

# The Book of Mormon Testifies of Jesus Christ

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In preparation for this internship, we were asked to read the Book of Mormon cover to cover. I grew up in a family that talked about the last days and focused on the negative things that would happen. This caused a lot of anxiety and nightmares for me. My previous experience with this book was full of stories on war and difficult things that were going to happen. This made me reluctant to read it. To prepare for the internship, I prayed before I began reading. I prayed that I would be able to have peace and focus on the content without feeling anxiety. God answered that prayer. As I read, I began to understand that the Book of Mormon is not a book meant to scare us. It testifies of Jesus Christ and constantly reminds us of the love God has for us. In my reading, I noticed that everywhere it mentions scary end time destruction, it always mentions the hope and joy we can have when we have Jesus and believe in His name.

