



“Stand Still and See the Salvation of the Lord”
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 would it take for you to walk forward in faith when the impossible stands right in front of you? Sister Elaine Dalton explores the miraculous Israelite Red Sea crossing as a type of Christ’s power to deliver us, drawing powerful connections between ancient scripture and the “Red Sea moments” in our lives. She also reminds us to move forward in faith, honor our covenants, and never forget the miracles He has already performed.

Part 2:

Sister Elaine Dalton draws on Exodus 14-18 to reveal how “holy habits,” prophetic sustaining, and wise delegation shape a life of lasting discipleship.

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Part 2 -

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- 45:43 What did we learn, feel, and what is next?
- 49:35 End of Part 2 - Sister Elaine Dalton

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Biographical Information:



Sister Elaine S. Dalton

Young Women General President 2008-2013

Elaine Dalton was born and raised in Ogden, Utah. She received her bachelor's degree in English from Brigham Young University.

Sister Dalton married Stephen E. Dalton in the Salt Lake Temple. They are the parents of five sons and one daughter and the grandparents of 16 grandchildren.

Sister Dalton enjoys running and hiking with her family and dancing with her granddaughters. She loves to read, especially the scriptures, and she loves the Lord. She has a deep admiration for the young women around the world and firmly believes that one virtuous young woman, led by the Spirit, can change the world.

Her favorite scripture and life's motto is found in [Proverbs 3:5-6](#): "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."

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- Hank Smith: 00:00:00 Coming up in this episode on followHIM.
- Sister Elaine Dalton: 00:00:04 Some days we might feel like we've been miraculously led out of Egypt, only to find that there's another roadblock in front of us. How do we face that?
- Hank Smith: 00:00:21 Hello, my friends. Welcome to another episode of followHIM. My name is Hank Smith. I'm your host. I'm here with John Bytheway, who is bread from heaven. John Bytheway. Does that fit? John, bread from heaven?
- John Bytheway: 00:00:37 Are you speaking ... I'm kind of crusty or I'm one of the yeast of these your brethren.
- Hank Smith: 00:00:43 Yeast of these. Oh, I love it. No, thou art the manna, John. You are a blessing to me and bread from heaven was a blessing for the children of Israel. That's out of Exodus chapter 16. John, we are privileged, honored, and I think both of us are a little bit nervous to have our guest Sister Elaine Dalton. Sister Dalton, can I call you Elaine?
- Sister Elaine Dalton: 00:01:05 You can, yes.
- Hank Smith: 00:01:06 Thank you. Thank you for being here.
- Sister Elaine Dalton: 00:01:09 I'm just absolutely giddy about this. I'm so honored to be here with you two. So thank you.
- Hank Smith: 00:01:15 We feel very blessed to have you with us and to have someone who has done so much for so many. John, when you think of crossing the Red Sea, what comes to mind? I know you're a Charlton Heston fan.
- John Bytheway: 00:01:31 Well, I bear a striking resemblance, I'm told, but no- this is the most epic deliverance story that's so big. It's not this little thing happened, but it's parting a sea. If God can do that, wow,

maybe he can deliver us through our Red Seas. That's what I'm looking forward to.

Hank Smith: 00:01:55 Ah, John, that is beautiful. I think of Nephi. How often does Nephi say, I can do this because I know God parted the Red Sea for Moses. Elaine, as you've been looking at these chapters that we're gonna look at today, what are you looking forward to? What are we gonna walk away with?

Sister Elaine Dalton: 00:02:11 I have to tell you first, as I've looked at these chapters and as I study, I ask myself three questions. What did I learn? What did I feel? What am I gonna do about what I've learned? I think it's really wonderful to learn all these things, but unless it is applicable to us in our day and unless it changes us in some way, I would love it if everyone could ask those three questions and maybe at the end of this, say, okay, because I've heard this, I'm gonna change this, or I'm going to do that, or I'm gonna have more faith, whatever it might be. I would love everyone to look for Jesus Christ in everything we're reading right now, His infinite atonement and how He is the Deliverer and the Redeemer. I think it's also about progress, how we'll have these Red Sea moments, but that the Lord will take care of it all.

Hank Smith: 00:03:13 That sounds wonderful. There's a moment in Exodus 14 where the Lord says, tell the children of Israel, go forward. Let's go.

Sister Elaine Dalton: 00:03:22 Yes, go forward. First Moses says, stand still and know that the Lord... And then it's, no, don't stand still now. Just move forward. Progress on in there. I think it's fun just to read this. "The Lord shall fight for you. Ye shall hold your peace." And the Lord said to Moses, "Wherefore, criest thou unto me, speak unto the children of Israel that they go forward." He's near us. We can go forward. These are hard times for a lot of people, and I hope as we read this, we'll have that Spirit witness to us that the Lord is near us, that he loves us, that he wants us to succeed and he is a deliverer. In these chapters, we'll see how patient he is and how good he is. He keeps leading the children of Israel along, even though they murmur. And that's one other thing I'm gonna take away. I'm not gonna murmur anymore. It can't happen.

Hank Smith: 00:04:24 I love this, Elaine. I'm already feeling the application. There's a lot of things I can do. This relevancy in antiquity is going to be with us today. John, before we go another step forward, that's what the children of Israel are going to do. But before we do that, you and I both have known Elaine for a long time. We know how loved she is by so many. There may be someone who wasn't in the church back in 2008, 09, 10, 11, 12, 13 when Elaine

was leading the Young Women's Organization. What do you have? What do we know? Has she gone into a life of crime since then?

John Bytheway: 00:05:06 No, not at all. [Elaine Dalton](#) was born and raised in Ogden, Utah. She received a bachelor's degree in English from Brigham Young University. She married Stephen E. Dalton in the Salt Lake Temple. Steven and Elaine are the parents of five sons, one daughter, and the grandparents of 22 grandchildren. She enjoys running and hiking with her family and dancing with her granddaughters. She loves to read, especially the scriptures. She loves the Lord. She has a deep admiration for the young women around the world. Many of our listeners will know as Young Women President, she firmly believes that one virtuous young woman led by the Spirit can change the world. Her favorite scripture and life's motto is found in Proverbs 3:5-6, which was a youth theme years ago. "Trust in the Lord with all thine heart, lean not unto thine own understanding." Boy, is that gonna be relevant today. "In all thy ways, acknowledge him and he shall direct thy paths." Sister Dalton does work with the [Stella H. Oaks Foundation](#). People are gonna go, Stella H. Oaks, who is that? 'Cause that sounds familiar.

Hank Smith: 00:06:16 Yeah.

Sister Elaine Dalton: 00:06:17 Well, John, thank you for the opportunity to just share that. It's a very exciting foundation. It's named after President Oak's mother, who was a single mother. He's told that story. President Oak's father died when he was eight. She's raised three children who really have and are changing the world. She did it, she went back and got her education. In the process of that, she had a breakdown and had to come home. President Oaks, he recounts that she didn't even know his name at that point. But she recovered, she went back, she got that education, and she came back and made such a huge difference. President Oaks is really largely the product and his brother and sister of a single mother and a grandmother who had faith in the Lord and modeled that by their example and blessed those children. We give scholarships for these single mothers now to get an education because we say when you educate a mother, you educate generations. That is President Oaks and his mother are good examples of that, wouldn't you say? So it's a privilege for me to do that. Thank you for letting me share.

Hank Smith: 00:07:39 That's wonderful. John, am I remembering right that it was [President Oaks](#) who said he was like the dumbest kid in the class?

John Bytheway: 00:07:47 He gave a talk at BYU, I wanna say 74, 1975, where he said after his father died and left his family with this medical school debt, he said, "I went through a period when I was the dumbest boy in the room. I couldn't do math." Oh, this just hurts. He said, "I had an occasion where other children threw rocks at me and called me stupid." I just think, what? He said something after that about, "Those things do not need to be permanently disabling. Feel no envy for those," he said "whose resources make it easy that because sometimes those lessons will help you in your life," I'm paraphrasing. Amazing to hear President Oaks share that story as the dumbest boy in the room who becomes a Utah State Supreme Court judge and a law clerk in Chicago and all those things, really amazing. So he must have had an awesome mother that helped him through that.

Sister Elaine Dalton: 00:08:47 Every woman listening to this today has to know that our prophet, President Dallin H. Oaks has the highest regard for women because of his life's experience. He is looking out for each of us, and I'm sitting up and paying attention every minute.

Hank Smith: 00:09:07 Hmm. I love that, Elaine. I don't know. I have two sisters who are single moms. I can't think of much more difficult of life's assignment than a single parent.

Sister Elaine Dalton: 00:09:19 I agree. And many of these young single mothers, through no fault of their own, have found themselves in these situations. Everyone, it's really important to get an education and to finish. You never know what life will bring you.

Hank Smith: 00:09:34 Elaine, thank you. I knew you were gonna continue to do great things. I do need to say this, John. I have a wonderful wife, Sara. She is, I talk about her often on the show. Last night she said, "Who's on the show tomorrow?" And I said, "Oh, Elaine Dalton." She had a little gasp. She said, "If I could meet anyone, any church leader ever, that is who I would want to meet." Elaine, we might have to arrange a double date or something.

Sister Elaine Dalton: 00:10:06 I'm in.

Hank Smith: 00:10:08 You got it. I'll be the best husband there is for a few hours. That'll be it though.

John Bytheway: 00:10:14 Then work on it again next week. Yeah.

Hank Smith: 00:10:15 Yeah. John, let's read from the [Come, Follow Me](#) manual. And, Elaine, we wanna learn. The lesson this week is called Stand Still

and See the Salvation of the Lord. Exodus 14 through 18. The Israelites were trapped. The Red Sea was on one side and the army of Pharaoh was advancing on the other. Their escape from Egypt, it seemed, would be short-lived, but God had a message for the Israelites that he wanted them to remember for generations. Fear ye not. The Lord shall fight for you. Since that time when God's people have needed faith and courage, they have told this story. When Nephi wanted to inspire his brothers, he said, "Let us be strong, like unto Moses, for he truly spake unto the waters of the Red Sea and they divided hither and thither and our fathers came through out of captivity on dry ground." King Limhi wanted his captive people to lift up their heads and rejoice. He reminded them of this same story, so did Alma when he wanted to testify to his son of God's power. And when we feel trapped, when we need a little more faith to see the salvation of the Lord, we can remember how the Lord saved Israel that day." What a beautiful way to start. I'm excited. Elaine, where do we wanna go? How do you want to kick off?

Sister Elaine Dalton: 00:11:33

Can we start back in Moses one? That might seem like a funny thing to do. It's really important to just remember this background that we've already studied. He does know the Lord. He learns that sitting still isn't gonna last long. He has to go forward and he has to command the waters to divide. Moses had a lot of confidence because he was given a blessing at that time, and that's in Moses 1:25. It says that, "Thou shall be made stronger than many waters, for they shall obey thy command as if thou were God." Here we have this young, I don't know how old he was, you'll have to help me, but this young man receiving this blessing, then life happens and things go on and on and on, but I have a, I wonder if when he was standing there on the banks of the Red Sea, if that didn't come to his mind, if the Holy Ghost didn't inspire him. It'd be neat to talk about revelation, how the Lord reveals things to us in advance. He helps us to move forward. Moses received revelation and confidence because he had that. Would you feel [confident](#) if you were standing on the Red Sea and been told you were stronger than many waters?

Hank Smith: 00:13:04

Right. Does that come back to your memory? Yeah.

Sister Elaine Dalton: 00:13:07

I love that. We go forward and we study about the Red Sea actually parting. It's wonderful to see also that they were not alone, that as they seemed like they were trapped. They'd gone down, they'd obeyed the Lord. They were in this place where there was the ocean on one side and Pharaoh's army is coming at them at the other side. So they felt like they were trapped. But again, it says in verse 21 of chapter 14, Moses stretched out

his hand over the sea and the Lord caused the sea to go back by a strong east wind all that night and made the sea dry land and the waters were divided. A strong east wind came all that night. And I'm sure the children of Israel wondered, what is happening to us? Then they woke up and saw what they saw. I try to put myself in that situation.

00:14:08 It's just marvelous. It's miraculous, isn't it? They went across on that dry ground and then, of course, we know the Egyptians pursued and didn't make it. Their chariots got stuck in the mud, but the Israelites had dry ground. An epic deliverance story. We have those, as you've mentioned, all through scripture, don't we? As I've thought about this a lot, aren't all of our scriptures about a journey? Aren't they like unto us? We're all on a journey to the promised land? Maybe going through the Red Sea is baptism. It could be symbolic of baptism. I know for sure that it's symbolic of the Savior's atonement and his enabling and redeeming and delivering power. I find myself in awe at this story, but also knowing the Lord doesn't like us to stay in a comfort zone. Brother of Jared, you've camped too long on the beach. You've been there and you haven't called on me, so get up and let's get moving. Let's go forward. And that happens with Nephi, it happens all the way through.

Hank Smith: 00:15:18 Yeah. John, you know how many times on this show someone shows us something I've never seen before. If you look at that verse 21, Elaine just pointed out. Moses stretches his hand over the sea, and here comes this strong East wind. I wonder if some of the children of Israel, I think I would have, I'd say, it just got worse. You stretched your hand. Not only are they is the army coming behind us, we got the sea in front of us, now we got bad weather. Thanks a lot Moses, it got worse. But it actually was coming to save them all that night. The very thing they thought was maybe getting worse was actually the thing that was gonna save them.

Sister Elaine Dalton: 00:15:57 Do you think when they saw the waters part, were there people who hesitated? Do you think there's some that still said, let's go back? Or do you think they just went happily across? What would you have done? How would you have felt? Would you have trusted that water to stay where it was?

Hank Smith: 00:16:14 Yeah. There's faith all throughout this story. We think of the moment of faith of the parting of the Red Sea, but even in the crossing, you're ... Ooh, I hope this works.

Sister Elaine Dalton: 00:16:27 Yeah. We learn that faith is absolutely crucial to every journey, not just this one, but to our journey, and that faith is a principle

of action, don't we? You have to move forward. You have to act on the faith that you have in order to progress. The Lord gave them the promise that he would lead them across. He would be a pillar, a cloud by day, and a pillar of fire at night. I don't think the Egyptians could see them because I think they probably were surrounded by a cloud. I don't know. I'm speculating here. He himself led them on this journey. As I studied it, I started thinking pillar, a pillar of fire. How many times in the scriptures do we also see pillars of fire or pillars of light? And there are lots, aren't there? I can compare Moses to Joseph Smith and to so many other prophets because the Lord appears and says, here's who you are and I have a work for you to do.

00:17:28 Then he gives them the big vision. That same thing happened to Joseph Smith. He spoke with the Lord and it's happened, probably every single prophet we've ever had that he teaches them first their identity and then he explains the work that they have to do. That's a really important acknowledgement. We all have to know our identity. [President Nelson](#) was so good about teaching us what that is. We are children of the covenant. That covenant that was made to Abraham, Isaac, and Jacob, which Moses was a child of the covenant. We all are. We need to remember that. Our identity defines our actions and our reactions. And if we know who we are, we really know who we are, it changes everything. How do you find out? A lot of young women will have asked me that. You find out just the same way Moses did. You desire and you pray and you live for that. Back to the Red Sea. Have you had any Red Sea moments in your life, John or Hank, or any of you listening? Have you had any Red Sea moments when something seemed absolutely impossible and you saw the hand of the Lord in your life?

Hank Smith: 00:18:48 That is a beautiful question. Something that we would hope every listener would stop for a second.

Sister Elaine Dalton: 00:18:54 I'll share mine while you think. I saw a Red Sea moment when I was the Young Women General President. That Red Sea moment was the moment that the temple recommend was approved for the youth. That happened during my time. That was a parting of the waters. That was miraculous. It was a divinely inspired, guided thing that happened. The Lord knew he had bigger vision than we did. That was one of the Red Sea moments when the waters parted and I witnessed the hand of the Lord like never before. All you youth, if you're listening, the Lord was in this. He knows who you are. You need to know who you are. He has a work for you to do, just like Moses.

John Bytheway: 00:19:46 Elaine, I love that idea of identity. I loved what President Nelson said. He said, "I believe if the Lord were speaking to you directly, the first thing he would make sure you understand is your identity as a child of God." That's exactly what happened you just described with Moses in Moses chapter one. "Thou art my son." He tells him three times, "Thou art my son." With that understanding of who you are, then he later tells him, I'm gonna make you mighty and even can command the waters. It all goes back to who am I and who is God? And those questions get answered in the book of Moses. I wonder if President Nelson was thinking of that or that was part of why he feels so strongly. And then do you remember Hank, he said those three identities for the young adults to memorize, child of God, child of the covenant, disciple of Christ, to never let anything replace or displace those.

Sister Elaine Dalton: 00:20:48 And that identity comes by personal revelation, doesn't it? These chapters we're studying here have a lot to do with revelation as well and being worthy to receive that revelation and then having the faith to act upon it. Hank, I'm not gonna let you off the hook. Have you had a Red Sea moment in your life?

Hank Smith: 00:21:10 I can think of a few. You know, Elaine, I have a place on my phone. I tell my students at BYU this, I tell my own children this to have a place to record these moments. When you have these moments, record them. Actually, in these chapters, the Lord is gonna say, "I want you to remember these days." Because there are times where you might feel like your faith is waning, and I think the Lord wants us to be able to recollect these moments. So I actually went to that place on my phone as you asked. I said, "Okay, well, let me go look at my Red Sea moment note on my phone. Let me tell you about one of these." I think it tells the Lord something that I value these kind of things. I write them down. It was, it's like [Elaine's white rose](#).

00:21:56 Elaine, you told that story in General Conference about the white rose. I'm sure you wrote that down and said, I need to remember this. Here's one. John, I've shared on the show a couple of times about my childhood that things weren't easy. There was police and drugs and problems in my childhood home. I was home from a mission. My next step in life was going to get married. I didn't see how that was going to be possible given the difficulties of my childhood. I thought, I don't think I'm equipped with the skills to be married. I was very worried. As I went to the Lord for help, I met my wife. Can that count as a parting of the Red Sea moment where I thought, "This is not gonna work." I did not come from a happy home.

How can you make a happy home if you've never come from one?

- 00:22:51 I was very worried that Pharaoh's army coming to, my past would destroy my future, but the Lord had prepared a way, and I met my wife Sara, who, I'm not saying all marriages need to be this way, and I'm not saying we have some sort of soulmate, but in my particular situation, the things she'd been through prepared her to be married to someone like me. And she was used to trials and tribulations, I guess you could say. I think for me, that was a Red Sea moment.
- Sister Elaine Dalton: 00:23:26 I definitely agree. Do you remember the talk by [President Eyring](#) that he records in a journal every day and he answers the question, "Have you seen the hand of the Lord reaching out to bless me or my family today?" He has kept a daily log of how the hand of the Lord has reached out and blessed his family. And Hank, the hand of the Lord has been in your life all the way along. I've known you long enough and the same with you, John. The Lord's directed your paths and it's just so wonderful.
- John Bytheway: 00:24:03 I love that idea, Hank, of recording them on your phone. I have a Google Doc, I call it a feel document, F-E-E-L. It's an acronym for feelings, experiences, evidences, and then logic or reason. I wanted to use reason, but that would have spelled fear, so, feel.
- Hank Smith: 00:24:23 It would have spelled fear wrong, too.
- John Bytheway: 00:24:25 Yeah it would have spelled it incorrectly too, so I couldn't use that. Sometimes we overemphasize testimony is just a feeling, and it isn't. Sometimes it's feeling, sometimes it is. Sometimes it's experiences, and that's huge. Feelings, experiences, evidences, and logic, and when something happens, I keep this Google Doc and I'll add to it. I think that's the idea of President Eyring that's such a blessing. A journal isn't just for your trips and your trophies, it's for documenting the hand of the Lord in your life. If you do that, it, to paraphrase a different hymn, it will surprise you what the Lord has done. If you start counting your blessings one by one or counting your evidences one by one, it's like, wow, he really is involved in my life and make you grateful and humble.
- Hank Smith: 00:25:16 Really does, keeping track of those. It can be life changing. I think the Lord says, "Remember this day."
- John Bytheway: 00:25:23 Yeah, that's what I was just gonna say. These things like Passover and the Red Sea, please remember this. Just seems so,

how quick we are, I don't wanna say it's just them because we do it too, to forget. We have this thing arranged to go to sacrament meeting every Sunday and covenant to remember. We forget so quickly.

Sister Elaine Dalton: 00:25:47

We do. We recognize section eight and nine as the section to receive revelation. In section eight, in verse two, it says, "Yea, behold, I will tell you in your mind and in your heart by the Holy Ghost, which shall come upon you and which shall dwell in your heart. Now behold, this is the spirit of revelation. Behold, this is the spirit by which Moses brought the children of Israel through the Red Sea on dry ground." It's really important for us to know that revelation most always comes in response to a question that it's very similar to what Moroni 10:4 says, "Seek with real intent." I mean, if you're seeking with real intent and you don't have any preconceived notions, the Lord does give you revelation. Sometimes I don't think we recognize the revelation we're receiving hour by hour, day by day. When we can be in a place where we can receive revelation, it goes right along with understanding our identity.

00:26:54

If we can receive revelation and we know we're guided by the Holy Ghost, it gives us confidence. In the world today, we are gonna need confidence. [President Oak's](#) talk at BYU. One of the things he stressed and repeated were the words of President Nelson, that in the days that are to come, it'll be absolutely critical to have the Holy Ghost, or we won't make it through. For a prophet to repeat a prophet, you sit up and you pay attention. We can have revelation for us as we encounter these challenges that we're gonna face, even Red Sea moments.

Hank Smith: 00:27:37

I have that quote right here in front of me, if you both wanna hear it. This is [Russell M. Nelson](#), April of 2018. I think that he had just become the President of The Church. He says, "Our Savior and Redeemer Jesus Christ will perform some of his mightiest works between now and when he comes again. We will see miraculous indications that God the Father and his son Jesus Christ preside over this church in majesty and glory. But in coming days, it will not be possible to survive spiritually without the guiding, directing, comforting, and constant influence of the Holy Ghost."

Sister Elaine Dalton: 00:28:17

John and Hank, the fact that you're writing down seeing the hand of the Lord in your life directing you is more important than I think you understand at this time. And it's something we all should do because when you actually write something down every day, every day you will see miracles happening in your life every day. They have not ceased. The Lord is so involved in our

lives, and as Elder Kearon said, he is relentlessly seeking after us, and he wants us to succeed. With the children of Israel, maybe Moses was praying all night while that wind was blowing. I think he got up that morning and walked to the edge of the sea with great confidence because he knew.

- Hank Smith: 00:29:10 Elaine, I liked that you took us to Moses one and mentioned that the Lord had told him previously, "Thou shall be made stronger than many waters." I hope that that experience came to his mind as he is walking towards the Red Sea going, oh, my patriarchal blessing is coming to pass right in front of me.
- Sister Elaine Dalton: 00:29:34 I've had those moments. I remember when I was called into President Monson's office, and I was a counselor in the Young Women General Presidency and thought he was gonna release me. And I thought, this is the classiest prophet. He knows how to do releases. I had talked myself into not crying, telling him what a privilege it has been to serve the young women. Then he called me to be the young women general president, the 13th young woman general president, and I cried. At the moment of that call, a line from my patriarchal blessing went through my mind. I remembered it and I had never understood what that line meant until the moment of that call. I was scared to death, but not really. Because of that blessing, I knew I could do it. I knew I could do it with the Lord.
- Hank Smith: 00:30:34 I remember, Elaine, you telling me that there's this competing voice. You can't do this. You can't do this. You're just a grandma. You can't do this. And here's this other voice saying, you can do this.
- Sister Elaine Dalton: 00:30:46 I'm not comparing myself to Moses, but the Lord, he led them with a pillar of fire and a cloud. At that time, President Monson read a scripture to me and he said, this applies to you. The Lord is speaking to you. It was D&C 88, "I will go before your face. I will be on your right hand and on your left, and my Spirit shall be in your heart and my angels roundabout you to bear you up." I can't tell you how many moments when I was in places that were less than desirable, almost frightening, that those words went through my head and gave me such confidence.
- John Bytheway: 00:31:28 Some of the things that [President Nelson](#) taught us, learn to hear him, be willing to let God prevail. Think celestial. He put them so simply, but they're so powerful, each one of them. What you were just talking about there, having that come back to your mind. President Nelson saying, and then President Oaks repeating it will not be possible. That's why the emphasis learn to hear him.

Sister Elaine Dalton: 00:31:56 Let's talk about the Savior. How he has led us by the hand, how he has given us everything we need to succeed on this earth. We have the restored gospel of Jesus Christ. We have prophets, seers, and revelators. We even have a Book of Mormon that tells us more about our Savior Jesus Christ. We're learning so much in the Old Testament about him. This is all about him as a deliverer. I see atonement. I see baptism, ordinances, covenants. I even see temple in these chapters. There's a place in these chapters where it talks about going to the sanctuary. It's in Exodus 15, verse 17. It says, "Thou shalt bring them in. Plant them in the mountain of thine inheritance." Now, we know what mountains were at those times. "In the place, oh Lord, which thou hast made for thee to dwell in." What would that place be where the Lord dwells in?

00:33:02 And then it says, "In the sanctuary, oh Lord, which thy hands have established." For me, at least when I paused there, when I read it this last time, they were talking about the temple. Now, I could be wrong on that, but that was my inspiration and about the fact that as we know, as we bind ourself to the Lord through covenants, that covenant relationship, he will walk with us as we're baptized, which the Red Sea could actually be symbolic of, and as we go to the mountain and the temple of the Lord, we are bound to him. This is a marvelous plan. I don't think we can fail if we make inspired choices. I don't think we can fail. I love that knowledge.

Hank Smith: 00:33:55 Elaine, what you just said about looking for Jesus in this story. Yes, he's Jehovah and John, how many times we talked about that this year, which is make sure you don't miss Jehovah because that is Jesus and also looking for symbols of Jesus in the text. Elaine just brought one out. This story is, yes, about something very miraculous and amazing and deliverance, but think about this with the gathering of Israel. This is something Isaiah brings up. 2 Nephi 21 or Isaiah 11, talking about this gathering that the Lord will, for a second time, deliver the house of Israel. The first time being Moses, that's in 2 Nephi 21, verse 11. He says he'll gather the dispersed from the northern kingdom of Israel and the southern kingdom of Judah.

00:34:48 They'll come together, verse 15, and the Lord will utterly destroy the gulf or the tongue of the Egyptian sea, with his mighty wind, he will shake his hand over the river, he'll smite it at seven streams. Men go over dry shod. There will be a highway for his people to come home for Israel in that day, just like when he came out of the land of Egypt. I need to see the Lord doing this today in the gathering of Israel, that he is preparing a way and the way could be this church. John, you

and I both have missionaries out. I think Elaine, you probably have a missionary out doing this work. This is our modern day Red Sea parting, this gathering that the Lord is preparing, this church.

- Sister Elaine Dalton: 00:35:34 I couldn't agree more. He's so constant and he's so present. We need to know that when we come up against those Red Sea moments, he will be our deliverer. We have to be patient as President Oaks taught and we have to be humble as he taught at BYU. We have to have faith and those are all things that President Oaks talked about. Some days we might feel like we've been miraculously led out of Egypt only to find that there's another roadblock in front of us. How do we face that? We have to really exercise all of our strength to resist the temptation to give up, to panic, to go back. We see in this scripture that when the miracles come, the children of Israel forget and they'll say, well, let's go back to Egypt. It was better there. We wanna be slaves. We don't wanna have this freedom.
- 00:36:41 We don't wanna keep wandering. Let's go back. In this day, we've gotta remember that we're pressing forward with a perfect brightness of hope. And when I read that scripture now, I see the children of Israel walking on dry land across that Red Sea with that pillar of fire, that perfect brightness of hope, who is the Savior, leading them. It's such a powerful story. I don't think we liken it enough to our own lives. We have prophets, don't we? If we follow our prophets, we will be in good shape, at least that's what I believe.
- Hank Smith: 00:37:22 It's interesting, Elaine, when they say, "Were there not enough graves in Egypt that you brought us out here to die?" It would be better for us to serve the Egyptians than to die here in the wilderness. You're right. They've just seen the plagues.
- Sister Elaine Dalton: 00:37:37 Yeah. Yeah.
- Hank Smith: 00:37:37 And now they've quickly forgotten. And how often do I do that same thing?
- Sister Elaine Dalton: 00:37:43 We all do. Sometimes we'll make a mistake and we know we've been forgiven and we start moving forward, but then we pause and we'll look back. No. Remember, remember the confidence and the forgiveness. Don't look back. Don't turn around and look back. That's a rule in running a marathon. If you wanna do well, you don't look back because you lose time when you look back.

John Bytheway: 00:38:07 I do like that verse 21, Moses stretched out his hand over the sea. And we often say, Moses parted the Red Sea, but then keep going. Moses stretched out his hand over the sea and the Lord caused the sea to go back by a strong east wind. I mean, the old instrument in the hands of the Lord is described there. Moses didn't really part the Red Sea. Jehovah did. You remember in John chapter six where Jesus multiplied the loaves and fishes and the people said, are you gonna be like Moses who gave us manna? What did Jesus say? Moses didn't give you the manna.

Sister Elaine Dalton: 00:38:45 Yeah.

John Bytheway: 00:38:48 It was the Lord that gave you the manna. Moses was there. The Red Sea parted, but God parted the Red Sea. He has power to part our Red Sea moments as well.

Hank Smith: 00:39:00 That's great. Listen to this. I would love to hear you both comment on this from [Elder Holland](#). This is 2006, so 20 years ago. "Considering the incomprehensible cost of the crucifixion and atonement, I promise you, he is not going to turn his back on us now. He means he knows the way out and he knows the way up. He knows it because he has walked it. He knows the way because he is the way." Elaine, why do we do that? Why do we have these significant, incredible, miraculous moments and we go forward and we face another obstacle and we think, I'm done for.

Sister Elaine Dalton: 00:39:40 I guess it's human nature. Again, the advice of President Oaks in that talk at BYU, be humble. Humble yourselves, and then be patient. In our world today, we're used to getting things at the push of a button at our fingertips, but we need to learn to be patient. What do the scriptures say? Waiting upon the Lord in the due time of the Lord? As we feel like we're at these moments and we don't have the help, the Lord's not hearing our prayers. If we trust in him, and if we rely on the plan that he has for us, it's a plan of happiness. It's a plan of success. We just have to keep being patient and keep moving forward. We can't stand still. Keep going in the direction the prophets and seers are leading us.

Hank Smith: 00:40:36 Just keep going. Just keep moving forward. What if this could be a symbol for the Celestial Kingdom which I want, is on the other side, so far away from where I am, an impossible place for me to get to. Here comes John, you might say the law of justice, right? Here comes all the consequences for sin. Here comes death and sin. It's right behind me, and the Celestial Kingdom is so far away. I'll never make it. And then the Lord provides the way. His atoning sacrifice opens up the way for me to escape

these monsters of sin and death and get to the other side. How many people have we heard from in our lives, and I've felt this way before, I'll never make it. That's impossible. It's so far away from where I am right now. And we don't remember that the Lord will provide the way across. What do both of you think?

Sister Elaine Dalton: 00:41:45

I wanna make a poster of that because I'm not immune from having trials. I'm not immune from wondering when the Red Sea will part. I'm not. But I love what you just said. The Lord will make a way. We might be in the middle of the whirlwinds right now, but we don't see that they're actually parting the Red Sea. Once we get across, He's not gonna leave us because He gives us quail then, and He gives us manna. He gives us water. He even changes the bitter water or the bitter experiences to the sweet. All of that testifies of the Lord's goodness, His character traits, His attributes, and how He cares and loves for us. The Atonement is absolutely colossal. The love He has for us is incomprehensible. This story helps me see Him and how much He will love us, be patient with us, give us things that'll help us along the way, and ultimately, we'll hopefully all arrive together in helping each other along the way to that promised land.

John Bytheway: 00:43:05

I'm glad you used the word patience there because I don't think when the children of Israel said, now, what are we gonna do? that the Lord was like, oh, you're right. I never thought of this. He had the long view in mind. Four years ago, Hank, I think we called it the God's eye view. I never forgot that idea. He is thinking so many moves ahead on the chessboard of mortality for us that he already knew he was gonna do all this and the children of Israel keep looking up, yeah, but what about this? But yeah, but what about this? And Elaine, what you're saying is, be patient. I know what I'm doing here. I'm going to deliver you. I had heard that [Elder Bednar](#) had given this idea, you have one job today. Stay on the covenant path. Don't look so far off about what's at the end of the path. You have one job, follow him.

Sister Elaine Dalton: 00:44:02

It's a good job.

John Bytheway: 00:44:04

I worry that some people, the reason they forgot about their epic moments before, because they're not in the good place they were before. Maybe they're thinking now, since that time, I've really messed up. Since that time, now I'm not sure if I'm worthy to have the Lord do this for me. That's when we have to go back to what Elaine mentioned. [Elder Kearon](#), the Lord's in relentless pursuit of you wherever you are, and that he's going to keep opening up ways and bringing you back to him. Even if

you have messed up, he's gonna still provide a way if you're trying to get back on the path. Is that fair?

- Sister Elaine Dalton: 00:44:49 I love that, John. I absolutely love that. I think it's not only fair, but true.
- Hank Smith: 00:44:55 I, before we leave chapter 14, I noticed that Pharaoh seeing these miracles, these plagues, it didn't last too long. Here he sees these 10 plagues, he loses his own son, and a couple of verses later, he's saying, they're shut up into the wilderness. Let's go get them. Seeing miracles really doesn't have a long shelf life. You would think what you saw, oh, wow, you'll remember forever. I remember my seminary teacher saying that the Holy Ghost is more powerful than miracles, and I'm thinking, no. No, it's not. If I saw a miracle, I guarantee that I would remember that for a long time, but they seem to have a quick expiration date.
- Sister Elaine Dalton: 00:45:44 So in verse 17 of chapter 14, the Lord says this, "I behold, I will harden the hearts of the Egyptians. They shall follow them, and I will get honor upon Pharaoh and upon all his hosts, upon his chariots, and upon his horsemen, and the Egyptians shall know that I am the Lord." Even the Egyptians, the Egyptians, which we think the bad guys, they're not, will know him too. He desires for them to know him and see his hand in all of this.
- John Bytheway: 00:46:20 He was teaching Moses who he was. He was teaching the House of Israel who he was, and he's teaching the Egyptians who he is. We went through last week that each of the plagues were directed at an Egyptian God and discredited the Nile God, "The Egyptians shall know I am the Lord." When we read Lord, we think of the title like I'm the Lord of this estate. But when you see Lord in small caps, the Egyptians shall know I'm Jehovah, and that Jehovah is God, not this pantheon of Egyptian gods.
- Hank Smith: 00:46:56 I have a question from chapter 14 that may come up for a young person and maybe even an older person, which is, man, that seems maybe unfair for the Lord to close the sea upon the Egyptians. Verse 26, the Lord said unto Moses, stretch out thy hand over the sea that the waters will come upon the Egyptians upon chariots and upon their horsemen. The sea returned to its strength when the morning appeared, the Egyptians fled against it and the Lord overthrew the Egyptians in the midst of the sea. Covered the chariots, the horsemen, the hosts of Pharaoh. Not one of them remained, but the children of Israel walked upon dry land in the midst of the sea. We have wonderful, wonderful, empathetic people, especially young people. John, how would you answer that question? What would you say?

- John Bytheway: 00:47:49 It's a very good question because some of them were being obedient soldiers. I remember a long time ago, probably before you were born, Hank, [Elder Marion D. Hanks](#) spoke in General Conference. He said something I never forgot because in chapter 15, they're gonna sing a song, yay. A hallel is a song like hallel lujah is praise the Lord, a song of praise to God. This is what Elder Hanks said in 1992. "Jewish tradition helps us further appreciate the nature of our heavenly father and the tender practice of the half hallels offered at Passover in celebration of the historic Exodus of the children of Israel from Egypt and their passing through the Red Sea. When they reached the sea, the pursuing Egyptian armies overtook them. Through Moses, God divided the waters and the children of Israel went into the midst of the sea upon dry ground.
- 00:48:41 The Egyptians went in after them. Then Moses stretched his hand again over the sea and the waters returned. The Israelites were safe and the Egyptian armies were drowning. Triumphantly, the people began to sing hymns of praise to the Lord, but the Almighty stopped them and said, how can you sing hymns of praise and jubilation when so many of my children are drowning in the sea? In remembrance of that event, Jewish people during the latter period of Passover include abridged or shortened Psalms of praise, Half Hallels as part of the celebration. I never forgot that idea of the Lord saying, this is not a totally happy day because these Egyptians now are drowning in the sea.
- 00:49:31 Let me quote from [Alonzo Gaskill](#), our friend, he said, it has been suggested that a sort of tit for tat is at play here in the taking of the Egyptian lives by water. 80 years earlier, Pharaoh had taken the lives of the male Israelite children by drowning them in the Nile. Now, Israel's God would drown Pharaoh's armies in the Red Sea. Ironically, the very man God used to bring to pass the watery destruction of the Egyptians was Moses who himself was rescued by God from the Nile when he was but an infant. So there's some elegant patterns going on here of throwing the house of Israel into the sea, the babies. Moses too, but he was in a basket in an ark. Now, the Egyptians are drowning in the sea as a God of justice, I suppose. What Elder Hanks talked about was, my children are drowning here too, and by their actions have put themselves in this place.
- Sister Elaine Dalton: 00:50:36 If you think of the Lord as the living water, and his children, some of them were immersed in his living water, maybe that helps them to be brought forth into his presence.

John Bytheway: 00:50:53 I remember on my mission having questions about some of the poverty that I saw all around me and that the people saw and asked how could there be a God? And I remember trying to explain that when God sees someone dying, he sees one of his children being set free and coming home. When we see someone dying, that's what we see. God sees his children coming home. And maybe again, it's that God's eye view that we can't totally see that there's a merciful God and a just God at work here, and maybe both of them are being exercised here.

Hank Smith: 00:51:29 Back in Exodus chapter nine, I noticed that there are some Egyptians who respond to these plagues. He that feared the word of the Lord among the servants of Pharaoh made his servants and his cattle flee into the houses. Some regarded not the word of the Lord. It sounds like some are responding, and maybe the ones we have here are those who didn't respond. How often do we see the Lord letting agency play out? How often do we see that in our own lives? We don't want people to be harmed by sin.

John Bytheway: 00:52:08 But there's natural consequences sometimes.

Hank Smith: 00:52:11 And how often had he warned them? How many times had he warned the Egyptians? Don't do this. We have 10 plagues. We have the pillar of fire blocking their way. It seems like the Lord is almost begging them not to do this.

John Bytheway: 00:52:27 Maybe the day of grace is passed at some point.

Hank Smith: 00:52:29 Yeah. Sometimes we have to hit sea bottom before we realize that this is the end, this is how this works out.

John Bytheway: 00:52:37 A similar story is all the people that perished during the flood. I can't remember the quotation that somebody read about, how could God send spirits to homes that were so wicked there was no agency and that they would have no chance coming to the earth the way it was among the wicked before the flood. Am I getting that right, Hank?

Hank Smith: 00:53:02 I think so.

Sister Elaine Dalton: 00:53:03 Sometimes good people are affected by the agency exercised by others. As Pharaoh's heart was hardened, he commanded his armies, his chariots, his horses to go after these people. Maybe most of those men didn't wanna do that. Most of them had seen how hard the Israelites had worked, how they'd been held in bondage, what great people they were. We just don't know. I

do know that good people are affected by how some other people exercise their agency, but here's what we know. The Lord loves his children. I don't know the meaning of all things, but I know this, that he loves us. Everything will be okay in the end. That might not be an intellectual, accepted answer, but it is an answer to my spirit. I can testify of that.

- Hank Smith: 00:54:02 Perhaps the Lord said, well, I'm gonna move you classrooms. I still wanna teach you.
- Sister Elaine Dalton: 00:54:06 Yeah.
- Hank Smith: 00:54:07 But I'm gonna move you over here. John and Elaine, this story, among others, teaches us how important covenants are to the Lord. He made a promise to deliver Israel. And even if this tragic thing happens to the Egyptians, that's how important covenants are to the Lord. He made a promise to Abraham. He made a promise to deliver Israel, and these covenants are serious. You and I might break our covenants a little too flippantly, but the Lord doesn't.
- Sister Elaine Dalton: 00:54:47 These are big. Was it John? You said, "Stay on the covenant path." That's where the safety is because as we make those covenants with him, we can rely on him. If we keep our end of the bargain, he's gonna keep his and not only that, but we're walking with him. It's the scripture, "My yoke is easy and my burden is light." What if you change that to my covenants are easy and my covenants are light? You can see yourself in this yoke with him walking right next to you. Your covenant, you're tethered together in this covenant relationship. You keep walking with him, helping you up those hills and teaching you and letting you know that you're beloved. This life isn't the end of it all, but again, it's hard to have that patience that President Oaks is asking us to have.
- Hank Smith: 00:55:43 This verse might sound a lot like this story. As well might man stretch forth his puny arm to stop the Missouri River in its decreed course or to turn it upstream as try to hinder God from pouring down knowledge from heaven, or I would say from keeping his covenants upon the heads of the Saints.
- Sister Elaine Dalton: 00:56:03 Yeah.
- Hank Smith: 00:56:04 Elaine, we've had you for quite a while now and we've covered one whole chapter.
- Sister Elaine Dalton: 00:56:09 I feel like we've done 40 years there.

Hank Smith:	00:56:10	Right.
Sister Elaine Dalton:	00:56:10	... in chapter 14. It's such good stuff because we learned so much about the attributes of the Savior in that section and so much about ourselves, don't we? Let's move on to 15. This is where they do get to the other side and they sing. John, I love the idea of the Hallel. Talk a little more about that. I think that's really a wonderful point.
John Bytheway:	00:56:38	When I heard Elder Hanks talk about that, hymn of praise, then I understood the meaning of hallelujah. It's a praise the Lord. It's a song of praise. They sang these songs and then the Lord stopped them and they took it back a little bit because so many of the Egyptians were destroyed. The idea of singing a song of praise is called a hallel. I think as we look at the Psalms, most of those are songs. The sheet music didn't come with the book of Psalms. Those were songs of praise.
Hank Smith:	00:57:10	They do talk about how the Egyptians were cast into the sea and drowned and dashed in pieces, but remember the symbolism of- John you can even help me out with Jacob in 2 Nephi 9. The Lord overcomes these monsters of death and sin to give us a way. We could think about this in a symbolic way. The Lord did destroy the enemy of our souls to make way for escape out of the Fall and into redemption.
John Bytheway:	00:57:44	As Elaine said, so many journeys are part of life. Elaine, I heard somebody say once, I don't remember how many years ago, you gotta go through the wilderness to get to the promised land. So many of us are in a wilderness. Sometimes we're delivered and then there's another wilderness, but the answer's always the same.
Sister Elaine Dalton:	00:58:06	In singing this song that the, the Israelites really understood the Savior and what he does and did for them. Verse 16, it says, "Fear and dread shall fall upon them. By the greatness of thine arm, they shall be as still as a stone. Till thy people pass over, O Lord, till thy people passover, which thou hast purchased." Okay. This is such a direct reference to the Savior's atonement. We were purchased by Him. I love that because I used to be a folk dancer at BYU. I love Miriam. I love the fact that she took up the timbrels and the women danced and celebrated. That's in verse 20. Miriam, the prophetess is what she was called. The sister of Aaron took the timbrel in her hand and all the women went out after her with timbrels and with dances. I love that. We have to be thankful, don't we? We just have to celebrate these moments, these miracles.

John Bytheway:	00:59:11	And that verse you mentioned, the fact that it uses the word passover is so cool to me. During the plagues, the angel of death passed over them and now they have passed over those who are trying to kill them, which thou hast purchased, or in other words, which thou hast redeemed a literal physical temple redemption, and there's also a spiritual redemption that he offers.
Hank Smith:	00:59:37	Think of those who perhaps are in slavery to addiction, and then the Lord provides a way to escape. Then you read this song and it changes for you. He destroyed my addiction and I am free. He purchased my freedom.
Sister Elaine Dalton:	00:59:57	Absolutely. That's profound Hank. It is so true. And doesn't that make you feel so humble and so grateful and know that the goodness, the mercy, the lovingkindness of our Savior, Jesus Christ. They talk at the end of this chapter. Maybe we can end with this. It's a covenants. But they talk about an ordinance also. Do you see that in verse 25? And he made for them a statute and an ordinance, and there he proved them. And he said, "If thou wilt diligently hearken to the voice of the Lord thy God". That's one. "And will do that which is right in his sight and will give ear to his commandments and keep all of his statutes. I will put none of these diseases upon thee, which I have brought upon the Egyptians, for I am the Lord that healeth thee." The Lord is a healer. He's a deliverer. He exercises lovingkindness for all of his children. He keeps his end of the covenants that he makes with us, that there's no doubt. And if we do what he asks, which are pretty simple things, aren't they? Then we receive all the blessings that he covenants to give us. I just love that.
Hank Smith:	01:01:20	Isn't it interesting that ordinances and covenants right there, they are together? A covenant with an ordinance.
Sister Elaine Dalton:	01:01:29	With the Atonement. Let's just look at verse 27 to end this. And they came to Elim where were twelve wells of water and threescore and ten palm trees and they encamped there by the waters. They're back into a comfort zone. Yay. But how long will they stay there? Will they be like the brother of Jared? No, you can't camp on the beach. You've got to get moving. There they are in the comfort zone. But then what happens? We go to chapter 16.
Hank Smith:	01:01:58	Here we go again.
Sister Elaine Dalton:	01:02:00	They get hungry and they get thirsty. They forget. Isn't it crazy? And we do too. The biggest thing I've learned today from both

of you is just I need to keep writing these things down. These miracles, these blessings that the Lord showers upon me every single day. On to chapter 16, should we go? How do we see this? The congregation of the children of Israel murmured against Moses and Aaron in the wilderness. And the children of Israel said unto them, here we go again. Would to God that we could go back. We could go back into a more comfortable place. I have a hard time comprehending that they could have experienced the colossal miracle they did of deliverance and they still wanna go back to their old ways. What's that all about? Are we the same? I'm afraid we might be.

- Hank Smith: 01:02:56 Yeah. The Lord sends miracles down and we send murmuring up.
- Sister Elaine Dalton: 01:03:01 Yeah. I wanna go back to the good old days. Another principle that we need to take seriously is this idea of murmuring. It might seem very innocuous as we start to murmur. I'm familiar with this study that was done by Eugene Dalton, no relation, at BYU where he said that when parents go to church and they come home and at the dinner table they criticize the bishop or whatever, the children amplify that criticism. So it's called the amplification effect. There might not be anything happen immediately, but as they grow older, they'll amplify what has been said in their homes. Steve and I learned that early on in our marriage and made a agreement with each other that we would never be critical of our leaders because our children do amplify that. That's a true principle. Murmuring is not where we wanna be, and we're sure hearing a lot of it lately.
- Hank Smith: 01:04:01 Elaine, I have a question for you. You spent five years in the headquarters of the church, in the committees of the church. You spent time with our leaders. Did you hear much murmuring?
- Sister Elaine Dalton: 01:04:15 I was astounded when I'd go into the office. Big things were happening in the world. Scary things were happening in the world. Of great consequence in my mind, it was focused, let's get going on the Lord's work. Let's don't look sideways. Let's keep moving. All is well. It was sort of that feeling like all is well. Keep moving. No, I did not hear any murmuring. I might've done a little, but I'm probably the only one. I did not hear any of that. It's not where the brethren are. They're so optimistic, so optimistic about the future.
- Hank Smith: 01:04:58 Someone told me that when President Monson would come into a meeting, occasionally someone would say, how are you President Monson? And he'd say, I'm the tops.

Sister Elaine Dalton: 01:05:06 I met L. Tom Perry in the parking lot one day and I said to him, how are you doing, Elder Perry? And he said, "I'm great. I'm just great." I knew he wasn't great. I knew that he had just lost his wife, but he was great. Isn't it President Nelson that says the joy we feel isn't a result of the circumstances of our life, but of the focus of our life? And that's the way I saw it down at the church office building. It was the focus of Jesus Christ.

Hank Smith: 01:05:37 Maybe, Elaine, we could say that murmuring is a result of losing your focus.

Sister Elaine Dalton: 01:05:42 That's profound. I love that, Hank.

John Bytheway: 01:05:45 I think it's the same thing you said before about patience. The Lord has a long view in mind. He knows what he's doing. We're gonna hear about manna, we're gonna hear about quail. He's got all the bases covered. They don't see it, so they murmur. Maybe that's part of it. If I could see the long view I'd have less to murmur about, and I would trust that the Lord has a plan for this already in mind that I don't know about.

Hank Smith: 01:06:09 He does seem very patient with a lot of the complaining. I don't know if any of you have either turned around and said, "I'm gonna stop this car. I'm so tired of your complaining."

Sister Elaine Dalton: 01:06:21 Yeah.

Hank Smith: 01:06:22 The Lord is responding to their murmuring. He's very compassionate here.

Sister Elaine Dalton: 01:06:28 Yeah, it's true. So compassionate that he sends quail for them to eat when they say we're really, really hungry. And then after that, he sends the manna. Manna means what? What is this? Is that what it means?

John Bytheway: 01:06:42 What is it?

Hank Smith: 01:06:43 Yeah.

John Bytheway: 01:06:43 Yeah. It's in the footnote. What is it?

Sister Elaine Dalton: 01:06:46 Yeah. That's really interesting because he sends that with also some instructions that they're supposed to gather that daily, that they can't store it up except on the day before the Sabbath, then they can store it up and it won't rot. The children of Israel are being taught exact obedience in that. They are also being taught the dailiness, the daily remembering, the daily

reminders. I call those holy habits and righteous routines. That's a daily conversation with the Lord, the daily prayers, the daily connection that we make. He's teaching them not only obedience, but that discipline of the daily private religious behavior that can strengthen us and keep us close to him. I love that teaching in this chapter. I think those are my two big highlights for this chapter 13.

- Hank Smith: 01:07:47 Holy habits and righteous routines. This has gotta be where the Lord says, give us our daily bread.
- Sister Elaine Dalton: 01:07:56 I think so, and isn't it true that he still does?
- Hank Smith: 01:08:01 Right. Give us our daily bread.
- Sister Elaine Dalton: 01:08:03 We are all receiving manna in one form or another every day. But I also think it's great that he's teaching us that we can't get casual, that we can't think, oh, well, I've done that. I've stored that up. I've read the Book of Mormon, but we have to keep at it. We have to keep doing it. It just doesn't stay. It doesn't keep.
- Hank Smith: 01:08:24 I love this idea of holy habits and righteous routines that the Lord is maybe teaching them. There's some daily things we are going to do. We're not gonna store today's prayers and say, well, I prayed yesterday. I can push that through till tomorrow.
- Sister Elaine Dalton: 01:08:40 They're really simple, at least they are for me, the dailiness of personal prayer. Every single day, morning and night, at least, I find myself now praying a lot more than that, because I need a lot more blessings and help. Just that dailiness of prayer, the dailiness of reading your scriptures. Sometimes we make that a project. We think we have to have a red pencil and we have to have a journal, and we don't. I find that it makes such a difference in my life if I just reach over and read one verse of something when I don't have a lot of time, and then read a whole bunch another time. With this reading in Exodus, I went down so many rabbit holes, I learned so much, and the Lord revealed so much to me. Those are things we can do daily. We can be obedient to the commandments daily. We can remember him. Always remember him. Keep those covenants daily.



- John Bytheway: 00:01 Welcome to part two with Sister Elaine Dalton, Exodus 14 through 18.
- Sister Elaine Dalton: 00:06 Now, the righteous routines, they don't differ a lot from holy habits, but I call those service, ministering, waking up in the morning and letting the Spirit tell you who needs you, where you need to be, what you need to be doing. I've learned through 2020, I learned to make sourdough bread and it always makes two loaves, and the Lord just tells me where to take the second one, always. That could be a righteous routine. Another one could be temple attendance. That's not something most of us do daily, but it could be a righteous routine. You have those, Hank, and so do you, John, you've had them for a long time. I've been learning from you.
- Hank Smith: 00:48 Well, I have a righteous routine of getting together with John Bytheway and talking about the scriptures with someone else.
- John Bytheway: 00:54 Does that count for us, Hank, when I get together with Hank and we talk scriptures?
- Hank Smith: 01:00 I sure hope so. Listen to this, both of you, [Neal A. Maxwell](#). Yes, a few little flowers will spring up briefly in the dry gully through which torrents of water pass occasionally. But it is steady streams that bring thick and needed crops. In the agriculture of the soul, flash floods are no substitute for regular irrigation.
- Sister Elaine Dalton: 01:30 Love Neal Maxwell is he the best! That dailiness shows. You can tell when someone has been daily diligent. Things just seep into you that you don't even realize. I'll give you an example. When I trained for a marathon, I would always listen to the talks of the prophets. I could get home from running 10 miles and not even remember what I heard, I thought. But when I was in my calling and I needed to say something that the Lord wanted me to say, those things came back. Somehow, your body and your mind and your spirit record the things that you do, and those daily things come back to help you bless other people. I found that

over and over and over again in my calling. I'd sit in a home and see a young woman and pray and say, Heavenly Father, why have you sent me here? What can I do? And it would come sometimes in the form of a sentence in a conference talk that I thought I had long forgotten.

- Hank Smith: 02:38 Elaine, of everything you've taught us today, which has been fantastic, this may be so simple, but so, so important. Daily holy habits and righteous routines, which you said could be maybe weekly or monthly. Do you remember [Elder Bednar](#) talked about, like, the brush strokes of a painting? It's not huge every day. It's just a brush stroke and a brush stroke.
- Sister Elaine Dalton: 03:04 Yeah. Oh, Hank. Thank you for reminding us of that. That's a great concept and that's what I'm trying to say, but you said it just now with the prophet's word.
- Hank Smith: 03:16 He said, "None of them in isolation seem all that impressive. It's them all together." That's where the beauty comes from and holy habits.
- John Bytheway: 03:26 I remember [Elder Alexander Dushku](#) gave this talk about rays of light that seemed small, but together they form a pillar of light. You mentioned that earlier, Elaine, about pillars of light. Now they were led. This idea of daily bread, I think is such a great temporal lesson with a spiritual application because, Hank, I don't think I have ever uttered this sentence before. You know, I don't think I've had a thing to eat since Thursday. Right. I never forget to eat. Fasting is a difficult test for me every time. I never forget to eat, but think of daily bread like scriptures that Elaine just brought up. How easy is it to forget to do that? I mean, we could binge on a whole bunch of bread on the weekend, but it doesn't work. It's like saving the manna, but eating a little bit every day. Boy, somebody beat me up with this statement.
- 04:22 If you wanna know about me, don't look at my goals, look at my habits. What you might learn by looking at my habits is that I'm a scroller. You don't rise to the level of your goals. He said you fall to the level of your habits. If we have holy habits and righteous routines and they're consistent like Elder Maxwell's continual trickle of water. I mean, I could probably read the Book of Mormon on December 30th and 31st and get it all read in a year, but how much better to read a little bit every day. Make that a holy habit.
- Hank Smith: 04:59 Elaine, this was worth the price of admission right here. Seeing this, hey, I'm gonna give you this every day, and I don't want you to store it.

Sister Elaine Dalton: 05:09 It won't store. We forget. We have to keep going back the bread of life. We are just going back, keeping our covenant to always remember him. The scriptures help us do that. Daily prayer helps us do that. Maybe a righteous routine would be fasting. We don't have to do that daily, but it can be routinely once a month.

John Bytheway: 05:35 I think our friend [Brad Wilcox](#) said, Fast Sunday, it's the slowest Sunday in the church.

Sister Elaine Dalton: 05:43 My kids say that too. Yeah. This is slow Sunday.

Hank Smith: 05:47 This isn't fast. I like that, Elaine. It becomes who you are.

John Bytheway: 05:52 That identity is from your habits, not your goals. That's a sobering self-introspecting thought right there.

Sister Elaine Dalton: 06:02 Well, you know, you talk about pillars of light. Our bodies are receptacles for light. We're gathering more and more light, and that light groweth brighter and brighter until the perfect day. We are gathering his light. Then we can reflect that to others. We can share that light with others. If we haven't gathered it, we can't share it. And it grows brighter and brighter. I can testify of that. You can see it in our prophets, in our leaders. Personally, I can see it. I've worked with President Hinckley. I've worked with President Monson, President Nelson, and now President Oaks. I have seen it in every one of them. These are men that are absolutely brilliant, because as they've dedicated their life to the Lord, he's just magnified them, and I can see the light emanating from them. Watch President Oaks. You will see the light that he carries. It's tangible.

Hank Smith: 07:07 Hmm. He says this verse, this is verse 12. "When you are filled with bread, you shall know that I am the Lord your God." And then you might even add, every day.

Sister Elaine Dalton: 07:23 Oh, I love that.

Hank Smith: 07:25 Not just once, but every day.

Sister Elaine Dalton: 07:28 That's a poster again, Hank. Then we go to the water in 17. Should we head to 17 yet?

Hank Smith: 07:36 Let's keep going. Is there any more murmuring?

Sister Elaine Dalton: 07:40 There's a tad bit more murmuring now. They get there and they're thirsty, what does Moses do? What does the Lord have

Moses do? He stretches out his arm and brings water. He carries a rod, and that rod, he used that with the plagues in Egypt. He's had that all along. I've tried to figure out why. What is the rod symbolic of? Why did he carry the rod? I know we're promised in the scriptures that we will receive a scepter, an unchanging scepter of righteousness, but what is the rod symbolic of? Does anybody know?

- John Bytheway: 08:22 I think Matt Bowen taught us that from the ancient language, rod and word came from the same place. And the rod was like the word of God, which made total sense when you think of Lehi's dream, that it was the power of God or the word of God.
- Hank Smith: 08:38 Yeah, I think so. I remember when the Lord meets Moses, he says, do you see that staff in your hands? So it's something that Moses already had. And he said, you're gonna use that to show them that I am with you. Maybe it's a symbol of his connection to God.
- Sister Elaine Dalton: 08:58 Or maybe the shepherding, do shepherds have a rod or a staff that the Lord is my shepherd I shall not want. Down in verse six, it says, "Behold, I will stand before thee there upon the rock in Horeb. Thou shalt smite the rock, the Lord says to Moses, and there shall come water out of it, and the people may drink. And Moses did so in the sight of the elders of Israel, and he called the name of it, the place of it, Massah and Meribah. And that means testing and complaint. That was the place of testing at Massah and complaint. Interesting, huh? There's a rock that marks that spot, but the miracle came again. The blessing came again.
- Hank Smith: 09:46 My parents would make that the name of my childhood. Testing and complaint. I just ... Doesn't this feel like the human condition? Murmuring, miracle. Murmuring, miracle. And honestly, I don't wanna come across as, oh, I can't believe they're murmuring. When you get hungry, it's hard. When you're thirsty, that's difficult, especially if they're out in the middle of the Jordanian desert. That's a pretty hot place to be if you've ever been out there.
- Sister Elaine Dalton: 10:18 Oh, yeah. And to be thirsty.
- Hank Smith: 10:20 Poor Moses. Moses says, what am I supposed to do for these people? They are almost ready to stone me.
- John Bytheway: 10:29 After all he's done.

Hank Smith: 10:32 These people, they're so hard, Lord. He's like, tell me about it.

Sister Elaine Dalton: 10:37 But in the latter days, are we seeing any of that? Sometimes we do see that. When a prophet speaks an eternal truth or teaches doctrine, a lot of times people get pretty upset, don't they? It's just human nature here at work, and we sure have to fight that natural man.

Hank Smith: 10:57 Hmm. I really like that. You can see the battle between the saint and the natural man in these chapters.

Sister Elaine Dalton: 11:04 We get up here where they got in a fight. Here comes Amalek again. They start to fight. In this chapter, we learn about sustaining a prophet. Aaron and Hur. When Moses grew weary, his hands went down and Israel was losing the battle when he was sustained and they held his hands up Israel won. We have just participated in a solemn assembly at this conference, and we have been able to do exactly what Aaron and Hur did, sustain prophets, seers and revelators. That was just one of those memorable, most magnificent moments. We have to really go home now and say to ourselves, what does it mean to me to sustain? How will I sustain these men that I just stood in General Conference and raised my hand and said I would? What does sustaining look like in my life? And what does it look like in your life?

Hank Smith: 12:09 John, do you remember when [Dr. Cottle](#) was here, Mike, and he said, as teachers, we need to echo prophetic messages, amplify. I hear them and then I repeat them. That's gotta be part of sustaining, I would think.

John Bytheway: 12:25 When I was a bishop, I was kind of a stickler. I was probably kind of annoying for the exact wording of sustaining somebody because sometimes we might think, oh, we're gonna sustain somebody. That means we raise our right hand. No, that is signifying that you will sustain them going forward. The sustaining may come many times by, as you pointed out, Elaine, coming home and not murmuring about this person or this leader. But the sustaining is an ongoing thing and the only thing you're doing is signifying that you will sustain that person. I think it's called the covenant of common consent. You put it that way, little more weight to it. We don't sustain people by raising our hand. We signify that we will sustain them going forward. That's what I'm trying to say.

Sister Elaine Dalton: 13:22 John, when someone says, you just are following blindly, this is blind obedience. Sustaining is different, isn't it? You have a knowledge. Teneo is a Latin verb, so sustain this teneo is to hold

up, is to hold up. Almost literally what Aaron and Hur did for Moses.

John Bytheway: 13:44

Yeah, holding up his hands.

Sister Elaine Dalton: 13:47

[President Oaks](#) talked about the mantle. Again, this was at the BYU talk. When the mantle of a prophet of God comes, it's a heavy weight. A prophet needs all of our sustaining. Our prayers sustain them. Our fasting sustains them. Pray for them every day. They're such wonderful men.

John Bytheway: 14:13

I think everyone listening can think of the weight of a calling they have or may have had. What is it like to have the weight of the young women of the church on your shoulders? I felt weight of small callings, but what is that like?

Sister Elaine Dalton: 14:31

I didn't feel it come upon me until I walked out of President Monson's office. I was elated and humbled. And I actually went to the temple and asked the Lord to help me because I knew. He called me not to be the general young woman president for the young women of the church. He called me to be the leader for the young women of the world. That was the part that was just like, what is that? I pled with the Lord that somehow he would help me, and this is the answer that I got. I will call the elect of the elect to serve with you and every leader will sustain and help you accomplish what I want accomplished. As I served, I was an eyewitness to those thoughts that had come into my mind.

15:25

Sometimes I'd go into an area in the church, in a foreign country even, and the young women leaders were already doing what we were planning in Salt Lake to do two or three months later, they had already done it. And I'd say to them, where did you get this thought? They were like, oh, we prayed. We got inspiration. I really witnessed that the Lord sustains you through other people and through the revelation that he gives them as they pray. What was so outstanding, and I know this happens to everyone, is the young women leaders, myself, the young women and their mothers and parents, we were a team. I could feel that teamwork. We were all working for the same thing, and it was quite remarkable. That lifts that burden when you know the Lord is walking with you, but not only with you, but everyone that has that calling and that responsibility. It's quite remarkable, actually. Now, giving a conference talk is a whole other thing, and someday we'll talk about that.

Hank Smith: 16:33

Elaine, I think that's one of the reasons my wife, Sara, feels a bond with you because when you were the Young Women

General President, my wife was a ward Young Women President with, get this, 60 young women.

- Sister Elaine Dalton: 16:53 That's like Moses leading the children of Israel right there.
- Hank Smith: 16:56 I remember the weight of that. The Young Women's President is a very heavy calling. I've spoken in stakes that didn't have 60 young women in the stake. I think part of making her burden light was sustaining you. Does that make sense?
- Sister Elaine Dalton: 17:16 Yes. It makes all the sense in the world because I could feel it. She was in my prayers. I can tell every young woman leader that served during that time with me, they weren't just called. They were chosen.
- Hank Smith: 17:31 She does feel that special bond, and I think sustaining does bond us to our leaders. It's not just blind obedience, this is us praying for, supporting, echoing their messages. John, I remember you telling me, this is back when you didn't get emotional all the time. I remember you telling me the first time you saw all those hands go up, who can sustain our new bishop? I remember you told me that was a moment.
- John Bytheway: 18:01 It was. The first moment was when my counselors accepted. I felt a little bit of whew.
- Hank Smith: 18:11 Okay.
- John Bytheway: 18:11 Then when I saw the ward, then I was just gone. Maybe that's why I really wanted to ... Now, what exactly did that mean when you raised your hand just then? You can go home and throw stones at me like Exodus 17:4. And that's maybe why that meant a lot to me. And I also think that I suddenly had more empathy for every other person who had ever served in that position. I knew that sometimes they couldn't say everything that they knew about what was happening, and I just thought, just gonna sustain and try to hold off on the murmuring. 'Cause I don't know everything everybody's dealing with.
- Hank Smith: 18:56 Elaine, I'm wondering how you saw that with The First Presidency. Here you have a prophet seer and revelator who holds all the keys and can exercise them, and he has two counselors. With you there, in those years, you would've seen President Monson as a counselor, you would've seen President Uchtdorf as a counselor, President Eyring, of course, as a counselor. What is that like?

Sister Elaine Dalton: 19:23 It's a sight that one of them makes up for the other one. Does that make any sense? Together they're this unified force and they're unified in what they know the Lord wants. I've not ever seen anything like it. I've been in board meetings. You don't see that kind of unity before, or I haven't seen it before. They're each different. They come at it from different viewpoints. They share their unique experience, but when they do that, the combination of the whole is the right thing. It's astounding to sit in the room and actually be an eyewitness to revelation, to witness prophets seers and revelators.

20:08 Speaking of sitting in the room, it just came back to my mind that, and of [solemn assemblies](#). I was sustained in a solemn assembly because President Monson, when he called me, he had just become the prophet, but he hadn't been sustained in conference yet in the April conference. That solemn assembly took place then. I will never forget the sight that I saw sitting on the stand in general conference as the men rose, and they raised their hands, these mighty men. It was ... See, John, I'm getting emotional, but it was really something to experience. And we've just been able to do it again, aren't we blessed?

Hank Smith: 20:51 Yeah. Elaine, why I love what we've been doing today so much is I can do what we've been talking about today. Like the moment we end this recording, I can go out and do these things. I could get into it, practice a holy habit, a righteous routine. I can sustain my leaders.

Sister Elaine Dalton: 21:14 And we can work on those Christlike attributes that we've learned about here, that constancy, that forgiveness, that love that we feel. In fact, the ending of this chapter 17 is so neat because it says in verse 15, "And Moses built an altar and called the name of it Jehovah-nissi." That means the Lord is my banner. Don't you love that? The Lord is my banner. It's exactly what President Oaks is teaching us now. Every single talk he's given, he said, "Remember, Jesus Christ is the way." In other words, the Lord is my banner. I love that ending to this chapter. For our last chapter, this is chapter 18. Jethro comes to Moses and he brings Moses' wife and sons. That's a joyful time. But then Jethro, his father-in-law, also counsels him. He sees what he's doing and he's saying, what thou doest... It can't be sustained.

22:26 You cannot do this for all of these people. He's trying to do this all alone, and so Jethro gives him the counsel that he needs to have others help him. I know that personally, you know that everyone who served in a calling knows you cannot do it all alone, nor do you want to, because the blessings that come to

the people who participate and help you, you wouldn't want to deny them the opportunity to have those blessings. I think it works two ways. This is a good principle of delegation. I think as we delegate, we create unity, we create this esprit de corps, you might call it that. Everyone grows and everyone thrives and everyone prospers together. That's what happens from the top down in the church, isn't it?

- Hank Smith: 23:16 We may get the idea that to be righteous or to be faithful in my calling means that I give and I give and I give. I do things myself. That's the wise thing to do, but you really have to listen to Jethro here. You are going to wear away and the people are going to wear away. This isn't about you being selfish, this is about you actually caring about the people. Because when a bishop or a stake president or a young women president or an elders quorum president or relief society president, if they carry this by themselves thinking, oh, I'm doing the right thing. Not only are you going to wear away, but the group you are trying to serve will also wear away. Maybe that ties into what you just said, Elaine, which is you're not allowing other people to serve. They're going to spiritually wear away.
- Sister Elaine Dalton: 24:07 Yeah, it's that don't stand still. The people you serve can't stand still. We've got to all be involved in this. There's so much power in that. It's a huge leadership principle. Books and books have been written about it. Sometimes our human nature is to wanna do it all ourselves so it'll be done right. Well, no. We wanna do it with everyone else so they will be blessed. That's the whole idea. It's not about the job. It's about the people and the blessings that they'll receive.
- Hank Smith: 24:41 I bet you experienced that in the councils of the church. One person not saying, I'm running this whole show.
- Sister Elaine Dalton: 24:48 You go to those councils and you fast and you pray and you're prepared spiritually and you're also prepared intellectually and you offer your thoughts, your feelings. I loved seeing that happen. Everything congealing into one whole that was so much better than anyone could have ever imagined. That's a great principle of leadership as well, that counseling together.
- John Bytheway: 25:14 I had just a remarkable mission president. I hope he's listening. President Menlo Smith. He used to say, "A good leader trains leaders as he leads." One time I was with my companion, Elder Broderick from Orem, Phil Broderick, and something happened and we said to the mission president, hey, this just happened. What should we do? This makes me laugh because President Smith was so great. So experienced. CEO, he says, get your

companion and get in here. He said, "Elder Bytheway, you wanna get ahead in business and in life, solve your boss's problems." And he said, "Let me teach you the five levels of delegation. Number one, seek problems, solve them, keep it to yourself." He said, "We're not there yet. I don't want you to do that. Number two, seek problems, solve them, report back." He said, "We're not there yet either. Level three", he said, "Seek problems, study it out in your mind, come up with a recommendation, and give me your best one."

26:25 Now, who gets all the benefit from that? I would, and Elder Broderick would. He said, "Level four, seek problems. Come to me and say, what do we do? That's what you just did." He said, "Maybe there's a fifth level. I find out about the problem and come to you." He said, "I want you to start thinking that way" and tried to help me think like he would think. What would President Smith say? What would he do in this case? Totally growing, wonderful experience. Thank you, President Smith. We only met at a certain time. He didn't want people coming in with every time there was a problem. At that point, okay, President, this happened, this happened, this happened. Here's what we recommend. Here's what we recommend. Here's what we recommend. I got the benefit from doing the thinking. And I'm happy to report Hank and Elaine he eventually moved me up to level one, where I could seek problems, solve them, and keep it to myself.

27:26 Now, before the era of cell phones, President Smith went to Singapore for Mission President's Conference. Elder Broderick and I had to run the mission for two weeks. We had a huge problem come up with the Manilla MTC, and I can still remember this posture, my fists in my temples going, What would President do? But because of months of training, of don't come with a problem, come with a solution. Thank you, President Smith, because when I was a Bishop, guess what I taught in Ward Council once?

Hank Smith: 28:04 The five levels of delegation.

Sister Elaine Dalton: 28:07 Thank you for teaching us that. That is such a good principle.

Hank Smith: 28:12 Elaine, I'd like to ask you about this, because if you've somehow walked out of President Monson's office and thought you needed to meet with every young woman in the world, you would wear away, and the young woman as well. Jethro says, "Find able men," in your case, women who fear God, who love truth, who don't covet, place them and let them rule over these people or teach these people. If they need you, they can come

to you. They can take care of small things and you can take care of big things. You almost become a teacher of teachers.

Sister Elaine Dalton: 28:52

I viewed my job as building and lifting the young women leaders, and if they were built and lifted, they would do the same. It just starts at the top down. I did, however, have a personal touch with the young women as well. President Monson asked me to do that. When I traveled to these countries, I would meet with groups of young women. I'd go to their homes, those that needed it. It really is you're responsible for teaching the teachers, training the leaders, and it works because then they keep passing that down till it gets to the young women, and we're all better off.

Hank Smith: 29:30

And even the young women then are being trained.

Sister Elaine Dalton: 29:32

I like to think of it as being a General. A General is responsible primarily for the welfare of his troops. And if you can remember that, if you're a mission president and you say, "My first responsibility is the welfare of my troops, my missionaries," and then go from there, it works a lot better than saying, "My responsibility is to have baptisms." No, it's all about people.

John Bytheway: 30:02

Imagine this principle with the brother of Jared coming to the Lord and saying, But what do we do for light? And what does the Lord say? Go solve your boss's problems. The Lord is not stumped. He just says, Go figure it out. Come up with a recommendation and bring it to me. And he did it. To be honest, President Smith read the Book of Mormon as not a member of the church at the time, and one of the stories that impressed him so much was the way the Lord dealt with the brother of Jared because of his delegating philosophy.

Hank Smith: 30:34

I have a question for both of you. I don't know if we see and hear. I have found in my experience in the church that occasionally a leader will appoint people to teach, but then will still try to do the job themselves. I want you guys to bring me a recommendation or I want you to do something, and then they end up just changing it anyway. And that can be very deflating for someone. Perhaps a relief society president to put together the solution, like you say, John, only to have the bishop change it. Or for the young women president or for the elders quorum, whoever it is, the primary, what would you both say? To have your leader then, is it called micromanaging or is it saying, Yes, I want you to be the leader, but no, really, I'm gonna still make all the decisions. Am I hitting something? I feel like I've heard this from friends and family.

Sister Elaine Dalton: 31:28 You've hit something that a lot of people feel that perhaps the council's held, but the solution's already been decided upon. Then they don't feel heard at all. It is so important that that not be the case because at least I found I could not come up with the great answers that a whole group of women could. It was very exciting, very invigorating. Have you seen that in your leadership as well?

Hank Smith: 32:01 Absolutely. It seems like everybody has a piece of the revelation and we're putting a puzzle together.

Sister Elaine Dalton: 32:07 Again, we're all growing together. We're all having this united feeling. You don't wanna have a council where it's already been decided. That's not just deflating, but it's kinda like makes you wanna quit. Well, then.

John Bytheway: 32:21 What's the point of me being here?

Hank Smith: 32:23 You're just gonna change it anyway, right?

Sister Elaine Dalton: 32:26 Yeah.

John Bytheway: 32:26 Yeah.

Sister Elaine Dalton: 32:26 But on the other hand, I think too, we can't go into a council with the solution all thought up in our head that we think is right and then get angry because it's not the one that the group comes up with. It's just a cooperative, refining way to work with people. It really is, and it does refine you, and you learn how to compromise, you learn how to listen, you learn how to have the Spirit guide. And when the Spirit guides, everything works.

Hank Smith: 33:00 That's beautiful. I remember [Sister Aburto](#) came here a couple of years ago and told us something very similar. She said, "I wouldn't get emotionally attached to my idea. It was like the law of consecration. Once I put it on the table, it's no longer mine."

Sister Elaine Dalton: 33:15 It's true. Oh, that's so good, you know, because you do go home and you pray about it and you receive revelation, you receive inspiration, but don't assume that that's the solution. It might be a part. The Lord always has bigger and better things in mind.

Hank Smith: 33:31 Do either of you have Jethros in your life that are willing to come to you and say, "The thing that thou doest is not good." This is not gonna work. You're gonna get worn out. I think I've had good Jethros in my life who have come to me and said, I

don't know if you're seeing this, but you need to learn to delegate.

- John Bytheway: 33:54 I think an easier course is just to let you crash and burn. But if somebody really loves you, they might be willing to say, you're doing something that's hurting you and the people. That's harder work, but that's more loving than, oh, you're great just the way you are.
- Hank Smith: 34:14 You're doing fine. You're gonna wear out in about three months.
- John Bytheway: 34:18 So I'm glad you put it that way, Hank. I'm thankful for the Jethros in my life that have said, John, you're doing this and it's hurting you and you don't even know it. I mean, I'm so thankful for that. Probably just because I said that a bunch more Jethros will come out of the woodwork right now.
- Hank Smith: 34:37 And I think Jethro does have a place. He's not just one of the people. He's been put in Moses' life as his father-in-law, one of his counselors. I don't know if I would walk up to my bishop and say, "The thing that thou doest is not good."
- Sister Elaine Dalton: 34:51 I learned a great principle from President Nelson who at the time I was Young Woman President was my priesthood advisor. He said to me, Elaine, never be afraid of a chastisement. And I was like-
- John Bytheway: 35:08 Are they coming?
- Sister Elaine Dalton: 35:10 Yeah. Did I just get one? Never be afraid of a chastisement. And then he gave me the etymology of the word chastise. Part of it is being chaste or pure. A chastisement is meant to make you more pure, more refined, better at what you're doing. After he told me that, I'd go into his office and I'd say, Okay, I need my chastisement. Sometimes I'd get it. That's a good way to think about that too.
- Hank Smith: 35:43 I've got to write that down.
- John Bytheway: 35:45 So you're saying that President Nelson was interested in word etymologies?
- Hank Smith: 35:49 Yeah. It's shocking.
- Sister Elaine Dalton: 35:53 Yes. Yes, he was.

Hank Smith: 35:57 Elaine, I have a personal question for you. I have known you as a church leader, and then I had the blessing of getting to know you as an individual. It's been wonderful. Every time I'm with you, you give me compliment after compliment after compliment. I remember the first time I met you, I think in person, you said, "I know who you are. You are a defender of virtue." I remember you saying that. Yes, I am. Right? Like, wow. Every time I've said something here, you've said, "That is profound." Has that been something that you were taught or is that just something that comes naturally to you? Because I think it's such a profound skill. John, don't we see Jesus doing this? You're gonna be the rock. You're the sons of thunder.

John Bytheway: 36:47 You're the sons of thunder.

Hank Smith: 36:49 He says, they are my apostles in his prayer, he says, My apostles, they're just like me. We are not of this world, are we? And you're like, Yeah, we're just the same. Is that something that you learned from parents? Is it... Where did that come from?

Sister Elaine Dalton: 37:04 It comes from the Lord. It comes through the Spirit. As I'm prompted, I say what the Lord would want me to say. It's his voice most times. It's not mine. So you can know that he loves you and he's reaching out to you, and he just uses people, sometimes me, sometimes others, to point out what a magnificent, noble, gifted disciple of Christ you are. It doesn't come from me at all, and I didn't learn it. Sometimes I'll say things and not even think about it, and then I'll have a young woman or someone come up to me five years later and say, You said this, and I never forgot it, and it shaped my identity and who I am. But it wasn't me. It was the Lord using me as an instrument. So Hank, you're beloved, and so are you, John.

Hank Smith: 38:03 To this day, I know who you are. You are a defender of virtue. That had to be 12 years ago. I can remember it like it was yesterday. I remember where I was.

Sister Elaine Dalton: 38:14 Isn't that crazy? But see, that's because it wasn't me. It's really important that I point that out. Although I have learned from you two from so long before I ever met you, I personally admire you so much. You are the real deal. You are covenant men, covenant leaders. I've learned so much from you. Now, that's coming from Elaine Dalton, but these other things, really, they come from the Lord.

Hank Smith: 38:43 That's very kind. That made me feel really good. And she still does it to this day. Elaine is our bit of a church celebrity, but she makes you feel like a celebrity. She really does.

Sister Elaine Dalton: 38:56 I keep saying, I'm not a celebrity, I'm a servant.

Hank Smith: 38:59 Yeah, I like that.

Sister Elaine Dalton: 39:00 That's who I am.

Hank Smith: 39:01 I like that. Elaine, very few people are going to have the opportunity that you had to sit amongst the councils of the church with the Apostles and The First Presidency. In your experience, are they the people we hope they are? We see them every six months at General Conference, occasionally on social media, but you were able to see them in meetings, long, stressful meetings. Are they who we hope they are?

Sister Elaine Dalton: 39:31 Yes, absolutely. They are congruent. They are the real deal. In fact, I wish everyone could sit in a meeting with them, but more than that, I wish every member of the church could sit in a meeting and hear prophets, seers and revelators pray for you. When you hear prophets and revelators pray for the members of the church, it changes everything. I wish with all my heart, everyone could experience what I did. It was such a privilege. You are so beloved, every one of us is, and they pray for us. Sometimes I just say a prayer, Help me feel their prayers. Help me know what they're praying for me to do. And again, it goes right back to this sustaining. As we sustain them, the Lord sustains us. And it is a wonderful virtuous cycle that we get into. They are more than we think they are.

40:43 You don't get to see them except maybe at the pulpit giving a talk, teaching doctrine, but the personal side, the real deal I've been able to witness and oh, they're precious, just precious. We have some perceptions of some that are stern and they're not. They're just like the Savior. They are. This recent calling of [Clark Gilbert](#), have you marveled at him? He is just like the Savior. He's a great leader. They're the real deal. I can testify of that.

Hank Smith: 41:23 I haven't done the research on this, but you may be the woman who has spoken in General Conference the most. If not, it's gotta be close. I think it was 16 talks in General Conference between 2003 and 2013. Not very many of us are gonna have the opportunity to speak in General Conference. John might, I know I will not. I remember [Love Her Mother](#). I remember [Return To Virtue](#). Could you tell us about preparing and then

speaking in General Conference? And then we'll wrap this up. We'll wrap up our episode.

- Sister Elaine Dalton: 42:03 Okay. I'll make it quick because it's the most excruciating spiritual refining process I've ever experienced. You get a letter. It says, Dear Elaine, you will be speaking in General Conference.
- Hank Smith: 42:22 It's not a request.
- Sister Elaine Dalton: 42:25 You've already accepted you picked up one end of the stick so you pick up the other. And it says, "You will have 12 minutes and you will follow so-and-so. May you be blessed by the Lord in your preparation, sincerely your brethren," and then it's hand signed by the three members of The First Presidency. After you get over that and sit and cry for a few minutes. Then you start thinking about what would the Lord have me say? Your first inclination, at least mine was, was to just give this most intelligent, masterful talk of all time with all the vocabulary words I could ever say. That's not how it works. It's not your talk. What he does is he uses your unique life experiences to teach and testify about him. Once I learned that, then the talks became easier. A lot of them would come line upon line, hard, really hard.
- 43:23 In the middle of the night, a lot of those lines would come and then others would just pour out of heaven. They'd just pour ... I couldn't write fast enough. Someone told me that those were just talks that I had prepared in the premortal existence that were just given to me. I don't know how that works. Once you get that all down, then you have to time it. As you're timing it, you're cutting, cutting, cutting. And by the time I would get to the point where it was the right amount of time, I didn't even recognize my talk most times. I would wonder if it would even make sense to anyone who heard it. That's when the Lord steps in and makes everything work. It's really a privilege to be a part of that, to stand at that sacred pulpit and stand as a witness of God at all times and in all things and in all places.
- 44:17 I'm just so grateful I had that opportunity. Preparation of self is more important and bigger than preparation of the talk. You really have to do a lot of spiritual work to get yourself in a place where you can hear the Lord's voice. It's not easy. It's hard, but it's wonderful.
- Hank Smith: 44:37 I'm sure you remember this, but I think it would be fun for our listeners to hear. Here is the last two paragraphs that President Dalton shared before she was released.

Sister Elaine Dalton: 44:51 Young women, generations are depending on the choices you make. Your purity and your worthy lives. Be not moved. You have a great destiny before you. This is your moment, and I truly believe that one virtuous young woman led by the Spirit can change the world. I testify that the Savior lives. He will be with you. He will enable you. And in difficult moments, his angels will be roundabout you to bear you up.

Hank Smith: 45:27 What a beautiful message.

Sister Elaine Dalton: 45:30 Oh, I had forgotten that. It's because that's what he did for me, and he'll do it for every one of us. That's the good news. Thank you for that reminder, Hank. So sweet.

Hank Smith: 45:43 Elaine, I hate that our time together is about up. I remember when we started, you said, What did I learn? What did I feel and what am I going to do? Can we finish there? How do you hope our listeners answer those questions today?

Sister Elaine Dalton: 46:00 The answers will be individual because I know as I read these chapters praying before, I learned a lot. I learned a lot about myself. I learned a lot about the Savior. I learned that this is a story of identity. It's a story of faith versus fear. It's a story of revelation. It's a story of redemption. God will always provide a way. He will always provide a way. It's a story of receiving all the manna and things of that sort. It's a story of relentless pursuit. I think it's a story of radical reorientation. God wants for us a radical reorientation of our selfish and prideful impulses and the eviction of the natural man for us to go and sin no more as he's promised us. It's a profound group of chapters I believe. Now, what did I learn? Personally, I'm gonna, I'm gonna tell you, I'm gonna reveal myself to all of you. I learned not to murmur anymore.

47:17 I learned to follow the prophet in everything he asks. I learned to do everything I can to have the gift of the Holy Ghost so I can be guided by personal revelation. And I learned that covenants the Lord makes and keeps his covenants and that they are vital for us to get through in this world. This covenant path is huge. I relearned the importance of just being daily, just daily devotion, daily righteous routines and holy habits. Those are my learnings. Now, what am I gonna do about it? A lot. But the big thing I'm gonna do is I'm gonna start looking for Christ in all of my experiences and in all I do, and recognizing him.

Hank Smith: 48:06 Beautiful. John, do you ever wonder, how did I get here? How am I sitting here having a conversation with Elaine Dalton and having these incredible listeners that we have who listen every

week, who are so supportive and think that we're doing a great job, right? People come up to me, Hey, thank you.

- John Bytheway: 48:30 Mostly I sit there.
- Hank Smith: 48:31 Yeah, mostly I just listen like you. Elaine, thank you.
- Sister Elaine Dalton: 48:37 Oh, thank you. If there's anything I want everybody to remember, it's that everything is about the father's plan that we chose. It's designed to get all of his beloved children back home again. That's, that's what it's all about. But you two, thank you so much. You're doing so much good in the world, so much good for me. It's a privilege and an honor to be with you both.
- Hank Smith: 49:02 Well thank you. It's honestly a joy. Elaine says, Oh, Hank, John, you're the real deal. Elaine Dalton is the real deal, isn't she, John? She's as wonderful as you hope she is.
- John Bytheway: 49:14 That's right.
- Hank Smith: 49:15 Yeah. She's-
- Sister Elaine Dalton: 49:17 Thank you.
- Hank Smith: 49:20 With that, we want to thank sister Elaine Dalton for her time with us today. We wanna thank our executive producer, Shannon Sorensen, our sponsors, David and Verla Sorensen. And every episode, we remember our founder. He was a defender of virtue. Steve Sorensen. We hope you'll join us next week. We're gonna continue in the book of Exodus on followHIM. As a thank you to our wonderful listeners, we'd love to gift you the digital version of our book, Finding Jesus Christ in the Old Testament. It offers short, meaningful insights drawn from our past Old Testament episodes. Visit followhim.co, that's followhim.co to download your free copy today, and you'll also find the link to purchase the print edition. Thank you for being part of our followHIM family. 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, Sydney Smith, and Annabelle Sorensen.
- 50:22 Whatever questions or problems you have, the answer is always found in the life and teachings of Jesus Christ. Turn to him. Follow him.

followHIM Favorites



- Hank Smith: 00:03 Welcome to followHIM Favorites. This is where John and I share a single story to go with each week's Come, Follow Me lesson. John, we are in the book of Exodus this week, and I have a story for you. It's a simple story, but it really has stayed with me. Do you remember in Exodus chapter 17, Moses has his hands up, and as long as he has his hands up, the Israelites win this-
- John Bytheway: 00:24 Prevail.
- Hank Smith: 00:24 ... this battle. Yeah. Says his arms are very heavy and he's, he can't do it under his own strength. So two people, Aaron and Hur, H-U-R, come under his arms. Do you remember this? And they hold up his arms. It said it stayed up his hands. Listen to this story. This is told from President Eyring, but it was a long time ago when President Eyring was a singles ward bishop.
- 00:51 This is what he says. He says, "You may have had the experience of being made stronger by the people you were called to serve." That's exactly what happens in this story. "When I was bishop of a young single adults ward, a young man came in for council. He was a freshman at a very good university." So a week after they'd had their talk, he schedules another appointment. This young man comes in. He's a new member of the church. He's only 18 years old. John, sometimes we learn things from new members. The fact that they don't know what, how things maybe are supposed to run or traditionally run, that they, they do something and you think, Why don't we all do that? So he comes into his bishop's office and says, "Bishop, could we pray before we talk? And could we kneel? And I would like to say the prayer." Okay.
- John Bytheway: 01:45 Okay.
- Hank Smith: 01:46 He says, "His requests surprised me. But his prayer surprised me even more. It went like this. Heavenly Father, you know that Bishop Eyring gave me advice last week and it didn't work. Please inspire him to know what I am to do now."

John Bytheway:	02:02	Wow.
Hank Smith:	02:05	Right? He says, "You may smile at that, but I didn't." And then this is what he said he learned. He said, "This young man already knew what the Lord wanted him to do, but he honored the office of a bishop in the Lord's Church and perhaps wanted me to have the chance to gain greater confidence to receive revelation in that calling and it worked. As soon as we stood up from the prayer, the revelation came to me. I told him what I felt the Lord would have him do. He was mature. He was only 18, but he was mature in spiritual years."
	02:42	He said," From that experience, I carried away the lesson that the faith of people we serve, sometimes more than our own faith brings us revelation in the Lord's service." He said, "If the boy had judged me as a failure, he never would have come back and ask again. But by choosing not to judge me, he received the confirmation he desired." Ready for the end of this story, John?
John Bytheway:	03:07	Mm-hmm.
Hank Smith:	03:08	He says that this, this young man, this new member, eventually became a stake president. He carried with him the lesson we learned together. If you have faith that the Lord leads his church through revelation to those imperfect servants he calls, the Lord will open the windows of heaven to them as he will to you.
John Bytheway:	03:32	Wow. That's great. And that's a way to sustain.
Hank Smith:	03:35	That is a way to support a bishop when ... I just love it. Well, he gave me advice last week and it didn't work, so let's try this again. Can you inspire him better this time? Yeah. Oh, that's wonderful. We hope you'll join us on our full podcast. It's called followHIM. You can get it wherever you get your podcast. We are with Sister Elaine Dalton this week, and she is a joy. A lot of you will remember her from when she served as the Young Women's General President, and she brings that same spirit that she brought in all those General Conference talks to our show. And then come back here next week. We'll do another followHIM Favorites.