

- 1 Diane Modahl was 5-times the British 800 metre champion, and also held a Commonwealth title.
- 2 She was one of the British athletes at the 1984 Olympic Games in Seoul, South Korea. Diane made it through the heats and became one of the eight to run in the final. Knowing that it could be a lonely experience for her, she prayed Psalm 23 quietly as she began to walk through the tunnel into the stadium itself.
- 3 As we listen to the words of Psalm 23 which Diane prayed, we can picture her walking in the darkness of the athletes' tunnel, approaching the light of the stadium:
- 4 **Lord, you are like a shepherd to me,  
and so I have all that I need.  
You give me rest  
in meadows of green grass,  
and you lead me to flowing water  
where I gain new life and strength.  
You guide me  
along the way that is best for me.**
- 5 **Even when I walk in darkness  
and everything around  
seems like death,  
you are there, walking with me,  
and the promise  
of your love and faithfulness  
helps to conquer my fear.**
- 6 **In the sight of those who do me down,  
you invite me  
to sit at table with you.  
There you offer me  
even more than I need,  
and you remind me  
that I am significant and special.**
- 7 **You call me to goodness and kindness**

**every day of my life,  
and your house will be my home  
my whole life long.**

*(Psalm 23)*

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)