

# Gold Medal Gymnast Laurie Hernandez Prays 1 Thessalonians 5:18 Over Every Day

She is clothed in strength and dignity as her body twists through the air, legs extend and breath stills.

But where other athletes may credit hard work or coaching or perseverance for that feat, gold medal gymnast Laurie Hernandez meditates on Proverbs 31.

“When I hear that, that’s me in a Bible verse. I don’t fear the future anymore,” Hernandez said before the Olympics.

Her USA Gymnastics team just won gold in the Women’s All Around. Hernandez qualified second for her beam routine.

“I just wake up thanking God for another day and go to sleep thanking God for another day ... sometimes things just don’t work out and so you just gotta let God push you through those rough times,” Hernandez said.

But still, she meditates on the Word of God.

“I feel that everyday God molds me into someone that He wants me to be. So if that means just, like talking to teammates and helping them out, or like every so often I’ll post a Bible verse on Twitter or Instagram,” Hernandez says.