

1 On this day in 1991 the English hostage, Terry Waite, was released from his 5 years of captivity in the Lebanon. He had been captured whilst trying to negotiate the freeing of other hostages. For a long time he was held in solitary confinement.

2 A month after his release, in an interview on TV, Terry Waite described how his faith had helped him during his years of captivity, which had included long periods of solitude, physical and psychological torture, and mock executions. Terry Waite said:

3 *"My faith came to my aid.  
The remarkable thing about faith  
is that it isn't a sudden flash from heaven,  
or a sudden insight of that kind.  
It is just something that quietly sustains.  
I would say to myself:  
'You can do your worst,  
but you can't destroy me - never.'  
And they didn't."*

4 He told of the three resolutions he had made when first captured:  
*"No regrets,  
no sentimentality,  
and no self-pity.  
I had to stick by that, and it helped me  
through the whole process  
of interrogation.  
Self-pity kills. It absolutely destroys."*

5 *Let us pray:*

**God our Father,  
in good times  
may I live in such a way  
that I will be strengthened  
for the difficult times  
that all of us face in our lives.**

**Lead me now  
to make positive choices  
to value friendship and loyalty,**

**and develop attitudes and values,  
treasuring all that is lasting  
and important.**

**Throughout *difficult* times  
may I build on  
the positive choices of my past,  
looking outward  
in the service of others  
and avoiding self-pity.  
May I grow in the faith  
that, whatever my circumstances,  
I need have no regrets  
but may entrust  
my past to your mercy,  
my present to your love,  
and my future to your Providence.**

**May I know, too,  
that my faith in you  
is only a shadow  
of your faith in me  
and your love for me.  
Amen.**

This is an excerpt from the page of this date in  
*'Praying Each Day of the Year'*,  
a 3-volume book  
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine  
to research this topic further.

This material is part of  
the prayer and education website  
of the De La Salle Brothers  
in Great Britain:  
[www.prayingeachday.org](http://www.prayingeachday.org)