



Sport and interior life

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To you, who like sports, the Apostle's argument should appeal: "All the runners at the stadium are trying to win, but only one of them gets the prize. You must run in the same way, meaning to win."

The Way, 318

"It is a time of hope, and I live off this treasure. It is not just a phrase, Father," you tell me, "it is a reality."

Well then ..., bring the whole world, all the human values which attract you so very strongly — friendship, the arts, science, philosophy, theology, sport, nature, culture, souls — bring all of this within that hope: the hope of Christ.

Furrow, 293

Tackling serious matters with a sporting spirit gives very good results. Perhaps I have lost several games? Very well, but — if I persevere — in the end I shall win.

Furrow, 169

Beatus vir qui suffert tentationem ... Blessed is the man who suffers temptation because, after he has been tested, he will receive the crown of Life.

Is your heart filled with joy when you realise that this interior sport is a source of peace which can never be exhausted?

Furrow, 160

We should not be surprised to find, in our body and soul, the needle of pride, sensuality, envy, laziness and the desire to dominate others. This is a fact of life, proven by our personal experience. It is the point of departure and the normal context for winning in this intimate sport, this race toward our Father's house. St Paul says: "That is how I run, intent on winning; that is how I fight, not beating the air. I treat my body hard and make it obey me for, having preached to others, I do not want to be disqualified."

Christ is Passing By, 75

The ascetical struggle is not something negative and therefore hateful, but rather a joyful affirmation. It is a sport. A good sportsman doesn't fight to gain just one victory, and that at the first attempt. He has to build himself up for it, training over a long period of time, calmly and confidently. He keeps trying again and again, and if he doesn't succeed at the first attempt, he keeps on trying with determination until the obstacle is overcome.

The Forge, 169

I have noticed at times how an athlete's eyes light up at the sight of the obstacles he has to overcome. What a victory there is in store! See how he conquers the difficulties! God Our Lord looks at us that way. He loves our struggle: we will win through always, because he will never deny us his all-powerful grace. Thus, it doesn't matter if we have to fight, because he does not abandon us.

Friends of God, 182