

## Latter-day Saint Women Podcast Transcript

### Kristin Yee: What Faith Looks Like

KARLIE.

Hello. This is Karlie Guymon, cohost of the Latter-day Saint Women podcast. We're excited to share today's episode with our guest, Kristin Yee, a member of the Primary general advisory council. But first, we wanted to let you know that we'll be taking a short break from releasing weekly episodes of the podcast for the next little while.

Can we ask a favor? We have some very exciting things in the works to continue sharing the voices and experiences of women in the Church, and we would love to hear your ideas and feedback as we shape the future of the show. What do you love about the Latter-day Saint Women podcast? What or who would you like to hear more of or from? Is there anything you think we should do differently? As always, please share your ideas and feedback with us at [podcast@ChurchofJesusChrist.org](mailto:podcast@ChurchofJesusChrist.org). Thank you. And now enjoy this wonderful conversation with the remarkable Kristin Yee.

[OPENING MUSIC]

KARLIE.

Hello, and welcome to the Latter-day Saint Women podcast, where we share the legacy of women of The Church of Jesus Christ of Latter-day Saints. You'll get to know the faithful women who shaped our past and hear from inspiring women of faith today. I'm your host, Karlie Guymon. And today, I'm missing my cohost, Shalyn Back, who is on maternity leave after delivering a baby boy. Today I'm really excited to welcome Kristin Yee to the show, who is with us virtually in her home in Utah. So Kristin, welcome.

KRISTIN.

Thank you, Karlie. It's a pleasure to be here. Really excited. Thank you.

KARLIE.



And although Kristin and I really just recently met, we do have a few kind of funny connections. We were just talking about this—I was actually roommates with her younger sister my freshman year at Utah State many years ago. And both of these women are just remarkable, and it's been fun to get to know Kristin a little bit and also see some family resemblances and similarities.

KRISTIN.

Hopefully good.

KARLIE.

Yes. And I don't want to give away too much in our introduction today, but Kristin is just an incredibly talented and very kind and generous person. She currently serves on the Primary general advisory council and has also worked as the animation team manager for the Church. Kristin grew up in Sacramento, California, and rural Idaho. And art has been a part of her life, as she says, just for as long as she can remember. Prior to working for the Church, she worked with Disney Interactive Studios for about 13 years. Kristin earned a bachelor's degree in illustration from Brigham Young University as well as a master's of public administration also from BYU. Impressive and interesting background, Kristin. I'm just really excited for our listeners to get to know you.

KRISTIN.

Thank you, Karlie.

KARLIE.

I wanted to start—as I mentioned earlier, you said that just at a very young age, you were drawn to art, and it was evident that you had a talent for art. And you found yourself attending art school in San Francisco at the young age of 17. Tell us how you got there and how your experience in San Francisco really reinforced and matured your testimony of the gospel of Jesus Christ.

KRISTIN.

That's a really good question, Karlie, because I go back to that so many times in my life as a turning point at that young age. And at the time, it wasn't a young age; I knew everything at that point. But I was determined as a child and, I think, as a teenager. I graduated early from



high school by my sophomore year and went to work at a local college. And then I went down to art school right when I turned 17. And I was going to work for Disney, in my mind. I was going to be an animator or illustrator at some point. And that was my dream. And now I look back and I can't believe my parents dropped me off in that city at such a young age for my first time moving out. That was the city of choice.

And I lived in this old Victorian mansion with about 50 other girls from around the world, and just a very cultural experience and a lot of artistic and passionate people in that way. And as I was on my own, I think the first couple of weeks—I don't think I attended church. It was an interesting time. I didn't have someone to wake me up in the morning on Sundays, and no one else was going to church on Sundays. And neither did I at that time. And a couple of weeks later, things felt a bit dark or just a little bit off. And then you can imagine the things that might be happening at that time with being in the city and lots of different lifestyles, that things just felt dark. And I needed light. And I remember, strangely enough, flipping through the yellow pages—because at the time, we didn't have a phone or—

KARLIE.

Right. That was the resource.

KRISTIN.

—the resources or even the internet really working well at that time. And so I was flipping through the yellow pages, and there were two listings for The Church of Jesus Christ of Latter-day Saints. I just happened to be a couple blocks from one of those churches. And so on Sunday, I got dressed and walked down to that church. When I walked inside, I heard that familiar hymnal, “I Know That My Redeemer Lives.” And it felt like home. I knew I wanted the gospel in my life, and I wanted my Savior in my life. And I knew what He meant to me. And I think that shifted my heart to being open to where He wanted me to go, wherever that was, whatever that dream He had for me was. And I remember praying after that experience and wondering if I needed to stay here and pursue this career as an artist or if He had other plans for me. The answer came that I wasn't supposed to be here long-term. This was just a corner to turn. And I was kind of heartbroken at that because this was where I had geared my mind and heart too, but at the same time, I now knew and felt and wanted His input on my life. And I knew that He would take care of me. And so I left, and I went to Sacramento with my grandparents. And I



sent out applications to schools in various places, just trying to feel out where I needed to go. And I got accepted to Ricks—at the time, it was called Ricks and then BYU. And I felt I needed to go to Ricks College, which was the last place that I wanted to go. And it was the first place my mom suggested that I go. And I remember going and I loved it. And I think it was because I was at a place where my testimony was open and I was ready to be nurtured and to grow in that space. And I think if I had gone sooner, it wasn't the right first step. I needed to go into a different direction to know that this was where I needed to be next. I graduated from there with my associate's. I went to BYU in Provo to finish my bachelor's there. But at that point, I wasn't just driving on my own; I had a partner in this. I had the Savior at my side, and I knew that this is where I needed to be. And so whatever happened, I was okay with that because He was beside me.

KARLIE.

I love this story so much. I just love how you contrast the darkness with the light and that you felt that. You had been away for a little while and felt that need or a craving for the light, and you sought it out. And then I just think you were reminded of the Savior's love for you and that He is real. And I think that it sounds like you were willing to listen and respond, and I just think that's a good lesson and almost like a formula. Like when we know that He is real and that He loves us, then we can trust that He does have our best interests at heart.

KRISTIN.

But you have to kind of go to that place, though, don't you? You have to decide where does this fit in my life, and what does this mean to me?

KARLIE.

Yeah.

KRISTIN.

Like you said, when you feel that love and that light, then everything falls into place. All the pieces align where they need to. And you see them where you need to see them, and they enter your life or go out of your life in the right way, because He has that perfect lens for you to look through. And I'm grateful that that was the journey He took me on and He's still taking me on. I think each year we continually build that relationship; it's ongoing.



KARLIE.

And even in the moment, you talk about being led to be BYU–Idaho and then to BYU, and you still had a dream of working in art. That didn’t change. And when we talked prior to this interview, you just shared this really cool analogy, I thought, that so many people could relate with. I could really relate with it. And you just used the simple analogy of trying to catch butterflies. And I’d love for you to share this analogy again with our listeners and then how it relates to this dream that you had to work in art, to work for Disney, and also learning to trust in the Lord and in His will.

KRISTIN.

There are so many turning points in life, right? And just thank you for the chance to talk about them. And I think maybe perhaps I can finish some of that previous story and that will help lead us to kind of the butterfly analogy.

KARLIE.

Yes, that’s perfect.

KRISTIN.

Because my senior year at BYU, I volunteered to help do some lighting and color concepts for the animation team. And I volunteered because it just sounded like a neat project to work on. And then through that association, I was given an opportunity to show my portfolio to a studio that was coming through and hiring animators. And I was an illustrator. And I wasn’t planning to share my portfolio, but my animation friend said, “Just go try and practice . . .”

KARLIE.

Yeah, just try it out.

KRISTIN.

Yeah, just try it out. And I can’t tell you how many times “just try it out’s” happened in my life.

KARLIE.



Lead you places. Yeah.

KRISTIN.

Yeah. And how many places it can take us when we just give it a try. And it doesn't necessarily look like it fits where you want to go. Many times, it feels like it's a detour. But giving it a try often takes us to places that He has in store for us if we're willing and open to them. And this particular chance, I was just offered an opportunity to help with the animation and was connected to the studio. And I didn't think anything of that portfolio showing because the art director wasn't necessarily looking very enthusiastic or interested. In fact, I don't know if there were one or two words said between us as he looked at my work. So I wasn't banking on anything there. But several weeks later, that same art director gave me a call and asked if I'd like to do an internship in 3D and start painting in 3D for his software company. Again, I said, "I have never thought of painting in 3D, but I'll give it a try." About a year later of working there as an intern, I was hired full-time. And just after that, Disney came in and purchased that studio. And so thus began a career of an artist and then later on as a producer for a company that I desired to work in. And that kind of backed that analogy we talked about.

I went chasing. And that's not a bad thing. But I had my blinders on, and I was headed for this and just chasing that butterfly. But it came to me when I went where He wanted me to go and when I let go of what I thought I had to have. I think all of us can think about things that we think we have to have and how hard it is sometimes to let go of those and to put trust that the Lord will provide in the right time in the right way the things that you really, really do need. And so like chasing the butterfly, it's often evasive and hard to catch. And then when we hold still, it somehow comes and lands on us when we least expect it.

And in this case, the butterfly landed, and it wasn't an absolute need at that point, which is interesting. And it fit into a place in my life that was different than perhaps had it happened sooner in my life. And it lined with the priorities and where I was with the Lord. And it was a sweet nod from my Heavenly Father. And it didn't have to happen but did. The hymn "I Believe in Christ" says, "From him I'll gain my fondest dream." I think of that and I think of the things that we can gain from our Savior, what kind of dream He has for you and for me and how He can offer that if we turn to Him and let Him lead, that He'll bring us to things that we didn't even know we desired or wanted.



KARLIE.

And not to discount hard work or effort or preparation, because you obviously were prepared and working hard, but just that maybe sometimes it comes about in a way different than we think that it will. I think sometimes when we talk about Heavenly Father's will and Heavenly Father's timing that we think we're never going to get what we want; it is always what He wants. And it's like, no, sometimes it is exactly what we want. And I love thinking about that, that Heavenly Father wants us to grow and to be happy. And oftentimes, those things that we really do desire are things that are possible and that He'll help us achieve.

KRISTIN.

Absolutely, Karlie. You just reminded me of something. I was thinking of Elder Andersen's talk, I think. But he talked about educating our desires. And I think about how Heavenly Father will give us what we really want in some way; so be careful about what we desire, and educate that through the Spirit and know what that is, because He does desire to give us the things we want because He's a loving Father. And He's perfect, and those characteristics are perfect. And He desires to see joy in our lives. He desires us to be happy. And so, I think we can expect and should expect wonderful and good things in our lives, though the timing may be different and how it looks may be different. But He has wonderful things in store for us. And I testify to that.

KARLIE.

Well, Kristin, you had this remarkable experience working for Disney, and you were there for 13 years. But one day, after all of this time and after working so hard at your dream, you walked in to work one day, and it just didn't feel right anymore. And you weren't quite sure where you were supposed to go or what you were supposed to do, but the Spirit was just kind of nudging you to move on. So maybe tell us a little bit about that. And you've said you're someone who really craves stability and a plan. So, what was that process like, finding the faith and trust to really take a step into the dark?

KRISTIN.

Another great question, Karlie. And I feel like we're on to transitioning again from one step to the next in life. And maybe that's my story, is change. And I think for all of us, it's change if we're ready for that. And I think there were lot of previous experiences with leaving Disney, I think,





that were smaller that helped me prime maybe my heart and mind to listen and to hear a little better, which led up to this bigger change. But I remember crying and going through the process of figuring out and asking in my heart, “Is this what faith looks like, is to leave people that I love?” and maybe even saw more than family, the creative world I enjoyed, the stability—like you mentioned. Providing for myself is an important thing and a career. All these things that were very good. But at the same time, as I continued going into work, after I had that initial feeling, I just felt He wasn’t in it. I don’t know how else to describe that, but He wasn’t there.

And it was only when I moved towards the idea of leaving that I felt Him in it and the strength and the guidance and the peace. It’s interesting how that works, isn’t it? And it was a scary thought to entertain leaving. But each time I would open my heart to that idea and let the thought sit with me and take root, it felt right—when there was time to process and confirm. And a little bit of extra courage came up. And I actually bumped into this scripture this week. It kind of highlights this principle for me. If I can just share it with you.

It talks about letting ourselves be open to the Spirit, to the word of God. And this is Alma 32:28: “Now, if ye give place, that a seed may be planted in your heart, behold, if it be a true seed, or a good seed, if ye do not cast it out by your unbelief, that ye will resist the Spirit of the Lord, behold, it will begin to swell within your breasts; and when you feel these swelling motions, ye will begin to say within yourselves—It must needs be that this is a good seed.”

Thinking on that now, that’s when I opened my heart to the idea. And there are a lot of maybe ideas or thoughts you want to put to the back burner like I did initially. But when I opened it up and let it sit with me and didn’t resist that thought—the Spirit—it began to take root in me and began to enlighten my heart and my spirit. And though it was scary, I could feel Him in it. And I had to learn, as a friend once told me, to jump.

An analogy that I heard once is that at some point, we all have the opportunity to jump into something unknown. And as you said, I’m one that loves a committed plan, loves some stability. And I think that’s why so many times my growing experiences don’t include those elements. And I think every time I tried to make a plan before leaving, it just wouldn’t come together, no matter how hard I tried. And so, I just had to leave before I could put a plan





together. And it was hard to tell everybody, “I’m leaving.” And they would say, “Oh, great. What studio are you going to?” And “I’m not going anywhere actually. I’m just taking some time to re-center and figure out my life a bit.” And so that was a hard thing to say.

KARLIE.

We worry a lot about what people think. It’s something that affects our decisions.

KRISTIN.

Yes, what will people think? This person, “You’ve always been in this role; you’ve been successful. But now it doesn’t sound like you know what you’re going to be doing here.” What is your life looking like? Only the Spirit knows that. And I could only point in that direction that I just know I needed to go. That’s all I knew, and the rest would hopefully fill in. And I realized after I left, too, that the plan was not to have a plan. And I needed to re-center and figure out where I was minus a career, minus a title of all these things that I had built my life upon. And I learned a little bit more about who I was and how much Heavenly Father saw value in me as Kristin, not as producer or a, b, and c in this or that career. It was just me and that that was enough. That was a lot of work too, though. I mean, as much as it was good, there were a lot of withdrawals from the previous life.

KARLIE.

It’s hard. Yeah.

KRISTIN.

Yeah, I remember thinking, “Gosh, this is what faith looks like. “ This is a new level.” And at that point, though, I think I was open to whatever He wanted me to do because I had given up the thing that I felt like was everything to me. Maybe one thing I can mention too, Karlie, is two months after I had left, the studio actually shut down out of the blue. And it left me thinking and giving gratitude that He gave me a chance to choose the Spirit, that He gave me a chance to hear Him prior to that. And it really makes me think about what is really stable in our lives. What is stability? What we think is stability may or may not really be stable unless it’s founded in our Savior and the Spirit and His voice.



And I had this quote on my bed when I was contemplating leaving Disney, but it never really stood out to me until this experience put a whole new light on it. And this is Spencer W. Kimball, and he said, “Security is not born of inexhaustible wealth but of unquenchable faith.” That struck me to the core because I was so worried about how am I going provide? How am I going to do this and this? And He said, “It’s not about that at this point; it’s about trusting me.” And so that’s one of many stories I could probably tell you. But there are many other experiences that have come and gone since then that have left kind of a similar spiritual stretch mark on me, where we have to grow fast and you always remember what that was. And I always remember those experiences. And I’ve just learned that when we’re ready to grow, He’s right there and He’s ready with an experience unique for you. And He doesn’t waste time when it comes to your growth. He’s too attentive and too loving as a Father to do that. And if there’s something really hard on your plate, it’s because you’re ready and He trusts you.

KARLIE.

Thank you, Kristin. I feel that really wise counsel, and it comes from a place of experience and tested faith that you can say, “Yes, this was my experience, and I promise Heavenly Father will do this for you too.” And Heavenly Father desires our happiness and our growth. And He’s not just yanking us around; that’s not what He does. He doesn’t just yank us around, “Let’s test this out and see how she responds.”

KRISTIN.

Although it can feel like that sometimes, doesn’t it?

KARLIE.

Yes. Of course, we live in this mortal world where difficult things happen. But we do know that His hand is in our lives. And I just really appreciate your testimony, and I know that that will bless so many people who are wondering, “Why am I being yanked around?”

KRISTIN.

Where is this going to take me? What is the Lord asking me to do? And you think of our Come, Follow Me study recently with Abraham and Isaac and how he offered up his only son. And the Lord even says, “Thine only son . . . , whom thou lovest.” And the Lord knew exactly what He was asking, and He had something else in mind for Abraham.



And He knows exactly what He's asking of us. And with a perfect and loving Father, we have the opportunity to trust that everything will be okay, even though you don't necessarily see everything. That's the point of it; we're not supposed to see it all. It's an opportunity for us to trust our Heavenly Father. But yeah, you might feel like, "Why is He doing this or that?" And He knows exactly why. If we can trust and listen, He'll help us know in time. But He is loving, and His characteristics are perfect with that. I'm grateful that somebody has a handle on all of this, because there are so many things that can change and shift in our lives. We need to know who's constant and who is really in charge and is overseeing all of our well-being.

KARLIE.

Yeah, it really calls to mind that idea that He really is a rock, because like you said, we kind of realize through circumstances in our lives that the things we thought were stable maybe aren't that stable, or the things we thought would be lasting that we could lean on shift and change. So I just think it's an important thing to remember. And, Kristin, I think our listeners are dying to know what happened next. What did happen? Where were you being led to?

KRISTIN.

I'm sorry. I guess I never thought to share the rest of it.

KARLIE.

No, it's okay.

KRISTIN.

I was planning to take a year off of work. I had plans to just kind of, "Okay, this is my life. I'm just going to re-center, take some time, and . . ."

KARLIE.

Because it had been a stressful job up, right?

KRISTIN.

Yes, lots of overtime for years on end and not really a personal life in some ways because of that. As much as it's a great career, it also



demanded quite a bit of time. And so I was learning to kind of find my footing again, literally just “How do I operate minus this role and job?” And I think it was like several weeks later, I had the impression to apply to grad school after listening to, I think, Sister Burton’s talk about refugees. And I was like, “What kind of careers and opportunities can help feed into that area and help individuals?” And the MPA, the master’s in public administration, at the Y sounded like a great program. But it was only two or three days away, I think, was the deadline for that program. And I was like, “Well, that can be a future thing. That’ll be great in the future.” But I woke up the next morning having that feeling in my gut saying, “No, this is something you’ve got to apply for.”

KARLIE.

Now.

KRISTIN.

“Yeah, do this now.” And I was like, “Oh.” And I said, “I’ll make a deal with you, Lord”—as if I can. I said, “I will do everything I possibly can to make this happen, get the recommendations in, get interviews in, get my letter of intent, transcripts, etc. But if something stops or something doesn’t come through, then it stops. But I’ve done my best.” I have to laugh because I think He just said, “No problem,” because everything just kind of flew through. All these kind people assisted and provided recommendations. And I was writing my letter of intent on a plane because I was flying somewhere else and sending that off. And I thought, “Well, I haven’t thought about it long. So if I get in, great. If not, it’s okay.” And when I got in, it was, “Oh, okay, I’m going to grad school, and this will be great.” And I was Young Women president at the time as well. And then shortly after, I also received an opportunity to work at the Church, which I didn’t expect. So within weeks of leaving Disney, all of these unexpected opportunities and changes came all at once. And so I found myself going to grad school, working for the Church as the animation team manager, and then, of course, doing Young Women’s as well. And figuring out how to balance all that was quite a journey. And I think my education mostly just, again, taught me to trust in Him that He would take care of me if I took care of the things that He was sharing with me or telling me to do.

For instance, Young Women’s, we had an activity. And I could either go help with the Halloween activity that night and help the girls set up a few more things or I could go study for a midterm that was the next day. And “Go to the activity” was the thought. And I go to the activity, and then I



thought, “Well, this will be interesting to see how this goes.” But time and again, I don’t know how it happened, Karlie, but He just provided. And I passed those and did well even, which surprised me. And so it was an education, you could say, in trust again, even at the academic level. So I went on that journey just right after Disney, which I would never have anticipated that. And working for the Church, not in my sights at the time.

KARLIE.

Yeah. Well, and it sounds like all of that happened, those feelings, the nudges to get you to a place where you could actually be open to these opportunities that maybe you wouldn’t have even looked for or looked at or given a thought to. So it’s just so interesting. And this is something I love about getting to talk with people about their stories, is we get to look back and see how all the pieces fit together at least up until this point. It’s so encouraging and inspiring. And I appreciate you sharing about your calling, because that is another piece. And so it’s great to hear you talk about that and in retrospect, to say, “Heavenly Father helped me find a way,” and He helped you be successful too.

KRISTIN.

Yes, and He’s so merciful. I just always respond like, “The Lord is merciful. Things are going well.” I’m just like, “This is all Him.” The thought comes to mind, we have a finite amount of time for a reason.

KARLIE.

And capacity. There’s only so much we can do as humans.

KRISTIN.

And it’s obviously by design. He put a limitation so that we would have to choose.

KARLIE.

I’m going to write that on a sticky note and put it in my bathroom: “The Lord gave us limitations by design.” I won’t shake my fist at that so much now.

KRISTIN.



I know, you think about things like, “Wait a minute. This is by design. This is not an accident.” We were brought to this earth with limitations and brought into problems and imperfect families for a reason. He knows the mastery of all this orchestration. But it’s neat to learn year after year and to peel off the layers on the ice and realize how much of this is all planned for our good and how much of it is meant to help us to grow and not burden us necessarily, though things can be heavy. But the gospel was meant to bless our lives.

KARLIE

Thank you for sharing that, Kristin. I’d love for you to share now some of the highlights. You continue to work for the Church. Tell us about some of the highlights as you work as the animation team manager and how your experience at Disney, your background really blessed your efforts at the Church.

KARLIE.

Well, that is a great question too. And I’ve often thought about the parallels of what’s happening between this role and that role. It’s so interesting because it’s the only role, Karlle, I’ll probably ever see myself in—at times like that one that opened up, that was offered of all the roles now that I’m here. And I can see kind of the variety here. I was just amazed at that. But we have an opportunity as an animation team to develop a lot of children’s content. I think that’s been one of my favorite things to be a part of, as you mentioned. There’s such a need for it in this world. There’s so much media out there that’s not great, and it’s easily accessible. And so just the opportunity to advocate and to develop good content and relatable and something that they want to see that helps them feel the Spirit and to know their Savior, I think it’s invaluable. This is our rising generation.

KARLIE.

It’s so appreciated. I know as a parent, I just love all of the things that are available from the Church for kids. It’s so awesome.

KRISTIN.

And parents are saying the same things, Karlle. “Please make more.”



KARLIE.

More, more.

KRISTIN.

And so that's been really a treat to see that and to see also how it can bless families and individual little ones—"The Goal: A Story of Faith, Friendship and Forgiveness," the Old Testament Scripture Stories. This is a group of really talented people that I'm talking about on this team—not just myself, but a really incredible group brought together to make some important media for this time. And it's just neat to be side by side with a lot of passionate people in that way and faithful people that know the value of blessing children and helping to bring them up in the faith. And so that's been a highlight. And I have a lot of dear friends from Disney that are helping us with projects and have helped on projects. So it's been neat to see them all connect and coerce in ways that we're bringing in talent from the best places on this earth, and they're assisting in this work because of some of those connection points back in the former job. And so those are just a few things that come to mind.

KARLIE.

It's so amazing. And I think of a friend of mine who listens to the podcast and told me, "I just love hearing about what women do in the Church and what their different roles are and what they do as employees." And I just know people will love to hear that there's an amazing talented woman. And it's so neat, too, to think that now you bring that perspective and the expertise of that audience of children to your calling on the Primary council. So cool. It's just really awesome and so valuable.

So, Kristin, I want to go back to partnering with the Lord, a partnership with the Lord. And it seems that through these really wonderful opportunities but also as you've highlighted very difficult decisions, that that's something you've learned—to partner with the Lord and look to Him for the validation and for comfort and support. And that's just such an important lesson for all of us. And you told me that this was something that you have learned more readily, maybe, as a single woman, but then again, it's critical for all of us. And we come to learn that at different times and in different ways, stages of life, but really regardless of our marital or family status. So I'd love for you to share with us again how you've developed that and relied on that partnership with the Savior.





KRISTIN.

Such thoughtful questions, Karlie. I can tell you're gifted in this way. Can I just say that? And I always go to my most recent experience. But I think of in light of that, a recent experience where I received it felt like an overwhelming assignment, but it was important. And I asked the question in my mind, "Who am I to do this?" And the Spirit quickly but gently responded back in my heart and mind and said, "Don't ask 'Who am I?' Ask 'Who is He?' Who is the Savior?" And I have been thinking on that. Who is the Savior who suffered and laid down His life for you and me so we could change and repent? As you know, repentance is a part of our process too. If I can touch on that for a moment, Karlie?

KARLIE.

Yeah, please.

KRISTIN.

And I think the process of repentance has allowed me to trust Him more and to build a relationship with Him. When you think of it, some of our most deepest and maybe most rewarding relationships are those where we've had to work on something together and go through something together.

KARLIE.

Yeah. Yeah.

KRISTIN.

And so we work with the Savior together, whether it means to change things or to receive help, to ask for things, to repent, to do all those things that we need to do. We build that relationship with Him in that same way. We work together. And so those are just a few of my thoughts.

KARLIE.

I'm still just thinking about that, and I haven't ever thought of repentance exactly in that way. When we hear, "Oh, you need to develop a relationship with Christ," I think of these typical things that we're told at Church. You need to read your scriptures, and you need to pray



regularly, which, of course, they're good things. But when we do think about it as a real relationship, that hard work of we're at odds about something and we have to figure this out and work through it, and that strengthens and deepens our relationship, it makes sense.

KRISTIN.

I've just been thinking about that too. This process of repentance is not one to be feared, as President Nelson has talked about, but something to be joyful and to rejoice in.

KARLIE.

Yeah, celebrate.

KRISTIN.

That He provides mercy when we come sincerely and offer our sins on that altar. When somebody shows mercy and somebody's willing to work with you and love you, you definitely feel like trusting them more. And you definitely feel like building a relationship more with that person, just as the Savior. And again, that's just a way we can look at it is a way to build a relationship with Christ in a real way.

KARLIE.

I guess I just think about the many components of our life that demand our attention and our time and our energy. We've talked about our careers or our callings or family life demands. And I'm just wondering if there is anything else you'd say that has helped you to feel closer to Christ and to strengthen that partnership. Is there anything else you would say has helped you when maybe you felt a distance or felt the need to be closer?

KRISTIN.

The first thing that comes to mind is just taking time with Him. It's hard to build a relationship when you don't take time. I think it was President Faust that said, "The Spirit speaks when there is silence." And it's taking that time from all the noise and things around us to connect with Him, to be quiet inside so you can hear what it sounds like when He speaks. That allows me to re-center, to reconnect, to study about Him, to learn of His ways. To be in His creations is also something that really teaches me a lot, whether it's



being in the outdoors, hiking, or working in the garden and getting really dirty. I love being outside because everything around me testifies of Him if I'm looking for it. And I heard recently from a friend, who said, "You go into nature, and feel His Spirit in nature. And if you think about it, those creations are obeying their master perfectly, and there's a spirit about that." And we're trying to do that; that's what we're striving to do. But we feel that, and I feel that in His creations. And I feel that in the quiet, and I feel it in sharing my heart with Him in prayer. And that prayer can be always. And that's something I've been learning, Karlie. We can have an ongoing constant conversation with our Heavenly Father and our Savior Jesus Christ in our hearts and not just on our knees in the morning and in the night, but always.

Just as the scripture says, "What does that look like in your life?" How do we have that conversation? But when we have Him constantly with us, whether we're praying for others or praying for help or praying to know what to do, that is in our heart always. And I think when it's constant with us, that becomes more of a reality in our lives versus just a morning thing and an evening thing where at a set time, we have Him always with us. And it just becomes, again, more of a reality.

KARLIE.

Thank you. I think that's so helpful and good reminders for me. I love knowing that we have women like you serving at the general level, bringing your testimony, your talents, these life experiences to serve women and to serve the children and families of the Church in Primary. You shared that regardless of the calling, whether you're a Primary teacher or you're serving at a general level, it's really all about people and ministering like the Savior to those that are in your influence. I'd love to have you share just kind of lessons and experiences with this idea in your calling on the general council.

KRISTIN.

I think that's what feeds my soul, is working with people and connecting. When we have the opportunity to give instructions, we often will have a chance to also meet with the stake Primary presidents or with the area authorities and to have a little one-on-one time and to minister to the stake Primary presidents. And that has been some of the sweetest experiences, to know these faithful, covenant-keeping women and men. And it's just so neat because it's the same Spirit across this earth, and it's the same Spirit across all levels of His Church and whatever calling it is. It always, as I mentioned, comes down to people,



no matter where we are. It's about the salvation of hearts and souls, what's happening in each other's lives and in our families. And things can get so busy at times, work or calling and whatnot. But when you notice, whenever we stop amidst the busy and just care about somebody and hear them, everything in our lives seems to fall into place. It's so interesting. I can't tell you how many times as a ministering sister, how many blessings and miracles have happened because we've taken the time to care for each other. And I just think of our Savior: "Charity never faileth." Love doesn't fail.

And that is the most beautiful part, I think, of our gospel, is the chance we have to love each other and to be a part of each other's lives, and to understand heartaches, and to be with each other in joy and sorrow. And every time we do—we stop and we pause and we take time for each other—it always works out. And I think Heavenly Father's trying to tell us something.

KARLIE.

No, I totally agree. I feel like in my calling and in my own personal experience, I just get so bogged down with administrative responsibilities and checking things off the list. And when I'm reaching out one-on-one and when I'm ministering, it's like Heavenly Father's saying to me, "This is what I want you to do. This is what I want you to worry about. Don't worry so much about the other stuff." And the most amazing thing about that is it's also so rewarding. That's what fills your soul. That's what makes you feel like, "Oh, yeah. This is why I said yes to this ministering opportunity or this calling. This is why I said yes to this." And you also feel the connection that it's also blessing other people's lives. So I love that you say that you're doing that at a general level—obviously you have other responsibilities too—but that that ultimately is what you feel Heavenly Father is urging all of us to do wherever we are.

KRISTIN.

Like you said, I think He's pointing us to what is most important. And sometimes at the beginning of my day, I'll remind myself along those lines and I'll sometimes share this with sisters too, is just that if we are a kind today, we'll have been successful. No matter what happens, if we have the love of our Savior with us, we'll have been successful. If we have loved one another, we'll have been successful. And when we put that love first, everything else will turn out the way it should. I testify of that, that every time we put the love of our Savior and we love others first. I remember one particular stake conference session I think I was



speaking in, I went to grab something from my car right before I was speaking. And I got stopped by three or four different people along that way. And I kept thinking, “I’ve just got to get to my car. I’ve just got to get to my car. I just need to grab that one thing before this starts.” And then at the end of the day, I reflected on those little conversations that I had, that I stopped, and how important they were or what that maybe meant to somebody, me or another. And I realized, “Oh, it wasn’t about getting to the car; it was actually about getting to that person.” That’s what was supposed to happen. Just as the Savior in His ministry was stopped so many times along the way, not because it was deterred and like, oh, He got pulled off the path to help this person or to heal this person. No, that was the path. That was the purpose, was to be stopped.

KARLIE.

Thank you so much for this perspective. And I feel like a lightening when I remind myself like, “Oh, yeah. That’s really all that actually matters today.” It’s really the only thing that actually matters. And we can do that in our interactions at work, in our interactions with family. And I do think the Spirit reminds us of that. Remember that the point of this is to be like Christ and to be kind. So I love that you brought that up. And, Kristin, just as we wrap up this conversation, is there anything more that you would like to share with the women of the Church or the listeners of this podcast?

KRISTIN.

Yes, it’s simple, I think. But maybe just that I know that God loves you and that you are more important than all the work and all your to-do’s and all the things that you have on your plate, that God is interested in you. He’s interested in your heart. He’s interested if you will choose Him to be your God, that He loves you as His daughter. He’s not so much interested in the productivity levels or how good you are compared to another sister; He loves who you are. And He’s not concerned that you’re different than someone else, because He made you. A dear friend actually sent me a text the other day, and I’d like to just read a little bit of that that kind of goes into this. I was busy the other day with work and calling and other duties, and she sent a message that just said, “God’s work is important, but you are God’s finest work. He cares much more about you than anything going on at work,” and I would add, too, “whatever you were doing.” And so, I just echo those sentiments that you, my dear sisters and friends, are God’s finest work and that He loves you.

KARLIE.



Thank you so much, Kristin. And I love that that's often the place where we end our episodes, is that that's the most important thing and something that we need to be reminded of constantly and to strengthen our faith and belief in, that God loves us and that we are beloved daughters of heavenly parents. So thank you. Thank you so much for being here. This has been so wonderful.

KRISTIN.

This has been a blessing. Thank you, Karlie, for letting me share and also sharing your perspective. We've had the opportunity to connect and to be edified together.

KARLIE.

Yes, thank you so much. And to our listeners, thank you so much for tuning in to this episode of the Latter-day Saint Women podcast. And we hope that you'll continue to tune in and also share this episode with your friends and family members, Kristin's wise perspective and words. We've been so grateful to hear from so many listeners via email and on Apple Podcasts reviews, and we hope that you'll continue to share your thoughts and feedback. We love hearing from you, so feel free to contact us at [podcast@ChurchofJesusChrist.org](mailto:podcast@ChurchofJesusChrist.org) with any suggestions for topics or guests. We also want to make sure our listeners are aware that the podcast is available just about anywhere you listen to podcasts. So in addition to being on the Church's website, it's also available on the Gospel Library app, Saints Channel mobile app, Apple Podcasts, Google Podcasts, Spotify, anywhere you get your podcasts. So tune in, subscribe, and continue to share these wonderful voices and stories of women of faith with your friends and family. And finally, we'd like to thank our wonderful editor, Curt Dahl, and our producer, Matthew Mangum, and the many others who support this podcast.

I'm Karlie Guymon. Thanks for listening.

