.

And this too, is good.

It is a reminder of the importance of my work: caring for the physical body will reflect in the spirit of the one who embodies it.

Thank you for this blessing.
It is good.
But it is also hard.

As I strengthen, give me strength.
As I shepherd, shepherd me.
As I provide calm, be my peace.

When I weary from being on my feet, give miraculous refreshment.

When I want for food during a session, sustain my satisfaction.
When I wane in my energy, be the fresh air that enlivens.
When I worry whether there will be enough work, remind me that you care for the smallest of creatures and so you also care for me.

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God, you give breath.
breathe out
God, you give life.
(Repeat as desired)

Written for the Worship for Workers Project of Fuller Seminary by Leslie Eiler Thompson of Rogue Creative