

## English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسة ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات مهني مهمة الفهم اهم.

**Time: 00:00**

Voice 1

Welcome to Spotlight. I'm Liz Waid.

Voice 2

And I'm Colin Lowther. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

**Time: 00:28**

Voice 1

In 2007, Ryan Hall was running the Houston half marathon. The race is a little longer than 13 miles. Hall was having a great race. He was running each mile in about 4:20. He was even winning the race. But with only a few miles left, Hall felt his stomach tense and become very painful. This can happen during long, difficult exercise. It feels like there is a rock in your stomach.

Voice 2

Hall is a Christian believer. So he decided to pray – to talk to God. This is something he does every day. He talks to God about his hopes and fears. He talks to God about good things for his family. He talks to God about different ways to make the world a better place. So Hall decided to pray about this too. He told Outside Magazine that he prayed,

Voice 3

"Lord, please help me get to the finish line without my stomach stopping me."

Voice 1

He repeated this prayer for about a minute. Then the feeling in his stomach went away. He was able to continue to run. He even went on to win the race. In fact, he had one of the best races of his life. Hall says it was because of the power of prayer. Hall had trained for years as a runner, but the prayer seemed to give him something extra. But what was it? Today's Spotlight is on the power of prayer in sport.

Voice 2

The human brain produces different signals depending on how the brain is working. These signals are called brainwaves. Scientists can measure these waves in a laboratory.

Scientists can look at brainwaves and know if a person is sleeping or if they are thinking about a difficult problem.

Voice 1

When a person is competing well in sport, their brain makes alpha brainwaves. The brain makes alpha waves when a person is calm and focused. They are not thinking too much. Many athletes call this being in “the zone” or “flow.” They report being able to perform their sport and not think too much about what they should do. They just act.

Voice 2

But it is difficult for a person to force their brain to make alpha waves. Playing a sport is not something that is always calm and relaxed. There is a lot of pressure to perform well. Athletes try to find ways to be calm and focused. They often use a process called visualization.

Voice 1

Visualization happens when athletes think about what they *want* to happen. Before they compete, they imagine how they will achieve their goal. They imagine a perfect performance. They imagine all the details. This helps them prepare for their sport. Visualization is similar to prayer in some ways. Both things happen in a person’s mind and claim to change the physical world.

Voice 2

Andrew Newberg is a Neuroscientist. He studies the effect of religious acts like praying, on the human brain. He believes that prayer is more powerful than visualization.

**Time: 05:32**

Voice 1

Newberg’s research shows that religious people are doing more than visualization. They *believe* what they are doing. This makes prayer stronger than visualization. Newberg told Outside Magazine,

Voice 4

“The more you believe in whatever you are doing, the stronger the effect is going to be. If you are a religious person and your religion is important to you, then being able to pray can be very valuable.”

## Voice 2

This means that when people like Ryan Hall have very strong beliefs, their prayers in sport can help them. But while many people pray that they win their sport, there is more to prayer than winning. Being a Christian believer is not all about winning.

## Voice 1

The Christian Bible says that when people follow the example of Jesus, their life will be full of love, joy, and peace. They will be patient, kind, and good. They will be faithful, gentle, and self-controlled. Reid S. Monaghan wrote for the organization Athletes in Action. He wrote about how when Christians pray during sports, they can pray about more than winning. He wrote,

## Voice 5

“We can be a very superstitious group as athletes. We think that if we do the right things before a game that things are going to go well in the game. There is some truth in this. Doing the same thing before every game helps us focus, calm the mind and prepare the body. Yet it is dangerous as Christians to mix God up into sport as if we are using him to make us win. Some of us pray before practices and games almost as if God will give us good luck if we do so – as if God is a lucky charm and our prayers will make us win. God is not our good luck charm.”

## Voice 2

Monaghan says that we should not see prayer as all about us. Prayer is about other people too. He wrote,

## Voice 5

“Many times, during games we can forget that God is working in the lives of many people. During the game, what if you prayed for a struggling friend or someone whose anger is stopping them from their best play? What if we could move away from prayers only for us and learn to love God by thinking about other people? That would be a big change.”

## Time: 10:50

## Voice 1

Athletes who are followers of Jesus say that Christian prayer is not just a trick to be better at sport. It is a way to talk to God. In fact, for athletes like Ryan Hall, being a Christian athlete is not mostly about winning or losing. It is about living how God wants him to live. In an interview with Runner's World Magazine, Hall said,

Voice 3

"I believe that the Bible unlocks the perfect heart for athletes to compete from. The most important thing I can train is my heart. It is what drives the body. Christians should be able to compete with more freedom, less pressure and more joy. I have become better at being OK with whatever God has for me in a race."

**Time: 12:12**

Voice 2

Do you think prayer can help people? Tell us what you think. You can leave a comment on our website. Or email us at [radio@radioenglish.net](mailto:radio@radioenglish.net). You can also comment on Facebook at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 1

The writer of this program was Adam Navis. The producer was Bruce Gulland. The voices you heard were from the United States and the United Kingdom. All quotes were adapted for this program and voiced by Spotlight. You can listen to this program again, and read it, on the internet at [www.radioenglish.net](http://www.radioenglish.net). This program is called, 'Prayer and Sport'.

Voice 2

Look for our listening app in the Google Play Store and in iTunes. We hope you can join us again for the next Spotlight program. Goodbye.

## النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

الوقت: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid

الصوت الأول

مرحباً بك في Spotlight. أنا ليز وايد.

Voice 2

And I'm Colin Lowther. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live

الصوت الثاني

وأنا كولين لوثر. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبحث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم

الوقت: 00:28

Voice 1

In 2007, Ryan Hall was running the Houston half marathon. The race is a little longer than 13 miles. Hall was having a great race. He was running each mile in about 4:20. He was even winning the race. But with only a few miles left, Hall felt his stomach tense and become very painful. This can happen during long, difficult exercise. It feels like there is a rock in your stomach

الصوت الأول

كان ريان هول يدير ماراثون هيوستن في عام 2007. طول السباق 13 ميلاً. شهد "هول" سباقاً كبيراً. كان يركض كل ميل في حوالي 4:20. حتى أنه كان يفوز بالسباق. ولكن مع ترك بضعة أميال خلفه، شعر هول بتشنج مؤلم للغاية في معدته. يمكن أن يحدث هذا أثناء التمرين الطويل والصعب. تشعر وكأن هناك صخرة في معدتك.

Voice 2

Hall is a Christian believer. So he decided to pray – to talk to God. This is something he does every day. He talks to God about his hopes and fears. He talks to God about good things for his family. He talks to God about different ways to make the world a better place. So Hall decided to pray about this too. He told Outside Magazine that he prayed

### الصوت الثاني

هول هو مؤمن مسيحي. لذلك قررا - للتحدث إلى الله. هذا أمر يفعله كل يوم. يتحدث إلى الله عن آماله ومخاوفه. يتحدث إلى الله عن الأشياء الجيدة لعائلته. يتحدث إلى الله بطرق مختلفة لجعل العالم مكانًا أفضل. لذا قرر هول الدعاء لجعل العالم مكان أفضل. قال لمجلة أوتسايد أنه دعى

#### Voice 3

"Lord, please help me get to the finish line without my stomach stopping me".

### الصوت الثالث

"يا رب، ساعدني في الوصول إلى خط النهاية دون أن توقفني معدتي."

#### Voice 1

He repeated this prayer for about a minute. Then the feeling in his stomach went away. He was able to continue to run. He even went on to win the race. In fact, he had one of the best races of his life. Hall says it was because of the power of prayer. Hall had trained for years as a runner, but the prayer seemed to give him something extra. But what was it? Today's Spotlight is on the power of prayer in sport

### الصوت الأول

كرر هذا الدعاء لمدة دقيقة. بعدها الألم في معدته لم يعد موجودا. كان قادرا على الاستمرار في الجري. حتى أنه فاز بالسباق. في الواقع، كان هذا أحد أفضل السباقات في حياته. يقول هول يعود نجاحي للدعاء. تدرب هول لسنوات كعداء، ولكن يبدو أن الدعاء أعطاه شيئًا إضافيًا. لكن ما هو؟ تسلط Spotlight الضوء اليوم على قوة الدعاء في الرياضة.

#### Voice 2

The human brain produces different signals depending on how the brain is working. These signals are called brainwaves. Scientists can measure these waves in a laboratory. Scientists can look at brainwaves and know if a person is sleeping or if they are thinking about a difficult problem

### الصوت الثاني

ينتج دماغ الإنسان إشارات مختلفة اعتمادًا على كيفية عمل الدماغ. تسمى هذه الإشارات موجات الدماغ. يمكن للعلماء قياس هذه الموجات في المختبر. يمكنهم النظر إلى موجات الدماغ ومعرفة ما إذا كان الشخص نائمًا أو إذا كان يفكر في مشكلة صعبة.

#### Voice 1

When a person is competing well in sport, their brain makes alpha brainwaves. The brain makes alpha waves when a person is calm and focused. They are not thinking too much. Many athletes call this being in "the zone" or "flow". They report being able to perform their sport and not think too much about what they should do. They just act

## الصوت الأول

عندما يتنافس الشخص بشكل جيد في الرياضة، فإن دماغه تنتج موجات ألفا. ينتج الدماغ موجات ألفا عندما يكون الشخص هادئًا ومركّزًا بلا تفكير. يسمى العديد من الرياضيين هذا "التدفق". أفادوا بأنهم قادرون على أداء الرياضة ولا يفكرون كثيرًا في ما يجب عليهم فعله. إنهم يتصرفون فقط.

### Voice 2

But it is difficult for a person to force their brain to make alpha waves. Playing a sport is not something that is always calm and relaxed. There is a lot of pressure to perform well.

Athletes try to find ways to be calm and focused. They often use a process called visualization

## الصوت الثاني

لكن من الصعب على الشخص أن يجبر دماغه على إحداث موجات ألفا. ممارسة الرياضة ليست شيئًا هادئًا ومريحًا دائمًا. تمارس من الضغط لأداء أفضل. يحاول الرياضيون إيجاد طرق للهدوء والتركيز. غالبًا ما يستخدمون عملية تسمى التصور.

### Voice 1

Visualization happens when athletes think about what they *want* to happen. Before they compete, they imagine how they will achieve their goal. They imagine a perfect performance. They imagine all the details. This helps them prepare for their sport. Visualization is similar to prayer in some ways. Both things happen in a person's mind and claim to change the physical world

## الصوت الأول

يحدث التخيل عندما يفكر الرياضيون في ما يريدون حدوثه. قبل أن يتنافسوا، يتخيل كيف سيحققون هدفهم. إنهم يتخيلون الأداء المثالي. يتخيلون كل التفاصيل. هذا يساعدهم على الاستعداد لرياضتهم. التخيل مشابه للدعاء في بعض النواحي. يحدث كلا الأمرين في ذهن الشخص ويدعي تغيير العالم المادي.

### Voice 2

Andrew Newberg is a Neuroscientist. He studies the effect of religious acts like praying, on the human brain. He believes that prayer is more powerful than visualization

## الصوت الثاني

أندرو نيوبيرج عالم أعصاب. يدرس تأثير الأعمال الدينية مثل الدعاء على دماغ الإنسان. يؤمن أن الدعاء أقوى من التخيل.

الوقت: 05:32

### Voice 1

Newberg's research shows that religious people are doing more than visualization. They *believe* what they are doing. This makes prayer stronger than visualization. Newberg told Outside Magazine

يُظهر بحث نيوبيرج أن المتدينين يقومون بأكثر من التخيل. يؤمنون ما يفعلونه. هذا يجعل الدعاء أقوى من التخيل. قال نيوبيرج لمجلة أوتسايد:

Voice 4

"The more you believe in whatever you are doing, the stronger the effect is going to be. If you are a religious person and your religion is important to you, then being able to pray can be very valuable

الصوت الرابع

"كلما كنت تؤمن بكل ما تفعله، كلما كان التأثير أقوى. إذا كنت شخصاً متديناً ودينك مهماً بالنسبة لك، فإن القدرة على الدعاء يمكن أن تكون ذات قيمة كبيرة."

Voice 2

This means that when people like Ryan Hall have very strong beliefs, their prayers in sport can help them. But while many people pray that they win their sport, there is more to prayer than winning. Being a Christian believer is not all about winning

الصوت الثاني

هذا يعني أنه مع امتلاك أشخاص مثل ريان هول معتقدات قوية جداً، يمكن أن يساعدهم دعائهم في الرياضة. يؤمن الناس بالدعاء لحصولهم على الفوز في الرياضة أكثر من مجهودهم. كونك مؤمناً مسيحياً لا يقتصر على الفوز.

Voice 1

The Christian Bible says that when people follow the example of Jesus, their life will be full of love, joy, and peace. They will be patient, kind, and good. They will be faithful, gentle, and self-controlled. Reid S. Monaghan wrote for the organization Athletes in Action. He wrote about how when Christians pray during sports, they can pray about more than winning. He wrote

الصوت الاول

يقول الكتاب المقدس المسيحي أنه عندما يتبع الناس المسيح كقدوة، فإن حياتهم ستكون مليئة بالحب والفرح والسلام. سيكونون صبورين ولطفاء وجيدون. سيتصفون بالاخلاص، ولطيفين، وسيسيطرون على أنفسهم. كتب ريد إس موناغان عن منظمة "الرياضيين في العمل". كتب عن كيفية دعاء المسيحيين أثناء الرياضة، يمكنهم الاعتماد على الدعاء أكثر. كتب:

Voice 5

"We can be a very superstitious group as athletes. We think that if we do the right things before a game that things are going to go well in the game. There is some truth in this. Doing the same thing before every game helps us focus, calm the mind and prepare the body. Yet it is dangerous as Christians to mix God up into sport as if we are using him to make us win. Some of us pray before practices and games almost as if God will give us good luck if we do



so – as if God is a lucky charm and our prayers will make us win. God is not our good luck charm

الصوت الخامس

"يمكننا أن نكون مجموعة رياضيين تؤمن بالخرافات. نعتقد أنه إذا قمنا بالأشياء الصحيحة قبل المباراة ، فستسير الأمور على ما يرام في اللعبة. هناك بعض الحقائق في ذلك. فعل الشيء نفسه قبل كل لعبة يساعدنا على التركيز وتهدئة العقل وإعداد الجسد. ومع ذلك ، فمن الخطير كمسيحيين أن يخلطوا الله بالرياضة كما لو كنا نستخدمه كتعويذة لتجعلنا نفوز. يدعو البعض منا قبل الممارسة والألعاب كما لو أن الله سيعطينا حظًا سعيدًا إذا فعلنا ذلك – كما لو أن الله سحر للحظ وستجعلنا صلواتنا نفوز. الله ليس تعويذة الحظ لنا ."

Voice 2

Monaghan says that we should not see prayer as all about us. Prayer is about other people too. He wrote

الصوت الثاني

يقول موناغان أنه لا ينبغي لنا أن نستخدم دعائنا لأنفسنا فقط. يمكن أن ندعو للآخرين أيضا. كتب:

Voice 5

"Many times during games we can forget that God is working in the lives of many people. During the game, what if you prayed for a struggling friend or someone whose anger is stopping them from their best play? What if we could move away from prayers only for us and learn to love God by thinking about other people? That would be a big change

الصوت الخامس

"تنسى مرات عديدة خلال المباريات أن الله هناك لأجل حياة الكثير من الناس. خلال اللعبة، ماذا لو دعوت من أجل صديق يكافح أو شخص غضبه يمنعه من اللعب بشكل أفضل؟ ماذا لو استطعنا الابتعاد عن الدعاء لأنفسنا ونتعلم محبة الله من خلال التفكير في الآخرين؟ سيكون هذا تغييرًا كبيرًا ."

## الوقت: 10:50

Voice 1

Athletes who are followers of Jesus say that Christian prayer is not just a trick to be better at sport. It is a way to talk to God. In fact, for athletes like Ryan Hall, being a Christian athlete is not mostly about winning or losing. It is about living how God wants him to live. In an interview with Runner's World Magazine, Hall said

الصوت الأول

يقول الرياضيون الذين هم من أتباع المسيح أن الصلاة المسيحية ليست مجرد خدعة لتكون أفضل في الرياضة. إنها طريقة للتحدث إلى الله. في الواقع، بالنسبة للرياضيين مثل ريان هول، فإن كونك رياضيًا مسيحيًا لا يعني غالبًا الفوز أو الخسارة. بل تعني كيف يريد الله أن تحيا. قال هول في مقابلة مع مجلة رنر العالمية ،

### Voice 3

"I believe that the Bible unlocks the perfect heart for athletes to compete from. The most important thing I can train is my heart. It is what drives the body. Christians should be able to compete with more freedom, less pressure and more joy. I have become better at being OK with whatever God has for me in a race

الصوت الثالث

"أعتقد أن الكتاب المقدس يمنح للرياضيين قلباً نظيفاً من أجل التنافس. أهم شيء يمكنني العمل عليه هو قلبي. القلب هو ما يدفع ويقود الجسم. يجب على المسيحيون أن يتنافسوا بحرية أكبر، وضغط أقل وفرح أكثر. لقد جعلني أن أصبح راضياً فيما كتب لي أثناء السباق."

## الوقت: 12:12

### Voice 2

Do you think prayer can help people? Tell us what you think. You can leave a comment on our website. Or email us at [radio@radioenglish.net](mailto:radio@radioenglish.net). You can also comment on Facebook at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio)

الصوت الثاني

هل تعتقد أن الدعاء يمكن أن يساعد الناس؟ أخبرنا ماذا تعتقد. يمكنك ترك تعليق على موقعنا. أو راسلنا بالبريد الإلكتروني على [radio@radioenglish.net](mailto:radio@radioenglish.net). يمكنك أيضاً التعليق على موقعنا على فيسبوك على [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio)

### Voice 1

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الصوت الأول

كاتب هذا البرنامج هو آدم نافيس. المنتج هو بروس جولاند. الأصوات التي سمعتها كانت من الولايات المتحدة والمملكة المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة Spotlight. يمكنك الاستماع إلى هذا البرنامج مرة أخرى وقراءته على الإنترنت على [www.radioenglish.net](http://www.radioenglish.net). يسمى هذا البرنامج "الدعاء والرياضة".

### Voice 2

Look for our listening app in the Google Play Store and in iTunes. We hope you can join us again for the next Spotlight program. Goodbye

الصوت الثاني

ابحث عن تطبيق الاستماع الخاص بنا في متجر جوجل بلاي وآيتونز. نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعاً