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Customer Review

Sport-Spirituality Explained and Verified!, April 25, 2015

By [Anne E. Stricherz](#)

This review is from: **Sport & the Spiritual Life: The Integration of Playing & Praying (Paperback)**

St. John Paul II believed that sports are much more than just a "school of responsibility"—a place where young people cultivate virtue, channel their passions and discover their God-given talents. And, contrary to the sentiment of many, he knew that sports do not need to be at odds with our faith. From his questions, his experience and his desire to meet young people where they are at, sport-spirituality was christened.

Sport-spirituality is the study of the ways in which sports contribute constructively to the harmonious and complete development of humanity, body and soul. In 2004, a special Pontifical Council was called to review it, as well as the intersection of sport, spirituality and religion.

Perhaps you are however seeking a resource that is more academic than clerical. Maybe you are looking for a book that comes from proven examples of ministry through sport. Sport and the Spiritual Life the Integration of Playing and Praying is a good place to start.

One need not be a scholar to understand the important and timely resources that he uses throughout. From Augustine to St. Paul to deeper insights on Benedictine spirituality, this book will offer gave me a much better grasp of what St. John Paul II meant by sport-spirituality. Although the author, Anthony Maranise, OblSb said it is not intended to be an academic text, I was pleased with its rich theological material.

In Sport & the Spiritual Life, Maranise strives to make clear the teachings of Catholicism. For example, I appreciated the many examples he uses to draw upon the sacramental nature and way of athletics. The text also features a "Road map" that outlines Inherent Spiritual Growth Opportunities Present in Sports/Athletics.

Coaches and athletic directors are busy folks. The book does not need to be read in-sequence. If you are looking to cultivate a deeper spirituality amidst sports, identify how athletic progress and faith development can work side by side and understand how sport serves as a unifying factor in new ways, this resource is worth considering.

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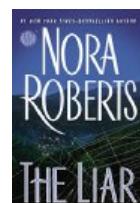
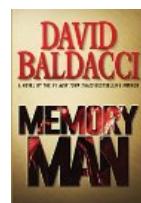
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