

Sister Kristin M. Yee taught,  
"Although growth and change are essential parts of our progression, there are gratefully some familiar constants in our lives that balance and anchor us in times of change."



Those eternal constants are our Heavenly Father and our Savior, Jesus Christ —

Their perfect love for you,  
Their complete awareness of you,  
Their power and covenant promises."

**Reflection:**

- When have you felt "transplanted" into an unfamiliar situation? How did that experience help you grow in ways that wouldn't have been possible if things had stayed comfortable?
- Where in your life right now are you being asked to trust Him one day at a time?
- Is there an area of your life where you've been tempted to doubt whether the promised blessings will come for you personally? What would it look like to hold on a little longer?



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