

The Book of Mormon Internship has a witnessing trip each year. This year we went to Palmyra, New York. Our trip consisted of several church history sites, including a visit to the sacred grove and a tour of Joseph and Emma Smith's home.

The day we visited the sacred grove, we entered the site with reverence and respect. Our group eventually found some benches and stopped to pray. We then split up for individual prayer time, deciding to meet at the grove's exit in about 45 minutes.

When we first arrived at the grove, we were surprised at the abundance of bugs and mosquitos. I walked for a while until I found a bench deep in the forest. I asked God to be with me and help me focus on Him. In the beginning of our visit, we didn't realize how bad the bugs and mosquitos would be. After I finished praying, I occasionally saw others in my group who asked if I had bug spray. Nobody had bug spray.

I kept walking, looking for another bench that would be more shielded from those pesky bugs, but I couldn't find such a place. I eventually found a bench and decided to stop. I had a bug bite on my ankle and, when I sat down to pray, I swatted a mosquito on my leg. I was worried I'd be bothered by bugs and not be able to spend quality time with God. This time, as I began to pray, I specifically asked God to help me not be distracted by the bugs and to be able to pray in peace. I continued to pray, choosing to try and accept the relentless bug problem. I didn't keep track of how long I was at that spot, but it was a long time.

I got up and realized it was time to meet everyone at the exit. When I arrived, I met up with one of the directors and two interns. They were discussing their peaceful and wonderful experience. However, they mentioned getting lots of bug bites, even if they were wearing pants.

That's when I realized I had no new bug bites from my prayer time at the last bench. At my first bench, I was annoyed by the bugs and really distracted by them. But on that second bench, I began my prayer by asking God to help me not to be distracted by the bugs—not once was I bitten or bothered by those bugs! I was able to focus my time with the Lord in the sacred grove. This experience showed me that God cares about me and the small things in life that could easily distract me from my time with Him—even a bunch of relentless little bugs.