

[00:00:00] <Music>

**Annie:** Hi friends. Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today, we've got a great show in store. Oh my gosh, it's such a good show. But before we begin the live podcast recording with Matt and Lauren Chandler, I want to talk to you about one of our partners' CRU. It goes without saying reading the Bible is so important to me. You're about to hear us talk about it in this show.

And if you've been following me lately, you know I've been reading through the Bible in a year, and go through the Gospels every month last year. But imagine for a second, that you couldn't get a Bible, that you couldn't hop on Amazon and get one sent to your house or even afford one. take it one step further and imagine that you aren't even allowed to have one.

Honestly, sometimes we forget that there are people, lots of people, all around the world who simply can't get a Bible. That's why we're thrilled to partner with CRU. CRU is one of the largest evangelical organizations, with over 25,000 missionaries in almost every country. CRU has given Bibles around the world to people in their own heart language, and sharing the hope of Jesus.

But here's where they need your help, for only \$21 a month you can provide three people Bibles each and every month. And when you sign up to provide three Bibles with the monthly gift of \$21. As a thank you, CRU will provide meals to five hungry families through their humanitarian aid ministry, and you'll receive a promo code for 10% off shop [anniefdowns.com](http://anniefdowns.com). Simply text FUN to 71326 to help today. Imagine just how much this gift could change someone's life. So text FUN, F-U-N to 71326 to help now or visit [give.cru.org/fun](http://give.cru.org/fun).

Today on the show, we have my friends Matt and Lauren Chandler. This month you've gotten to hear our That Sounds Fun Tour live conversations. If you weren't able to make it in person or if you're in a different city. And, so, that's been this whole month, go back and listen if you're just jumping in. But we did save some of the interview in each city, just for that live audience. But you're going to hear most of it here. I was so excited to have Matt and Laura join me in Dallas.

Matt is the lead pastor of the Village Church in the Dallas Fort Worth Area. He's the author of several books and Bible studies you may have heard of or read, including; *To Live is Christ to Die is Gain*, *The Mingling of Souls*, and *The Explicit Gospel*. His wife Lauren has also written books and Bible studies. Her most recent, *Being With Us in the Wilderness: A Study on the Book of Numbers*.

Y'all, these are two dear friends to me, and I've been dying to have them both on the show. I love this couple so much and I know you will too. So here's my conversation from our live stop in Dallas with Matt and Lauren Chandler.

[00:02:41] <Music>

Will you please welcome Matt and Lauren Chandler. Thank you, thank you, thank you.

**Matt:** Will you edit, in case Lauren uses language that's [Inaudible 00:03:05].

**Annie:** Yes. Matt's like, "If Lauren cusses, are you going to cut it?" Yes.

**Matt:** It happens.

**Lauren:** It's possible.

**Annie:** It could go there.

**Matt:** It depends on the subject.

**Annie:** That's right, thank you for matching me, exactly, in you're a little--

**Matt:** I knew it was the pink jacket or the black jacket. I rolled the dice, and here we are Annie, here we are.

**Annie:** You did it, respect.

**Matt:** Yeah. And I would just say, just out of the gate, I tell my daughters this, "Never trust a man who won't wear pink."

**Annie:** Keep going.

**Matt:** If you won't wear pink, walk on. Just where you got some... you got some stuff.

**Annie:** There's something.

**Matt:** Walk on.

**Annie:** What is he got? What's the thing?

**Matt:** I mean, there's all sorts of things that can rob a man from the joy of wearing pink.

**Annie:** Wearing pink?

**Matt:** Yeah. This is getting deeper sooner than I thought.

**Annie:** Really? That's not our friendship.

**Matt:** That isn't, so move on.

**Annie:** Matt and Lauren had been here seven minutes, and I was crying, so it's good. We get deep pretty fast.

**Matt:** But they were happy tears, clarify that they were happy.

**Annie:** Totally. They didn't make me cry, just to be clear.

**Matt:** I'm a pastor, they like think, "Oh, did he bring up sin?"

**Annie:** Yeah.

**Matt:** And I'm like, "No, I didn't I swear." But we can.

**Annie:** Right here in front of everybody.

**Matt:** I t's your show Annie.

**Annie:** Let's do it. Listen, I don't know if y'all have listened along like I have. But Matt, you just finished teaching the whole book of Revelation.

**Matt:** Yeah.

**Annie:** So you like teach the easy stuff, mostly?

**Matt:** Yeah.

**Annie:** Yeah. You just go to the back of the book, you spoil the ending.

**Matt:** Well, there was a little boy in our church that asked me what we were going to do now.

**Annie:** Yeah.

**Matt:** And I was like "It's great, we're just going to start over."

**Annie:** Right. And at the same time, Lauren, you just had a Bible study release, *With Us In The Wilderness*, about *Numbers*?

**Lauren:** Yes.

**Annie:** So you're working in the front of the Bible, and Matt is working in the back?

**Lauren:** Yes.

**Annie:** Why numbers? That's such a weird one.

**Lauren:** I have no idea. No, I was reading through the Bible. And I'd read some parts of *Numbers*, but for the most part, I was like, "All these names and numbers I didn't understand." And then as I started reading through it, they're all these really interesting stories. And I was like, "I'm really fascinated." I'm a real curious person by nature, and so I started digging deep. And I thought there's some really good gems here that I want to share with other people.

**Annie:** Yeah.

**Lauren:** And honestly, the more that I studied *Numbers*, the more I saw it later in the Bible as I kept reading just different things, how it overlapped. And, ironically, this I wrote it in 2019. I started writing it in 2019, finished early 2020. And then I felt like we all were going through some kind of wilderness in 2020. So I felt like the Lord put it on my heart.

And even personally, we were going through a wilderness just with our family, with the church, just different parts of our lives. And so it was just the Lord's timing to study this book that in Hebrew is called, *In The Wilderness*. Which I thought, "Hey, let's call it that instead of *Numbers*."

**Annie:** I mean, really?

**Lauren:** Because numbers, I like numbers, I'm kind of nerdy.

**Annie:** Why did we switch that? Why did we switch it to *Numbers* from *In The Wilderness*?

**Lauren:** The Bible people did. They decided that--

**Matt:** Marketing.

**Annie:** Marketing.

**Matt:** Just terrible marketing.

**Annie:** An intern did that. An intern did that.

**Matt:** I do think one of the things that was fun for us, as Numbers and Revelation, is these books that are viewed as difficult and oftentimes avoidable. I mean, if you did a poll about how many people start reading the Bible in the year, and then give up at Numbers. And they just pop back to the Gospel of John, or Psalms, it's almost all of us. And, yet, I'm convinced that one of the ways the enemy has really robbed us of confidence, specifically, in the day and age we're in, is by taking these two books, in particular, away from us. One, how faithful God is, even when it looks like He's gone.

**Annie:** Right.

**Matt:** And two, there's not a book in the Bible, that disarms the enemy like the book of Revelation. It just continually lays in front of us as the people of God, that he loses, and we win, and things are not like they seem. And if we can make that weird, if the enemy can make that weird or confusing, or there's a prostitute or beasts, what?

**Annie:** Right.

**Matt:** And then if you get junky theology involved, and now there's guillotines, and the Apache helicopter, the locusts, and then things get really, really strange, and then nobody reads it. And then we're in this day and age, where if we could just get it, we would, as the book says, "Sing in the face of our enemy." But we can't do that, because we don't know the book because the book's so weird and scary, or numbers are so difficult to manage.

But those two books, no matter how hard things get, no matter what kind of loss there is, no matter how long it takes, you have not been abandoned. And then Revelation is the story of victory. It's, things are not as they seem, that's incredible.

**Annie:** The weird thing about Revelation, all of it, is the weird thing about Revelation. But also, I feel like every seven years someone else tells me what all those things are in Revelation.

**Lauren:** Yeah.

**Matt:** Sure.

- Annie:** And so, it's not that I feel like I can't trust it, I just feel like I can't trust how people... Of course, we can trust the Bible, to be clear, of course we can.
- Matt:** Yeah. I was going to ask some questions, follow up questions, I'm glad you said that. This is going to be awkward.
- Annie:** I trust every bit of the Bible.
- Matt:** Are there any other parts that you don't like?
- Annie:** Yeah, we've talked about how I feel about Paul.
- Matt:** Not in front of the people.
- Annie:** Okay.
- Matt:** Not in front of the people, Annie.
- Annie:** He's really grown on me, I understand him better. The podcast did a series, I read into **[Inaudible 00:08:28]** book.
- Matt:** Okay.
- Annie:** You chastised me severely.
- Matt:** It was friendly banter, friendly banter.
- Annie:** But I want us to want to love Revelation, Like, I want to want to love it.
- Matt:** Yeah, I get that.
- Annie:** And not be scared of it.
- Matt:** Sure.
- Annie:** So what's that move? How do we not see what Twitter says about Revelation?
- Matt:** I think you shouldn't see what Twitter says about a lot of stuff.
- Annie:** Well, that will preach. That will preach.
- Matt:** So I'll just move that rule, wherever that rule falls on your fun meter.

**Annie:** Right.

**Matt:** It just needs to be higher.

**Annie:** Right.

**Matt:** It just needs to be higher. So there were two things for me, that really made me go, "I've got to get in here." And the first is Revelation 12, which is the Christmas story. So the thing to think about when you think about Revelation, we think everything's linear. Like, okay, here's what happens next.

**Annie:** Yeah.

**Matt:** Well, Revelation isn't built that way. It's apocalyptic literature. It's what does John see next? It's four windows. What does he see next? So if you read Revelation, because you think it's this linear timeline, it's going to be super confusing, 12 unlocks it for us.

**Annie:** Okay.

**Matt:** And shows us that because it's the Christmas story, but it's the Christmas story, told in such a way that it does what apocalyptic literature does. Which is provoke our imagination in a way that it stirs up our hearts and minds.

**Annie:** Yeah,

**Matt:** So what we're used to on the Christmas story is, Mary, she's in this barn, it's a silent night, it's a holy night.

**Annie:** Right. All is calm.

**Matt:** All is calm, Annie.

**Annie:** I've heard.

**Matt:** But it's also-

**Annie:** Bright.

**Matt:** There, it is.

**Annie:** It's very bright.

**Matt:** And you're thinking that, and you're like, "Oh my gosh, that's so sweet." And there are songs like "Mary Did You Know?"

**Annie:** Oh boy.

**Matt:** "That your baby boy."

**Annie:** I will weep right here if you keep singing that one.

**Matt:** Yeah. The angel told her, she does.

**Annie:** Yeah, Right, she actually did know.

**Matt:** So, now, if you go to Revelation 12, though, it's this picture of a woman with 12 stars, the 12 tribes.

**Annie:** Yeah.

**Matt:** It's the whole purpose of God through human history, is what the crowns are. And she's, and here's a dragon waiting to devour the baby, now we've got cosmic warfare. Now we see that the child escapes the dragon. And you're seeing this thing that's like, as a man, I know I'm minority in the room. But I'm like, "Great a manger scene, but what? War against the dragon? I'm going to war against the dragon."

**Annie:** Interested.

**Matt:** It's also 60 years before John, even, has any clue of any of these things. So it's not linear, so twelve is the one. And then the other thing that just, men, I just get so pumped, just as a pastor, you're kind of a first responder. The amount of sorrow in the world and brokenness in the world. And you got the Four Horsemen of the Apocalypse. And it's just terrible, you don't read that and go "Yes."

**Annie:** Right.

**Matt:** But you get the four horsemen. And then after the fourth horseman, this is chapter four, maybe?

**Annie:** Okay. We believe you.

**Matt:** Well, I wanted to throw the "maybe" because I'm not sure.



**Annie:** Okay.

**Matt:** I'm not sure. So the angel sees the four horsemen. They're riding all over the world. By the way, that's not a future event, it's happening right now. That's not, "Oh, the four horsemen are coming." Here's the rule on Revelation, it cannot mean for us what it did not mean for them. Why would God do that to them? It's like, "Don't worry, 2,000 years from now that's who it's for." No, it was written to a specific people, it is a letter like Galatians.

So when we read that the Four Horsemen of the Apocalypse are just wrecking shop all over the world, the angel in heaven says, "In light of these things, who can stand?" And the very next scene is the Church of Jesus Christ worshipping, singing. So the message to the believers in Rome, and the message to us is we can.

**Annie:** Right.

**Matt:** We can stand. In light of pestilence, in light of death, in light of persecution, in light of slander, no matter what comes, we can stand. And so you get this, I can feel myself getting excited, like we sing in the face of our enemy. What do we do at funerals? We sing, why? Because we won, that person won, right?

**Annie:** Yeah.

**Matt:** When your grandma's in the hospital with Alzheimer, what do you do? You sing and it brings her back for a second, right? What do we do, like, what defangs the enemy like singing in his face?

**Annie:** Yeah.

**Matt:** And so in light of these things, who can stand? We can stand, like I'll preach that, and we need to hear that. And that's what I think the enemy wants to take from us, by making this book confusing. Because of some '70s movies, and some junky, dispensational, pre-mill theology.

**Annie:** And a very popular series of that.

**Matt:** Absolutely, make a ton of cash.

**Annie:** Right.

**Matt:** A ton of cash, because it does sell, weird sells.

**Annie:** Yeah, that's why my books do all right.

**Matt:** That's right. I didn't say it, you said it.

**Annie:** You didn't, I just did, I said it for myself. That's really interesting to me, Matt, because one of the things that I know is true in my own life is, if my brain is spinning out, or if I'm in a bad mood or something. If I will put worship music on it will change the atmosphere, it may not change the situation.

**Lauren:** Yeah.

**Annie:** And I always thought it was more of like a sphere, so atmosphere thing, which I think it is. But if you're telling me I'm singing in the face of my enemy, let's go.

**Matt:** Well, it's also, and so again, I don't want to just talk Revelation, we've got--

**Annie:** We have a whole list, but we are fine. They are here.

**Matt:** So the other thing that's happening in Revelation is you get the letters to the churches. And then right out you get this picture of heaven. You have all that exists flowing towards this throne.

**Annie:** Yeah.

**Matt:** Where Christ is enthroned. And the reality of worship is that it becomes convergence space, does that make sense?

**Annie:** Mh-hmm.

**Matt:** So it's not like, "Oh, we're going to be there one day." It's, "Oh, my gosh, I get to be in that right now." And I don't know, like one of the things, the guy that was sharing the gospel with me. I would go to church with him and we used to play football together, and we would just talk about girls, and Pearl Jam, and football, and then we would go to-

**Annie:** 1993?

**Matt:** That's here, that's class of '93.

**Annie:** Yeah.

**Matt:** That's [Inaudible 00:14:28] What about you?

**Matt:** '98.

**Matt:** Okay.

**Annie:** '98.

**Lauren:** Yay!

**Matt:** Don't do the math, it's fine.

**Annie:** We're proud to be alive.

**Matt:** It's fine, I'm here.

**Annie:** We are proud to be alive.

**Matt:** And it would be this good friend of mine that sharing the gospel with me, and, man, they would do the goofy songs. Because, like in '91, '92, they weren't kind of upbeat, good Christian songs, worship songs, like there are now. So it was like kitschy stuff like, "I got joy down in my heart. Deep, deep down in my heart." Spell it in the whole room, you would love it.

**Annie:** Yeah probably.

**Matt:** Spell joy with their body.

**Annie:** Right.

**Matt:** And they knew, but as a jaded 15-year-old, I'm like, "These people are weird."

**Annie:** Right.

**Matt:** And then they would switch to worship, and my friend would be gone. Like his eyes would be closed, and I would see him lift his head, it was was like, he went this place, I couldn't go. Like, I didn't know where he went. I wanted to go with him, I didn't I know how to get there.

**Annie:** Yeah.

**Matt:** I didn't even know that what he was trying to do is help me get there. And so not only when we're worshipping, which is so much bigger than singing, just to be sure.

**Annie:** Right.

**Matt:** But that one passage, in particular, shows the church singing in that moment.

**Annie:** Right.

**Matt:** But before that, after the letters to the churches, this convergence space where everything's moving towards the throne room. That when Christians gather and we worship, it becomes this kind of convergence space. Where we're joining in with that, again, not a future event, a reality right now that you and I are invited to participate into. So the thing that messes with people in Revelation is we're just being told everything in that books about the future. And there's a couple of chapters that are about the future.

**Annie:** Yeah.

**Matt:** The rest of it is the world we live in right now.

**Annie:** Yeah.

**Matt:** It's just a lot of apocalyptic literature, that's meant to provoke our imaginations, make us feel something. God didn't want to us just know something, He wants us to feel something.

**Annie:** Right. We can listen to you teach it through the Village podcast?

**Matt:** Yeah, sure, YouTube or wherever.

**Annie:** Okay. So you finish that?

**Matt:** Yep.

**Annie:** And now vacation?

**Matt:** Lost Valley Ranch, let's go.

**Annie:** Lost Valley Ranch. Y'all have heard us talk about it before. Yes, people are clapping because we love the ranch and y'all go like, soon. How are you feeling?

**Lauren:** Day after tomorrow.

**Annie:** Day after tomorrow. Y'all know this, the real science is we moved the date of this show, because I wanted Matt and Lauren, and I knew they were going to the

ranch. So I was like we got to switch around Texas. Lauren when you think about your family packing up, what is vacation with your people mean to y'all?

**Lauren:** I think just that uninterrupted time together, where I don't think we get it right no. My kids are 18, 15, and 12, our kids, I said, my kids, our kids we have them together. Sorry I just said my kids.

**Matt:** It's fine. We were pregnant, I would say that all the time.

**Lauren:** No.

**Matt:** When we were pregnant.

**Lauren:** We were not pregnant. I was pregnant, we were expecting. That was-

**Annie:** That's true, there you go.

**Lauren:** Anyway, just uninterrupted time together. And we try to put screens away as best we can, and that happens a little easier in Lost Valley because the service isn't great.

**Annie:** The service.

**Lauren:** And there's a lot of beautiful things to look at, and see, and be a part of, and so I love that part for our family. And to kind of pull them away, and where we get to be us as a unit, instead of everybody doing their own things. Because I actually like them, and I enjoy time with them. And they're at an age now where we're okay. That they don't mind hanging out with us, they don't mind spending time with us. And so I think that's what I like about vacation with the family and a trip. And we're actually at that age where there's a difference between vacation and a trip. Where your kids when they're a certain age it's a trip. Because you are preparing--

**Annie:** Right, when they're like three, eight?

**Lauren:** Yes. There's no vacationing happening for us, vacations are mom and dad thing together. But now I feel like we're getting to that age, where it does feel like a vacation we get to get away. Spend time together and just be removed from the rhythms of just home and the craziness, where we can really miss each other. And be kind of plucked up into a new place and get to know each other better.

**[00:18:43]** <Music>

**Annie:** Hey friends, just taking a minute from our conversation, to share with you about a new brand we're excited to partner with for today's episode, Genexa. Here is some news about your medicine cabinet that might make you feel a little bit sick. Those brands you've been turned into for decades, are filled with unnecessary chemicals, artificial additives, dyes, preservatives, stuff you don't need. Which is why Genexa started the first ever clean medicine company.

They make medicine with the active ingredients you need, like acetaminophen, minus the artificial ones you don't. Genexa was started around a crazy idea, make medicine with ingredients that help make you feel better, not worse. They're the first clean medicine company, founded by two dads on a mission to make everyday medicine with the same effective active ingredients you need. Without the dirty stuff like artificial dyes, preservatives, and fillers.

Whether you need to manage your pain or allergies, or just the common cold, Genexa treats the same symptoms as the leading brands because they use the exact same active ingredients just not the stuff you don't need. I mean, it's 2021, why is no one thought at this before? Genexa has a huge network of healthcare professionals across the U.S., helping patients and their families join the clean medicine revolution. It's real medicine made clean.

So start cleaning out your medicine cabinets today for your entire family. Go to [genexa.com/thatsoundsfun](https://genexa.com/thatsoundsfun) for 20% off your first purchase. Again, that's [genexa.com/thatsoundsfun](https://genexa.com/thatsoundsfun), and they'll give That Sounds Fun friends 20% off your first purchase, that's [genexa.com/thatsoundsfun](https://genexa.com/thatsoundsfun). And now back to our conversation with Matt and Lauren.

**[00:20:20]** <Music>

Is there any way, I haven't mommed yet, but is there any way that a mom can go on vacation or go on a trip with her kids and get rest? Is there a way, like when your kids were little, were you ever able to find rest in those scenarios? Or is that just do you need to like put that away is like, "No."

**Matt:** Say what's true.

**Annie:** Say what's true, I don't know, I can't...

**Lauren:** Well, there was one time we had a girl come and help us, which was great. Now because he travels and preaches a lot. What we would do is his work trips, like if you went preached at a beach camp, we would come.

**Annie:** Yeah.

**Lauren:** Because we couldn't necessarily afford a beach vacation and so that was our vacation. And so we would have a girl come help us there. I mean, I think it's hard to find rest when it's the whole family. And I think there are pockets of rest you can get. I would just lean on Matt like say, "Hey, just can you let me sleep in?"

**Annie:** Yeah.

**Lauren:** And he was great to do that. But I do think it's hard, I want to say like the pat answer of "Yeah, rest is like a mindset-"

**Annie:** Oh gross, gross do not lie to us.

**Lauren:** "And you can just get there." But it's hard. It just is hard, it's hard. I remember the most rested I felt one time and this is, I'm an introvert if you can't tell, but Matt was on a trip. All the kids were at youth camp somewhere, or some kind of summer camp, and I was home by myself.

**Annie:** Yeah.

**Lauren:** And I was going go visit a friend who moved to a town like two and a half hours away. And all of a sudden, I realized, "Wait, I like this." I don't want to leave these. I'm in my house by myself, I don't have to get anyone anything, I can sleep in, I can just be me in my house by myself, this is vacation.

**Annie:** Yeah.

**Lauren:** So I loved that, and that was one of the times that I got to actually rest. But I do think it's hard. I'm sure somebody has a great answer about how to rest on vacation with a family.

**Annie:** Well I mean, when I talk about Sabbath, the group that chirps back at me the most are young moms.

**Matt:** Sure.

**Lauren:** Yes.

**Annie:** And they're like, "You wish I could rest?"

**Lauren:** Yes.

- Annie:** So Matt, when you're pastoring, how are you telling young families to Sabbath and to rest? Like, what do we do to help young moms and dads, get rest that is actually for your soul?
- Matt:** It's a great question.
- Annie:** Thank you.
- Matt:** I think, you're so good at this.
- Annie:** Thank you. My dad loves when people say that. My dad's always like, call me and be like, "Did you hear Matt Chandler say that was a great question? Proud of you."
- Matt:** "Proud of you, girl."
- Annie:** "Proud of you Annie."
- Matt:** "I knew it, Annie."
- Annie:** "I knew you could ask questions for a job."
- Matt:** So I think you've got to keep in mind what Jesus says, "The Sabbath was made for the man, not the man for the Sabbath." So you've always got to keep that in front of you. And you always have to keep in front of you-
- Annie:** What does that mean?
- Matt:** Well, it means that if you turn Sabbath into a kind of a legalistic tool, then it's going to betray you.
- Annie:** Right, exactly.
- Matt:** And so, although, I do think what we're after is a day set aside. I think there's a season in which you might not get the full day, but you can start to model the heart of God in it. Which is to say you, not you as a mom, not you as a dad, not you as someone who produces or creates, or fill in the blank, you matter because I made you in my image and I love you. And what Sabbath is, is arresting and rejoicing in that. And since we're not Orthodox Jews who have been, but that's a great community to learn from.
- Annie:** Right.



**Matt:** What I would encourage people to do is, you might not be able to do the whole day, but you can certainly find a block of that day in which to truly Sabbath. And build the day before towards it, and you talk about this all the time. It's the intentionality the day before that makes the Sabbath.

**Annie:** Right.

**Matt:** It's the I want to be yours and only yours today. And I want to do what makes me just delight in you, and rejoice in you, and so I think, take what you can. But be intentional, knowing that as often as you can invite them into that also, because part of it, it's not... you're not just sitting around reading the Bible all day on Sabbath, right?

**Annie:** Right.

**Matt:** There are things that are fun, that are life-giving. Like I eat a kind of way on Sabbath, I don't usually eat the rest of the week.

**Annie:** I eat a kind of way on Sabbath.

**Matt:** Say it.

**Annie:** I just did.

**Matt:** Put it on a shirt, Annie.

**Annie:** I'll put that on a shirt. "I eat a kind of way on Sabbath.

**Matt:** I mean, I do. Like I eat a kind of way on Sabbath, that I'm not eating the rest of the week. I want to be mindful of what I'm really going to enjoy doing, with the mindset of, "God, you love me so much you give me sea salt, caramel, dark chocolate-covered candies, by the fistful.

**Annie:** Wow, you only eat... oh, the by the fistful is the Sabbath thought.

**Matt:** Yeah, I'm throwing that in there.

**Annie:** Okay, good.

**Matt:** No, no, no.

**Annie:** Because you can have those seven-days a week, and the Lord will meet you there.

**Matt:** I know, Siz, but not in the volume.

**Annie:** The fistful, I hear you.

**Matt:** It's the volume that matters. It's a Sabbath delight, a treat.

**Annie:** A thing that I quote you saying three times a week, I probably quote you saying this, "If you work with your mind, Sabbath with your hands. If you work with your hands, Sabbath with your mind."

**Matt:** Yeah.

**Annie:** Will you walk us through that a little bit. When we think about our profession, our jobs, how do we figure out what rest is like for us? And how'd y'all figure it out for y'all?

**Matt:** So a couple of... one that's not me, I appreciate that you always give that to me. I'm just-

**Annie:** I know I always say Matt Chandler is always like, "Annie it's not mine."

**Matt:** And everybody will see you like, "Matt Chandler will say that, and he got that from it's fun, it's fun." So I think what you're aiming at, I mean, I hate to use this language, but it's kind of a journey, like, "What does replenish my soul?" The number of people that can't answer that question, how am I replenished? Is a big problem in regards to how they say it. Because they don't--

**Annie:** That's how I feel about fun. When I say what sounds funny and people don't have the answers.

**Matt:** Yeah.

**Annie:** I'm like you're telling me a lot.

**Matt:** Yeah.

**Annie:** That you can't come up with this answer.

**Matt:** So by and large, what you don't want to do on Sabbath, and again this is tools not rules, it's a practice. "Sabbath was made for the man, not man for the Sabbath."

**Annie:** Yes.

**Matt:** Is if my work, what I produce, is with my hands, to in some way, the neglect of my imagination, or something I would love to do, but don't have time to. So maybe that's history, like, I love to study football. Like I would love to be a football coach, that's not what God had for me. So like my son, they just changed his defense, and on Sabbath I dug into their new defensive scheme.

**Annie:** Yeah.

**Matt:** And what blitzes you could run off of it. And how you would defend certain packages based on it, it's just deep dive I lost myself in it.

**Annie:** Yeah.

**Matt:** And I loved it. I never did, I'm never going to... I'm not doing that at the Village, how are we going to organize these small groups? I know we're going to blitz off the edge, right? What are we going to do with the difficult people? Oh, I know what we're going to do, we're going to try to jam up against the sideline.

nd so if you're always working with your hands, so maybe you're in construction, or maybe you're a welder, or you pick up the trash or whatever. But you've got this side of you that loves music or man, if what you dream about is, "You know what, I wish I was Tom Brady."

**Annie:** Yeah.

**Matt:** Then why don't you, on that day, just learn how to throw the ball like Tom Brady. I mean, don't worry you're not going to be Tom Brady.

**Annie:** Maybe.

**Matt:** But you... No, no.

**Annie:** Want it done, like you want it done?

**Matt:** But you could literally like, learn how he throws the ball, and go and try to get more accurate. I mean, that's the stuff that you can do. Or if you're always reading, and writing, and thinking, then maybe try to build that deck.

**Annie:** Yeah.

**Matt:** Or do something like that. Like, for me, to be outside and to do something with my hands, is really, really replenishing for me. Although it's physical expenditure, because my job is never over.

**Annie:** Yes.

**Matt:** Ever. Like there's not been one night, in 20 years of pastoring, that I thought got it all done, let's go home.

**Annie:** Yeah.

**Matt:** Don't you worry, I locked it down. Like that... right?

**Annie:** Finished.

**Matt:** There's always a tragedy, always a crisis, and so I need to be able to put my hands on my desk, and thank God that He doesn't sleep. And I can go be husband and dad. And then on Sabbath maybe to do something that I can go, "Oh my gosh, that's finished."

**Annie:** Yeah.

**Matt:** That's done.

**Annie:** Yes.

**Matt:** Nothing in my life, this is done. Nothing in my is done.

**Annie:** This is why it puzzles. I'm like, "This is really hard, but I bet I'll finish it."

**Lauren:** I love puzzles.

**Annie:** I love puzzles.

**Lauren:** When you say fun, I think puzzles.

**Annie:** Yeah.

**Matt:** But you also love to do algebra.

**Lauren:** I know, I do.

**Annie:** She said I know. I know, don't bring it up.

**Matt:** Yeah, I know.

[00:29:24] <Music>

**Annie:** Here at That Sounds Fun, and at the That Sounds Fun network We love learning new things about podcasting, and continuing to improve in the work that we do. And that's why we are so glad to learn about Anchor. If you haven't heard about Anchor it's seriously the easiest way to make a podcast.

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[00:30:41] <Music>

Lauren, what do you do on Sabbath? What's it look like for you now that the kids are at this age, where they all kind of have their own lives and they are doing their own things too. When you get to rest, what does it look like?

**Lauren:** I'm actually just doing algebra. It looks like going outside, really I love to just be outside. My grandmother and my mom were all just had green thumbs, and were always in the yard. I remember my grandmother just like being sweaty from being out, working out in the yard all day. And there's something satisfying about watching, like, I've got tomato plants. And I'm waiting for those blooms to turn into little fruits, and then it grows and waiting every day to see is there any little tinge of orange yet?

I am a bird watcher. I have, I bought, I was so tired of trying to find his binoculars. I was like, "I'm buying some bird-watching binoculars."

**Annie:** Are there special bird-watching binoculars?

**Lauren:** They're not, but I just researched like, "What are good binoculars for bird watching?" And I found some on Amazon, ordered them.

**Annie:** I love that.

**Lauren:** I have them right by my kitchen sink.

**Annie:** Yes.

**Lauren:** I have like three or four bird feeders in our backyard. We have like a Corps of Engineer property behind us, so it's just kind of unkempt, wilderness behind our house in the suburbs. And I will look for birds and so I love doing that. I seriously love to do puzzles and algebra.

**Annie:** Dude, have you done The Golden Girls puzzle?

**Lauren:** No.

**Annie:** It is so hard, all their hair is the same color.

**Lauren:** Well, that's what's so hard?

**Annie:** I have never quit on a puzzle until The Golden Girls. I'll mail it to you when I get home. It is so hard.

**Lauren:** Oh, I want it.

**Annie:** They all have gray, white, with brown pieces in it.

**Lauren:** Oh, yeah.

**Annie:** It's like I don't know if you're Blanche or Rose, I don't know.

**Lauren:** Do you have-

**Annie:** I know what we're about to talk about, go there.

**Lauren:** Okay, do you do the edge pieces first?

**Annie:** Yes.

**Lauren:** Thank you very much.

**Annie:** 100%. Do you put it on a mat that you can roll up? Do you know about the mat?

**Lauren:** I got it, I tried, and it did not work, it didn't.

**Annie:** Tell me why?

**Lauren:** I rolled it up and it all fell apart, so I didn't do it right.

**Annie:** Did you use the blow up tube they sent you? They send you a blow up tube?

**Lauren:** I think I got the cheaper version or something.

**Annie:** Yeah, I'm going to send you something.

**Lauren:** Okay.

**Annie:** It'll really help. Because then you can just, because in my life, there was a puzzle on the dining room table every day of COVID.

**Lauren:** Yeah.

**Annie:** And then people started coming over again. And I was like, "I got to move this out the way I'm not married yet."

**Lauren:** I did get a table that has like a leaf in our living room, and that's my puzzle table.

**Annie:** Yes.

**Lauren:** So-

**Annie:** Okay. I get mocked on Instagram, probably there are people who yell at me almost every time I put up a puzzle, like that's so dumb. But to me, I think it's just when I can listen to audio books.

**Lauren:** Yes.

**Annie:** I can do so many things, and it is my brain it can stop while my hands are not.

**Lauren:** Yes, same.

**Annie:** And there's not a lot else that does that for my brain.

**Lauren:** There's not. Agreed and I need my brain to stop.

**Annie:** I'm serious, I need my brain to stop.

**Lauren:** And I feel like there's so many unfinished things in my life that I'm like, "I finished a puzzle." There's something I can see, it's done.

**Annie:** Do y'all feel that too about things you do?

**Lauren:** Yes.

**Annie:** Like when you finish it at least something is done. Because raising these kids ain't done, and cleaning this house ain't done, and this job-

**Lauren:** Laundry, is not done, I hate laundering, I hate it.

**Annie:** Laundry is the worst.

**Lauren:** I know people have a thing, it's like either you don't mind washing dishes or you don't mind doing laundry. I don't mind dishes, laundry, I'm like this is the futility of life. I'm only washing this for it to get dirty again.

**Annie:** Do you have a quiet time every time you do laundry?

**Lauren:** I do. I've grown. I've grown.

**Annie:** So are the kids [**Inaudible 00:34:39**] are bigger.

**Matt:** I didn't know, I was-

**Lauren:** He's so much better at laundry.

**Matt:** Audrey, did you see that? I didn't do anything.

**Lauren:** He's so much better. I tell everybody he's a better mom than I am.

**Matt:** That's not true. She does say that, it's not true.

**Lauren:** Like he's so good, he is a good mom.

**Annie:** He's a better mom.

**Lauren:** Anyway, he's good at laundry.

**Annie:** I guess you like the laundry?

**Matt:** No, I like being able to go to my drawers and get my clothes out.



**Lauren:** And having drawers in your drawers.

**Matt:** She said I don't talk like that.

**Annie:** I don't talk... this is what we knew we'll have to edit. We knew we'll have to edit that.

**Matt:** See, it's going to happen.

**Annie:** Yeah. We knew we've got to edit that. Okay, let's talk about marriage for just a minute.

**Matt:** I love marriage.

**Annie:** Me too. For those of us that are already married, why do we stay in this thing? Y'all have done 20 plus years now?

**Matt:** Yeah.

**Lauren:** Mh-hmm.

**Annie:** What is the beauty of the longevity? What do you know now that you didn't know? Like, what do you know about God now that you didn't know when you started this?

**Matt:** You want to start or do you want me to start?

**Lauren:** No you know...I need time.

**Matt:** Well, you still have to ask questions, this deep in. So our story-

**Annie:** I think that's really good, you still ask questions.

**Matt:** Yeah. And it's deep. I was just making a little joke about it.

**Annie:** Oh I was like, I think that sounds really cool, like you're still learning?

**Matt:** No, you are because people keep changing. So like, this is not the woman I married. Nor is it the woman that had, and I'm not saying she's my second wife or third wife. I'm saying that since both of us are being progressively sanctified by God, this isn't who I'm married. I am not who she married.

And so there's this lifelong getting to know this person, that Jesus is calling out of this world and more into the fullness of who He is. And then if you can see it that way, and you can see it in this woman was given to me by God.

**Lauren:** Mh-hmm.

**Matt:** For the ministry He's given me to accomplish. Those two things for me, like I can just say with all integrity, I love this woman more than I ever have. She's a much better friend to me, than our first 20 years of marriage, we've been married 22. Every year, it just gets a little bit deeper, a little bit better, we grow a little bit more closer. And this is coming from people that the first seven years were a nightmare. I mean-

**Annie:** The first seven years?

**Matt:** Seven years.

**Lauren:** Seven.

**Annie:** Sounds cool.

**Matt:** Nightmare.

**Annie:** I can't wait.

**Matt:** And it was, it doesn't have to be that way Annie well it's not-

**Lauren:** It's not everyone's story.

**Matt:** It's not prescriptive, it's descriptive.

**Annie:** Okay, great.

**Matt:** It's like certain Scriptures.

**Annie:** Okay, thank you.

**Matt:** And I think that, you know, I was lying in bed at night going, "Oh, my God, this is the rest of my life. I can't get a divorce, I'm a pastor. I don't have any other skill."

**Annie:** Wow.

**Matt:** I got a theology degree, I'm doing this run, biggie sizing stuff. It's just not, I mean, I'm not quite sure what's out there for me." And then she's not lying next to me going, "All my childhood dreams have come true."

**Annie:** Right.

**Matt:** And so both of us felt stuck. Neither of us could get out. And we just needed God to do some profound work in us. And by His grace He did.

**Lauren:** Yeah.

**Matt:** By His grace He did. But those two realities, just if I think about you babe.

**Annie:** Why didn't you pray those nights, when y'all are laying there and saying that? What do you say to God when you feel stuck like that?

**Matt:** I mean, like you just pray honest prayers.

**Annie:** Yeah.

**Lauren:** Yeah.

**Matt:** Like, well, in all honesty, I felt like I had been tricked.

**Annie:** Wow.

**Lauren:** Mh-hmm.

**Annie:** he's saying, "Mh-hmm." Get here, get the mic. Is there a mic? Because she said "Mh-hmm."

**Lauren:** I mean, it was tricky, then. I mean, we were pretty young. And I think I didn't really know who I was. And so I just wanted to please him or please whoever, please the Lord. And so really, honestly, what I was thinking was, "Lord just help me be a better wife. Because if I can just be a better wife, then I'll fix this."

And that was a lie. Honestly, I think I likened Matt's pleasure with me and delight in me, with the Lord. Like if we were okay, then "Okay, God, we're okay." And so I think He had to do a lot of work in my heart. To show me, "Okay, we need to be okay, whether He thinks you're okay or not." And I needed to understand being beloved by God, and not having to perform for Him so He would love me. But getting to love Him and obey Him because I'm loved. I was trying to please God, I was trying to please Him, and I couldn't do it.

**Annie:** Yeah.

**Lauren:** It was more than I could do. Because I wasn't meant to, I wasn't meant to fulfill him, or satisfy him or please him. Now, I get to now, but it's in the right order, it's because I am loved already. And so that was really important for me to get, and it took a long time for me to understand that.

**Annie:** Yeah.

**Lauren:** It took a long time for us both to understand that.

**Matt:** Because I was such a jerk, I was praying the same thing.

**Annie:** Wait to be a better wife?

**Matt:** I promise I'm not trying to, it was just such an evil, like I was so insecure. So carrying so many old wounds, that I didn't even know I was carrying.

**Annie:** Right.

**Matt:** So literally, I mean, I just crushed her for like seven years. Because I was praying the same thing sitting next to her. I was like "God fix her." Like, why can't she? Because I'm freaking Matt Chandler. I mean, they're giggling, that's what I thought.

**Annie:** I know.

**Matt:** I mean, church is growing about 1,000 people a year. I was traveling all over the world preaching, buying a house, new car. I mean, I'm just like, "What's wrong with her?" And I didn't know, I didn't know how broke I was, I didn't know what was going on inside of me, I needed help, I needed a guide.

But how am I supposed to do that? I'm this quickly becoming famous pastor, at this fast-growing church. Like, who am I going to talk to? They won't turn this on me? Won't betray me? Which had been history, I had been betrayed before, I had been. So like, I'm supposed to be strong, I'm supposed to know these answers, I'm giving people these answers.

**Annie:** Gosh.

**Matt:** I mean, that's how we were stuck. And the Lord was just super, super generous.

**Lauren:** He was. And honestly, going through, I went through Celebrate Recovery as a pastor's wife. We had just started that ministry at our church.

**Annie:** Yeah.

**Lauren:** And I remember thinking, "I want to go, like, I want to figure this out." And I was sitting on the front row, like a good pastor's wife.

**Annie:** They were like, "Oh, this is a new ministry, she's here, this is great."

**Lauren:** Oh yeah.

**Annie:** It's good.

**Lauren:** It's good, totally everyone try it. And so I remember the man that was teaching, I mean, he just read my mail. And I remember I wanted to stand up and take this, there's a surrender chip that you can take the first night that you're there. If you feel like the Lord's just shined a light on something in your life that you want to surrender to Him. And I was like, "Yes, I'm so tired of trying to do this on my own. I'm so tired of trying to please everyone. I'm so tired of trying to deal with my stuff in my own strength."

And so I remember, I couldn't get up. Because I thought, "I'm the pastor's wife. What are they going to think that I would be the one standing up, I'm supposed to have it all together." And they go on kind of to the next chip, like a sobriety chip, and so I remember being so defeated. Like, "I wish I had just gotten up." I was so frustrated at myself.

**Annie:** Yeah.

**Lauren:** And then at the very end they offered it again, and I mean, I just sped up to the front. I mean, I was already pretty close to the front, but sped even more. And I was like, "I don't care. I want freedom more than I care about what people think about me right now. I am so tired of being stuck on this wheel." And so that was the beginning of something new for me. I mean, that was breakthrough, and the beginning of freedom for me.

And it was so great, because Celebrate Recovery, is so quirky, and all the things that you say, and the things that you'll admit in front of perfect strangers. But it was so good for me, because I needed to have all kind of my ugly out there.

**Annie:** Yeah.

**Lauren:** And still, and realize that people actually identified more with that, than they did with the perfect persona I'd put up.

**Annie:** Right. That is so generous of y'all to tell that story.

**Matt:** Yeah, well.

**Annie:** It's really kind. When we were doing the VIP earlier, a couple people asked similar questions about not being married yet, and wanting to be married. So what do we need to look for in a spouse now, that you wish you'd known when you were picking?

**Matt:** Yeah.

**Annie:** Like, what do you say to me? What do you say to our friends, who are that is what they want? They're walking toward that in the healthiest way they can. What are we looking for in a partner, that will help us stick in it like this? And be in it year 22, after seven hard years? That is not a short time, that's not seven weeks? That is seven years.

**Matt:** Yeah.

**Lauren:** Yeah.

**Annie:** So what are we looking for?

**Matt:** Well, the first thing you want to do is run to something not from something, if that makes sense.

**Annie:** Yes.

**Matt:** Like you don't want to run from loneliness to anyone.

**Annie:** Yeah.

**Matt:** I just found, again 20 plus years pastoring, loneliness, you think you're lonely as a single woman/single man in your apartment with your roommates. Wait till you're in the house with someone covenanted in.

**Lauren:** Yeah.

**Matt:** And it's icy or angry, and you're not seen or loved or valued, there's not a loneliness like that.

**Annie:** Mh-hmm.

**Matt:** That's a kind of loneliness that's crushing.

**Annie:** Yeah.

**Matt:** And so what we want to move towards in relationships, as we move towards marriage is, "Lord, do you have someone for me to partner with in all that you have for me to do?" If you have heard me teach, you have heard her voice.

**Annie:** Mh-hmm.

**Lauren:** Mh-hmm.

**Matt:** I can't do all of this without this and the Lord knew it. And I don't believe in the one, I don't.

**Annie:** Yeah.

**Matt:** I think that's mythical nonsense that will destroy you.

**Annie:** Yes, I agree.

**Matt:** Somebody, 400 years ago, screwed that up for everybody. You just needed one guy, 400 years ago, marry the wrong person, and then bah, bah, bah, do the math. Where's that young woman?

**Annie:** Right?

**Matt:** Do the math for us, I mean, it would be over, so I just don't believe that. You know how know she's one? She said, "Yes," and she's still here.

**Annie:** Yeah.

**Matt:** So she's the one.

**Annie:** Yeah, that's right.

**Matt:** She's the one.

**Lauren:** Yeah.

**Annie:** Yeah.

**Matt:** And I'm grateful.

**Lauren:** Yeah.

**Annie:** Yeah.

**Matt:** So we want to move to something not from something, I think that's the biggest thing for me. Because the number of beautiful, godly, amazing, what is wrong with you men? Women, that have been in our home, have been in our lives, who finally just got tired enough to give up, and just take, "I mean, he goes to church." Like, we got to have a higher bar than that men.

**Annie:** Yeah.

**Matt:** We got to have a higher bar than that.

**Annie:** I mean, I hear you. But it is hard.

**Matt:** Oh, I know. That's why I'm like-

**Lauren:** It's hard.

**Matt:** I'm trying to press on the dudes all the time. Like "What is wrong with y'all?"

**Lauren:** Yeah.

**Matt:** And that goes back, that's funny, because that's Michael's joke, like, Mother's Day's, like "You guys are amazing." Father's Day's like, "Why, are you guys like this?"

**Annie:** Lauren gifts them... I mean, all of us are in relationship with a lot of people friendships, marriage, dating. What's the beauty of perseverance in friendship, and in relationship in general?

**Lauren:** I think you know what your friendship is truly made of when you disagree on something and when you hurt one another. Whether you mean to or not, and getting to make that amends with each other.

**Annie:** Yeah.



**Lauren:** I mean, that's so vulnerable, because you want to see yourself as a good person who wouldn't hurt someone, especially wouldn't hurt someone you love.

**Annie:** Right.

**Lauren:** And so then to have someone forgive you, and to have someone still take you back as a friend.

**Annie:** Yes.

**Lauren:** I mean, that's huge. It makes me think of, and I've heard that this is just kind of an old wives' tale, but it's like, if you break a bone in certain spot, when it grows back it's stronger. I've heard, like conflicting evidence that that's true, and some say it's not, but regardless. But just that idea of after something's kind of broken, to be sewn back together, even stronger. I think that's the beauty of perseverance in friendship.

Because it's going to happen. We're going to hurt each other because we're sinful, and we make mistakes, and we disappoint when we don't mean to. And so that's the beauty of persevering, is the vulnerability and the getting to receive the grace from that friend, and continue to walk forward. And that be part of your story and part of your history, and part of your relationship.

**Annie:** Yeah. Matt and Lauren, I want to do this for eight more hours. I'm so thankful, I feel like I just learned so much for real.

**Lauren:** Mh-hmm, love you.

**Annie:** So we'll do it again.

**Matt:** Okay.

**Annie:** But because the show is called That Sounds Fun.

**Lauren:** Yes.

**Annie:** Tell me what sounds fun to you.

**Matt:** Oh, men. I love good friends, and an epic feast of food.

**Annie:** Yes.

**Matt:** And laughing to my face hurts.

**Annie:** Yes. Will you talk about seeing Dave Barnes a couple of weeks ago?

**Matt:** Oh my gosh.

**Annie:** Y'all know Dave Barnes, right? You might recognize him as Santa Claus in the podcast.

**Matt:** So I've known Dave for 20-something years, we were in a non-profit with Shane and Shane years ago, and Dave would always open up for the shows. He didn't bring a band, it was just him and his guitar. He would always get in an imaginary argument with one of the band members for playing a song wrong. It was just like every night, but it was a different member of the band.

And but then as life happens I'm here in Dallas, he's a superstar now and living in Nashville, and I was up there for the Q Conference, and ran into him at lunch. And man, I like my face was killing me by the end of the lunch.

**Annie:** Yes,

**Matt:** He is, something is deeply, deeply wrong-

**Annie:** Yeah, he's broken.

**Matt:** ...in that man. And there's no one else like him on Earth.

**Annie:** That's right.

**Matt:** And I think God knew, like He did that once, and He's like, "You know, that's it now, that's good. Not two at one time in history. Let Dave come home and then we'll start with another one like that, not two at once."

**Annie:** I got a selfie from the two of them and their faces were red. I was like, "What have y'all been doing?" "Laughing."

**Matt:** Well, because you missed out on the lunch, you were supposed to be there.

**Annie:** Yeah, I missed out on the lunch.

**Matt:** And if the three of us had been there.

**Annie:** The FOMO was so real that day.

**Matt:** Yeah, we probably would have ended up in jail or something. So I'm glad you weren't again.

**Annie:** Right. Again. All right, Lauren, what sounds fun to you?

**Lauren:** So this, we actually did this on Mother's Day, Matt surprised me by taking off Mother's Day-

**Annie:** From teaching?

**Matt:** Yeah.

**Lauren:** As a pastor he didn't teach-

**Annie:** That's awesome.

**Lauren:** ...on Mother's Day. And we went to Six Flags-

**Annie:** What?

**Lauren:** And rode all the rides, it was my choice.

**Annie:** With the kids too?

**Matt:** Yeah, with them.

**Lauren:** Like I love roller coasters, so I had a great time. And not many people go to Six Flags on Mother's Day.

**Annie:** Yeah I bet not.

**Lauren:** Just so you know, they don't. So that's when I want to go because I don't want to wait in line. But I want to ride the roller coasters.

**Annie:** You like all of them? You like the turn-me-upside-down ones? You like the ship that goes back and forth like that, that's terrible.

**Lauren:** Not as much as that.

**Annie:** Yeah.

**Lauren:** I like Titan, Texas Giant.

**Annie:** Yeah.

**Lauren:** Like, kind of old school-ish.

**Annie:** Yeah.

**Lauren:** Like Batman, I didn't super love because I couldn't see anything, I had a bad seat.

**Annie:** Right. Bad seats.

**Matt:** They all have bad seats.

**Lauren:** They all have bad seats, I don't get it. But I love the old-school roller coasters, with nothing-

**Annie:** I did not know that about you.

**Lauren:** Oh yeah.

**Annie:** But going into an amusement park is the thing.

**Lauren:** Like the slingshot ride?

**Annie:** Yeah.

**Lauren:** I love that thing.

**Annie:** You're about that thing?

**Lauren:** I also love watching all those videos.

**Annie:** Oh, the more people pass out the more I'm here for it. I love them.

**Matt:** So it's a game, it's like, "Who you got, which one do you got?"

**Annie:** Who's going to pass out, who's going to pass out?

**Matt:** So it goes like...

**Lauren:** And then it's the ones that wake back up-

**Annie:** Yeah. You know who texts me those videos all the time?

**Lauren:** Who?

**Annie:** Dave Barnes.

**Lauren:** Yes.

**Matt:** Yeah.

**Annie:** All the time. He sends those, and he is like, "Have you seen this one? Have you seen this one? It absolutely kills me.

**Matt:** It does.

**Annie:** Y'all, thanks for being here.

**Matt:** We love you Annie.

**Annie:** I love you, I'm so grateful.

**Lauren:** I'm so loving it.

**Matt:** Thanks for having us.

**Annie:** Will you please thank Matt and Lauren Chandler for joining us.

**[00:51:18]** <Music>

You guys, aren't they amazing? I mean, the Bible teaching, the advice, the honesty, my gosh, the honesty. You should have seen people's faces in the audience. I mean, just like tears, wide eyes, so many people were moved by this conversation. I'm sure you are too, as was I. Be sure to check out all their books and Bible studies. Give them a follow if you haven't already, so you can tell Matt and Lauren both thanks so much for being on the show today.

If you need anything else from me, you know I'm embarrassingly easy to find, Annie F. Downs on Instagram, Twitter, Facebook, all the places you may need me, that is how you can find me. And I think that's it from me today friends, go out or stay home and do something that sounds fun to you and I'll do the same. Have a great weekend and we'll see you back here on Monday, with our last week of our live shows and my friend Jordan Lee Dooley. Y'all have a good weekend.

**[00:52:09]** <Music>