



I DIDN'T MAKE THE DANCE TEAM

By Emily Joy Thompson
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My name wasn't on the list. I was devastated. But the Lord taught me something.

I'VE LOVED TO DANCE since I was three. So when I was in middle school, I was excited when tryouts for the dance team came around. I had no doubt that with my talent and experience, I would easily make the team.

A few days after the tryouts, the names of

the dance team were posted. To my dismay, I couldn't find my name anywhere on the list. I was devastated. I went home and cried on my bed. I was mad at the dance teacher and disappointed that I had not been good enough to make the team. My mom quietly walked into

my room and suggested that I ask Heavenly Father for the strength to make it through this “bump” in my life. I reluctantly agreed and said a short prayer. After the prayer I didn’t feel any better, so I continued moping around and being miserable. I slept terribly that night.

The next morning I pulled myself out of bed. The memory of my failure was fresh in my mind, and I wanted to just slip right back under the covers. But before I did, I remembered a promise my bishop had made. He said that if I would read my scriptures every day, even if only for 15 minutes, then I would be blessed. If I ever needed a blessing, it was now.

As I read, I discovered this verse in the Doctrine and Covenants:

“I say unto you my friends, fear not, let your hearts be comforted; yea, rejoice evermore, and in everything give thanks;

“Waiting patiently on the Lord, for your prayers have entered into the ears of the Lord of Sabaoth, and are recorded with this seal and testament—the Lord hath sworn and decreed that they shall be granted.

“Therefore, he giveth this promise unto you, with an immutable covenant that they shall be fulfilled; and all things wherewith you have been afflicted shall work together for your good, and to my name’s glory, saith the Lord” (Doctrine and Covenants 98:1–3).

I was shocked. I sat in my pajamas with my messy bed-hair and marveled at how much I had needed these scriptures. All the feelings of anger and sadness washed away in those three verses. I felt the love of my Heavenly Father and knew that He knew what I was going through. With this new perspective, I could see that not being chosen for the dance team

really was just a small bump in the road of my life. I fell to my knees in gratitude and thanked Heavenly Father.

For the rest of the day, I was able to keep the Spirit with me and look at my trials as opportunities for growth. I will always hold these verses close to my heart. And I will remember my bishop’s promise about the blessings of turning to the scriptures. I am very grateful I can be a part of this Church and have a knowledge of the gospel. I know that Heavenly Father’s plan for us is truly a plan of happiness. 🙏



Start an Inspiration Index

When we search the scriptures for help, it often doesn’t take long to find a verse that seems like it was written just for us. Other times it may take a little longer to locate a scripture that speaks to us like that. One way to find the help you need when you need it is to make an “inspiration index.”

When you’re studying the scriptures, keep an eye out for verses containing promises or encouragement that may help you or others with future trials or struggles. Marking these scriptures and keeping a list of them can provide you with the strength you’ll need when you’re feeling down. For added help, sort the scriptures into different categories based on what difficulties they address. That way, you’ll always have scriptural promises and blessings ready to read when you need them.

Things Will Work Out

“We know that challenges, disappointments, and sorrows will come to each of us in different ways, but we also know that in the end, because of our divine Advocate, all things can be made to work together for our good [see Doctrine and Covenants 90:24; 98:3]. It is the faith expressed so simply by President Gordon B. Hinckley (1910–2008) when he would say, ‘Things will work out.’ When we always remember the Savior, we can ‘cheerfully do all things that lie in our power’ [see Doctrine and Covenants 123:16–17], confident that His power and love for us will see us through.”

Elder D. Todd Christofferson of the Quorum of the Twelve Apostles, “To Always Remember Him,” *Ensign*, Apr. 2011, 55.