

THE SEEKER'S SCROLL

Monthly Newsletter from 2 Minutes with the Lord

JULY 2026 | VOL. 20

FAITH & FOOTBALL



The Beautiful Game of Grace

Dear Friends in Christ,

July brings the world together around one of the greatest shared experiences on earth: football. Streets become colourful, homes become louder, friendships become competitive, and people from different languages, nations, cultures, and histories gather around one field, one ball, and one dream.

The FIFA World Cup reminds us that sport has a remarkable power. It can awaken joy, unite strangers, teach discipline, reveal courage, and create moments that are remembered for generations. A goal scored in the final minutes can make an entire nation rise. A missed penalty can bring silence to millions. Football teaches us that life can change in one moment—but it also teaches us that no moment stands alone. Behind every match are years of practice, sacrifice, teamwork, failure, recovery, and hope.

For Christians, football can become more than entertainment. It can become a mirror of discipleship.

No player wins alone. Every goal has a story behind it: a defender who blocked, a midfielder who created space, a goalkeeper who kept hope alive, a coach who prepared the team, and teammates who trusted one another. In the same way, the Church is not made of individual stars competing for attention. We are one body, each with a different role, called to serve the same mission.

Football also reminds us that character matters. A brilliant player without discipline can lose everything. A team full of talent without unity can collapse. A player who cannot accept defeat will never grow. The Gospel teaches us the same truth: gifts are important, but humility is greater; success is good, but love is essential; victory is meaningful only when it does not crush another person's dignity.

This July, as the world watches football, let us also look at the field of our own lives.

- ⚽ Where am I called to be a better teammate?
- ⚽ Where do I need more patience, discipline, forgiveness, or courage?
- ⚽ Am I playing only for my own success—or for the good of the whole team?

Continued on page 2...



Paul continues: athletes do all this for a crown that fades. But Christians seek a crown that lasts.

World Cup trophies shine. Medals are celebrated. Stadiums roar. Yet every worldly prize eventually passes. The deeper question is this: Who am I becoming while I pursue my goals?

A person may win admiration and lose peace. A person may gain success and lose relationships. A person may score many goals and still carry an empty heart. Jesus calls us to a different kind of victory—the victory of becoming more loving, more truthful, more merciful, and more faithful.

The Christian life is not about defeating other people. It is about overcoming what keeps us from becoming the person God created us to be: pride, bitterness, laziness, fear, jealousy, selfish ambition, and despair.

The real championship is holiness.

2 Minutes of Divine Wisdom

Run to Win the Prize

Verse

Do you not know that in a race all the runners run, but only one receives the prize? Run in such a way that you may win it.

— 1 Corinthians 9:24

Exegesis & Reflection

Saint Paul knew that people understood sport. The ancient world had stadiums, races, wrestling contests, and athletic competitions. So Paul uses the image of an athlete to explain what discipleship requires.

The Greek word for ‘racecourse’ is *stadion*—the same word from which we get the English word ‘stadium.’ Paul is not saying that Christian life is a competition in which we push others aside. He is teaching that faith requires purpose, training, discipline, and perseverance.

A football player does not wake up on the morning of a final and suddenly become excellent. Behind every good performance are early mornings, repeated drills, injuries, losses, correction, and commitment. In the same way, spiritual maturity does not happen by accident. Prayer, forgiveness, Scripture, honesty, service, and self-control are the daily training ground of the soul.



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EXAMINE

- ⚽ What spiritual “training” have I been neglecting lately?
- ⚽ Where do I need more discipline: prayer, words, habits, relationships, or choices?
- ⚽ Am I pursuing success in a way that strengthens or weakens my soul?



ACTION STEP

Choose one spiritual training practice for the next seven days:

- ⚽ Pray for two minutes before touching your phone in the morning.
- ⚽ Read one Gospel paragraph daily.
- ⚽ Avoid one complaint each day.
- ⚽ Encourage one person daily.
- ⚽ End each night by thanking God for one grace received.



PRAYER

“Lord Jesus, train my heart for what truly matters. Give me discipline without pride, ambition without selfishness, courage without arrogance, and humility in both victory and defeat. Help me run the race of life with faith, joy, and love. Amen.”



Fair Play for the Soul

How a Christian Watches Football

Football can bring out passion. It can also bring out impatience, abuse, prejudice, anger, and unhealthy rivalry. July is a good month to remember that our faith should shape even the way we watch a match.

Five Rules for Faithful Fans

- 1 Cheer without hatred.**
Support your team passionately, but never dehumanize another player, fan, nation, or culture.
- 2 Respect the referee.**
Life is full of decisions we do not like. Learning to accept frustration without rage is a spiritual skill.
- 3 Do not worship the result.**
A loss hurts, but it does not define your worth, your country, or your future.
- 4 Celebrate talent without jealousy.**
Another person's success does not reduce God's grace in your life.
- 5 Keep the game beautiful.**
Avoid abusive speech, online trolling, racism, betting addiction, or turning sport into an idol.

Football is at its best when it becomes a school of respect, resilience, friendship, courage, and shared joy.



Pope Leo XIV and Sports



Pope Leo XIV reminds us that sport is at its best when it becomes a school of life. It teaches discipline, perseverance, courage, teamwork, respect, and the ability to rise again after defeat. In his teaching on sport, the Pope emphasizes that belonging to a team means rejecting selfishness and isolation. It is an opportunity to meet others, help one another, compete with mutual esteem, and grow in fraternity.

This message speaks directly to the FIFA World Cup. Football is not only about the player who scores the goal. Every victory carries the work of defenders, midfielders, goalkeepers, coaches, substitutes, supporters, and teammates who trust one another. In the same way, the Christian life is not a race for personal fame. It is a shared mission in which every person has a role.

Pope Leo also cautions that sport must not be polluted by the worship of profit, anger, violence, exclusion, or unhealthy rivalry. A match may be intense, but the dignity of the opponent must never be forgotten. A trophy may be valuable, but character is greater. The finest victory is not simply winning the game; it is learning to play with fairness, humility, courage, and joy.

For Pope Leo XIV, sport becomes truly beautiful when it helps people become more human, more united, and more open to God.



Saints and Sports

Five holy men whose lives teach discipline, courage, joy, and faith.

1. St. Pier Giorgio Frassati



Pier Giorgio Frassati loved the mountains and outdoor adventure. Yet his greatest climb was toward God and toward the poor. Cheerful, energetic, and deeply prayerful, he served struggling families in secret and showed that physical strength can walk hand in hand with compassion.



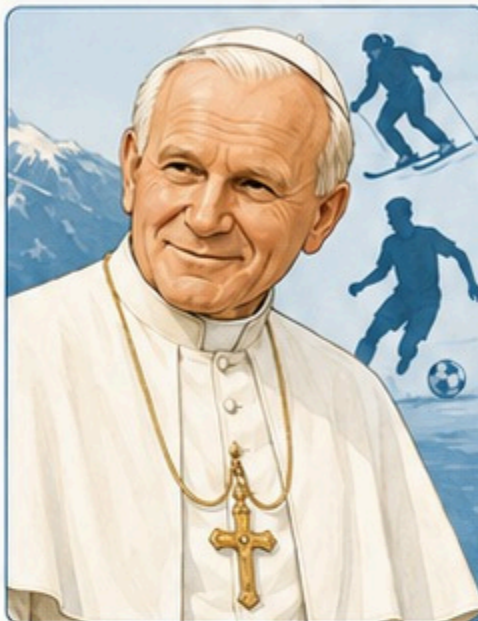
Sport

Mountaineering, skiing, hiking, swimming

Lesson

Train your body, but never forget to train your heart.

2. St. John Paul II



Before becoming pope, Karol Wojtyła was an active sportsman who loved football and the outdoors. He later taught that sport can build discipline, friendship, courage, and respect. For him, sport was not only about performance but about forming the whole person.



Sport

Football, skiing, hiking, swimming, kayaking

Lesson

A true champion protects the dignity of others.

3. St. Carlo Acutis



Carlo Acutis enjoyed football like many young people, but he never let entertainment become the center of his life. His real strength was his friendship with Jesus in the Eucharist. He used his gifts for technology, kindness, and faith to lead others closer to Christ.



Sport

Football and ordinary teenage recreation

Lesson

Enjoy the game without letting the game control you.

4. St. Sebastian



St. Sebastian was a Roman soldier and martyr. Christians remember him as a model of endurance, courage, and faithfulness under pressure. His life reminds athletes that true strength is not only physical—it is the courage to remain faithful when tested.



Sport

Patron of athletes and archers

Lesson

The strongest person is the one who remains faithful under pressure.

5. St. John Bosco



Sport

Acrobatics, juggling, games, youth recreation

As a boy, John Bosco used games and acrobatics to gather young people, then led them toward prayer and goodness. Later, as a priest, he showed that joy, play, friendship, and faith belong together. For Don Bosco, the playground could become a place of evangelization.

Lesson

A joyful heart can lead others to God.

Seven Days on the Field of Life

A simple weekly challenge for faith, character, and teamwork.



Day 1 – Train



Take two minutes of quiet prayer before beginning your day.

Day 2 – Pass



Share encouragement with someone who needs courage.

Day 3 – Defend



Protect someone who is being excluded, mocked, or ignored.

Day 4 – Play Fair



Apologize for one harsh word, impatient reaction, or unfair judgment.

Day 5 – Stay in the Game



Do not give up on one difficult task, prayer intention, or relationship.

Day 6 – Celebrate Others



Thank God for another person's gift or success.

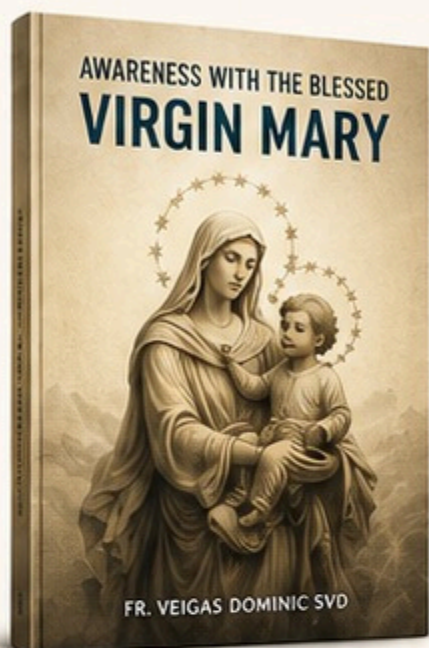
Day 7 – Play for the Team



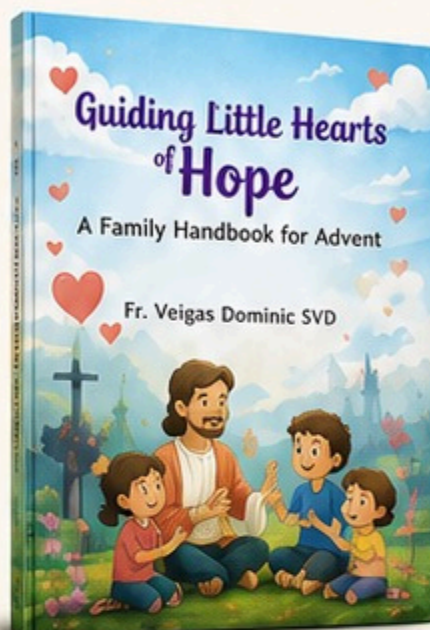
Serve your parish, family, or community in one practical way.



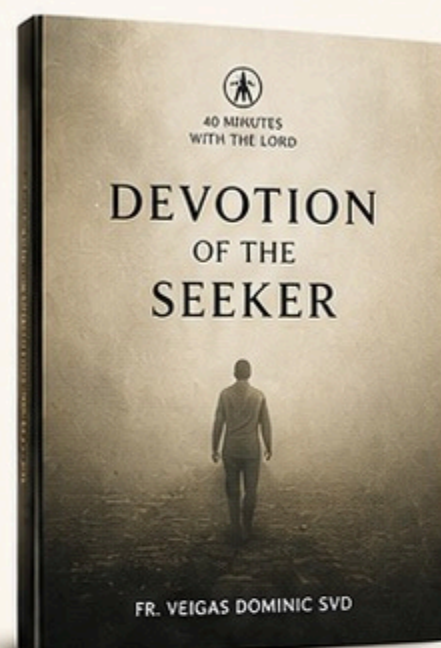
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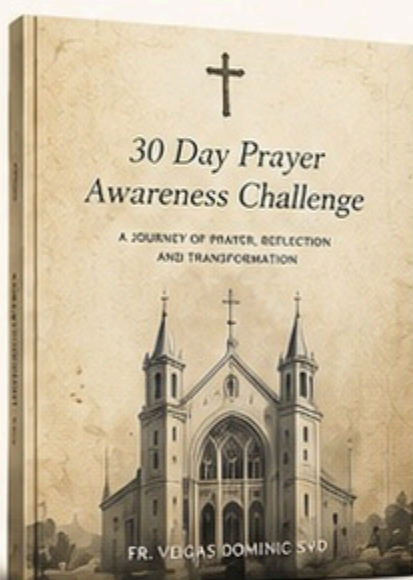
Awareness of the
Blessed Virgin Mary



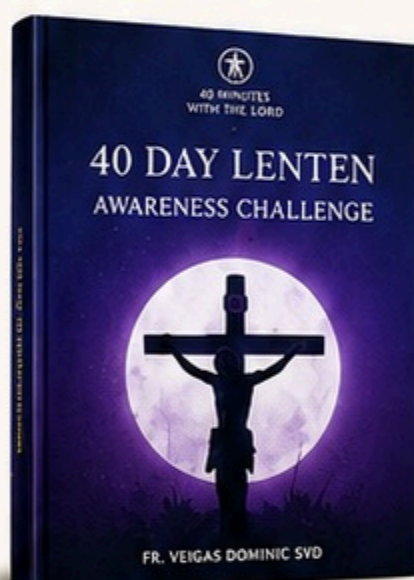
Guiding Little
Hearts of Hope



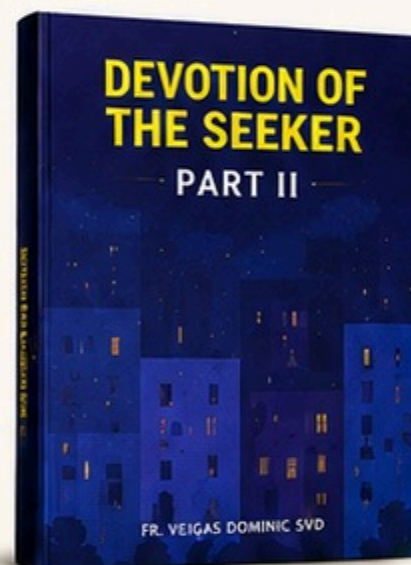
DEVOTION OF THE
SEEKER



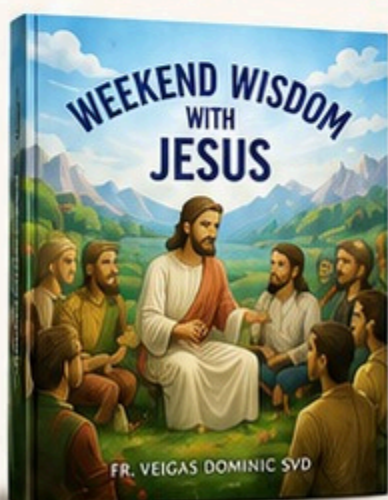
30 Day Prayer
Awareness Challenge



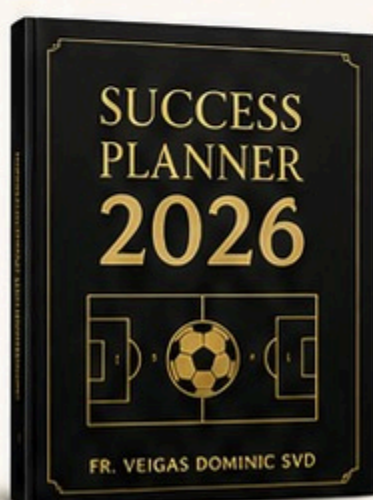
40 Day Lenten
Awareness Challenge



Devotion of the
Seeker II



Weekend Wisdom
with Jesus



Success Planner
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