

What Football and Your Faith Have in Common

As a football fan we get more out of watching the games when we have invested a little time and effort into research on the teams, players and stories. This is especially true when the draft rolls around. Knowing the prospects, their talents and NFL team needs makes the draft so much more interesting. Take for instance the upcoming **Hall of Fame Game on Thursday night August 6th**. The two teams are the Arizona Cardinals and the Carolina Panthers. Arizona has quarterback Jacoby Brisset. Jacoby, drafted in 2016, was the primary starter for the Colts in 2017 and 2019. Other years he has played the backup role. He signed with the Cardinals last off-season. When Kyler Murray was injured prior to week six, Jacoby became the starter for the year. In 2025 though he had a poor record of 1-11, Jacoby was seventh in the league in passing yards per game. The Cardinals have a decent offensive line and array of weapons. At 33 years old, Jacoby is the sixth oldest starting quarterback in the league. Interesting fact about Jacoby is that he is one of only two rookie quarterbacks to start at least two games in the regular season and the team went on to win the Super Bowl. He goes up against Bryce Young and the Carolina Panthers. Bryce is going into his fourth year and has shown a progressive improvement each year so far in record, completion percentage, touchdowns, passer rating, sacks, game winning drives and many of the yards per attempt stats. At 5'10" he is discounting the adage against small quarterbacks and formed a bond with Steph Curry who also has done well despite a so-called shorter height disadvantage. In 2025 his

historic 448-yard, 3-touchdown game placed him in elite historic company. He became one of just five quarterbacks in NFL history under the age of 25 to post a game with 30+ completions, 425+ yards, 3 TDs, and no interceptions.

Similarly when investing a little time and effort into our faith journey we get so much more out of it. Here is an action plan to do this and reap the benefits.

► **Morning Offering** – First start each day saying the morning offering. If unfamiliar it is a prayer that offers all your day activities to God for some stated causes. There are variations and you should feel free to word it as you like. The words are not as important as the intention. Here is one that I use as my own. It is a bit more wordy and you may prefer to look one up online.

Oh my Jesus, I offer you my prayers, works, joys and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world, for the forgiveness of sins, in reparation for ever offending You, for the conversion of sinners, the unification of Your Church, the suffering souls in Purgatory, the intentions of Your Sacred Heart, Mary's Immaculate heart, Pope Francis (may he rest in peace) and Pope Leo.

It does not take long and now your whole day has been offered to God for His Kingdom and Glory.

► **A Daily Message** – You can sign up to have a daily spiritual message sent to your email or text. These are free and I find they have beautiful words to start your day. The

two I use that I would recommend are [TheDivineMercy.org/dmdsignup](https://www.morningoffering.com/) and <https://www.morningoffering.com/> . It is like running into a joyous friend each morning that lifts your spirits.

► **Daily Mass** – You can do no greater action in your day than to attend the Mass. It is even better if you can receive the Eucharist. However know that you still benefit immensely by just attending and also that if you are in a state of grace then the loving Lord wants you to receive. Check out Church times around your area. I found a 7:00 AM Mass that was just a half hour away. If you miss a few days that is fine as you would still be going on others. The reception of the Eucharist makes us more like Him whom we receive.

► **The Angelus** – This is a beautiful prayer to our Blessed Mother Mary. Traditionally it had been very popular and was said three times throughout the day – in the morning, at noon and in the evening. You can find the prayer at <https://www.usccb.org/prayers/angelus-0> . The Blessed Virgin Mary will intercede for you to draw you closer and closer to her Son. The verses of the Angelus are about the Annunciation. However they can also be related to our spiritual quest. The first verse is the Word of God being planted in our hearts, the second verse is our surrender to the desire to do the will of God and the third verse relates to the reception of Jesus in the Eucharist by ourselves and/or others. Then it asks Mary to pray for us to be worthy of the wonderful promises of Christ. It concludes with arequest to God to pour His grace into our hearts.

► **O Sacrament Most Holy** – This is a short prayer often said at Eucharistic Adoration. However you can say it anytime throughout the day.

O Sacrament Most Holy, O Sacrament Divine,

All Praise and all Thanksgiving, be every moment Thine.

The idea here is to renew your morning offering throughout the day in just a thought or prayer. The words are not as important as the intent. Our whole life and everything in it is a gift from God given at each moment to us. To renew our offering it back to God is a noble and helpful action. When we are doing our work it is good to think that we are really doing it for God and to reflect on that for ourselves and as a prayer of thanksgiving and offering to God. Then let us do the best that we can.

► **Assist others for love** – Whenever we have the opportunity or the inspiration to do something for another let us take advantage of that. Let us do it with as much love as possible. Know that love is an act of the will and not a feeling. It is to will the good of the other. An action done in love for another or for God is the best thing that you can do in any moment. The sinful nature will think of other things to do but if you do for others with love then you have spent your time wisely.

There you have an action plan to get the most out of our rich faith. Give it a try. What do you have to lose? Be gentle with yourself as you are a family member and loved and appreciated just as you are. Like enjoying the football game after a little investment we can have life and have it abundantly by our investment in the faith. Enjoy the Hall of Fame Game! Great to have football back. Try the action plan and reap the benefits.