"Establish … a House of God"

Show Notes & Transcripts

Podcast General Description:

followHIM: A *Come, Follow Me* Podcast with Hank Smith & John Bytheway

Do you ever feel that preparing for your weekly *Come, Follow Me* lesson falls short? Join hosts Hank Smith and John Bytheway as they interview experts to make your study for The Church of Jesus Christ of Latter-day Saints' *Come, Follow Me* course not only enjoyable but original and educational. If you are looking for resources to make your study fresh, faithful, and fun--no matter your age--then join us every Wednesday.

Podcast Episode Descriptions

Part 1:

What does it mean to seek the light of Christ "diligently" in our lives? Noelle Pikus Pace explores the powerful teachings in D&C 88, sharing insights on spiritual gifts, faith through trials, and the sacred responsibility to teach and uplift one another.

Part 2:

Olympian Noelle Pikus Pace reveals how the teaching of D&C 88 guide her journey of faith, resilience, and the daily choice to draw closer to God.

Timecodes:

Part 1 -

- 00:00 Part 1 - Sister Noelle Pikus Pace
- 02:30 Episode teaser
- 04:09 Bio of Noelle Pikus Pace
- 08:10 Phrase of the Year
- 09:18 *Come, Follow Me Manual*
- 11:30 D&C 88:7-13 - The light of Christ
- 15:28 A pilot's perspective (the Earth is round)
- 17:32 D&C 88:33 - Gifts to give and receive
- 19:52 When the Olympics end
- 23:05 Effort matters to the Lord
- 25:58 A dying mom's desire to learn
- 28:18 Skeleton defies gravity
- 29:45 Track to Skeleton
- 32:05 Challenges can be gifts
- 34:02 A coach and eternal truths
- 39:29 Aggregational gains
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- 1:06:09 Freeway driving lessons
- 1:11:52 End of Part I - Sister Noelle Pikus Pace

Part 2 -

- 00:00 Part 2 - Sister Noelle Pikus Pace
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- 04:12 Placing Jesus as head of your life
- 08:18 Not distance but direction
- 10:57 Clean your room
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- 40:05 Bathroom stall prayers
- 42:03 World class faith and testimony
- 47:38 End of Part 2 - Noelle Pikus Pace

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Biographical Information:

Noelle is a 26x world cup medalist, 2x world champion, Olympic silver medalist in the sport of skeleton, MBA, author of the book “Focused”, wife and mom of 4 kids. She speaks professionally to corporate clients and has a passion for coaching performers of all disciplines on creating a healthy mindset for success.

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Hank Smith:	00:00:00	Coming up in this episode on followHIM.
Noelle Pikus Pace:	00:00:03	I had just finished off a fabulous season. I was first in the world and expecting to go to the Olympics. You can imagine my roadmap was really clear. I'm like, yes, I'm gonna be an Olympian. Nothing can get in my way now. Unexpectedly, a 1400-pound four-man bobsled came flying out of the track at our Olympic trials and crashed into me. I just remember flying through the air, trying to jump up to my feet to see what had happened. Ultimately, I looked down and...
Hank Smith:	00:00:37	Hello everyone. Welcome to another episode of followHIM. My name's Hank Smith. I'm your host. I'm here with my co-host, John Bytheway, who has taught diligently. John, section 88, verse 78. I know you know this verse, "Teach ye diligently and my grace shall attend you". John, how long would you say you have been teaching the gospel, like, in a formal setting where you're standing up and teaching, not counting your mission?
John Bytheway:	00:01:05	Well, let's see, Heber C. Kimball and I were talking about this once. No, my first EFY talk was at San Diego State University in 1986. Almost 40 years, which is how long it took to build the Salt Lake Temple, how long the children of Israel wandered. I know I'm gonna be held accountable for that too.
Hank Smith:	00:01:25	John, that's amazing. I bet there's so many people listening--in fact, when you and I speak together, I've said, how many people here have read a John Bytheway book or heard a John Bytheway talk? Everyone. Everyone raises their hand. John, we are so blessed today. We have with us Noelle Pikus Pace. Noelle, welcome to followHIM.
Noelle Pikus Pace:	00:01:47	Thank you. It is so fun to be here with you guys.
Hank Smith:	00:01:49	Yeah, we are very excited. I've heard of Noelle. I've read her books. Follow her on social media. Having her here. It's a treat. It's a privilege.

John Bytheway:	00:01:59	Absolutely.
Noelle Pikus Pace:	00:02:01	Thank you, Hank and John. You guys are amazing and I feel the same.
Hank Smith:	00:02:04	We're gonna have a lot of fun today. John, section 88, it's called the olive leaf. When you think of section 88, what automatically comes to your mind?
John Bytheway:	00:02:14	If there were Olympic medals for sections of the Doctrine and Covenants, section 88 would be a medalist. It's long. It's as wide as eternity, but it's very personal as well. I think of temple and light. Those are two words I think of right off.
Hank Smith:	00:02:30	A lot about light, and then there's a prayer at the end that is so powerful. Noelle, as you've been preparing for today, what are we gonna do? Give us John, what would we call it? The game plan. Give us the course.
Noelle Pikus Pace:	00:02:43	You just nailed it, Hank and John, what you said. I actually love this because it reminds me of being a roadmap to joy. When I was leading into the Olympic Games, we literally at a leadership conference before my first Olympic games had to roadmap. We had to write out the steps it would take to reach the podium, the steps it would take to reach success. As I go and look in section 88, I'm seeing if we focus on the light of Christ, if we focus on our gifts and law of consecration and draw near unto him, and then it continues on where it talks about testifying and warning your neighbor, being without excuses and looking into the best books, learning by study and by faith. Man, this is the roadmap. Organize yourself. Talking about prayer and the importance of praying always to keep His spirit with us. We've talked about some of the struggles of the past, and now I feel like this is when he comes in and says, there's so much good and so much light. This is how we do it and how we return to live with our Savior. I'm so excited.
Hank Smith:	00:03:41	John, I've said this before: If Joseph Smith just gives us section 88, he's a prophet. This is one of how many?
John Bytheway:	00:03:49	You read some of these verses and think that is poetry, and then you see Joseph Smith trying to write his name in the front of a journal. Remember that story? And he's like crossing it out. He can't put a sentence together. It's after the Book of Mormon was published. But, then you read this and you go, wow, this is crazy.

Hank Smith:	00:04:08	By 1844, he's gonna be a powerful writer and a powerful speaker. This is 1832. That's 12 years away. John, I don't think Noelle's gonna need much of an introduction to our audience. I'm guessing most know who she is, but for anyone who has lived under a rock for the last 20 years, tell us who Noelle is. I know that you and she are friends.
John Bytheway:	00:04:30	Yeah, when I was a bishop, Noelle graciously came up to my stake, spoke to my stake, and it was wonderful. I have this signed copy of Focused. Look at those eyes right there. It's a perfect title.
Hank Smith:	00:04:44	What a great cover
	00:04:45	And a perfect shot. I know, and it's so perfect for what we're gonna talk about. I do have some things to say. This is so fun to read. She is a 26-time World Cup medalist, two-time World Champion, Olympic silver medalist in the sport of skeleton. Which she's gonna explain because that sounds like a Halloween costume competition, but no, there's a sport called Skeleton. She's an MBA, the author of the book Focused, I just held up, wife and mother of four kids. She speaks professionally to corporate clients, has a passion for coaching performers of all disciplines on creating a healthy mindset for success. I have to tell you, Hank, when she came to my stake, what I loved was she had her husband, Janson, stand up and she said, he designed my sled.
	00:05:33	What?
John Bytheway:	00:05:34	This was an effort of an awesome married couple. That picture of this married couple up there, happy and joyful, talking to the youth working together on a goal was one of the best parts about the fireside, that visual right there. We're really happy to have you.
Noelle Pikus Pace:	00:05:53	Aw, thank you, John. I appreciate all that you said. I'm really thrilled to be here with you and I could say so many great things about each of you as well, and thank you for what you guys do and the light that you emulate.
Hank Smith:	00:06:05	John, I've been able to do a little corporate speaking, definitely not as much as Noelle. Noelle, where has your speaking career taken you? I would love to hear what you've seen.
Noelle Pikus Pace:	00:06:15	Yeah, it's been so fun all over the world and to all different kinds of speeches from the IRS, to corporate healthcare, to

		agriculture and farming, and to young kids. All over the place, and it's just been really exciting and fun to be able to meet new people. I know we were mentioning before we started recording, but it's really cool how you can go into a situation. You don't have to separate who you are from what you say, even at a corporate setting because I am who I am. And I don't have to testify, the Book of Mormon is true and things like that, on a corporate stage, but they feel it. When we talk about the truths and those universal truths and those good gifts from God up on that stage and people are like, man, I feel something different from you, and it's like, yeah. Yeah, it's really cool to hear that.
John Bytheway:	00:07:05	Imagine that.
Noelle Pikus Pace:	00:07:08	I feel blessed to be able to do that.
Hank Smith:	00:07:10	Oh, good. Well, the book is called Focused. Then you have a new book coming out, Noelle. Now if you're anything like John or I, a new book can take a while sometimes.
Noelle Pikus Pace:	00:07:18	Yes.
Hank Smith:	00:07:19	It's not as easy as it looks.
Noelle Pikus Pace:	00:07:21	I'm hoping by the end of the year I'm really excited about that. I love writing. Every single week I write a story mostly from like my life as a mom or sometimes from my athletics, sometimes from running a business. I try to share different principles that we can pull from it to help us to become better people and better individuals. I'd love if anybody would like to check that out, it's great.
Hank Smith:	00:07:42	You can go to Noellepikuspace.com. You can pick up the book, Focused on Amazon and go over to Instagram. I follow Noelle on Instagram. She posts wonderful, wonderful things. Here's one: "Self-improvement is not a destination, it's a lifelong journey. It's the conscious effort to grow, learn, and become a better version of ourselves every day." That sounds like what we're gonna do today.
Noelle Pikus Pace:	00:08:09	Yeah.
	00:08:10	What's really exciting for me is in focusing on section 88 today, this is how I have driven my year by one of the phrases in one of the scriptures here where it talks about having no excuses and being able to take that accountability on for ourself to say, okay,

I'm going to be disciplined enough to make better choices. It's not in this harsh way, but it's more in a merciful forgiveness kind of way with ourselves each and every day of just saying, okay, I'm not gonna justify doing one thing just because it's been done, but I'm gonna be a better person today in each aspect of my life.

John Bytheway: 00:08:45 Now, I mentioned your husband, Janson in that fireside you gave. Tell us about the rest of your family.

Noelle Pikus Pace: 00:08:51 So we have four kids, four beautiful, wonderful kids--most days. We have a 17-year-old daughter, a 14-year-old son, and then twin nine-year-olds and Hank, oh man, we survived those first years. You know?

Hank Smith: 00:09:06 Yes, twin boys. My twin boys are 12. Yours are nine?

Noelle Pikus Pace: 00:09:10 Yeah, they're just about 10, but yeah.

Hank Smith: 00:09:12 Yeah. Oh, we should get together and just watch them destroy things. We do that a lot in our house. Noelle, we are so blessed to have you. Let's jump in. Section 88. Here's the opening from the Come, Follow Me manual. Every so often, the Lord gives us a glimpse of His boundless "majesty and power" through stunning revelations. Section 88 is that kind of revelation-one about light and glory and kingdoms that can make our earthly cares seem small by comparison. Even if we can't comprehend it all, we can at least sense that there's far more to eternity than we ever realized. Of course, the Lord doesn't share these grand truths to intimidate us or make us feel small. In fact, He promised, "The day shall come when you shall comprehend even God". Perhaps it was to that glorious end that the Lord commanded His saints in Kirtland to form the School of the Prophets. "Organize yourselves," He said. "Prepare every needful thing; and establish a house of God". More than anywhere else, it is within God's holy house-and in our homes-that He can lift our vision beyond the mortal world, "unveil his face unto us", and prepare us to "abide a celestial glory". Man, that is awesome. What a great introduction to a great section. With that, Noelle, how do you wanna take this on? Are we gonna go verse by verse? That might take us a while.

Noelle Pikus Pace: 00:10:37 I would love to jump in and talk about the light of Christ. I would love to talk maybe about the gifts that we can develop and learn through with verse 33 and maybe 40-drawing near to Him. I also love talking about testifying and warning your neighbor in verse 81, and then that one that I had mentioned before about living without excuses in 82. Maybe, go over the best books and

learning by study and faith. In the Olympics, it was all about study by learning through the best books, through the best coaches, through the best studying, but it was the faith that really carried me down that track. Now as a parent, it's the same thing. Learning as much as we can and living by faith and organizing. And then maybe wrapping it up with talking about how important it's to pray always and what that might look like. Let's dive into the light of Christ. I love verses maybe 7 through 13. I don't know if that sounds good to you guys.

Hank Smith: 00:11:29 Let's do it. I'm excited

Noelle Pikus Pace: 00:11:30 John would you like to read verses 7 through 13?

John Bytheway: 00:11:34 I will do it. Verse seven: Which truth shineth. This is the light of Christ as also he is in the sun, and the light of the sun, and the power thereof by which it was made. As also he is in the moon, and is the light of the moon, and the power thereof by which it was made; As also the light of the stars, and the power thereof by which they were made; And the earth also, and the power thereof, even the earth upon which you stand. And the light which shineth, which giveth you light, is through him who enlighteneth your eyes, which is the same light that quickeneth your understandings; Which light proceedeth forth from the presence of God to fill the immensity of space--The light, which is in all things, which giveth life to all things, which is the law by which all things are governed, even the power of God who sitteth upon his throne, who is in the bosom of eternity, who is in the midst of all things.

Noelle Pikus Pace: 00:12:30 I absolutely love that. And it actually made me think about a recent experience that our family had. This last summer we went to, I don't know if you've been to Bowers Cave. It's in the Dixie National Forest here in central Utah. I remember as we showed up to this cave, it's one where you have to climb down into a hole, so it's not like this open cave mouth. It's actually one where there's a ladder in the ground leading you somewhere. One by one we climbed down this dark abyss, one rung at a time into this cave and we started stepping into it. We were definitely unprepared. We actually didn't even know this cave existed until we like drove and we saw this sign and we just like flipped a uie and said, Hey, we should come over here and try this out. As we started walking into this cave, it started getting darker and darker.

00:13:18 Have you ever experienced true darkness? Like not just spiritually or emotionally but like physically, true darkness where it's just pitch black? That's what it felt like. We turned off

our flashlight, we just had our phones for our flashlights. We turned them off as we got deeper and deeper into this cave and it was true blackness and as we sat there with the kids, our younger ones were kind, you know, like really nervous. I was nervous too, to be honest. We had them turn around and they couldn't see anything. We said, alright, point in the direction that you think the exit is point to where you think the light is coming from. If we were to follow this cave back to the front, where would we find that light? We turned our flashlight back on and we were all pointing in different directions because we couldn't see it.

00:14:04 What really got to me here is that we are promised that the light of Christ will push away the darkness. We just have to know where to look for it. We have to know how to find it. This here in these scriptures, he's saying He is in everything. If we just choose, each morning, to look for the light, we will see it, we will find it, we will move towards it, but it has to be a choice. It has to be intentional because if we choose not to look for it and if we're constantly thinking in our minds for those negative things, those judgments against others and the sadness that's going on in our life, we're going to find the darkness. We're going to find it. Elder Uchtdorf said, darkness will not gain victory over the light of Christ. So, if we're feeling spiritual darkness, he also said, darkness is not an indication that there is no light.

00:14:55 Most often it simply means that we are not in the right place to receive the light. So, I just think about that, that darkness isn't an indication that there isn't light. It just means we're in the wrong place to receive that light. As we strive to look for it and do those little things, those primary answers of just take time to read your scriptures in the morning, even if it's just a verse. Say a quick prayer, if that's all that you have time for, if that's all the energy you can muster. Just a quick one to say, Heavenly Father, help me to see your hand today. He'll show his light, you'll see it.

John Bytheway: 00:15:28 I'm so glad you brought up that quotation from Elder Uchtdorf because I thought of that one too. That dawned on him once-ha dawn, that's funny. Didn't know when the sun was gonna rise and then it dawned on me. Yep. He was talking about, as a pilot, they call it the terminator. If you're high enough you can kind of see a line where on the sphere of the earth, where the line is, where there's light. And, that's why I love that he said that night is nothing more than a shadow. It's not that the light is gone, you're just not in a place to receive it, which is a very hopeful thought that the light is there, the light is always there, the light

has always been there. You can find it if you look for it even if you're pointing in different directions at first.

Hank Smith: 00:16:14 I've heard it said that when you face the light, right, all the shadows fall behind you.

John Bytheway: 00:16:19 Yeah. Helen Keller said that, which that's a great one because Helen Keller, as we know, was blind, but she said, when you face the sun, the shadows of discouragement fall behind you. We could say son, S-O-N, couldn't we? Because we just learned He is the light of all of those things.

Hank Smith: 00:16:37 One thing that I'm impressed with is I know this revelation in in part comes because the leaders in Missouri are suffering. The people in Missouri are struggling. Word comes back to Joseph in Kirtland that there's some intense persecution happening in Jackson County. The Lord doesn't start with that. The Lord says, I come with this problem-to the Lord, He says, back up, let me give you much--the angels are rejoicing over you. The alms of your prayers have come up to my ears. Let's talk about light. I like the Lord's way to address a practical problem, is to increase our understanding. Let me back up and show you. I shouldn't be surprised when I go to the Lord with a practical problem that he answers me with spiritual understanding instead of, here's what you should do. Noelle, what should we do next?

Noelle Pikus Pace: 00:17:32 We've talked about the light of Christ, which is really at the foundation of it all. Recognizing that he is everywhere in all things. The Count of Monte Cristo always comes to mind too when he thinks, oh, God's not in the details anymore, and his love comes up and says, she says--I wish I could remember all their names--but she says, no, He is everywhere. He is in everything. She brings back that light and he's like, oh, all right. Reminding me, and that's kind of what it is. He's everywhere. I would love to jump to verse 33 if that's okay and Hank, do you wanna do that one?

Hank Smith: 00:18:02 Absolutely. This is 88:33, For what doth it profit a man if a gift is bestowed upon him, and he receives not the gift? Behold, he rejoices not in that which is given unto him, neither rejoices in him who is the giver of the gift.

Noelle Pikus Pace: 00:18:19 I'm gonna get teary-eyed on this one and I didn't expect this to happen because I wasn't even going to share this until you just read that. This stood out to me because I've had some women in our ward that have really been feeling like they don't have anything to offer, and I'm sure there's men that feel this way as well, but I just know specifically of a handful of women that say,

I don't have anything left to give. My kids are growing up and I don't know who I am. I don't know what I'm supposed to do with my life. I just feel this emptiness. I am sitting at home and maybe some of them don't have a job, maybe some of them do. Whatever their situation, it just has hit me hard, to the core to recognize that there are those out there that feel like they have nothing left to give.

00:19:03 In this scripture, it's saying that it takes effort and it is hard, but the Lord has blessed each of us with so many gifts, we just need to receive them. It's like a birthday present or a Christmas present. If somebody offers you a package, you still have to take the motions to unwrap it and to untape it, to pull it out, to open the box. It does take effort. Whether those gifts are maybe you're really good at doing something like a sport is very obvious for people to see where you say, you know Noelle, you've been at the Olympics. That's a very obvious talent, but what about those that are big gifts that are being kind, being service oriented, being thoughtful, being hard workers. But the Lord is saying, I love this quote, it says, you are never too old to dream a new dream or to set a new goal.

00:19:52 I truly believe that we're never too old to develop those talents and to share those with others. When I felt the end coming for skeleton, it was two weeks before the Olympic games. I could feel this sadness coming. Whether you are coming to the end of a career, you're ready for retirement, your kids are growing up, you're gonna be empty nesters. Whatever those ending chapters are, there's this daunting perspective of what's next, what's going to be around the corner for me? Some of that can be fearful, some of that can be hopeful and it just depends on which direction you're headed. As we were sitting at the Olympic Games in 2014, Janson, my husband and I, were literally in Russia. This is at the 2014 Winter Olympics. I knew this was going to be it for me. I had been winning races. I wasn't retiring because I couldn't compete.

00:20:44 I wasn't retiring because I was injured, which are the two most normal reasons to give up a sport as an athlete, but I was just ready for a change. It still was hard. I had my two kids. I was a mom of two kids going for this Olympic dream with my husband by my side. I knew I was ready to stay home with my kids and to not miss out on those moments with them, but I remember still feeling that daunting feeling of emptiness. Something that Janson and I decided to do, was to create a bucket list. I know that sounds like, oh, that's funny, but it gave me hope at the base of the foundation of why we need to continue to grow and

progress. It gives us hope to move forward, to grow, to develop, to become. Well, the first thing I said is I want to write a book.

00:21:30 On our flight home I started writing and then I said, I want to learn Spanish. Janson wanted to get his master's degree, so we moved to Costa Rica for two years, learned Spanish and he got his master's degree. And then we moved back to Utah and we just started setting these goals that would, you know, we call it a bucket list, but it's just a way to look forward with hope and with light, with strength and courage and expand our faith because it was scary. It was scary to grow and to get outside of our comfort zone. So those that feel like they don't have gifts, there are gifts. The Lord is ready and wanting to bless you with those gifts, but you have to take the first step. You have to be ready to receive those gifts and that takes effort.

John Bytheway: 00:22:12 I love what you've said. We ache for people that get to that point. What can I do now at this point in my life? Thank you for saying it that way. Do you guys remember Nora's Christmas Gift? Our friend Michael McLean. She's starting to go blind and she tried to make, what was it, English toffee and the salt tipped over and she didn't see it. She was listening to joy to the world, let Earth receive her king, and it was this moment where she thought, I need to receive. And at this point in my life I can receive. Even then, look at what you can give. Just the fact that anyone is listening to this says, they are looking to the light. In whatever situation they are. Noelle, we have people who listen in prison. We hear from them, look what they're doing. They are trying to receive and listen and face the light. I love that

Noelle Pikus Pace: 00:23:05 And the Lord loves effort. It's just little things and there's scriptures that we can continue on in 88 where it just talks about the effort alone is a blessing. That's what he asks of us is just to try. This verse in 33 reminds me also of Ether 12:27. This is one of my absolute favorite scriptures in the Book of Mormon. It says, and if men or women come unto me, I will show unto them their weakness. I just have to pause there for just a second because if we feel like we're lacking in any way, the Lord is just asking us to pray to Him to say, hey, good. I'm glad you have weaknesses. I'm glad you're feeling inadequate because I mean, if we could have the listeners, if we could each raise our hand and say, who here has weaknesses and fills inadequate? Like, hello, I'm on the podcast with John and Hank.

00:23:57 My hands are both high. If we will come unto Him, He will show unto us our weakness. I give unto men weakness that they may be humble, man, that they may be humble; and my grace is sufficient for all men that humble themselves before me and if

they humble themselves before me. Take out that pride. I mean, and a lot of times when we feel that inadequacy, it's just that pride getting in the way. Pride goes both directions. Pride can be that you feel inferior to someone, but it can also be that you feel below other people or not qualified for something and that's a different--that's a pride in itself. If they humble themselves before me and have faith in me, love this part, then will I make weak things become strong unto them. And if you put your own name in here, what are your weaknesses? Do you have a lack of patience? Do you have a lack of understanding? Do you feel like you don't have the gifts to give? Put that in here. He will make those things become strong unto you. He is a God of promises and he cannot lie. He's the same yesterday, today and forever. He cannot lie. He will make those things strong. If you're struggling in any way or feeling inadequate or need help in any way, he can and will help.

Hank Smith: 00:25:10 When you said the Lord loves effort, that needs to be in vinyl on your mirror, the Lord loves effort. Look at that in verse 32. John, I think you brought it up. I want you to enjoy that which you are willing to receive. I want to give you more. I want to take you places. I think personally I get frustrated that I'm not getting more from the Lord and he's like, well, do you see those seven temples here within an hour? I am ready. That what you are willing to receive. Where are you? I'm over here ready to give. I'm ready to give to you. You know those scriptures that are sitting there on your bedside stand. I am ready. I am ready to give, but where do you spend your time? On X doom scrolling? Is that where you spend your time? It reminded me of two things.

00:25:58 Our discussion so far, that I wanted to bring up. One was from a guest we had about a month or two ago, John, Whitney Johnson, do you remember? And she talked about the S-curve. She said, we climb up to this top of this curve and you think I've made it. I've made it, and then what does the Lord do? He puts you back at the bottom of another S-curve and you start to climb again. That seems to be what Noelle's talking about. When you hit the top of that S-curve and you think, I don't have anything left to give, I've reached the top. Just ask the Lord to put you on the bottom of another one. He'll send you up climbing again. Barbara Gardner was here a year or two ago. She talked about her mom. Her mom was dying. She was in bed and they knew she was months, if not weeks away from dying.

00:26:44 This touched me. She said, Barbara, I need you to come over. Barbara came over to her mom's bedside. She said, I need you to teach me how to teach. Barbara said, mom, what? What are

		you talking about? You're dying. She said, no, I feel like I'm gonna be called on to teach when I get there and I need to know how to teach. Talk about someone who thinks it's over for me. I don't have anything left I can give. She's not thinking about this life. She's thinking about the next. I've gotta be prepared for the challenges and the assignments that are coming up in the next life. It really touched me, because sometimes we think, well, I'm in the twilight of my life. What do I have to give? When actually there's a lot more. There's a lot more to come.
John Bytheway:	00:27:31	Hank and Noelle, I gave my dad a blessing when he had Parkinson's disease. He died at 78 years old and when he could still talk at this point. I gave him this blessing. He turned around and looked at me and said, John, I think I'm going to hell, and I was like, dad? And he said, to teach. Oh. Okay. Yeah. Okay, so he was thinking the same thing, but I think he wanted to make me laugh or something. But I'm going there to teach. I have no doubt that's what he's doing. What a great perspective.
Hank Smith:	00:28:05	Yeah. Isn't that kinda what you're talking about, like take on a new challenge?
Noelle Pikus Pace:	00:28:09	Absolutely. At every stage in our lives, you can't be too young or too old to continue to grow and to serve, to do what the Lord needs you to do
Hank Smith:	00:28:18	And be careful with that request. Lord, give me a new challenge. He might say, really?
Noelle Pikus Pace:	00:28:23	Be careful.
John Bytheway:	00:28:23	Okay, I have plenty of those.
Hank Smith:	00:28:27	If you're willing to receive a new challenge, I'm willing to give it to you. For those of us who don't know the skeleton, if we don't know much about it, tell us about that kind of effort, because it looks terrifying. Just so you know. Even the cover of your book looks terrifying. It's a still shot of you doing this.
Noelle Pikus Pace:	00:28:49	Skeleton is a really, really fun sport. I think both of you should try it. Oh man. You sprint about 40 meters or jog or do what you can to get on the sled. Usually you wanna sprint and you dive headfirst onto basically a little cookie sheet.
John Bytheway:	00:29:08	With runners.

Noelle Pikus Pace:	00:29:09	Yes. Then you go 90 miles an hour down the side of an icy mountain track. We steer with our shoulders and our knees and are just trying to defy gravity and pressures the whole way down
Hank Smith:	00:29:22	Oh wow.
John Bytheway:	00:29:24	And Noelle does all of her own stunts too. Yeah.
Noelle Pikus Pace:	00:29:27	I do, I do.
John Bytheway:	00:29:29	I didn't see a lot of skeleton competitions in high school. What kind of things did you compete in and excel in in high school?
Hank Smith:	00:29:36	And how did you know that is for me? Who decides I am ready to go 90 miles an hour with my chin an inch off the ground?
Noelle Pikus Pace:	00:29:45	So I competed in track and field throughout junior high and high school and they were recruiting track athletes. It was right before the 2002 Winter Olympics when it came to Park City, Salt Lake City, Utah. Just before that, I was a junior in high school and my track coach happened to be helping out with the bobsled program up in Park City about 40 miles away and said, Hey, they're trying to recruit young athletes, especially track and field athletes to go up and try bobsledding. Do you wanna go up and try it? I knew the movie Cool Runnings-like "eins, zwei, drei" like? So I'm like, oh, like Cool Runnings? He's like, yeah, just like that. So I did bobsledding for my junior year. The following year they switched the program to skeleton. I was kind of like deceived into it, to be honest with you. From like, oh you, this is just a drill to get you to be a better bobsled driver and then you'll go back to bobsledding. After I went down, I never went back. I fell in love with it and it was 15 years of it. Lots of fun.
John Bytheway:	00:30:44	Literally 90 miles an hour.
Noelle Pikus Pace:	00:30:46	Literally 90 miles an hour. Yeah.
Hank Smith:	00:30:49	And your chin is honestly--looking at that picture.
Noelle Pikus Pace:	00:30:52	Sometimes it's on the ice, Hank. Sometimes it is dragging through the corners because we reach five to six G-forces. We literally can't keep it off the ice, so it's dragging on the ice.
Hank Smith:	00:31:06	Oh my word. Oh, well I love it because here you are saying, look, my career ended there. You could have said, well, that's it

for me. I peaked, but you said no, I want new challenges. You see those as gifts. For what doth profit a man or a woman if I give them a gift and they don't receive it. So maybe new challenges are a gift.

Noelle Pikus Pace: 00:31:27 Absolutely. If we're not willing to receive those, then where does that put us for thinking about this life as this opportunity to progress, if we never accept new challenges? Maybe you feel like you're stuck, but look outside yourself, like look at your community. How could you help in the community? Maybe you can go into an elementary school and help with the kids with a reading program. Maybe you could volunteer at a senior living center. There's so many gifts. Even the gift of time. If you have the gift of time, you have time on your plate that you have to offer. That is a gift that to give to others. There's so many gifts.

John Bytheway: 00:32:05 That idea of problems or challenges being gifts. It reminds me, in fact, I was listening to a football post game show back when Bronco Mendenhall was the coach of BYU. I met him once with two of my kids and he was so kind to us. Anyway, thank you, Bronco. Somebody asked him a non-football question, during the radio show and said, what books do you love? He said, well, I'm reading one called The Traveler's Gift by Andy Andrews and I went and got it because I was curious. There's one paragraph in there that reminds me of what you both just shared in verse 33. This is what Andy Andrews wrote. Challenges are gifts, opportunities to learn. Problems are the common thread running through the lives of great men and women. Adversity is preparation for greatness. Isn't that interesting? How many times have we heard somebody that had a challenge or a problem? Just as you said, Noelle, that weakness turned into a strength because they got God involved. I love that idea. If you've got a problem, it's an opportunity for new growth. It's a gift. Can be.

Noelle Pikus Pace: 00:33:12 Yeah. I love that.

Hank Smith: 00:33:14 Noelle, what do you wanna do next?

Noelle Pikus Pace: 00:33:16 Let's go to verse 63.

Hank Smith: 00:33:18 Yep, you got it.

John Bytheway: 00:33:19 Oh, I love this one.

Noelle Pikus Pace: 00:33:21 I know it's like one of my favorites. I love it. Okay, John, since you love it so much, will you read it?

John Bytheway: 00:33:26 Yes. For those watching, I'm going to use hand signals, so watch my hands. This is you and me. This is the Lord where we like to be with the Lord. Okay, you can tell I've used this verse before, but notice in every case in verse 63, who has to move first. Draw near unto me and I will draw near unto you; seek me diligently and ye shall find me; ask and ye shall receive; knock, and it shall be opened unto you. I mean that is poetically saying the same thing four times.

Noelle Pikus Pace: 00:33:57 Why do you love this one, John?

John Bytheway: 00:33:59 Because of that idea of he is ready, willing, and able, but we make that first drawing near. When we do that, he'll respond. He's not rude. He doesn't force his way into your life. That's what Satan does. But, God is so polite that he waits, but if we draw a near that reaction, he draws near to us. I just love that verse.

Noelle Pikus Pace: 00:34:20 So good. It's one of my favorites. When I was in high school, I went to Mountain View High School in Orem and Eli Herring was a teacher and a coach there. And for those of you that don't know Eli, he's absolutely incredible. Football player, BYU, had the opportunity to go play pro and chose not to, but he continued to excel. He was just fantastic, but I remember he was our throws coach. One of our throws coaches. I did track and field and I was throwing shot put and discus. It was right around the time when I had first been introduced into bobsledding and skeleton. I remember being out there on the field with him one afternoon talking. He shared a story about how there was a time when he was trying to figure out something within football. He was trying to figure out a technique.

00:35:08 He was trying to figure out a tackle. He was trying to figure out how to do something better. He could not figure it out. The guy would blow past him and he said, so I decided to take it to the Lord. This story stuck with me throughout my career and it really changed how I viewed what I do in my life. He said, so I took it to the Lord, because I knew that he knew all things about all things, whether it's about our spirituality or whether it's about a technique in football. He knows. No matter what it is. If you need help with baking bread, if you need help finding a lost retainer. I had a lost retainer. No matter what it is. If we draw closer to him, he will draw closer to us. He shared this story about how he began to pray about this specific technique saying, Heavenly Father help me to see more clearly, help me to understand what I need to do. And he said, after trying to build this relationship with the Lord, a thought came to his head and

it said, look at the knuckles. Now for alignment, as his hands are down there on the grass pushing against the grass, he had this thought come to him that he told me that it was that inspiration from the Lord saying, look at the knuckles.

00:36:19 He started looking at the knuckles of the guy that he was going against. If they were red, it meant something. If they were white, it meant that he was putting more pressure forward and he started learning these things and he said that to me was an eternal truth. He's like, it's an eternal truth that whether it's with football or whatever it is that you're doing, the Lord is in the details. If we allow Him to come into our lives, He will show us the truth of all things. He said that that little fact changed the way he approached his football technique and it helped him to excel in ways that he couldn't have imagined. Fast forward about three years in my own life, I was in skeleton racing down the tracks of the world, traveling from Russia to Japan to Europe to all over the world, competing.

00:37:04 I was struggling. I was in a position where I just couldn't figure it out. I'm like, man, how am I not able to get any better? I feel like I'm at a stopping stone. We can think about this in our own lives like are you at a stopping place in your life? I just feel like I'm complacent or I am in a comfort zone or maybe I'm stuck in this hole of depression. Whatever state you're in, there is a way out there really, really is. I remember getting down on my knees thinking about this story from Eli Herring and saying, the Lord knows all things, so I said, Heavenly Father, I'm really struggling in skeleton and I don't know how to get better. I'm working really hard. I feel like I'm doing everything I need to do, but I'm missing something. What is missing? As I brought that to the Lord more and more a thought came into my head and it was lower your head, like keep your head down and that is very specific to skeleton.

00:37:54 It's aerodynamics and it seems so simple, but it was just lower your head. Keep your head down. The next season, I knew that if I put the Lord first in all things before anything else, put the Lord first, follow the light of Christ. Do good, be good. I knew he could bless me. That season was the first time I showed up at that first World Cup race in Winterburg, Germany and I thought, all right, keep your head down. That was the first time I ever won a World Cup race, was trying to do my best with the Lord by my side. Not trying to do it on my own anymore, alone saying, I'm strong enough. I've got this. I can figure it out, but saying, Heavenly Father, help me. You know all things. Help me to draw near to you so that we can be in this together. That

truth came. I just think that's such a good scripture. Draw near unto me and I will draw near unto you.

Hank Smith: 00:38:43 Did you say, you know I'm going 90 miles an hour. You really want me to lower my head?

Noelle Pikus Pace: 00:38:48 Are you sure this is where you want me?

Hank Smith: 00:38:51 I see a spiritual meaning there too. Lower your head, right? Say prayers. Bow your head. I love that.

John Bytheway: 00:38:59 Noelle, thank you. We might think I can bring spiritual things to the Lord, but he's not really interested in other things. The beautiful message there is no, if it's important to you, it's important to God. He can even give you advice on being an offensive lineman or he can give you advice on skeleton. I think we've learned that as parents, if it's important to your kids, it's important to you. And Heavenly Father is a perfect parent. He knows stuff.

Noelle Pikus Pace: 00:39:27 And he knows stuff.

Hank Smith: 00:39:28 Yeah, bring it to me.

Noelle Pikus Pace: 00:39:29 I think something big with this as well is to know that it's not these big massive changes that we need to make in order to feel his love and to feel his power. It's the little things. When Michael Dunn, he gave a talk in conference recently, and I think he may have been quoting James Clear. He's talking about the margin of aggregational gains, the aggregation of marginal gains. That's the one, right? Talking about the British cycling team and how David Brailsford came in and said, we need to change this team. We need to help them improve. So many people had come in time and time before saying, we need massive changes. We need to start a whole new regimen, a whole new training program. David Brailsford said, no, no, no. We don't need to completely change. We just need to start small.

00:40:15 One percent. Let's take alcohol wipes on our tires and make 'em grippier. Let's make sure we dust out the trailer so no dust gets into the sprockets. Let's change out the pillows of the athletes so they get a better night's rest. He wasn't saying, we need these athletes to go from sleeping six hours to sleeping 12. He said, let's just change their pillow. Let's just do something simple. By doing those little things, the whole team changed and became the top of the world. That's the same with this

		principle. It's just the little things. And coming back, President Nelson said, coming back to effort, Hank, as we were saying before, the Lord loves effort because effort brings rewards that can't come without it. He's asking us to seek him diligently, diligently, just seek him, turn to him each day. One percent. What is 1%? You can do a little bit better today than you did yesterday? It's the same in the Olympics heading towards the Olympics. It's these little things. It's the same as a parent. It's the same in our health, in our nutrition. It's just one tiny little thing that will help us to be better today than we were yesterday, and that's effort. That's great.
John Bytheway:	00:41:22	Let's explain the aggregate of marginal gains. It was a gain. Okay, this could help us 0.5%. Well, that's not enough. No, it's the aggregate of all of those things. All those little point fives when you do 20 of them, that's 10%. That was the idea, which I loved. In fact, I was asked to speak to a faculty once on John Wooden because everybody knows what a basketball star I am, I guess. John Wooden was the legendary coach at UCLA. He would start with his teams showing them how to put on their socks.
Noelle Pikus Pace:	00:41:59	Wow.
John Bytheway:	00:42:00	Because if you get a blister and you have to sit, you're not helping. These little tiny things. This is how you put on your socks.
Noelle Pikus Pace:	00:42:09	And that's impact. That's so cool.
Hank Smith:	00:42:12	Remember, President Hinkley? Do a little better.
Noelle Pikus Pace:	00:42:15	In the Olympics. I kept a journal, not just to the Olympics, but my 15 years leading up to it. Every night before bed, I would ask myself three questions. These questions, I was thinking it could be applied to this as well. The three questions I asked, I'm going to just alter just a tiny bit to kind of go with this, but I would say, what went well today? What didn't go so well today and how will I be better tomorrow? How can I improve tomorrow? But you could even think of it to say, in what ways did I draw nearer to the Savior today? In what ways did I draw away from him today? How will I draw closer to him tomorrow? If we asked ourselves those questions each night before bed, imagine how those little margins would help us to draw closer to him after a week or after a month or after a year. If we committed to doing this, we would be, man, we'd be so close to Him. Little bit at a time.

John Bytheway:	00:43:08	That's a great thought.
Hank Smith:	00:43:09	I've never seen in this section what you're pointing out here, Noelle, the word diligently comes up four times in 63. We just read, seek me diligently again in 78, teach diligently, 84 labor diligently. Then 118, seek ye diligently. The Lord loves effort. He wants to reward effort. It's almost as if he's saying, let's go. I want to give. Come to me. Let's act. You're a creator. Create. Sometimes with young people, they'll say, I wanna know the right thing to do. I want to know what the right job is, the right career, the right person to marry, the right place to move. I wanna know the right major to choose. Sometimes, I might take them to section 88 from here on out and say, create. Make something.
Noelle Pikus Pace:	00:44:04	Be anxiously engaged in a good cause. Get after it. Yeah, and things will come together.
Hank Smith:	00:44:11	I've never seen that in this section before. Speaking of counseling with young people, I wanted to show you both something. Back in verse 40. I've used this often when I'll have a student, they're 21 and "I'm never gonna get married". I think section 88 verse 40 can help. Intelligence cleaves to intelligence. Wisdom receives wisdom. Truth embraces truth. Virtue loves virtue. Light cleaves to light. Mercy loves mercy. Justice loves justice. If we want, intelligent, wise, truthful, virtuous people who are full of light to be attracted to us, we must become intelligent wise, full of truth and virtue and light, and that gives me something to do. It doesn't mean I'm sitting around and waiting. It says, the Lord loves effort. Go fill your life with these things. There's a natural attraction there.
Noelle Pikus Pace:	00:45:06	It reminded me of Enos 1:4. It just made me think of this one where it says, and my soul hungered and I kneeled down before my maker and cried unto him in mighty prayer and supplication for my own soul. A lot of times, when we don't know how to improve or how to become a little bit better, I think of this. When we were talking about how the word diligently comes up so frequently as we're diligently seeking for these good things, as we're diligently seeking for intelligence, as we're diligently seeking for light, it's going to come into our lives, whether it's through a skill, a hobby or a person. It could be that it's gonna attract us to those people. The more that we surround ourselves with those good people, the more we're going to be elevated and want to be better. But I think of diligence.
	00:45:48	When I think of diligence, I think of Enos and it says, I cried unto Him in mighty prayer and supplication for my own soul, and all

		the day long did I cry unto Him. How often do we do that in our own lives for something we truly want? How often do we deeply desire something like that in our lives to take time or energy or effort to do this? And yea, when the night came, I did still raise my voice high that it reached the heavens. That's diligence, man. I wanna be like Enos. That's amazing.
Hank Smith:	00:46:16	John, not that you'd know more about this than I would, but you did get married later in life than than I did. If something is outside of your control, what can you do? Because that can be very frustrating. Feeling like, this is something I want. This is a blessing that I'm hoping for. It's not happening.
John Bytheway:	00:46:35	I wrote a book called What I Wish I'd known When I Was Single. I tried to write a parable of the piano, I called it, where you're sitting in a piano and people keep walking up to you and saying, why don't you play that music? And when you look at the music, it says right there, marriage a duet.
Hank Smith:	00:46:54	Right? You need four hands.
John Bytheway:	00:46:56	I can't play it. They say, well, you could play that if you had more faith and you're going, wow. Or you are not trying hard enough. Oh, really? Is that it? Or you are being too picky, or something like that. Man, I heard that, well-meaning folks. Sometimes I would say, you don't know what me and the Lord know right now, but we have a reaction for you, which I won't express. Sometimes I'd be thinking, you have no idea how silly you look in front of me and God right now. That's what I was thinking, because He knew. Because like Enos, I think my prayers did reach to heaven. You know, I came up with, okay, play what you can play. Slide the matrimony music over and play what you can play. Somebody will one day, with their own agency, say, can I sit next to you and play this. Or would you sit next to me and play this? And that's how it works. You can't force somebody to come and and play your song, but you can play what you can play. So that was my attempt at a parable. In the meantime, okay, it's not happening. Play what you can play.
Hank Smith:	00:48:03	Yeah. Gaining intelligence and wisdom and truth and virtue and light, that's in our control.
John Bytheway:	00:48:08	Mm-hmm.
Hank Smith:	00:48:09	Something we can do.
John Bytheway:	00:48:10	I can do that.

Hank Smith:	00:48:11	Yeah.
John Bytheway:	00:48:13	Interestingly, I think marriage is one of the only commandments I can think of that you cannot obey by yourself. The other one is multiply and replenish the earth, but you're supposed to get those in the right order. I always thought that's one that is not completely in your control, which makes it a totally different thing. What we're just talking about, but do what you can do. Moroni's best work, I believe, was accomplished while he was a single adult.
Hank Smith:	00:48:43	John, thanks for that.
John Bytheway:	00:48:44	Hank. I'm so glad it happened to me because I have something to share with others that are struggling. Had I got home from my mission and got married six months later, as some of my companions did, I wouldn't know how to counsel somebody, but that's another one of those challenges that became something I could hopefully bless people with, you know? So thanks for asking that question.
Hank Smith:	00:49:04	What do we wanna do next? Noelle, where do you wanna take us?
Noelle Pikus Pace:	00:49:07	Let's dive ahead to, how about verse 81? Hank, do you wanna read that one?
Hank Smith:	00:49:14	81, okay. Behold, I sent you out to testify and warn the people, and it becometh every man who hath been warned to warn his neighbor.
Noelle Pikus Pace:	00:49:24	It's like a roadmap and it starts with the light of Christ and it's going through and it's saying all these things and saying, but don't forget, you've gotta warn each other when there's problems ahead. This could be temporal, this could be physical, this could be spiritual. How often do we do this when things that are unexpected come into our lives and we're not planning on it, and then how do we handle it? Maybe we have this roadmap planned out and we expect everything to go perfect. We have this perfect picture of how life is supposed to be and how we want it to happen. Something blindsides us. Maybe that means like not getting married for a long time, or never, or not in this life. Maybe it's waiting till the next one, or maybe it's a loss of a loved one or a career change or whatever that might look like.

00:50:04 The inability to have children. Whatever it is. There's these massive roadblocks that hit us. This scripture made me--and what you shared, John--when I was at our Olympic trials going into the 2006 Olympic Games, I had just finished off a fabulous season. I was first in the world and expecting to go to the Olympics. You can imagine my roadmap was really clear. I'm like, yes, I'm gonna be an Olympian. Nothing can get in my way now. Unexpectedly, a 1400-pound four-man bobsled came flying out of the track at our Olympic trials and crashed into me. I just remember flying through the air, trying to jump up to my feet to see what had happened. Ultimately, I looked down and my bones were sticking out of my leg. In a split second, my life changed. I'm not gonna go into all the details here, but it was devastating, like absolutely devastating. For those that might be experiencing those long nights that feel like the sun can't rise soon enough.

00:51:03 When you feel like you're stuck and you feel like you're trapped and you feel like the Lord doesn't hear your prayers. I was thinking about what you said, John, when you said maybe you experienced that so that you could feel that compassion for others. So that you can learn the things that the Lord needed you to learn so you could become the person that he needed you to become. And I truly believe that that's for each of us, wherever we're at, whatever challenge we're facing. As I watched my teammates go on to compete in those Olympic games, and I had to sit sidelined because I had a titanium rod in my leg and couldn't make it back. I was supposed to wear that gold jersey down the track. Not just expected to finally become an Olympian, but to be on that podium for my country, to be so excited for it, this roadblock came.

00:51:50 The Lord put me where he needed me to be, and I couldn't see that. You know, it's like that tapestry when you think of a painting and you see all the little fine colors coming in, and when you're really up close, you're like, what is this? Why is there a green mixed with a yellow and this pink is messed up? And then you step back and you're like, oh, it's beautiful. It's the sunset in a beautiful pasture of flowers. I had no idea that the Lord could create something so great with my life. And I know that getting hit by that bobsled and missing out on those Olympic games for a reason because I wouldn't have been driven to come back four years later on a sled that my husband decided to build, or to have our two kids. Here's a funny one. Our kids are four years apart.

00:52:31 Because I'd have a baby and then go to the Olympics four years later and then have a baby and go to the Olympics four years

later. I would've never had that experience with my family by my side at 2014 and to be able to jump into the stands and say, we did it. We earned this Olympic medal. It's not gold, it's a silver. And some people would say, you fell short and that's not enough. But it was. For us, it was more than enough because we did it with the Lord by our side. None of that would've happened. Coming back to this, it was a roundabout way to get back to this scripture. Behold, I sent you out to testify and warn the people. The second that that injury happened, the second that that bobsled came out of the track, everybody was rushing up to the top saying, stop the tracks.

00:53:13 Stop the sled, stop this, get the ambulance. They were all warning each other. Everybody was rushing and things were changed because of that situation. How often are we so quick to act and to warn eachother to say, Hey, the Savior is coming. The Second Coming is around the corner. We've got to be making these good choices. Sending out that warning just like we do when there's something physically traumatic happening around us. President Kimball said, the Lord does not give us commandments for His benefit, but for ours. When He warns us of danger, it is because He loves us. When we warn others, it should be for the same reason. It should be out of love. The first commandment, love one another. When we're sending out that warning to be mindful that it's in love. Everything, all things done in love.

Hank Smith: 00:54:04 I love what you just did, Noelle. Go back to verse 77. I want you teaching one another the doctrine of the kingdom. 78: teach ye diligently. I want you to instruct each other more perfectly in theory, principle, doctrine, laws of the gospel in all things that pertain to the kingdom of God that are expedient for you to understand. John, how frequently do we hear from people that love the show and everyone listening who loves the show? Thank you. We couldn't do this if you didn't listen. John, people come up and thank me and I'm like, wait, wait, wait. The thanks needs to go one direction here, but people will say, I love your guests. I love the guests that you bring on. 77 and 78, 79 and 81, that Noelle brought up here. I think that's why the Lord wants us teaching each other. Teach one another the doctrine of the kingdom. Teach diligently. I want you to instruct each other and what Noelle just did, we both felt that. Wow. I can't imagine, Noelle, how many years of work were just taken from you in a split second, but yet here you're using it, consecrating it, as we've talked about this year, John, to the good of others. Who think, okay, I can withstand because how many times is that gonna happen to a listener? Something blindsides them. I didn't see this coming.

John Bytheway:	00:55:29	I heard someone say once that all frustration comes from unmet expectations. I think it was Dr. John Lund. I love that idea. It's this is not what I expected. In fact, Noelle, I got to speak to a group of singles, older singles in Utah County just before this recording. I asked them, raise your hand if your life turned out exactly the way you thought. Nobody raised their hand. Now I wouldn't either. Hank, we love section 58 verse three, right? You cannot see for the present time with your natural eyes the design of your God concerning things which will come hereafter.
Hank Smith:	00:56:09	Yeah. To see someone like Noelle say, here's what happened to me.
John Bytheway:	00:56:13	Oh my goodness. So compound fractures?
Noelle Pikus Pace:	00:56:18	Yeah.
Hank Smith:	00:56:18	Oh.
Noelle Pikus Pace:	00:56:19	Yeah, my leg. And I think there's power in any of these stories to know that we're not alone. That's what ties us together. That's what brings us together is saying, oh my gosh, I didn't know. And I'm not saying that about my own experience. I'm saying every single one of us is facing a challenge. Every single one of us have been through hard things. Just knowing we're not alone and we're gonna be okay with the Lord by our side. We can do hard things. We're expected to. I love it.
Hank Smith:	00:56:46	Noelle, you told me not to mention this and I'm gonna mention it again. You're the gospel doctrine teacher in your ward. So am I, by the way. When we look at these verses, teach ye one another the doctrine of the kingdom, teach ye diligently, instruct each other. He doesn't say just in gospel topics, things both in heaven and in earth--under the earth. Things which have been, things which are, things which shortly come to pass. I want you to know about wars and perplexities of nations, the judgments which are upon the land, the knowledge of countries, of kingdoms. The Lord wants us to know a lot. As a teacher and as a speaker, why do you love it? John and I both love teaching and speaking.
Noelle Pikus Pace:	00:57:25	I love learning from others. My favorite part about gospel doctrine is actually asking a question, asking like a thought provoking question with regard to a scripture and then hearing what the class shares. We are all edified because of it, and then one person shares and shares their testimony alongside of it

and someone else is like, I've had that experience too. Something that I love about gospel doctrine and teaching in that way, is that I feel like it's uniting our ward together. It unites the people because they're like, I had no idea that that person or that family was experiencing that challenge. We open ourselves up and are a little more vulnerable and willing to share because the spirit is in the room, hopefully, and able to bring in that humility with it. Man, there's power as we teach each other from all aspects, whether it's from something in someone's career, to in the home, to something going on in the world, but it all ties together and it all comes back to our Savior, Jesus Christ.

Hank Smith: 00:58:31 I had an experience last year. We were teaching the Book of Mormon. We were in the war chapters, and so I asked, what are your experiences with war? This member of my ward, his name's Bruce Mciff, a doctor, incredible leader, he raised his hand. He talked about watching his dad go off to World War II. He said, I was only six or seven years old at the time, but he distinctly remembers it. To me, that's where the Lord says, instruct each other. It just was a beautiful moment that I had never experienced that and he shared his experience, which I think uplifted everybody in the room. It's tough to be a teacher sometimes, John. I think I've said this before, but let me say it again. If you're struggling with your youth class, John Bytheway, struggled with his youth class. Everyone needs to know that.

John Bytheway: 00:59:22 I did.

Hank Smith: 00:59:23 John, do you remember? I remember you telling me, oh, I just can't get this specific class to listen and I thought every teacher in the church needs to hear that.

John Bytheway: 00:59:31 When you see my movie in heaven, you'll see that and go, wow.

Hank Smith: 00:59:35 Yeah, everybody struggles. It's hard. It's scary too. I'm sure Noelle, you've had moments where you thought, who am I to teach this ward?

Noelle Pikus Pace: 00:59:43 Who am I to teach? Who am I to parent these children? Who am I to be in this situation? Who am I to be here at the Olympic Games? Those thoughts come through frequently. I always like to imagine the little shoulder angels like the devil and the angel and one's always talking and it's the no man can serve two masters. There are many, many days when I feel very inadequate and feel like, who am I to...and fill in the blank. But as we keep pushing forward, that's something that has been such a good thing with going for the Olympics is I have learned

hopefully better. I'm still trying to learn it, but hopefully learned a little better to accept failure, to accept falling short, to know that it's not a matter of if I crash, but when I do, what will I choose to do?

01:00:29 I think it's that mindset. That's something I, that has been at the heart of what I've learned through my athletic experiences. That making mistakes and falling short is not the end result. It's part of the journey. It's part of helping me to become who I need to become in order to reach that podium. It's really no different in life. It's why we're here. It's not a matter of if we sin, but when we do, what will we choose to do? It's not a matter of if we feel inadequate or if we don't feel like we can teach 12 -year-olds the Sunday school or if we feel like we can't raise twins or a single. It's not a matter of, man, I'm struggling to get pregnant because I've been there too. I've lost, you know, late miscarriages. I've had multiple late miscarriages and I know the pain and the heartache that comes from that as well. It's not a matter of if these challenges come, but who will we turn to when these things happen in our lives? Who will we turn to to find that light? Are we going to be in a cave in the dark pointing in a different direction or are we going to actively seek him and seek his light and his strength and his support? It's a choice.

Hank Smith: 01:01:40 I think you just rewrote verses 67 and 68. If your eye be single to my glory, your body will be filled with light. There will be no darkness in you that the body which is filled with light comprehendeth all things. Sanctify yourselves. Your minds become single to God and the days will come that you shall see him. I wonder if that sanctification can come through those challenges, those difficulties. He says it again in verse 74. Organize yourselves and prepare yourselves and sanctify yourselves. Purify your heart, cleanse your hands and your feet before me. I have found a sanctifying effect in trial and difficulty, but I don't want to do it anymore. I don't want those trials and difficulties even though they're sanctifying.

John Bytheway: 01:02:28 I am reminded that, I believe this is one of the school of the prophets inducing verses. Is that right, Hank?

Hank Smith: 01:02:35 Yeah, I think so.

John Bytheway: 01:02:36 Getting together and instructing each other. I'm so grateful the Lord didn't say, I only want you to study this, and I'm so grateful that he said, actually, I want you to learn about all sorts of things. Things in heaven, things on the earth, things which have been, which are, the wars, the perplexities of the nations. I've heard it said that adult continuing education began for the

whole country and the school of the prophets. Adult continuing education. I used to work there, so I love sending that plug out there. That school of the prophets was kind of a unique, revolutionary, let's keep learning in our later years. I love the definition of truth. Truth is in all things as they are, as they were, as they are to come. But then Jacob 4:13, Jacob, Nephi's old brother adds one word 'cause Siri, Google, Alexa will tell you something, no matter what you ask him. But Jacob says the spirit speaketh the truth. Wherefore, it speaketh the things as they really are. I love that.

Noelle Pikus Pace: 01:03:39 As they really are.

John Bytheway: 01:03:42 And of things as they really will be. Yeah, you ask Google and Siri, but I'll tell you, the spirit will tell you the way it really, now let me tell you how they really are.

Hank Smith: 01:03:52 Occasionally I'll hear that our church is a cult. Our religion is a cult. One of the key points of a cult is to limit information. We don't want you reading, we don't want you studying. That just doesn't sound a lot like section 88 verses 78 and 79. I want you to know things in heaven, in the earth, under the earth, things which have been history, things which are current events, things which must shortly come to pass. Things at home, things abroad, wars, nations, knowledge of countries and of kingdoms. That's a little bit of a snarky remark, but that just doesn't sound very cult-like to me. Alright, Noelle, what do you wanna do next? Where should we go?

Noelle Pikus Pace: 01:04:31 Let's go to 82 because the reason I wanna point out this one specifically...

John Bytheway: 01:04:35 Your without excuse.

Noelle Pikus Pace: 01:04:37 Yes. Every year around September, October, November, around that time, I start thinking about what I want to improve on or how I can be a little bit better and say, okay, Noelle, how has this past year gone for me so far? Is it where I want to be? Who's the person I want to become next year? As I start looking forward a little bit and imagining who I want to become, I start thinking of a word or a phrase that I wanna focus on for the year so that it can direct all of my actions and thoughts towards that good principle. As I was trying to consider one for this current year, last fall, I was thinking about it. I flipped the scriptures open, trying to study and to learn and to figure out what I wanted to, how I could improve. This scripture is what drove me to choose my phrase.

	01:05:23	So my phrase this year for myself is no excuses. I just have created so many excuses for not texting someone back, for not calling someone back, for not painting the kitchen wall or like touching up this, or running to the store--it's too late, or not going to the temple--it's too early, or excuses in my life. It's just been nonstop. When I read this, it says, therefore they are left without excuse and that just that right there they are left without excuse. The rest of it says, and their sins are upon their own heads. That day when I saw this, last fall, they're left without excuse. I had written down a lot of different phrases and this no excuses just kept coming into my head. I wrote down a few things, what would my life look like without excuses? This isn't to be like negative, like, oh, no excuse for doing that.
	01:06:09	That's not what this is. This is actually very merciful. It's very much like, you know what, Noelle, who's the person I want to become? How can I live that life? So for me, I kept making excuses. I don't wanna go to the temple because it's too late or it's too early. I put on my paper, go to the temple frequently, whether it's 6:00 AM or 6:00 PM. No excuse, you can do it. One of them is admit mistakes. Just correct them. Don't make an excuse as to why you didn't respond back to someone or why you couldn't show up to something. Tell the truth, admit it, be honest and move forward and correct it. Keeping my emotions in check. I can get really heated at my kids' soccer game. Driving in my car. Oh my goodness, you guys do not drive ahead of me on the freeway because I will want to pass you and speed by. So I'm so bad, driving.
Hank Smith:	01:06:58	Well, you're used to going 90 miles an hour.
Noelle Pikus Pace:	01:07:01	I know. The Freeway is so slow. So slow.
John Bytheway:	01:07:04	Do you keep your chin right on the steering wheel as you drive?
Noelle Pikus Pace:	01:07:09	Aerodynamic. That's part of my no excuses for myself that I've tried to focus on this year is just keeping my emotions in check. Noelle, there's no excuse for losing your temper. Like, and when I do, when I do, be quick to admit it. This no excuses isn't trying to be harsh on myself, but it's helping me to become the person that I want to become by making better decisions and taking action. Really at the heart of it is self-discipline. I love this quote by Boyd K. Packer. It is one of my favorite, just for that self-discipline of taking ownership for my life. He said, take hold of your life and order yourself to be valiant. That's Boyd K. Packer. Take hold of your life and order yourself to be valiant. And I think that goes hand in hand with those no excuses, without

excuses. That we can do hard things and we will mess up. When we do, who's the person you want to become? Where will this lead? Which path is this decision of excuses and justifying? My neighbor says this, my neighbor watches that. My neighbor posts this. It's okay that I do that. Or is that just making excuses for ourselves to be a person we really don't want to become, but society is leaning us towards that person. I really love this scripture and it's really helped me to guide my decisions this year. It's been fun.

Hank Smith: 01:08:29 I've noticed that what the Lord asks us to do is rarely addictive. Everything that adversary wants us to do is very addictive, but the Lord gives us our agency every single time. I've never seen someone shaking saying, I haven't paid my tithing in a while. It's a choice to face some discomfort, climb the mountain, get the vision. Every time I go to the temple, when I think I don't really want to do this, I don't have time. I'm there and I've completed an ordinance. Finished an ordinance, I feel good. I feel good. I'm glad I came. Glad I came. I wish it was addictive. The Lord, he's set on this agency thing.

John Bytheway: 01:09:09 I was thinking about how if we want to read the scriptures every day, it has never been easier for us. Even if it's just a verse or two. And Hank, we've talked about this with other guests, that no matter what the malady, no matter what the problem is, whether it's health or employment or whatever, it's amazing that so often the prescription is, are you spending some time with the Lord in the scriptures because he'll give you insight and help and power. It's not reading the scriptures. Check the box. It's the outcome of that, that's so awesome. It's never been easier. That phrase, you're without excuse. I'm like, yeah, I think that's true. We have the entire standard works and more on our phone.

Hank Smith: 01:09:51 John, you'll have to help me out here. Where the Lord says, I've never given you a physical or temporal commandment. Everything I give to you is spiritual. I think what Noelle is showing me here is everything we do is spiritual in nature. Whether it be skeleton, reading, scripture, getting up in the morning, setting goals. All that we do is connecting us to heaven. That seems to be what this section is, is a connection between earth and heaven.

John Bytheway:	00:00	Welcome back to part two with Noelle Pikus Pace. Doctrine and Covenants section 88.
Noelle Pikus Pace:	00:07	How about we jump ahead to verses 118 and 119.
Hank Smith:	00:14	And as all have not faith, seek ye diligently and teach one another, words of wisdom. There it is again. Teach one another. Seek ye out of the best books words of wisdom; seek learning, even by study and also by faith. Organize yourselves; prepare every needful thing; establish a house, a house of prayer, fasting, a house of faith, house of learning, a house of glory, a house of order, a house of God.
Noelle Pikus Pace:	00:40	Every single one of these things is applicable in any walk of life that you're in. That's what's so cool about the scriptures. There's something for each of us and in this one, thinking about the best books. In my efforts to go to the Olympic Games, I had to be seeking for the best. If I wanted to become the best in the world, I had to seek the best coaches. I had to seek the best books. I had to seek the best learning and the best methods and the best equipment. Everything had to be suitable for the best at the Olympic level, that highest level that we could possibly strive to attain, which is the same in our lives. We're striving to get back to God. We're striving to reach that celestial kingdom, to be with Him forever. He's giving us this blueprint here for how we do that.
	01:28	He's giving us this roadmap to say, come back to me and reach this joy. This is how you do it. In skeleton, if I was seeking out the best coach to help me to get down this very difficult course, as I'm weaving in and out of every corner, if I'm going to get down safely and efficiently and quickly, I'm going to look for the best coach and the best advice and the best knowledge. Maybe I think, I need to learn how to get through curve one and two and three. Here's a pitching coach for baseball. He teaches curve balls, but that's not gonna be the same kind of coach that will help me get down the track. If I have a baseball coach

teaching me how to get down a skeleton track, you can guarantee I'll end up in the emergency room. It's going to be very, very painful.

02:12 Alongside with that, as I had to study it, I would take my sled. My sled is about 65 pounds, and I would lay it down in my living room floor and I'd take a laptop and set it in front of me. We would have somebody go down with a GoPro on their helmet. We'd see the track, like in and out of every corner, so we could see where to put pressure. We steer with our shoulders and our knees and counteract all that movement going down the track. Everything matters. Every hundredth of a second matters. If I blink for too long, I could crash and hit a wall. If I take a deep breath in or deep breath out at the wrong place, I could crash and hit a wall. If I look towards a flag waving or a camera blinking, then that could be the emergency room.

02:52 It's very, very important that we study this out, but hand in hand with that studying had to be faith. I couldn't get down the track, a mile-long course in 50 seconds without faith. I couldn't make it down. Whether you are a believer of Jesus Christ or not, there is faith. That is an eternal principle. Whether you believe it to be true or not, it is there. It is real, but my faith was centered on Jesus Christ and that he could help me amplify my talents, my abilities, my vision to see more clearly, to understand more, to open my eyes, to open my heart, to open my mind, to receive information. To be ready to receive it, so that I'd say, Heavenly Father, please, I don't understand this concept. If somebody has this knowledge, please put them in front of me. Please help me to find them. Please help me to know how to get down this track in the best way possible. Sure enough, there'd be someone that would say something, and it maybe wasn't even in context to teaching me how to slide, but I would be more prepared to receive that information, because I was looking for that light. I was seeking for that light with faith and studying hand in hand, and it helped to amplify that gift or that skillset. It's true with any one of us in our lives.

John Bytheway: 04:12 Thank you for saying best coach. I started making notes like, yeah, who's my best mentor? We use a phrase a lot now in the world, don't you think? It's recent-- best practices. You check out the church news, you will find so many articles on best practices for youth conferences, for Aaronic priesthood camps, for teaching the FSY guide principles. I was thinking of Sister Sheri Dew who talks about Jesus. Who else would you rather have in charge of your life? It's such a good question.

Hank Smith:	04:45	118 has a phrase, it says, "And as all have not faith". I think we have to acknowledge that sometimes my faith is weak. Sometimes as I'm sitting in my ward, not everybody there has faith. They're going through something. As Noelle said, there's something challenging that they're facing. Teaching one another, as the Lord says here again, because not everybody has faith, teach one another words of wisdom. I used to do this in my seminary class. I'd pair up a strong and a weak. Someone who's struggling with someone who's got it going on right now, they're really strong right now. And it seems that's what the Lord wants us to do. I think of those, John, we talk about this often. Those who are struggling and are listening to our program, whether it be a single mom who's trying so hard to do all that's demanded of her or someone who's had a major loss in their life or like Noelle said, been hit by a a bob sled. Although, I don't know if there's any listeners out there saying that happened to me. I was hit by a bob sled. I hope that's what our show does. We seek diligently to teach one another so we can help others have faith. Build their faith.
John Bytheway:	06:02	I like what Alma says, even if you can no more than desire to believe, let this desire work in you until you can give place. One of my favorite Alma phrases. Give place for the word to be planted. Thank you for listening. If that's where you are.
Hank Smith:	06:19	Yeah.
John Bytheway:	06:20	Even if you can no more than desire to believe, hang on to that. It'll come.
Hank Smith:	06:24	Hang on. The Lord says in verse 122, that all may be edified of all. That's one of our hopes.
Noelle Pikus Pace:	06:32	To those that are listening, that are struggling with that faith, I imagine we've, at least the majority of us, have been there. That's why it's such a touching thing because we can feel that. And we know, my faith isn't perfect, I mean, it's growing and I hope that it can continue to grow. There's so many different areas. Like maybe I don't have such a great faith in fasting and it's okay, but my faith in another area. Maybe my faith in serving and in loving my neighbor is a little better. Or maybe that's where you struggle. That doesn't diminish who you are or your relationship with God, because he knows where you're at with all these different areas. Your faith in tithing, you have your faith in the church programs or the church itself and then the gospel of Jesus Christ and the faith. There's faith in all these different areas.

	07:15	Doubt your doubts before. You doubt your faith. Hold tight to that faith that you already have, even if it's just to give place, like John, I love that you brought that up. To give place and to say, you know, I'm in a place where I don't even have the energy to put my faith in anything because I'm so low, like I don't even have the strength to serve, to give. I've given everything. Don't ask me to give anymore because I just can't, like I just can't. To those that are in that situation, it's okay. Like, that's okay too. Don't give up. Don't give up on him. Don't give up on Jesus Christ if that's the only thing in this whole gospel that is there, that's it. If you have to, like, kind of take a breath, it's okay if that faith in other areas isn't there, just look for His light, look for His hand today. And if you look for it, you'll see it and that light will come.
Hank Smith:	08:06	Share with those who have strong faith that you trust. Hey, I need you. I need you right now. Sometimes we suffer in silence. We don't need to.
John Bytheway:	08:18	It's not about distance, it's about direction. If you're in prison and you're listening, you are looking to the light. If you're a church, great, but are you coming or going? You know it's not about distance, it's about direction. Lord will take us where we're at. He won't leave us where we're at, but he'll take us where we're at.
Hank Smith:	08:37	I wonder if in verse 118, the Lord might say, today, seek ye out of the best media, wisdom. Sometimes I don't know if the media I consume is the most uplifting and edifying best media. I could be better about that.
John Bytheway:	08:56	Hank and Noelle, I was talking to a group of youth the other day and I asked them, guess how many websites there were when I was your age? The answer was zero.
Hank Smith:	09:05	Right?
John Bytheway:	09:06	This is a few years ago. I googled it. I found in 2021, the stat was, I think it said 1.8 billion websites. I like that, yeah, there's a lot of books out there. Seek out of the best books. Why would you waste any time on the wrong things? There's not enough time to read all the good things. Focus on the best things. I love it.
Noelle Pikus Pace:	09:28	And it's hard to find the best. I really like what President Oaks said with the good, better, best. There's so many good things out there, so many good things we could be doing with our

time, but are there better things or is there better media we could turn to? Are there better actions we could be taking and then what are those best things? We kind of have to take that assessment maybe each day, or each week, or each month, or whatever and look back and say, okay, am I doing the better and the best things and letting go of those maybe good things or not so good things?

Hank Smith: 09:55 Yeah, maybe I need to talk to my family and we need to say, all right, is this media we're consuming? Is it uplifting and edifying and teaching us? A John Bytheway talk if you can find those old cassettes. That's good media. I listened to a John Bytheway, talk Noelle. Didn't you listen to a John Bytheway?

Noelle Pikus Pace: 10:15 I loved, oh my goodness, Joh Bytheway, I'm like star stricken right here. I loved listening to it. Still do.

John Bytheway: 10:24 Thanks. And it's interesting what Noelle said. I mean, I can't stop thinking about way back when we were in verse 63 after the day when you would say, how did I draw closer to Christ today? Is there anything that drew me further away? Woo. I remember someone in my family had watched a show and said, that was kind of dark, and I'm like, don't look for light in the dark. You won't find it. That is a good sobering, humbling question. Did I do anything that took me away instead of drew me closer? That's a good question to ask.

Hank Smith: 10:56 Yeah.

John Bytheway: 10:57 Oh, I remember. I have looked for this. I have not been able to find it, but I thought it was a Boy Scout publication, not a church publication, but the two words I remember were a righteous environment. I don't know why, but it incentivized me to keep my room clean more than mom and dad. I felt a difference when I walked into an orderly room, a clean room, because it said the spirit can't come. That's why I think it must have been a church publication. The spirit of the Lord has an easier time in a righteous environment. I've shared that with my kids to notice how it feels to walk into a room that's messy and cluttered and how different it feels to walk into a room that's orderly. We think of our temples as kind of a model of that because that's what this is talking about. Such a simple thing.

Hank Smith: 11:49 You said that everything matters. I wonder if that's part of it. How was that in the Olympics? I've gotta be exact in a lot of things, not just this.

Noelle Pikus Pace:	11:58	Yeah, and that's in your day. Your day has to be planned out. Time management is off the charts. As an Olympic mom trying to balance motherhood, I had to be organized every single week. Lay down what I had to do each day, and that organization allowed me to have a clear mind and when my schedule was disorganized, when my life was out of order--I actually, going into the 2010 Olympic Games in Vancouver, I was a young mom. My daughter Lacey was two years old. I had been hit by a bobsled in 2006, missed those Olympics, came back four years later.
Hank Smith:	12:31	Yeah. She's gotta be the only person I know that is saying...
John Bytheway:	12:37	Did you get hit by a car? No, by a bobsled.
Hank Smith:	12:39	Yeah. Yeah.
Noelle Pikus Pace:	12:41	After the 2006 games, missing those and coming back, I just wanted to be an Olympian. I just wanted to check that box and become it, but I missed my daughter's first birthday. I missed her first words, I missed her first steps. Talk about the turmoil going on in my mama heart. It was really a mess and I can't even put it into words how, how emotionally, spiritually, physically, mentally drained. I was going into those Olympic games in 2010. I felt like chaos. When we have chaos around us in our lives when we feel like our lives are very cluttered, just like a teenager's bedroom typically, right? It's hard to find that order and that organization and that peace, that peacefulness and that stillness. In those Olympics, it was cluttered. That's the best word I can think of is as I was competing, I wanted to be competing, but I was thinking about my family and when I was with my family, I felt like I needed to be competing and I didn't have that balance.
	13:38	When I came back four years later, in between that space we had our son and I was with two kids and instead of me going by myself off to the Olympic games like I was doing four years previous, I told Janson, I said--and was following a late miscarriage is why I went back is I had retired after 2010--said, I never wanna be a part of this again. It's too cluttered, it's too chaotic. I can't find myself in this and I can't be at my best. I don't have that relationship with Heavenly Father. I could feel that I had distanced myself from Him and coming back to that draw near, I had distanced myself. I wasn't doing the things I should that I could be doing to be drawing me closer to him. Going back four years later, when we decided to go back as a family, we decided to do it differently and I said, the only way I can like feel organized and feel like I have everything together

and have that relationship with our Savior is if I'm not constantly stressed and worried and if I don't have all these pieces together.

14:32 So we traveled. My husband, Janson and I, our son Traycen, he was now two, Lacee was now six. It was miraculous and amazing and beautiful because we knew the plan. Even if a bobsled came and hit again, you know, you never know when those things happen, but it didn't this time. We were able to put our faith in Heavenly Father and said, all right, we're going into Russia, and that was another scary time there too and we had blessings and things that we needed during that time, but that clarity with our relationship with the Savior just grew. Our family grew together in unity. That organization and having things planned out, allowed me and us to build a better relationship with the Savior. We had just the best stake president. We have the best one now too. President Keller, I love you, but President McMurtry was our stake president in Eagle Mountain.

15:24 I remember he and his presidency came up with a theme for our stake that year. It happened to be that year that we were heading into the Olympic Games and it was one word, simplify. The stake theme for the year was simplify, cut out unnecessary meetings, shorten them if needed, like do what's necessary, but don't do more than the meetings that are necessary. Focus on the temple. We had a temple week for the family where there were no young men, young women activities, but we were asked to take our families just to drive by the temple or go walk around the temple grounds or whatever. That year when it was simplified, it helped me to simplify my life. I put all of my social media on the back pages of my phone because I was in the habit of every morning waking up and the second my alarm would go off, it would scroll.

16:09 It was a habit. Scroll, scroll, scroll. What's everybody up to? I don't even know, and I look at the time and I'm like, oh, I've just lost two hours now. My whole day is thrown off and I'm a mess. It was really rough. I realized that part of that simplifying was just putting my digital, my all those maybe unnecessary, to the back page and logging out and then I'd have to log in. It was very intentional, but taking control like that Elder Packer quote where it says, take hold of your life and order yourself to be valiant. That was part of the simplifying process of just saying, Noelle, all right, let's have a better connection here. I've got to clear out this space and organize myself, but it was beautiful and going to the Olympics with my family, it was amazing. It was really cool.

John Bytheway:	16:52	Wow. You know, I've never thought of this word best this way before, but it's a word that gives you permission to get rid of everything else, which is what you were just talking about best tells you you don't have to do the things that are only good or kind of good. That's a simplifying word, isn't it? That's interesting to think of it that way. If I seek after the best books, I don't have to worry about the mediocre ones. That's a really interesting thought. Thanks Noelle.
Hank Smith:	17:21	Back in 2015, I bet both of you remember Elder Lawrence. Larry Lawrence gave a talk called What Lack I Yet, and he said years ago I read in the church magazine the story of a girl who was living away from home and going to college. She was behind in her classes. Her social life was not what she had hoped for and she was generally unhappy. Finally, one day she fell to her knees and cried out, what can I do to improve my life? The Holy Ghost whispered, get up and clean your room. This prompting came as a complete surprise. Sound like my mom. But it was just the start she needed. After taking time to organize and put things in order, she felt the spirit fill her room and lift her heart. Then he goes on and says, the Holy Ghost doesn't tell us to improve everything at once.
	18:09	If he did, we'd be discouraged and give up. The Spirit works with us at our own speed. 90 miles an hour for Noelle. One step at a time, or as the Lord has taught, line upon line, precept upon precept. He goes on to talk about what lack I yet? I think that the Lord is, it may be saying that, right? Here in section 88, organize yourselves as we were taught four years ago. Do you remember Anthony Sweat came here? He said, this is the beginnings of the Temple endowment. The Lord is starting to lay the foundation for the presentation of the endowment here. Noelle, what do you wanna do next? This has just been fantastic. I could just listen to you talk about every one of these verses.
Noelle Pikus Pace:	18:55	Well, this has been a lot of fun. I would love to maybe focus on two more verses. The first one let's jump to is verse 124. Then we can wrap up with 126. You wanna go ahead and read,
Hank Smith:	19:08	See that you love one another; cease to be covetous; learn to impart to one another as the gospel requires. Wow. There it is again. He wants us teaching each other. Cease to be idle; cease to be unclean; cease to find fault one with another; cease to sleep longer than is needful. Oh, now he's sounding like my father. Retire to thy bed early, that ye may not be weary; arise early, that your bodies and your minds may be invigorated. And above all things, clothe yourselves with the bond of charity, as

		with a mantle, which is the bond of perfectness and peace. Man, that's the pen of heaven.
Noelle Pikus Pace:	19:45	I think this is my least favorite scripture in the entire quad. I have to tell you, I am a night owl. I love my sleep. This is my least favorite, but I know I can do better. Come on Noelle, you've got this and I like being idle, like I like all these things. Is that...
Hank Smith:	20:02	Is that so wrong?
Noelle Pikus Pace:	20:05	I was at the University of Utah running track and field. I competed in 10 events in track and field in college. I absolutely love track and field. I love learning, I love analyzing and figuring things out. I did high jump, long jump, shotput, javelin, the 100-meter hurdles, the 200, the 800--that's called the heptathlon--and then I did hammer throw, that like ball and chain thing. Then weight throw is indoor and then discus.
John Bytheway:	20:30	Okay, Noelle. This does not sound like someone who loves to be idle.
Noelle Pikus Pace:	20:36	I'm talking about the sleep.
John Bytheway:	20:41	Well if I were throwing around javelins and hammers and shotputs, I'd need more sleep too.
Hank Smith:	20:45	I might sleep some more too.
Noelle Pikus Pace:	20:49	Coming back to this, I was running track and field at the U. I remember trying to burn the candle at both ends as many college students do. Staying up really, really late, waking up really early, trying to study and do all the things that college students do. One day caught up to me, I had a track meet. I was supposed to be at the bus at the University of Utah to join my track team to head up to Pocatello for this meet at 5:00 AM. I didn't get in, I was dating Janson at the time. He was down in Orem, so I made the drive down to Orem to see him and to hang out with him and then I came back and I had to still study for some tests that I had or something, so I was up till maybe like two or three in the morning and I had to be on the bus at five.
John Bytheway:	21:30	Oh man.
Noelle Pikus Pace:	21:30	Do you see where this is going? My alarm. I must have slept through it. All of a sudden I woke up to a phone call at about, it

was probably around 7:00 AM. It was my mom. She was saying, Noelle, Amanda, my sister, Amanda and I are here in Pocatello looking for you and your team just got off the bus. We don't see you anywhere. Oh, can you imagine your heart rate? Oh my heart. I was like, oh my goodness. I was in Salt Lake. It was like a couple hour drive away, right? My heart is pounding. I'm like, I'm gonna get kicked off my team. I've gotta reference this with a little context. Our coach, Lisa Collette, was the best coach. She was absolutely incredible. She had very high expectations, which made her the best coach. One of her rules was that if we were one minute, one minute late to practice, she would look us in the eye and point to the car, like to leave, like, get out of here.

22:29 I don't wanna see you here. You cannot be a minute late or you will see me in my office tomorrow morning at 9:00 AM. I don't want you here at practice if you're gonna be a minute late. Here I am. I'm two hours late and I got in my car and I drove, I'm sure the speed limit. I drove so quickly, up to Pocatello, up to this track meet and I got out of my car and ran into this arena, looked for her. I was just in tears, like balling. I see her and she's like, her arms are folded. She has this stern look. You could see that. She knew that I had been beating myself up, like she could see it on my face and she's like, go get your stuff ready. We'll talk about it on Monday. Go ahead. I was able to compete, not to the best of my ability, but at least she let me compete.

23:14 When I came back to the office on Monday, she just sat there in the office. As I walked in, her arms folded and she looked at me and a little grin came on her face, which I had never seen before. She's like, are you ever gonna do that again? No, I'm gonna get to bed early. I'm gonna wake up early, and I'm gonna there on time. I promise. She's like, I'll see you at practice at three o'clock. Had this little kind of grin, but I just respected her so much for having that mercy, for showing me grace and saying, alright, I know you messed up. You know you messed up. Now get it back. But going to bed early. I was like, Janson, we cannot stay up, like I gotta get, get my sleep in. It really is true that when we get that sleep, when we go to bed early, something happens. At least I've noticed in my life when I go to bed early, when I wake up early, my day is so much better. I'm able to plan out my day and get the things done that I need to. And universal truth, this is God's law and if we follow it, he will bless us and bring those blessings into our lives. He's excited and wanting to bring these blessings into our lives.

Hank Smith:	24:15	Wouldn't you say, both of you, that it's not necessarily about just getting up early, it's getting up early to take advantage of what an early day is like.
John Bytheway:	24:26	Getting up early to scroll.
Hank Smith:	24:28	Yeah, right. Getting up early to watch television or something, but getting up early and getting outside can be some of the most serene moments. John, do you remember what Hugh Nibley said? It is better to get up at 9:00 AM and write a good book than to get up at 5:00 AM and write a bad book. Yes, retire to thy bed early that you may not be weary or rise early, that your body's and your minds may be invigorated. Maybe take advantage of that time to be still.
Noelle Pikus Pace:	24:55	I just wonder if that principle also includes if you stay up late, what are you gonna be doing with your time when that sun goes down? Is it really the wisest, the good, better, best thing to be doing with your time? Maybe that is also something the Lord is trying to teach.
Hank Smith:	25:11	I learned from John, Bytheway, Noelle, he said he was staying up too late watching a show. He said, what if I just trade those hours? You wrote your first book.
John Bytheway:	25:20	I thought, what if I take my least productive hours from 10 to midnight and trade them for my most productive from five to seven? Nobody bugs you at 5:00 AM. Nobody calls you. Nobody comes over and wants to talk. I thought I should have done this years ago. I'll be real here. I've had times when I'm anxious or sad and times when I pray about it, when I get the answer, John, you just need more sleep. That staying up too late thing, get more sleep. You're gonna feel different about everything. I know some sleep doctor is probably out there nodding. Getting some decent sleep can solve a lot of problems in your head, I think.
Hank Smith:	26:05	Yeah. How many times have we said that about one of our children? They need more sleep. Yeah, we don't think of it ourselves.
Noelle Pikus Pace:	26:13	I was thinking about the cease to be idle. You know, we were joking about being physically active is the opposite of being idle, but it is maybe bringing up the point of the distractions in our lives, avoiding distractions. And that could be whether it is social media or whether it is the things that we choose to do with our time that aren't in the areas where the Lord needs us

to grow. Anything that can hold us back from progressing forward, I feel, can be a form of being idle. Janson and I, when we were first married, we played softball all the time. We love softball. We love softball so much. We would play softball on Mondays. I would play women's league on Tuesdays. We would play co-ed on Wednesdays and then we'd go do Delta all-nighters on Thursday, Friday, Saturday. We'd go play softball all the time.

26:58 One summer we came back to find that our grass at our house were like, man, our grass is lush and beautiful and long and it's the greenest grass in the neighborhood. Then we take off to another softball tournament and we didn't have time to mow it or to care for it and it just kept growing and growing and growing. We came back, we found a dead spot in it and like, why is it dead? Everything else is so lush and green. Come to find out, we had grubs. The grubs were eating all the roots and we didn't even know it because we hadn't taken care of it, and we went to tug on this little piece of grass that was really green and lush on the top. It looked beautiful, but the underneath of it, the grubs had eaten the root and the grass just came out so easily.

27:36 We were able to pull this grass out. To our devastation, it was too late. It took over our whole lawn. We were so caught up in what we were doing. Coming back to this cease to be idle. Even though we were active, constantly going as we were sitting here talking John and Hank, it just made me realize that ceasing to be idle, that could be a form of it. As we were playing softball so frequently, good, better, best. It was good, but that could be a form of idleness that we weren't putting the temple first. We weren't putting the Lord first. We weren't putting, serving our neighbors first. It's good to be active. It's good to play softball. It's good to get out and do things together. Absolutely, but that balance in our lives can help us to see the light more clearly. It kind of hit me to see that in a different way.

Hank Smith: 28:21 It reminds me of one of my good friends. His name is Tyler Hoops. He's in St. George, Utah. He loves to mountain bike, loves it almost to an obsession. We were talking once and he said, I've decided to not compete, just to ride. And I said, why you love it? And he said, I know. That's the problem. It's taking too much of me. It's taking me away from being a dad and a husband. Maybe it is a form of idleness or at least it's not wise, to let one thing take over because then you find out you have grubs in a lot of areas of your life.

Noelle Pikus Pace:	28:56	Yeah, and maybe it's because idle might be spelled differently. Maybe if we were to spell that with an I-D-O-L and then that becomes your idol. Right?
Hank Smith:	29:05	Softball becomes your idol. Noelle, I wanted to ask you about, you're very competitive. We've learned about you. You said don't drive by you on the freeway.
Noelle Pikus Pace:	29:14	Oh, don't.
Hank Smith:	29:15	She's gonna think she's in a skeleton race with the civic next to her. It says, see that you love one another and cease to be covetous. Don't find fault with one another. Has that been difficult to be competitive but not covetous? Or finding fault.
Noelle Pikus Pace:	29:34	Oh yeah. Especially in my rookie years, I would say, of competing. That's the only way I knew how to compete was to compare myself with others, was to see somebody and to see what they had and to want it or to not want it. It's a very tough place to be in as an athlete because it does, it trickles into other areas of your life. You see a big boat pull in or you see a nice house or you see these what seem to be perfect kids or perfect scenario or perfect marriage or perfect this or perfect that, and we say, oh man, I wish. That would be so good. What I learned looking outside of myself in a comparative way, it never helped me to become my best self. It took me years to figure this out. In my rookie year, I was always comparing myself with others.
	30:19	As I went into that 2014 games, I realized that the best thing I could do was to be the best me. Heavenly Father helped me to see that what he was blessing me with would be enough. That it didn't need to be what somebody else had or what somebody else was doing, but I just needed to give my best. Whatever my best was, it would be enough. Even though that enough fell short of a gold medal In so many eyes in the world, that's like, ah, you fell short of a gold medal, but I knew it was where Heavenly Father needed me to be. How could I be upset at that? It was the most joyous moment I've ever experienced, was jumping into the stands to celebrate second place. Like who celebrates second place at the Olympics like that? That moment the world saw this joy as I jumped into the stands and reached out for my husband and my kids, and I shouted, we did it. We did it. It was named the moment of the games and it was second place, but it was where Heavenly Father needed us to be.
John Bytheway:	31:21	That is so cool. I think I remember seeing that photo of this family celebrating. I mean, it brings tears to your eyes to think

of the effort that went into, we did this. Oh, so it was called the moment of the Olympics?

Noelle Pikus Pace: 31:35 Yeah. It was by the United States Olympic/Paralympic Committee. I was awarded the Moment of the Games of the 2014 Sochi Russia Olympic Games. That moment. So, pretty special.

John Bytheway: 31:48 I think we could see your young women medallion. You wearing that.

Noelle Pikus Pace: 31:52 Yeah, you could. Section 88, in verses 7 through 13 when it talks about the light of Christ. I wore that young woman medallion. John, I'm glad you brought that up, because to me it was where I wanted to set my sights. It wasn't on a podium. It wasn't on a medal, but I wanted to stay focused on the light of Christ and also the other medallion I wore was that of the temple. I just wanted to remember why I was really here. That it was bigger than an objective, bigger than a task, bigger than a goal that I had set. The big picture, the eternal perspective is Jesus Christ. It helped me to stay grounded.

John Bytheway: 32:31 I think I remember Jimmer Fredette talking about his three on three basketball and how you have a different mindset when you know this is awesome, this is great. This is so wonderful to be here, but there's a bigger thing going on. Steve Young talked about that. When something comes in and hits me, it doesn't go all the way to the center because I have something else at the center of my life. That's not weakness, that's power. That's awesome.

Hank Smith: 32:58 Can I read a a 23-year-old talk? Both of you remember this. It's called the Other Prodigal from Elder Holland. He takes the parable of the prodigal son and says, let's learn some things here. Here's one part of the talk. He says, who is it that whispers so subtly in our ear that a gift given to another somehow diminishes the blessings we have received? Who makes us feel that if God is smiling on another, then he surely must somehow be frowning on us? You and I both know who this is. It is the father of all lies. He says, how does this happen? Especially when we wish so much that it would not. One of the reasons, is that every day we see allurements of one kind or another that tell us what we have is not enough. Someone or something is forever telling us that we need to be more handsome, or more wealthy, more applauded, or more admired than we see ourselves as being. We are told we haven't collected enough possessions or gone to enough fun places. We are bombarded with the message that on the world scale of things, we have

		been weighed in the balance and found wanting. Some days it's as if we have been locked in a cubicle of a great and spacious building where the only thing on TV is a never ending soap opera called Vain Imaginations.
	34:13	A little bit further in the talk. He says, how can we overcome such a tendency so common in almost everyone? It goes back to the prodigal son, that we all try to return to the Father. Both sons did that. He said, along the way, we can count our blessings and we can applaud the accomplishments of others. Best of all, we can serve others. The finest exercise the heart ever prescribed. But finally, these will not be enough. When we are lost, we can come to ourselves, but we may not always be able to find ourselves and worlds without end. We cannot save ourselves. Only the Father and his only begotten son can do that. Salvation is in them only. Finally, this is how he finishes. I testify that no one of us is less treasured or less cherished of God than another. He loves each of us insecurities, anxieties, self-image and all. He doesn't measure our talents or our looks. He doesn't measure our professions or our possessions. He cheers on every runner calling out that the race is against sin, not against each other. Cease to be covetous, cease to find fault one with another. I could do that better. It's easy, John, until I see someone with a beautiful Ford F-150, and I think, why do I not have that? I'm gonna try to not covet.
John Bytheway:	35:35	I like the Stephen Covey idea of don't think of success as a pizza, where if you take three slices, there's fewer slices for me. But think of it as the abundance mentality, is it's a pizza factory. It's endless. I love in the Book of Mormon when Alma says, I do not joy in my success alone, but my heart is more full because of the success of my brethren.
Hank Smith:	35:58	Of my brethren.
John Bytheway:	35:59	He almost falls over and has an out-of-body experience. He's so excited. It's not, oh gosh, you guys did better than I did. Instead, it's like, you guys did so great. That's easy to say. Maybe not as easy to do, but I I love that idea of be gracious and celebrate the accomplishments of others.
Hank Smith:	36:18	How silly Noelle, that someone might say, oh, just a silver medal. I bet you were disappointed. Wait, what? Has anyone ever said that?
John Bytheway:	36:26	Can hardly imagine that? Right? If I got to be in the audience at the Olympics, I would feel like it was an accomplishment.

Hank Smith:	36:37	Noelle, do you have anything more that you wanna do? I think you had a couple other verses. Did you have any others?
Noelle Pikus Pace:	36:43	The last verse that I was hoping to touch on is verse 126. I really, really love this one. I remember when I was younger, I printed it out and I stuck it on my mirror to remind me. Man, John, I think it must have been you at a fireside. Because I still remember sitting in the pews at the Timpview Fifth Ward, watching you speak to me when I was 12 years old. I'm pretty sure you shared this poem. After we read this scripture. I'm hoping you guys will be okay that I'm gonna share this poem that helped me to remember to pray anywhere I went.
Hank Smith:	37:17	I think the Lord knew you were gonna be on the followHIM podcast for section 88. Yeah, put that on the mirror. Get her ready.
John Bytheway:	37:24	He sees all things right.
Hank Smith:	37:25	Yeah.
Noelle Pikus Pace:	37:27	John, will you read 126?
John Bytheway:	37:29	Yeah. Pray always that ye may not faint. Boy, how appropriate is that for an athlete? Pray always that ye may not faint, until I come. Behold, and lo, I will come quickly, and receive you unto myself. Amen.
Noelle Pikus Pace:	37:43	Yeah. Praying always. I just remember this sticking at the forefront of my mind, when I was sitting in my sophomore high school history classroom. I was ready to take a test and I wasn't feeling prepared. And I remember these coming to my mind and saying, pray always. And I remember thinking, but I'm not kneeling down. I'm not alone. People will see me. This is gonna feel awkward. And I'm gonna read this poem. Then I just remember it going on, being like driving in a car in a scary situation and just a quick little prayer. I remember with my kids and something happening and I remember time after time going into a competition feeling that anxiety, the butterflies and the sweaty hands and the doubts. The doubts, man, you guys, the doubts that would come and swirl in your mind, making you feel like you don't know what you're doing or you're feeling unprepared and you're about to throw yourself down this icy chute.
	38:37	And I just remembered this coming to my mind. I'm gonna read this fun poem. I'm gonna do it in the best, John Bytheway voices

I can muster. But here we go. It's called The Prayer of Cyrus Brown by Sam Walter Foss. He said: The proper way for a man to pray said Deacon Lemuel Keyes, and the only proper attitude is down upon his knees. No, I should say the way to pray, said Reverend Doctor Wise, is standing straight with outstretched arms and rapt and upturned eyes. Oh, no; no, no, said Elder Slow, such posture is too proud: a man should pray with eyes fast closed and head contritely bowed. It seems to me his hands should be austerely clasped in front with both thumbs pointing toward the ground, said Reverend Doctor Blunt. Las' year I fell in Hodgkin's well head first, said Cyrus Brown, with both my heels a-stickin' up, my head a-pinting down; an' I made a prayer right then an' there - best prayer I ever said, the prayingest prayer I ever prayed, a-standing on my head.

Hank Smith: 38:54 That's great.

38:54 Oh my goodness. So that poem and this verse pray always has stuck with me. And I remember some of the greatest prayers I think I've ever said. Were in my skeleton competition days at the Olympic Games, at World Cup Competitions, wherever I was. Not knowing where to go to just have a quiet moment. And it doesn't matter if you're standing on your head, it doesn't matter if you're in a car, it doesn't matter where you are, but for me, I found that place in a bathroom stall and it's not perfect and it's not pretty and it doesn't always smell the best, but it was the best place I could go to have some of the closest prayers with our Savior that I'd ever had. And I knew that it was a good place to pray, because I was praying. It didn't matter where I was, but it was that relationship with the Lord.

40:48 I felt his peace come to me in those bathroom stalls of all places, as I would say in my prayer, telling him of my insecurities, telling me how I was afraid, telling him what I was hoping to work on for the day. And I would feel that peace as I would sit there, as I would say, amen, and just wait and listen. Try to feel that peace for just a moment. He would bring it and he would give it to me. It helped me to understand that no matter where we are, we are in a position to pray. Whether we are blind, whether we don't have arms, whether we lost a career, whether we're in a great successful marriage, whether we are coming out of a divorce, whether we are walking across the street, wherever we are, it's the perfect time to say a prayer. Pray always. Thank you, John, for bringing that poem into my life and for bringing a laugh as well, but it is, it's a good memory.

John Bytheway:	41:41	The prayingest prayer I ever said a-standing on my head. Yes. I think I heard it when I was a teenager and thought, oh, okay, if you're in trouble, you pray anywhere. You know?
Hank Smith:	41:52	Yeah. Maybe you heard it from the Cyrus Brown. Maybe you were.
John Bytheway:	41:56	I could have. Yeah. Yeah. That was Grandpa Cyrus told me that poem. No kidding.
Hank Smith:	42:03	Noelle, this has been just a wonderful day to learn from you, to be edified as the Lord has said, to teach us out of the best books, but we've been taught by one of the best athletes. It's been full of light. What a section and what a teacher. I want to ask you a question before we let you go, and that is, you've been all over the world as a corporate speaker, as an Olympian of course, and yet here you are a solid believer. Where, that could happen to someone where they become famous across the world and lose their faith. I think our audience would be interested in, how did you do that?
Noelle Pikus Pace:	42:43	Man, that's a great question. I think at the heart of it all, I did it because I've tested it. I believe it, because I've tried. I have my good old book here too, John, for those that are watching, you can see these are my scriptures from, I think I got these actually when I was about eight years old. I don't believe it just because I've read it. I believe it because I've read it and I've asked. I've asked the Lord if it is true. I've tried to hold fast to what Moroni's promise is in saying, if this is true, please let me know. There have been so many things in my life and so many times when I'm like, what's the point? And I still can't doubt it. I can't turn it off because I know. I know without a doubt that the Book of Mormon is true.
	43:29	If the Book of Mormon is true, Joseph Smith is true. And I have a testimony of Joseph Smith, and if Joseph Smith is true, the Doctrine and Covenants is true, and all these principles are true. The priesthood, the power, the temples, and I know it's true. I can't doubt it. I've tested it, I've experienced it, and that knowledge, I say I know it, but it's a continual growing knowledge that continues drop by drop to say, you know something that's without those doubts, but it's just a continual belief that this is right and this is good, and this is where I want to be and this is where I want to go.
Hank Smith:	44:01	That's wonderful. There's a prayer in 133 that I find so touching where the Lord says, in essence, this is how I want you to be towards one another. I receive you to fellowship in a

		determination that is fixed and immovable and unchangeable to be your friend. To be your friend. That's what it's felt like today that I'm with two of my friends, been edified together. John, sometimes I just think, how am I here? I am talking to Noelle Pikus Pace. Like, I'm chatting with her just about scripture. Do you ever wonder that? How are we doing this?
John Bytheway:	44:41	Oh, I, I can hardly believe it myself. When I make my, did I draw closer list? I'm gonna say, yeah. Noelle drew me closer to Christ today by her insights here.
Hank Smith:	44:51	Yeah.
John Bytheway:	44:52	As we've said before, Hank, people don't come and say, I love your podcast because of you and Hank. They say, I love your guests.
Hank Smith:	45:00	Love your guests, and we would invite anyone who has a message for Noelle, come onto YouTube. We will make sure she gets all of those messages. Tell her where you're listening from. She's probably been there. I just think, Noelle, of that teenage Noelle putting up section 88 verse 126, pray always that you may not faint until I come. Here you are, on followHIM for that same section. The Lord is a, I don't know, there's just something that ties that together with a bow. Thanks for being here.
Noelle Pikus Pace:	45:30	Thank you for having me, and thank you for listening. I, I just send my love to all of you. Thank you so much.
Hank Smith:	45:36	With that, we want to thank Noelle Pikus Pace for being with us today. We want to thank our Executive Producer Shannon Sorensen, our sponsors David and Verla Sorensen, and every episode we remember our founder. He would've loved this. He would've put his fist up. Yeah, baby. We remember our founder, Steve Sorensen. We hope you'll join us next week. We have something called the Word of Wisdom coming up, on followHIM. Thank you for joining us on today's episode. Do you or someone you know speak Spanish, Portuguese, or French? You can now watch and listen to our podcast in those languages. Links are in the description below. Today's show notes and transcript are on our website: followhim.co That's followhim.co. Of course, none of this could happen without our incredible production crew. David Perry, Lisa Spice, Will Stoughton, Krystal Roberts, Ariel Cuadra, Heather Barlow, Amelia Kabwika, Iride Gonzalez and Annabelle Sorensen.Whatever questions or problems you have, the answer is always found in the life and teachings of Jesus Christ. Turn to him. Follow Him.

Hank Smith:	00:03	Welcome to followHIM Favorites. This is where John and I are sharing a single story to go with each week's lesson. John, section 88. This is a large section of the Doctrine & Covenants, a lot of verses to choose from. You have the story this week. Where are we going to go?
John Bytheway:	00:18	I want to go to section 88 verse 11, but I have to start with a story. So Hank, I don't know how old you were, but in 2002, the Winter Olympics came to Salt Lake City. Deseret Book published a book that year called Why I Believe, and they had kind of prominent Latter-day Saints write their testimony. Well known Steve Young, Stephen Covey, Gladys Knight was one of those. She told the most interesting story. Gladys Knight, her children actually joined the church first. If you don't know who Gladys Knight is, she was a Grammy Award-winning singer. She was Gladys Knight and the Pips. I called her to get more details about the story, but they said, oh, you just missed her. She's on that midnight train to Georgia. That's the name of one of her songs. Okay. So, uh, her children joined the church. She investigated it and one of the coolest parts of her story is that some of our listeners will remember Apostles Testify of Christ.
	01:13	Each of the quorum of the 12 did a little testimony, a different aspect of Jesus' life. And she said, I watched that video and I looked into their eyes and she said they didn't need showmanship. They came from all different walks of life. Eventually, she joined the church and she said, you know, ever since I joined the church, I get these questions like something has happened to you. And she said, you're going to love this. One time she said, I was singing at Disney World or in Florida. Sister Knight, if you're listening, I'm trying to get the story right because I think it's so awesome. Thank you for sharing it in your testimony. She said, I was singing and the manager of the theater passed out three by five cards. Hey, if you have questions for Gladys Knight, send them up. She said, most of the questions are about my albums and my hits.

	02:00	But one of the questions came up and said, Gladys, I've been a fan of yours for many years, yet lately you have a different light about you. Could you please explain what happened? Gladys Knight said, we're at Disney World. We had a lot of different races, countries, religious backgrounds, all different people there internationally. She said, attempting to be diplomatic, I said, I have discovered that keeping God's commandments brings greater peace and joy. It is not enough just to talk about commandments as many people do. I'm trying more than ever to keep them. Beautiful answer. So they went on, I think she sang a few more songs and then the manager decided let's pass the microphone for some more questions. Gladys Knight said, a tall, beautiful African-American woman near the front stood up and said, Gladys, I am the one who asked about the light you now have. Would you please tell us more specifically how you got that light?
Hank Smith:	02:55	What is happening?
John Bytheway:	02:57	I just love Sister Knight. Disney World. Gladys Knight says, I have become a member of the Church of Jesus Christ of Latter-day Saints. Period. She said to the surprise of some of my friends watching the show, the audience suddenly burst into applause. Hank, I don't know what was going on. Is it Mormon night at Disney World... Did you hear that? I dunno what's going on? I have loved that story. Somebody saw it and recognized it and said, what was that? And Gladys told them, now what does this have to do with section 88? Somebody recognizes and Hank, I collect stories like this. I have a bunch of them. President James E. Faust gave a talk in, I think it was October, 2005, called A Light in their Eyes, and he referenced this verse, section 88, verse 11. Now listen to this, Hank, you're going to love this. The light which shineth, which giveth you light is through Him who enlighteneth your eyes, which is the same light that quickeneth your understandings. And I just believe you strive to follow the light of Christ. That light starts to show in you. Interesting statement, Brigham Young said, those who have got the forgiveness of their sins have countenances that look bright and they will shine with the intelligence of heaven. So that's Sister Knight right there.
Hank Smith:	04:23	That's cool. You mentioned the 2002 Olympics. Well, it just so happens that our guest this week on followHIM is an Olympian. Her name is Noelle Pikus Pace. John, what she does with section 88, it enlightens you and she has the light, doesn't she?
John Bytheway:	04:42	Oh yeah. You'll all see it.

Hank Smith:	04:44	She beams. Yeah. She's just wonderful. We hope you'll join us with her there on our full podcast. It's called followHIM. You can get it wherever you get your podcast. Then come back next week. We'll do another followHIM Favorite.