

My Life, His Miracles: A Semester of Healing, Pain, and Peace

Introduction

Before you read this, I want you to understand exactly why I chose to embrace Jesus Christ's healing miracles throughout this semester at BYU. To give a brief background, for the last six months of my mission – I returned home almost two years ago to give you a time reference – I was battling many health concerns. I not only fainted on the mission for no apparent reason but was cleared after a visit to the ER, where they did some blood tests and a brain scan, I kept getting fairly sick, almost like clockwork. Every month for the last two years, I have been experiencing a cold-like sickness that would wipe me out for three to four days at a time, and all I could do was sleep to rejuvenate. I thought that it was happening because I was just pushing through exhaustion towards the end of my mission. When I returned home, hoping that it was just a tired phase, I jumped straight into work and school at BYU, where I found no hiccups in this monthly bout of sickness. I thought that maybe it was just my sleep and or work schedule trying to balance my new life as a returned missionary. A year went by, and as the 2024 fall semester started, I was ill in bed for two weeks, losing nearly 20 lbs. and experiencing what felt like the worst of the worst health trials I have ever experienced. I knew something was up, so I went to many doctors who promised results but could never pinpoint my problem. I received all sorts of blood tests, hair analysis, different diets, parasite cleanse, and even a 3 day fast to restart my system. After two years, no answers, no results, and not even hope for a new path or direction to take on this journey to return to my healthy self. This is why I chose to study the Master Healer throughout this semester.

Self-Evaluation

Q: If done well, what could I work on that would make the most positive difference in my life right now?

A: I was losing all hope for any type of healing; I believe this ongoing study made the biggest impact on my life throughout this semester. I believe my effort was maybe 85-90% throughout this semester, as many other trials hit my life all at once, but I believe my hope in my Savior's healing power has increased tenfold, and the quality/earnestness of the project was 100%.

SMART Report

S – I decided to do a deep dive into all of Jesus' healing miracles (at least appertaining to my health journey) as recorded in the New Testament plus an additional healing miracle in the Book of Mormon performed by Jesus as listed below. The biggest change that happened in me throughout this semester happened as I began to have more hope that Jesus could and would heal me if I placed my faith in Him and His perfect plan for me. In February, I received the diagnosis that I had celiac disease, and although with that news came many alterations to my day-to-day life, I experienced so much peace, comfort, and hope knowing that Jesus had provided a way for me to receive direction on the path to physical healing. As I studied His miracles, I made a healing board, much like a vision board, with my favorite pictures and scriptures that are most impactful to me as I placed myself inside these stories from thousands of years ago. As I studied these healing stories, I kept my favorite lines and posted them into the healing board. I then scoured the internet for the pictures that I felt like most represented me throughout the course of this semester. Note that *every* picture and scripture was chosen for a specific purpose. I thought about making parables with my life stories, but maybe I will save that for another time in life when I have had more reflection time throughout the years on this current process. I believe the

more important product is the intangible one that quite literally softened my heart this semester and planted a seed of hope in the Master Healer.

M – I did not take into account my journal as a measurable product of my increased hope in Christ's healing power for my own life, but looking back on the little journal entries that I have written throughout this semester, I can definitely see that I became more aware and keen to His miracle of healing in my personal life. To be quite honest, I didn't completely understand how I could measure my hope, because it's not like a tangible aspect to my personality or life, and yet I am finishing this project with much more hope in a basket of things: more hope that God hears and answers *my* prayers, more hope that He can heal *my* deep-rooted familial problems and stress, more hope both in the fact that He can heal *my* physical sicknesses but also in the fact that if He chooses not to heal me, that it can serve as a purpose for me to be humble, kind, and compassionate on others. Well, I think the only thing that kept me from keeping it busy work just the simple and beautiful attribute that I was currently going through the same exact trials that these persons in the New Testament and the Book of Mormon. It wasn't just a mere project, it was my actual life.

A – Even though this is a semester-long project, my health journey is an ongoing trial. Celiac disease, to the current forms of science and medicine, is not healable, but it is manageable because it is the only auto-immune disease that the population and case studies have found the trigger for – gluten. Not only have I experienced more hope in my Redeemer, I have also gained more tools to live a healthier lifestyle that coincides with the gospel principles and the Word of Wisdom. For example, principles like becoming enslaved by sugar, taking time and effort to cleanse your body (and spirit really), taking good care of this beautiful body that our Heavenly Father gave us to watch over and experience, etc. There were three resources I used this semester

that helped me with this project/ongoing life trial: Time in the temple, weekly phone calls with my doctor to keep track of my overall health while adjusting different supplements and foods that I intake, and my anti-inflammatory diet. The concluding fact that I went into this “project” with the mindset that it was my actual life, I cannot think of a better way I could’ve achieved my goal of having more hope in my Savior’s healing power in my personal life.

R – The aspect that pushed me the most was carving out an extra hour each Sunday to study His miracles in the scriptures. At the start of the semester, I was the Elders Quorum President in my ward, which meant that my Sundays were compact with meetings, ministering, and blessings. I ended up delegating a lot more this semester to my counselors for the simple fact that I needed time to come closer to Jesus myself through studying His miracles. On top of that, I took it upon myself to not only read the Book of Mormon every day – my personal study – I tried to read a book on Jesus Christ and His atonement every month this semester. I can victoriously conclude that I indeed hit that goal as well, reading *The Infinite Atonement* by Tad R. Callister, *The Continuous Atonement* by Bradley R. Wilcox, *The Rock of our Redeemer* by Elder David A. Bednar, and finally *Broken Things to Mend* by Elder Jeffrey R. Holland. I learned so much about the physical aspect of Jesus Christ’s atonement for me that shifted so many paradigms for me. I believe that I can apply the principle of daily studying and learning to learn about any one topic. 5-20 minutes a day can really impact my life’s trajectory, especially when I add on top of that the principles of faith, hope, and virtue in whatever future goals I set for myself in any degree of life.

T – I remember calling my Mission President right after the first round of midterms, telling him that my grades were suffering because I couldn’t find any answers with my health bouts and that my life felt unbalanced in consequence. He then urged me to do whatever was necessary to resolve my health concerns as it would pay dividends for the rest of my life. The

thing was, I was already a very healthy person before this living without sugar, working out consistently and frequently, even cold plunging a few times a week. I cannot agree more that this miracle provided by the Lord will pay dividends as I currently have more energy, need less sleep to do the same amount of work, and can take more time to learn and grow in all my abilities. I gave the Lord a fair share of my time this semester, and that alone has and or will pay dividends for my eternity, especially during this decade of decisions. Using the different studying techniques I learned this semester in our class, I feel that I have been able to more fully understand the emotions and lives of the persons in the scriptures that Jesus healed. This will help me more fully apply whatever it is that Jesus is teaching that person directly into my life for the better. I am excited because as I watched General Conference, I had the idea to do the same exact thing but with a different focus – what does this story teach about the character of Christ? – I cannot wait to more fully dive into the various stories and parables of Jesus Christ and come closer to His loving, merciful, hopeful, and virtuous character.

My Healing Board

Miracles:

Peter's Mother-in-Law

The Leper

The Centurion's Servant

The Paralytic from the Roof

Jairus' Daughter

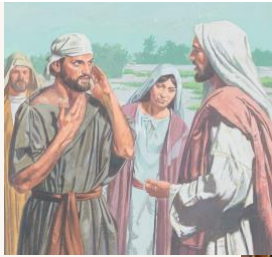
The Woman with the Issue of Blood

The Mute

The Paralytic at Bethesda

Bartimaeus

3 Nephi 17 Healing



WILT THOU BE
MADE WHOLE?

ARISE, TAKE UP THY BED.

There came
a leper, and
worshiped
him...



YOUR FAITH HATH
MADE THEE WELL



I WILL HEAL THEM, FOR I HAVE COMPASSION UPON YOU.

I WILL, BE
THOU CLEAN



WHY TROUBLEST
THOU THE
MASTER?

GO IN PEACE

I shall be made
whole.



And had suffered
many things of many
physicians, and had
spent all that she
had, and was
nothing better, but
rather grew worse.

BE NOT
AFRAID, ONLY
BELIEVE.



HE HATH DONE ALL THINGS WELL



If I may touch but the hem
of his garment

As thou hast
believed, so be it
done unto thee.



SON, YOUR SINS ARE FORGIVEN
YOU