

FULL REFLECTION REPORT (KZN TO SWAZILAND MISSION TRIP)

By NONTOBEKO MNCWANGO



I cannot even begin to articulate the full depth of how impactful the Swaziland mission trip has been for me. It was more than a journey, more than a programme, and certainly more than a series of scheduled activities. It became, for me, a sacred encounter, an unfolding of moments, people, and atmospheres that touched places within me I didn't even realise still needed healing. Beyond everything we did and everywhere we went, the most important part of this trip is this: it healed my inner child.

There was something about being in that space, something about the gentleness of the people, the atmosphere of peace, and the sincerity of their gratitude that reached into the deepest parts of me. It brought a kind of internal restoration I had not anticipated and could not have described beforehand. I walked into Swaziland with expectations for ministry, but I walked out with parts of myself restored.



Visiting Poor Homes: A Return to My Own Story

One of the most transformative moments came during our home visits, especially in Mduku. We stepped into homes marked by struggle, scarcity, and resilience. I had always felt deeply connected to the poor and I've always desired to help, to give, to support. But I didn't know that in walking into their world, I would be walking back into my own past.

Growing up, I was extremely poor myself. As we moved from home to home, I saw myself in each of those children, their eyes, their circumstances, their unspoken hopes. It hit me unexpectedly. God used those moments to remind me of where He brought me from, and how faithfully He has rewritten my story. For the first time, I didn't feel shame or heaviness; instead, I felt healed.

That night, as I processed everything, memories I had suppressed for years resurfaced: moments when I was scared to show my schoolmates where I lived, the comments from other kids, the silent embarrassment I carried without understanding its weight. I did not know those experiences had left such deep marks on me. Yet there, on this trip, God gently touched those wounds and reminded me that He heals even the parts of us we don't recognise as broken.

So I prayed, deeply and sincerely "Thank You Jesus, for everything." God was present back then, and He is just as present now.

A Trip That Reignited Purpose

This mission trip touched my heart in ways beyond healing; it awakened passions I had forgotten.

We visited a drama and acting group, and their talent reignited my fire for acting. The way they portrayed real-life issues especially gender-based violence with such rawness and conviction reminded me of how powerful storytelling can be. It stirred something in me that I thought had quietened with time.

We also met a parenting support group. It was beautiful to witness parents in a rural community being taught, guided, and empowered. Parenting is rarely taught, especially in the village context, yet their willingness to grow and shift their perspective was inspiring.

Ministry Encounters That Reshaped My Perspective

We visited a children's home, Emseleni Hospital, and the home-based/palliative care teams. Each environment carried its own lessons, its own burdens, and its own beauty.

Watching people serve God by serving His people through care, compassion, and consistency reshaped how I see life and ministry.

It made me realise that service is not always loud; sometimes it is quiet, humble, and deeply sacrificial. But it is in those hidden spaces that the heart of God is most clearly seen.



Heartfelt Gratitude

A profound thank you to Dr. Victor Fredlund and Mrs. Rachel Fredlund for making this experience possible. Your hearts for missions, your service, and your unwavering dedication created a space where transformation could take place not only in the communities we visited, but within each of us who had the privilege of joining this journey.

Thank you to everyone who had a hand in making everything come true every organiser, leader, driver, host, member and supporter. May God richly bless each one of you for your obedience and your service. Your sacrifices made room for healing, restoration, and renewed purpose.

Conclusion

This mission trip did not just touch me; it transformed me. It confronted my past, healed my inner child, reignited passions, broadened my understanding of service, and reminded me of the faithfulness of God. I saw life from a different perspective, and I believe every person on the team left Swaziland changed in one way or another.

Through every testimony, every visit, every prayer, and every encounter, I witnessed a God who restores, who guides, who heals, and who is capable of rewriting any story including mine.