

## Back Pain Testimony

One concern I had when entering the internship is that I would have back pain. When I was younger I had sclerosis which is curvature of the spine. In my case I had a sixty five percentage curve, which is a big curve. In third grade I had a twelve reconstructive back surgery. In this surgery I had rods placed in the middle of my spine, which at times creates pressure in my lower back. I often receive pain from walking too much ,or standing too long and especially when lifting heavy amounts of weight. That being said I knew that when I travelled to Belize we would be doing a lot of service work, which would require me doing activities that could possibly cause more pain. Knowing that this was a possibility I didn't want to take any chances. Two weeks before we left for Belize I asked that if the other interns would pray for me that I wouldn't have any back pain in Belize. I have to admit that I wasn't for sure that I would receive this blessing, mainly because it is rare for me to go three days with back pain let alone nine days. God answered our prayers. While in Belize, I had no back pain which was a wonderful answer to prayer. This answer to our prayers taught me to always rely on God to take care of our problems and to always take our concerns to the Lord in prayer because God does listen, and he always will. We are the children of God and he loves and he to desires what is best for us.

## Crayon Testimony

Before leaving for Belize we were preparing for our classes that we would be teaching at the Book of Mormon day for the church in Corozal. In our class Austin, Nicole and I were teaching the youngest age group. Our theme of the days was Lehi's

Vision, therefore all of our activities and lessons were planned around that. In our class we were sharing the story of Lehi's and then we had the children do an activity that showed the importance of hold tight to the rod of iron. After that we had coloring sheets for all the children. Now for this class I was in charge of bringing the crayons down. At first I was planning on just bringing enough to use in the class but then I felt that I should bring more for the children to keep. I went through my house and I ended up finding quite a few crayons that I could bring. I packed as many as I could. The day of the classes came and I was able to pass out to the crayons. It was a blessing because I had enough for all the kids all to have about two handfuls of crayons. Now right after I handed out all the crayons, one more neighborhood kid showed up to join our class. I really wanted to give him crayons to take home but I didn't want to take from the kids that I just gave to, but I had a strong feeling that I need to ask the kids in my class to share with our new comer (which was named Kevin). That being said I asked the kids if they would share so Kevin could also have some crayons, and I was very impressed with their responses. They immediately started grabbing crayons out of their bags to share, and they were grateful to do so. This moment truly touched my heart these children had just received a gift and they were willing to give it away. This experience lead me to reflect on my life. Did I carry the same giving and kind spirit as they did? Would I give away a new gift and be happy about it? Most of my answers I was not pleased with. Having seen this experience has truly helped me grow as a person but it has also taught me that I need to be giving always, even when I don't want to be and that I should hold a cheerful spirit doing so. The children in Belize truly posses God's love and charity and hopeful one day I will be able to obtain it to the level that they

## Ticket Testimony

When leaving to the airport to head to Belize I began to feel worried and my spirit wasn't at ease. I have flown and travelled out of the country therefore I knew that, I wasn't worried for that. There was something else that was making me worry. I shared this with my mother and she shared that we should pray. We then shared in prayer, afterwards I began to feel slightly better but my spirit still wasn't at ease. When we arrived at the airport we began to check bags and receive our tickets. When checking in my bag everything went smoothly but when I received my ticket, I noticed that my last name was spelled wrong. Now to many people this may not be a big concern but for me it was. On a previous trip out of the country my cousin had the same issue and her arrival was delayed a day. I did not want to be the cause of our trip being delayed. I began to worry, then a fellow intern, Jenna noticed me being upset and pulled me aside. Jenna shared with me that, I shouldn't worry because worrying is basically saying that God isn't big enough to handle whatever you are dealing with. That definitely helped my spirit to be more at ease but I still had worry in my spirit. It wasn't until we made it past the gate that I felt at peace. When made it through the gate I sat down and I began to ponder on what Jenna said to me and how I handled the issue. Jenna was right, I didn't have enough faith in the Lord to believe that he could handle what I was going through. This experience had me reflect on my life. This experience has taught me that I need to have more faith and give my worries to the Lord. This was a blessing to me because it has helped me to have a better life; it increased my faith, minimized my worries and completely altered my prayer life. Now I feel closer to the Lord and more prepared to

serve him. I will always be grateful for this testimony as it has guided me to path which God has prepared for me.

### Weather Testimony

Before leaving for Belize I had a few concerns on my mind one of those being, the weather. I knew that Belize was known for being hot and rainy with lots of mosquitoes. All of which did not sound pleasant to me. A fellow intern and I decided that this was something that we need to be praying for. We then decided that we should pray about it, so we request for it to be put on the prayer list among the interns. That being said we said, we prayed for about this concern for about two weeks. As we arrived at Belize the weather was at little warm at first but as the week went on the weather was perfect. On our service project days it was cloudy with just a few showers, but it didn't affect our work. That in itself was a blessing enough but there was more to come. Before the trip there was much mentioned about how bad the mosquitoes were at the ruins, but when we were at the ruins, there was slim to no bugs which was a great blessing. These were all answers to our prayers. This testimony has proven to me that God does hear our prayers no how big or small.