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Intro: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. We have got a great show in store. I get to talk with my friend MŌRIAH. You may remember her as Moriah Peters, or you may know her as Moriah Smallbone. But today we just get to know her as MŌRIAH.

She's an incredible Mexican-American recording artist, actress, producer from Los Angeles, and a longtime friend of mine. MŌRIAH just released her first live EP LIVE from the Quarry on October 29, which features guest appearances by her husband Joel Smallbone from for KING & COUNTRY. I can't wait for y'all to hear all that she's been working on and learning and the wisdom she has to share with us today.

So here is my conversation with my friend MŌRIAH.

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Annie: MŌRIAH, let's start here. There's a line over the O in your name, because you're not MŌRIAH like Moriah Carey. MŌRIAH.

MŌRIAH: I love that we're starting with that.

Annie: I know. I just want to make sure we all say it correctly, because I think I've said it wrong since we met in 2012.

MŌRIAH: It's okay. I don't take offense whatsoever. You should see my Starbucks cups what they say.

Annie: Oh, I'm sure. So will you say it for me?

MŌRIAH: Moriah.

Annie: Moriah.

MŌRIAH: Yeah.

Annie: You lean on the O?

MŌRIAH: Yeah. You lean on it, but you're not like putting full weight on it. More of a shoulder lean.

Annie: Like shoulder leaning.

MŌRIAH: Elbows on the shoulder.

Annie: Got it.

MŌRIAH: Moriah.

Annie: Okay, I can do this.

MŌRIAH: Yeah.

Annie: Can we talk about in 2012 we were on *Girls of Grace*.

MŌRIAH: Oh my gosh!

Annie: Oh my gosh! A million years ago. Do you remember that we were in... I could not tell you what city we were in, the weekend y'all got engaged? Was that '13?

MŌRIAH: Yeah. That would have been 2012. No, 2013. Yes, 2013 because we were engaged for four months and then we got married in July 2013.

Annie: Y'all were engaged for four months?

MŌRIAH: Yeah. Hit it, quit it. Let's go!

Annie: Yeah, right. I forgot it was that quick. It was that spring.

MŌRIAH: Why prolong an awkward transition?

Annie: Right, when you can just like... Was it hard for you to get all the things in order you wanted for your...?

MŌRIAH: Oh, I didn't do anything.

Annie: Okay.

MŌRIAH: I determined at the very beginning that I was going to release control because I wanted to actually enjoy the experience. So I had zero vision, zero interest, zero involvement. It was my mom, my sister, and a girl that I went to high school with that just got certified as a wedding planner.

Annie: Oh my gosh.

MŌRIAH: And I said, "You guys run with this." So when I showed up on the actual wedding day, I was like, "Look at these flowers. Look at this venue. Oh my gosh, this is so beautiful."

Annie: You are lying to me. It was just all handled for you.

MŌRIAH: Yeah.

Annie: Oh, that's awesome.

MŌRIAH: And I wanted it to be my mom's day more than anything because, I mean, obviously I think traditionally, you know, the bride's parents pay for it. And so like if you're paying for it, you should have ownership in it.

Annie: Sure.

MŌRIAH: And when my parents got married they couldn't afford a wedding, so they got married on my mom's lunch break. And they didn't have money to pay the judge, so they gave him a bottle of tequila as payment. And that's how they got married. Her boss didn't let her take the rest of the day off. She had to go back to work.

Annie: She got married at lunch and had to go back to work?

MŌRIAH: Yeah, yeah.

Annie: Oh my gosh.

MŌRIAH: In a courtroom.

Annie: Oh my gosh!

MŌRIAH: So I was like, "Mom, dad, this is for you." And it's totally their day. It was their day. We just showed up.

Annie: How long did you and Joel have been dating before that? How did y'all meet?

MŌRIAH: Three years?

Annie: Did y'all meet on the road?

MŌRIAH: No, we met at Luke and Courtney's wedding.

Annie: Okay, you were friends with her already?

MŌRIAH: Mm-mm. I didn't know either of them.

Annie: Tell me more. How were you at the wedding?

MŌRIAH: You're like, "How can I repeat this experience?"

Annie: You know that's right. I'm like, "How does one meet someone at a wedding where they do not know the bride or the groom?"

MŌRIAH: Actually, it's very doable. It's very doable. I actually think that this process can be replicated. And if anyone else can do it, please tell me because I want to know.

Annie: Okay. So what's the system?

MŌRIAH: So I had a friend tell her husband to stay home, and I took the place of her husband as her plus one to this wedding-

Annie: Did she want you to meet Joel?

MŌRIAH: ...because she wanted me to meet Joel.

Annie: Got it. So she takes me to the wedding as her plus one, I know nobody, I'm totally a wedding crusher, and she has me meet Joel. But what better place to meet someone than at a wedding?

Annie: What an unbelievable Bull's Eye time!

MŌRIAH: So everybody listening, invite Annie to go to wedding as your plus one and have your husband stay home.

Annie: Right. Right. What me, wing woman, and it actually be you, the wing woman. I mean, your friend knew exactly who to set you up with.

MŌRIAH: Yeah, yeah.

Annie: Unbelievable!

MŌRIAH: Well, she did feel like God told her that. Which I'm really glad she didn't tell me that ahead of time because I would have been like, "I think God... Don't tell me to do something that you said God told you to do, because then I will be like, 'I don't want to do it.'"

Annie: Yeah, totally. Totally. Because then you're like, "You don't get to... God did... No, no, no."

MŌRIAH: No, no, no.

Annie: Okay, dated three years, engaged for months.

MŌRIAH: Yeah.

Annie: Because we were out on... I think they were on *Girls of Grace* before you were. So I remember when y'all were dating. And then literally y'all gotten engaged that week and you came out that weekend. Everybody on tour lost their minds.

MŌRIAH: Yeah.

Annie: It was awesome.

MŌRIAH: Yeah.

Annie: Okay, so y'all live in Franklin. Are y'all Church of the City people?

MŌRIAH: Yes-ish. My cousin, Matt Smallbone, he pastors a church in downtown Nashville. So we like to say we go to support him. I think he's past the point of needing our support. And now we just go to hang out with friends and family.

Annie: So tell me, when I think back to the day when we were on the road together in 2013, 2014-ish, tell me what you know about God now after being married for eight years and after the-

MŌRIAH: Living life.

Annie: Yes. Like what life has been since the last time we were seeing each other every weekend.

MŌRIAH: Okay, I will answer this question on the contingency that you have to answer it as well. Because that's interesting to think about 2013 and the reality that we were living then and what I thought of you then, and what you thought of me then, and then fast forward to now. And there were, I mean, what? I think the last time we hung hung was like bartaco with Angela. But let's compare what we've learned in the last eight years. Am I doing the math right?

Annie: Yeah, I think so.

MŌRIAH: Okay. So 2013 I would have been 19, 20. If you're asking specifically what I thought about God, I would say that at that time I pictured God being an older man who cared to protect me, but couldn't really relate to me and would listen to me but not always speak. And I just very much pictured a person.

Fast forward a few years and I think what's really beautiful is when you go through difficulty, pain, failure, any of those things, your God box gets blown up. And I think where I sit now with what I feel like God is in my life is it's not a person, it's not a man with a beard. It's a being. It's light, it's love, it's male, it's female, it's young, it's old. It's something that cannot be put inside of the frame of a body. It's so much more. And even my words fall short of describing what God is and what God is in my life. And it's-

Annie: Is that scary, that box blowing up?

MŌRIAH: At first, I would say so. Yeah. I think it's pretty terrifying when you come to grips with the idea that maybe this God that you have yielded your life to, you don't fully know and you might not fully ever know-

Annie: Wow.

MŌRIAH: ...but this God will always know you. That's a little scary.

Annie: Wow. Right.

MŌRIAH: But I've found so much peace in the tension and so much peace in the mystery. And I think that actually impacts what we create and what we write. Like I think it takes

the lid off of what we think we are allowed to do as creatives because God, life, breath, music, creativity it's all ebbing and flowing as the same being in my head and in my heart. So, your turn.

Annie: Oh my gosh, you could just throw that back because I'm like, how you perceive the mystery of God affects what you create. I think that's fascinating. That idea of the more mysterious He gets... For me, the more mysterious He gets, the better my work gets, I think. Does that feel true?

MŌRIAH: And the more you feel like you're able to do. Why would you not be able to do something?

Annie: Yes. Wow. Yeah. My answer would be in 2013, that year was a really hard year for me. That's probably one of my lowest years. Family things went sideways, relationship went sideways, work was hard. We were working really hard.

MŌRIAH: Oh, yeah.

Annie: I didn't have good rhythms yet. I didn't have good resting rhythms. I didn't have good team around. I didn't have a bad team around me. I mean, I didn't have a team around me.

MŌRIAH: You were a DIY.

Annie: I mean, the pace was pretty wild. And so I don't look fondly on that year in a lot of ways. Obviously, being friends with you was a highlight. Being on the road was a highlight. Some of the stuff we did in Orlando was a highlight. Like there were great moments, of course, but...

So where I sit today, you know, I got asked this question a couple of times on our podcast where we did in June. And the thing I know now that I don't think I've known for a long time is that God hears us every time we pray. I just feel like that has been a really significant... I don't know that I thought He didn't hear me all the time when I was... in 2013. But I remember feeling like I had to work harder to get to Him. Does that make sense?

MŌRIAH: Mm-hmm.

Annie: And now it's much like, "Oh, you've always heard me. Oh, okay. Well, you're always listening." So I think that's a pretty significant shift for me. It has changed how I pray. It's made me more careful and more brave. Right?

MŌRIAH: Yeah. Because when things don't go your way, it's not that God didn't hear you. It's that there was a reason that it didn't go that way. There was a protection. There's this visual that I got in a similar season is what you're describing of like, I mean, I remember very specific prayers of... they're like, you know, the movie scenes when you're in your car and you're crying at night time and you're just like... you just feel like you're Landon in that scene in *A Walk to Remember* where he's just crying, and she's in the hospital and nothing is working.

That moment when you feel like God is not hearing... I think I literally said the words "why aren't you answering me? Why don't you hear me?" And after kind of coming to the other end of that season, I had this visual of like... I sketched this in my journal because I didn't want to forget. I'm a terrible sketch artist, by the way. I was banging on the door, you know, the whole thing like knock and he will listen. Like, "You're not listening." And I was banging on this door.

And on the other side of the door, I pictured God pressing into the door to keep me from opening it. I'm like, "What is going on? Let me. Help! Listen." And on the other side of the door, in the room that God is in, that He's trying to protect me from there are like flames and a raging fire.

That changed the way I go to God with my asks. Because then it's no longer demanding that He'll do what I want him to do. It's more going, "If this is the right thing, great. If not, you're protecting me from something that I do not need to be exposed to."

Annie: Wow.

MŌRIAH: Isn't that crazy?

Annie: I have a friend who says He's either protecting you from or protecting you for. So if this thing's going sideways, you're getting protected from or protected for.

MŌRIAH: so good.

Annie: And that is so helpful I think. I think the last two years, with all that's gone on, from COVID to the racial injustices coming to light, just the back and forth of government policy, all the things and how the church is struggling, it has been harder to keep God in a box. Right?

MŌRIAH: Yeah.

Annie: I feel like everybody's boxes at least gotten turned on the side and He's like leaked out a little bit. Right?

MŌRIAH: Just oozing. There's a hole-

Annie: Did you feel like 2020 changed your thoughts on Him? Did y'all have stuff canceled? I'm sure. Because your husband Joel... Sorry, we didn't establish your husband is Joel from for KING & COUNTRY. And they had tons off the road.

MŌRIAH: I mean, 2020 quarantine, that was the most time Joel and I have ever spent together in a condensed period of time. Like the first year we were married, he had 250 plus shows, I had 150 plus shows. So we've always, always lived in this rhythm of just like being apart and staying connected through FaceTime, through calls, whatever.

And having that time was like, "Oh, this is what it's like to be our neighbors where he's a dentist and she's the front desk receptionist and they see each other every morning and every day and every night. That was really, really special just to have that time together.

I think during that time, we have this wall at our house that's... I don't know if you've ever seen the chalk paper that you can hold and draw on. And we've called it our prayer wall. So we've written different prayers over the years. And the very specific prayer we both had for that season was God take us to the needs of our community. What are the needs of our community?

Annie: Wow. Why?

MŌRIAH: I think because... you know, I think proximity breeds empathy. And where we live... you know, I grew up in 909951 LA. Like I grew up in a very diverse culture where I was exposed to people with money, people without money, people who were white, Asian, Filipino, Korean, black, Mexican, everything. And where we live now, it's a bit more monolithic. And the people in our community, it's harder to see the need. The need is less obvious.

Annie: Right.

MŌRIAH: And you could only imagine that in a time like quarantine, and people being out of work that there's a lot of need. And it just felt like we were looking for it and we couldn't find it. And so we prayed that prayer during that time. And I kind of pictured God answering that prayer by taking us to like soup kitchens, or places

where you could package and distribute food. Which, thankfully, thanks to Church of the City- Is that your church too?

Annie: No, Cross Point.

MŌRIAH: Okay, okay. Well, you've spoken at Church of the City.

Annie: Totally.

MŌRIAH: Connecting with our cousin's church in that time really helped us meet some of those practical needs of going and serving and like, the food for the hungry places. And that was really good. Something that was an additional need to that, that we didn't realize that we would be called to was building community.

So actually bringing people together who, in a time where everyone's isolated and like in their silos, we're not the small group people. I'm not like the Bible or devotional group person. I don't really like that. If I'm going to join a team it's going to be for playing basketball, and probably nothing else.

So I did not anticipate this being a need that we could serve. But we now have like a big group of people that are from Franklin, Nashville, and we all come together once a month. And it's going to start being twice a month. But we just do life together. And we ask questions. Some of us are in music, some of us are in finance, some of us are in... jobless. It kind of spans the whole gamut. And it was just interesting to know that a need in our community would actually be community.

Annie: Yes. So when that prayer gets answered like that, what do y'all do on the wall? Do you change anything on the wall? Do you mark it or do you just go...?

MŌRIAH: We just leave it.

Annie: There it is. That's the thing. We saw God do that.

MŌRIAH: Sometimes I'll put a date by when I write it. And it's interesting to see like... I think my ratio, my average right now is like God takes at least a year to answer a prayer.

Annie: You're not bragging.

MŌRIAH: At least.

[00:18:57] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our incredible partners, [Nutrafol](#). 30 million women are impacted by weakened or thinning hair. If statistics work the way I think they do, then that means some of you, our friends, listening are affected as well.

If that's you, hear me, you are not alone. There's a solution you can trust to deliver results. Thousands of women have taken back control of their hair with Nutrafol. With many users raving that the supplement not only transformed their hair but restored their confidence too. I love that.

Nutrafol offers two targeted formulas for women that are clinically shown to improve hair growth and thickness with less shedding through all stages of life. No matter your stage in life, Nutrafol got a solution. If you're thinning hair is due to stress or dieting or over-styling or even environmental toxins, Nutrafol Women is ideal for you.

Well, Women's Balance is formulated with additional hormone support for those with thinning hair through menopause. Healthy hair growth takes time. You'll begin to experience thicker, stronger, faster-growing hair in three to six months.

In a clinical study, 86% of women reported improved hair growth after six months. More than 1,500 top doctors recommend Nutrafol as an effective and high-quality solution for healthier hair. You can grow thicker, healthier hair and support our show by going to nutrafol.com/tsf, like That Sounds Fun, to say \$15 off your first month's subscription. This is their best offer anywhere. And it's only available to us customers for a limited time. Plus free shipping on every order, you guys. So get \$15 off at Nutrafol.com/tsf.

And now back to my conversation with MŌRIAH.

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Annie: So I have a similar thing. I have those big sticky notes. You know those really big ones?

MŌRIAH: Yes.

Annie: I have one from last year and I have one from this year. And I will go and write on it. It's how I remember to pray for other people because otherwise, I'll be selfish all the time when I pray for myself. And last night I made a video for someone

because I went back to a thing from last year that the Lord has answered because I always write the word answered over the prayer.

MŌRIAH: Oh, I love it. I will steal that.

Annie: Oh, have it. And then I sent it to the person whose the answered prayers. I was like, "I want you to see..." I'm going to cry saying this to you. "I want you to see that I wrote this in here February of 2020 and today you're the answer. And now you're the answer." So I get to write "answered" over this thing I've been praying for for a year and a half. Right? And so if I don't write those things up there, I don't remember how much God answers us.

MŌRIAH: Yes. Yes. And I wish everyone would do that. Because-

Annie: It changed my prayer life.

MŌRIAH: And I wouldn't have done it if someone didn't tell me to. My mentor was like, "Write your prayers. The way she does it, she has a clothesline and she hangs things on the clothesline. But it's like, if you don't see it, it's hard to believe it.

Annie: How did you find a mentor? People ask about mentors all the time.

MŌRIAH: Oh my gosh, I am so glad you asked that question.

Annie: Oh, good.

MŌRIAH: Do you have a mentor?

Annie: Yes.

MŌRIAH: Okay. So you know the struggle to find one. At least a good one is hard to find.

Annie: Right. Right.

MŌRIAH: You know, I started praying for a mentor. It's funny, speaking of prayers. I specifically have had seasons where I've asked for a very specific... like I prayed for years when I first moved here in 2010 for friends because I left behind an amazing group of friends in California. And it just took years, it took time. And now I feel like I have amazing friends in my life. And I started praying for a mentor probably... Oh my gosh, I'm going to say years. It was a couple of years ago at least.

Annie: Wow.

MŌRIAH: And what's funny is when you start praying for things, you really become aware of it. It's like when you want a specific car and you start driving around and like seeing that car. You want a specific dog and you just see Great Danes everywhere. It's like it's a thing.

I started praying for a mentor. And I felt like I would meet women. And it was like, "Oh my gosh, wow, she seems like maybe she could be the one." And I had several women that I wanted to pigeonhole into this. Like, I want them to be a mentor for me.

One of them was just blatantly disinterested. The other I started getting to know her and like, Oh my gosh, she's so cool. She's so much older than me. There's so much wisdom. And she gave me her number. It feels like dating. How sad and pathetic is this?

Annie: No.

MŌRIAH: It's exactly what it felt like. Getting her number and like, "Oh my gosh, we're connecting. Maybe she wants to connect more." And I had texted her asking if she could meet up because I was going to be in her area. And I was like, "Hey, can I take you to lunch?" She never texts back. I text another time, never text back.

And then she ended up texting me finally and saying, "Hey, what's your address?" And I was so excited like maybe I wanted to visit or something. And sent her my address and she's like, "Great, I'm sending you a pre-release of my book. I can't wait for you to promote it. Do you think you could put a tweet out about it?"

Annie: Oh gosh.

MŌRIAH: And I was like, "You just want me for my asset."

Annie: This wasn't me. Was it? Just making sure. Did I do this to you? No.

MŌRIAH: Because you imagine if I was like, "And Annie..."

Annie: "And Annie, do you remember?"

MŌRIAH: Her initials were A. D.

Annie: Man, that is brutal that they always push back is "Will you please...? Can I use your asset?"

MŌRIAH: It was so painful. It was so painful. So then I got to the point where I was like, "God, I think I just need you to be my mentor because it's not working." And I kind of gave up on the prayer to be honest. I like put the prayer back on the shelf and I was like, "I'm just going to leave this for a little bit because it's a little painful."

And then I met a woman and we went out to lunch in Franklin. She doesn't live here. But it was funny. I kind of put another little feeler out. It was on a more collaborative effort. It was like, "Do you want to work with me on (fill in the blank)?" And she was like, "No, no, I don't." And I was like, "Okay, great. Sounds good. That's fine."

But she said, "You know, Moriah, prayers are like vases or vases, depending on how fancy you are. You grab them. You can look at them. And sometimes God has you fill it with something. Sometimes He has you set it on a table. Other times He has you just put it back on the shelf." She's like, "I think this is something that you need to put back on the shelf." And I was like, "Okay."

Annie: Oh, wow.

MŌRIAH: And I think a year went by and I went to Australia with Joel and I came back from that time, which was device detoxing for like three weeks. It was great.

Annie: Oh, wow. That's awesome.

MŌRIAH: And the second I landed back in the States, the first thing on my mind was call her. I was like, "This is a random woman. Okay. Sure." I ended up calling her. Long story short, she's the woman that we ended up inviting into our podcast, BECOMING:us. Her husband mentors Joel, and they mentor us in marriage and in life. It's so, so helpful to have people in that position.

But here's what I would say to anyone who's praying for a mentor, who's in that season of either like longing or feeling like disappointed, is God's not going to give you anything that you will make an idol out of.

Annie: Wow.

MŌRIAH: And I think in this season where I was desperately wanting a mentor, it was because I wanted someone to tell me how to live my life. I wanted someone to run every decision by, who could just be that filter for me. And God's like, "Why would I do that? Why would I give you something that's going to fill the role that I'm supposed to fill?" So by the time I ended up connecting with Kerry, I realized that even mentors are going to disappoint you, they're going to fail you, they're going to hurt you-

Annie: They're very human just like us.

MŌRIAH: They're very human. And I can pour into my mentor just as much as she can pour into me. No one is better than someone else. So that's my mentor story.

Annie: That's great. I mean, I'm laughing as you're talking because I'm like, "It sounds so much like dating." The whole thing is like... it's like friendships are that way, dating is that way, finding a mentor is that way. You have to be vulnerable,-

MŌRIAH: 100%.

Annie: ...you have to try people that do not work. You have to let go in order to be handed anything. I mean, you're-

MŌRIAH: The bridge between mentor and marriage is not far. Homeboy is going to fail me just as often, just as human.

Annie: Right. I'm like, The Lord rescued the guy who I would have married at 22 because I would have crushed him. I would have absolutely crushed him with my expectations and my like making him God for me. I would have crushed him. He may have survived it emotionally, but I can't be sure. I can't be sure.

MŌRIAH: And then he would have disappointed you and then you would have been crushed.

Annie: Yes, that's right. That's right.

MŌRIAH: It's the same thing.

Annie: The Lord is kind in how he handles all of it. My mentor here in Nashville, she's just incredible. And it's very similar of like we share worlds and we just started spending time together. And suddenly I was like, "Oh, I'm asking her about everything. So can we make this...? Because then you have to DTR too. You have to say, "Here is..."

MŌRIAH: DTR, oh my gosh.

Annie: Because I did that with the girl... I mean, people heard me talking about before, but Nancy is who mentors me and Becca is who I mentor kind of. I mean, both of them are kind of loosey-goosey as far as I am not the person who mentors Becca. But we spend time together intentionally talking about God and same with me and Nancy. But there is a point where you DTR to say, "Hey, this relationship isn't casual to me. This is an invest. This is thing I'm invested in."

I think that just makes for... it's not pressure on either party. It's just going like, "I'm not saying we're committed, we have to see each other every week for the rest of forever." But I also won't ghost you. That's so good.

MŌRIAH: That's so good. That's so good.

Annie: Ghosting is the worst. Can you imagine?

MŌRIAH: Ghost culture.

Annie: Let's talk about Live From the Quarry because that is why you're here. We're just here for us to catch it up. Oh, that's why we're here. You're here because I adore you. But Live From the Quarry is unbelievable.

MŌRIAH: Thank you.

Annie: But the thing about your music and what you make is you do not keep anything in the box. You don't keep God in the box, you don't ask yourself to stay in the box of who you were 10 years ago, and you don't make your art stay in a box. And I think that is so fun. So will you describe Live From the Quarry for us? Because it's not like just an album. I mean, it is but it's not like just music.

MŌRIAH: Well, oh my gosh. Maybe you need to say more things because I need to compose myself because what you just said was like...

Annie: It's true.

MŌRIAH: The only someone who has been a witness to the journey of the past decade could say what you just said.

Annie: Wow, it's true.

MŌRIAH: Sucking back the tears. Get back in there. Get back in there. I don't know. I should start with this. I have tried to quit music so many times.

Annie: Wow.

MŌRIAH: I have tried to step away. And I've always done it not because I'm running towards something, which is how I think God wants us to move, but because I was running from something. I was always running from fear or disappointment, or feeling trapped, or... you name it.

And all I can say about the journey of the past 10 years is I've tried my very best to hear the voice of God and stay in tune with what God is trying to teach me. My name Moriah is Hebrew and it literally means "God is my teacher."

Annie: Wow.

MŌRIAH: And I've always tried to be a student of life and to take everything that's come my way as a valuable lesson. I think if you can return to an institution, where you've experienced pain and hurt without bitterness in your heart, then you have truly overcome it. And that's how I feel.

Annie: About industry?

MŌRIAH: About industry, about all of it.

Annie: Wow. Wow.

MŌRIAH: You know, I first started this journey as an artist when I was 17 years old. Like I moved out here without family, knowing one woman, the woman who introduced me to Joel. She's awesome. And I was susceptible to naivety and all kinds of things that happen when you just jump out of the nest, and you're jumping into a place that's completely new and unfamiliar.

Like I didn't know that it was possible to have a career in this line of work until I was 17. I just didn't know that that was a thing. I grew up in LA where your options were like judge, lawyer, teacher, doctor, nurse, and policewoman. Like that was it.

So I think I had to go through my different seasons of confusion, especially because I never asked for it. I have friends who are artists who are from the time that they were who knows how old is just like they're singing, and all they want to do is be

singers and be on a stage and be artists, and they're just writing songs all the time and they love music.

I love corporate America. I love our legal system. I love academics and universities. Like this was not part of my plan. And so to step into such a foreign place, it took a long time for me to experiment, learn. It was really my college education, you know, working with different labels and figuring out what goes into creating a record, what goes into branding and marketing a project.

And I did it in Christian music. And there was a time where I, you know, did that with some other lovely women and musicians and producers in a project called TRALA, an old pop genre.

Annie: Which is very fun. That stuff was so good.

MŌRIAH: Oh my gosh!

Annie: There's no word to it.

MŌRIAH: I love it.

Annie: That was such fun music.

MŌRIAH: I love it. I love it.

Annie: Like, Let's go be Destiny Child. Let's go.

MŌRIAH: I feel like TRALA is very you because we literally pulled the word Trala out of a children's nursery rhyme book. And this song was like tra la la, oats and beans, tra la la... I was like, "Oh my gosh! Of course you're going to love that."

Annie: Yeah. You released Trala and I was like, "Let's go!"

MŌRIAH: It's a blast. It's a blast. I think God taught me so much in that season that now I have carried it into this new project. And you can't be what you can't see. If it wasn't for me spending-

Annie: You can't be what you can't see.

MŌRIAH: Amen.

Annie: Wow.

MŌRIAH: If it wasn't for me spending years with Jesi Jones, Julie Odnoralov, Kari Karppenin and watching them track their own drums, write their own lyrics, produce their own demos. I felt like I was doing the least in that group. Honestly, like I was sitting back watching these women and just going like, "Oh my gosh!" Subconsciously something was growing there that I didn't know. And then-

Annie: But you needed that to get here in a thousand words.

MŌRIAH: I mean, it wasn't the plan. I thought after TRALA, I was like, "All right, I've done my dash."

Annie: Wow.

MŌRIAH: But looking back, yeah, I look at that, and I'm like, "Gosh, hats off to those women for investing their time and investing in me as an artist and allowing me to get my 10,000 hours of watching and learning and realizing that there's so much that I can do that I thought I wasn't allowed to."

Annie: Wow, wow. Okay, so that says to me-

MŌRIAH: What does that say to you?

Annie: What that says to me is that where you're wanting to go now you just feel like you have a better understanding of the lane?

MŌRIAH: Yeah, yes. Yes. Yeah. I feel like for the first time I'm creating art that is for other artists as well.

Annie: Oh, that's so good.

MŌRIAH: When I first started writing this music, I had zero intention of sharing it with anybody.

Annie: Really?

MŌRIAH: Yeah.

Annie: You were just writing it home to write it home?

MŌRIAH: I needed therapy.

Annie: Right.

MŌRIAH: I needed therapy. And I had never gone away and written a song by myself or tracked a demo on my own. I'd never done any of that.

Annie: Wow.

MŌRIAH: I don't know why it took 10 years, but it did. As I got into that process, I was writing songs out of like, I need something to help me feel the lack of trust that I feel. I need to write a song that reminds me that I'm known, seen, loved because that's the last thing I feel right now. I need a song that reminds me of my worthiness. And I would just like sing these songs to myself literally driving in my car-

Annie: I was about to say, playing an instrument. No? Just singing.

MŌRIAH: No, just driving in my car. Again, with the driving in the car and crying thing, I don't know why this is such a common theme for me. How embarrassing!

Annie: Same. Same. When I lived in Scotland and I didn't have a car, I was like, "Where do I cry and sing?"

MŌRIAH: "Where do I cry? "Where do I cry?" Yes. Yes. Yeah. I would cry and I would sing, "I will strengthen myself. I'm trusting in you." And I was just like, "These poor people like driving up next to me in front of the Green Hills Mall are probably like, 'Who is this psychopath having a mental breakdown in her car?'"

Annie: And like this, "I cast my cares upon you."

MŌRIAH: But I didn't have any plan of sharing this with anybody. And it wasn't until I played some of these demos for my husband, my manager, and my parents that I started to get feedback from them. And my mentor was probably the straw that broke the camel's back of like, "You need to share this with people."

Annie: Wow.

MŌRIAH: So that's a unique process. Because as artists, a lot of times we're thinking, "Oh, we need to save people. We need to help people. We need to write songs that

encourage other people." I had zero of that. And you can call that selfish, you can call that wrong. But I literally was writing this for myself so I could survive.

And then when I got to the end of it, I looked at what God had given me, these little treasures that He had given me, and I'm just like, "Who am I to keep these all to myself?" And in the process of releasing them, what I'm hoping happens and what I'm already seeing happen is people are in awe. It's so sweet just people's responses.

I hope that people can feel validated in their struggles and that they don't have to be embarrassed for some of the questions that they're asking and that asking the question is part of the process that God wants us to go through. And that creatives and other artists can be encouraged to know that they can produce and write their own music as well. Like you have it in you.

Annie: Yes.

[00:38:59] <music>

Sponsor: Hey friends! Just taking a quick break to tell you about one of our amazing partners, [KiwiCo](#). The holidays are all about coming together and creating the magic of the season. Sure, you can buy ornaments and I support that. But isn't building your own so much more fun?

This year KiwiCo invites your family to make the holidays a little more hands-on, all while learning a thing or two along the way. Give KiwiCo a subscription and celebrate a love for hands-on learning all year long. I just got a couple of Kiwi crates in the mail and I'm really excited to build this domino machine with one of my MiniBFFs. In fact, I'm going to show you the process on my Insta Stories in a couple of days after we do the crate.

I love opening these boxes with the kiddos because every single thing is included. Their eyes light up. Their instructions are written with them in mind so it totally empowers and encourages their creativity from the second they open it.

Your child or mini BFF can get super cool, hands-on science, art, and geography projects delivered to their door every month. I'm serious that KiwiCo Day will be their favorite day of the month. And y'all these boxes are full of seriously high-quality materials.

So cultivate your child's natural creativity and curiosity with new hands-on projects every month. They'll explore new worlds and rediscover familiar ones even without

leaving home. From discovering the science behind magic tricks to engineering a domino machine and more, their pride and accomplishments sparked creative confidence for ongoing tinkering and experimentation.

So this holiday season, give the gift of a fun hands-on holiday experience with KiwiCo. You get 50%, that's five-zero percent off, you guys, your first month plus free shipping on any crate line with the code THATSOUNDSFUN at [Kiwico.com](https://kiwico.com). That's 50% off your first month at kiwico.com, promo code THATSOUNDSFUN.

Sponsor: And I've got one last amazing partner to share with you, [Chime](https://chime.com). Okay, has this ever happened to you? Your online checking account balance is running low, you may have made some purchases — this is a story I know too well — and accidentally overdraw your account. It happens!

You know, it's less than helpful a \$33 overdraft fee. I imagine we can all agree that overdraft fees have gotten way out of hand. In 2019, traditional banks took \$11 billion in overdraft fees. You guys, 11 billion. That's infuriating. Well, thank goodness Chime does things differently.

Chime is an award-winning app and debit card that has saved us, members, more than \$10 billion in overdraft fees with SpotMe fee-free overdraft. Eligible members can overdraft up to \$200 on debit card purchases and cash withdrawals with absolutely no fee.

Now, you deserve to have financial peace of mind. Join the millions of Americans already loving Chime. Signup takes like two minutes and it doesn't affect your credit score at all. So get started today at chime.com/thatoundsfun. That's chime.com/thatoundsfun.

Banking Services provided by and the debit cards issued by The Bancorp Bank or Stride Bank, N.A., Members FDIC. SpotMe eligibility requirements apply. Overdraft only applies to debit card purchases and cash withdrawals.

Limits start at \$20 and may be increased up to \$200 by Chime. Chime member overdraft fee savings based on eligible members' use of SpotMe versus \$33 average overdraft fee. Overdraft fee data based on bank rate checking account survey and CRL June of 2020 overdraft fees report.

And now back to finish my conversation with Moriah.

[00:42:34] <music>

Annie: It's such a 2021 thing that you don't have to do an album with 12 songs. It doesn't have to be this package deal like we're used to seeing. That's what makes you you. It's like you're like, "I'm going to hand you a visual album. I'm going to hand you these three songs and tell you how deep they are to me." Right. So will you explain the visual part? I think it's so cool.

MŌRIAH: Thank you. Thank you. Yes, I'd love to. When we first started talking about releasing the songs and sharing them with people, you know, I've just had my little demos that I made like in my room at my house and my laptop and sometimes in a-

Annie: Because you gotta be like, "Do I do nine more songs? Is this an album that I'm going to spend another two years on?"

MŌRIAH: Right, right. But I think what happens is we go through seasons where God wants to teach us a very specific lesson at any time. And there's like a beginning, middle, and end to that. And I didn't want to wait until I was in my next season to share this stuff. So I'm still in this. I'm still learning to trust. My word for my year... I just turned 29 and my word is "trust."

Annie: Do you do it around your birthday?

MŌRIAH: I do it every birthday.

Annie: Me too. I don't do it on New Year's. On July 7th. I don't even touch January. I'm like, "I don't have any thoughts on January. July is when my year starts."

MŌRIAH: July 7th. That's my wedding anniversary.

Annie: It is, now that you remember. And I know that's true.

MŌRIAH: That's so cute. Oh my gosh! Yeah, so we're still in it.

Annie: So on your birthday, so "trust" is your word.

MŌRIAH: "Trust" is my word for the next 365 days. And God has already been showing me all these things and I'm like, Oh, girl got trust issues."

Annie: I know. That's the problem is whatever the word is, it's always like, Ouch! Ouch! Ouch!."

MŌRIAH: You already know. You're like, "Oh, no. God, what are you going to do? I'm scared."

Annie: Yes.

MŌRIAH: It's true. But in the process of having conversation of like, "What do we do with these demos? What do we do with this collection of songs?" I said, "Okay, well, we can either like fully produced them and just give them as a studio project or... and this was a beautiful and brilliant. I can't take credit for this of my husband's saying, "Why don't we do a live version? In a season where people are not doing things live because we're all on lockdown, let's do a live version." And the only way that you can do it is being outside. Because it's like all the regulation. So I was like, "Interesting."

Where I got excited was when I realized that you can communicate things visually that you can't necessarily communicate with a microphone. For the song *Trust*, I asked my friends to come and sing background vocals for it. Tiffany, Tosh, Bethany. And these are amazing women that I trust and that I know well and are incredibly talented.

But I felt like, "I want to not just sing about trust, I want to tell you, Tiffany, Tosh and Bethany the story of why I struggle to trust, and then I want us to collectively come up with some choreography and some movement to communicate what trusting can look like."

I mean, it sounds cheesy to say choreography. It's not we're like, "I will strengthen myself..." We're not that. But there's movements and there's transitions and there's visual elements to how we can lean on each other and how they can stand side by side and how we can lift our hands at the same time. And just things to help communicate that trust can be visual as well.

I'm a visual learner. So I had so much fun with visually communicating every song talking about colors and wardrobe and movements and the sounds that we would use. It was just a blast.

Annie: That's incredible. And are they on all three songs? Or just on *Trust*?

MŌRIAH: Yes. Yeah, they're on all of them.

Annie: Okay. And did you literally record it outside of the quarry?

MŌRIAH: I did.

Annie: Did you do the one in Franklin? Is it the one where that venue is now?

MŌRIAH: Yes. That's a super cool venue.

Annie: It's so cool.

MŌRIAH: Unreal. Unreal.

Annie: Except the parking.

MŌRIAH: I haven't been to an event. Is the parking insane?

Annie: I need you to know that-

MŌRIAH: Oh, no.

Annie: ...leaving... because they have put this incredibly cool like Red Rocks feeling. I mean, I know it's not red, but red rocks in the venue.

MŌRIAH: It's a rock amphitheater. It's amazing. It's in a quarry. It's down in the basement of Franklin, and there is like one road in and out.

MŌRIAH: Oh my gosh!

Annie: The other night after Jonas Brothers, some people waited two and one-half hours to get out of the parking lot. Can you imagine? One of my buddies' cars did not move for one hour.

MŌRIAH: So now he knows what it's like to live in LA. This is good. This is good awareness.

Annie: Good practice. What I've seen of the visuals... I mean, that's where I thought it was. That is the coolest venue.

MŌRIAH: It's beautiful. It's beautiful. I'm so honored that they let us film there. The owners are fellow Californians and believers and wonderful, wonderful people. And then my brother-in-law filmed it. He directed it. And then my friend who's also a nine five one so cowgirl produced it and did a phenomenal job. And then my neighbor, his name is Todd, my sweet little neighbor was the music director. I talked about him like he's like 79.

Annie: Is he?

MŌRIAH: He's not.

Annie: Like he's an old guy in the holiday.

MŌRIAH: He's just a little bit older than me. He's so sweet. But I think it's because he talks like this. And he said, "Well, Moriah, if you want to go to the major seven rock player, then we can do that." So he's just so sweet.

Annie: Oh my gosh. I love it.

MŌRIAH: And he builds fences full time. He just MD for me.

Annie: On the side is the music director for your album.

MŌRIAH: I mean, he's MD'd for like Passion and Lauren and all these crazy things. But he just really loves building fences.

Annie: Oh my gosh!

MŌRIAH: He did me a favor.

Annie: Our town is full of the best people.

MŌRIAH: I know.

Annie: Just absolutely the best. I love you know the owners of that venue. I bet their parking problem has been a real problem for their hearts.

MŌRIAH: Sure. Actually, they're losing their sleep.

Annie: And everybody talks about their sorting it out.

MŌRIAH: They are losing the sleep on it.

Annie: I'll tell you the trick. Are you ready? For when you go. Get a VIP parking. No. Look up the playlist for the concert on Spotify and leave with two songs left.

MŌRIAH: That's smart.

Annie: And then you get out.

MŌRIAH: That's really smart.

Annie: And then be sorry that you missed their biggest song because that's the one they're going to do it in the Encore anyway. But you can hear it on the radio.

MŌRIAH: It's like Disneyland. Like do we really need to stay and watch the firework show at the end? Or should we skip the crowd?

Annie: It is the exact same conversation you need to have with yourself until they triple the entrances and exits.

MŌRIAH: Such a drama.

Annie: Okay, so also you and Joel who I adore... you know how much I love your husband.

MŌRIAH: Don't we all?

Annie: He's just so kind.

MŌRIAH: He is adorable. He's able to be adored by all.

Annie: And he's so Australian. And he just like kisses me on the cheek every time I see him like I'm his grandmother best friend. It's the sweetest. I just love him so much. Y'all have the number one AccessMore podcast, BECOMING:us. And y'all bring guests on?

MŌRIAH: No.

Annie: Never.

MŌRIAH: No. Just Kerry. Just my mentor.

Annie: Okay, but mostly it's the two of y'all just sitting down and talking.

MŌRIAH: I know.

Annie: Do you love it? I can't believe we did it. I still look back, and I'm just like, "Oh my gosh, we laid it all out bear, didn't we? We had to do that." Oh my gosh.

Annie: It's so good.

MŌRIAH: But you know what's really great is going back to the prayer, we prayed during quarantine, which was God take us to the needs of our community, it is such a need. There are so many resources out there for people who are dating, so many resources out there for people who are raising children.

This weird in-between of like being married or being in a super committed relationship, and not having kids yet and just learning how to do life together and creatively collaborate and believe in one another and believe in yourself, and what is God and all of this, all of that, there's like this many resources. Like if you're not watching, I'm putting my thumb and my finger together and it's tiny.

Annie: No even inch apart.

MŌRIAH: No even an inch.

Annie: No even.

MŌRIAH: And when we started researching, because AccessMore approached us and asked if this is something that we wanted to do, of course, both of our answers immediately were no. Because we tried to be super private just about life in general.

But I started doing research and I found that most of the things out there for committed relationships and partnerships were very candy-coated, sugar, rainbow-like marriage is awesome and we love each other, and we're so in love. Everything's amazing. I do one thing, and he does one thing, and we just live our lives and it's great. And that's the voice that I heard. That's the tone that I heard. Everything that I was reading and watching and I was just like, "God. Ah..." Often, I think God frustrates us in the areas that we're supposed to do something about it.

Annie: Oh, boy!

MŌRIAH: And so I got frustrated. And I was like, Okay, if we're going to do this, there's two criteria. One, we are not doing this without a mentor. We have to have a mentor. Because we're young. We've been married for eight years. We don't have kids, what do we know about life really? Not a lot. All we can do is share our current experiences and our stories. And I want to leave the wisdom piece to the one who has walked through all the things.

And then two, I wanted to be 100% raw and real and authentic. I didn't want to shy away from the truth. I didn't want to shy away from the things that have been hard and challenging. And I think that those are the two things that have really resonated with people. Because people who have binged the show and watched it... and we have more people come up to us in real life talking about becoming us than our own music.

We were on the top of the highest mountain in Maui, and some random person comes up to us and like, "I love BECOMING: Us." I was like, "This is so weird." But I think it's because we've stepped into it raising our hands and saying, "We don't know everything. All we know is our story. And let's step into these questions together."

Annie: Will y'all do anymore? Was it one season?

MŌRIAH: I don't know. I would like to do more. But there's so many things that we want to do. So it's just like-

Annie: It's like offering. It's a good offering that you did. It was beautiful. I mean, you can finish an album and walk away and come back and do another album later. The same is true with podcasts season. You can go, "Here's the offering. We did. It exist. We could do it again." That's beautiful. I love it.

Okay, Moriah. I love you so much. Thank you for doing this.

MŌRIAH: Thank you.

Annie: I'm so glad you're here. What a treat! Come back anytime you want to, please. Our last question we always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you.

MŌRIAH: I love this question so much. Oh, okay. So I think the first thing that comes to mind and maybe it's because it's the most recent is just what I did for my birthday last week.

Annie: Oh, yes. Tell me.

MŌRIAH: Because it was so fun. It was so fun that the day I came home from California I took three naps in that day. I was like a little puppy who was exhausted from nursing on its mother's teeth for six hours. I was warm, covered in milk. I was breathing hard and sleeping. It was just so sweet.

Annie: Oh my gosh.

MŌRIAH: Okay. So this was the weekend. Sorry to get detailed.

Annie: That's what we're here for. I loved it. We know exactly what you mean.

MŌRIAH: So on Saturday, I went to Disneyland, spent 14 hours there.

Annie: With who? Who were you with?

MŌRIAH: My husband, my two neighbors. So Todd the guy I was telling you about, Todd who builds fences. Todd and his wife Savannah besties with them and Joel's really good friends with Todd which like it's hard for him to make friends. So sweet. So they're like little buddies. And then my friend Amanda, and then my best friends since I was 14 years old, Jamie D. So we all went. And then our sweet friends Tori and André met us there at the end of the day.

Annie: Oh, good.

MŌRIAH: But it was literally 14 hours of fun. So much.

Annie: I can't imagine. 14 hours of just balling out at Disneyland.

MŌRIAH: Also a pro tip because there's a big difference between Disneyland and Disney Worlds. Disneyland is the original. Like literally Walt Disney and his wife had a little apartment above the fire station there that they would live in. You guys, Disneyland is the OG place where it's magic. No offense to Disney World but it's a little commercialized.

Annie: I've only been to Disneyland once because I grew up around here. But I did a show out there and we got to go. It feels so different.

MŌRIAH: It's magical. It's magical.

Annie: It is. Did y'all get to go to Club 33?

MŌRIAH: Oh my gosh, I have a whole story about that.

Annie: Do you? Oh my gosh. Will you please tell the Club 33 story?

MŌRIAH: I'll tell the Club 33 story before I give my pro tip.

Annie: Okay, sure.

MŌRIAH: I mean after I give my pro tip.

Annie: Yeah, give your pro tip.

MŌRIAH: My pro tip is ride my favorite ride at Disneyland. It is filled with so much joy, every person that works in this ride is so fun. They're the only people doing actual manual labor in Disneyland for a ride. And you will miss it every single time unless you look for it. Okay, it doesn't even have a name. It's just canoes. You can get in actual canoes and row around the Adventure Island place. Like frontier land.

Annie: Where Bob Gurr has his office?

MŌRIAH: Sure. Yes. Yes. Yes. I've heard this. I've heard this, which I love.

Annie: What?

MŌRIAH: But there's no machinery, there's nothing. You're actually rowing in canoes. Like we almost tipped at one point. It's always so much fun. You get a little workout. And everybody that works there is really sweet. And they sang me a little happy birthday song. Look on Joel's Instagram-

Annie: That's so sweet.

MŌRIAH: Okay, that's my pro tip. So this is my Club 33 story. For everyone listening who has never heard of Club 33-

Annie: Get ready.

MŌRIAH: ...I feel your pain. Because your girl who grew up in SoCal, going to Disneyland her whole life, had no idea what Club 33 was.

So I reached out to a friend who works in Disney animation. And I said, "Hey, for Joel's birthday, can you help us get some dinner reservations?" He was like, "Great. Did you have a place in mind?" And I was like, you know, when you ride Pirates of the Caribbean, there's this little restaurant that looks so cute. I would love to go there. I always wanted to go there. He said, "Great. I will get you reservations."

Text back saying, "I got your reservations at a place called Club 33. Is that okay?" And I said, "What's the deal? Is the food good?" And he's like, "Yeah, the food's pretty good. I think you would really enjoy it." And I was like, "Oh, well, the thing is I've always wanted to go to this cute little restaurant that's with the Pirates of the Caribbean. So thanks, but no, thanks. Let's do the other one." So he canceled it.

The next day. I see my friend Jordan, who is a Disneyland fanatic. She has Cinderella's castle tattooed on her back."

Annie: That's real. That's the dream.

MŌRIAH: And so I tell her this story because she just asked me, "How's Disney plans going?" And when I told her that Club 33 was canceled she started crying. Literally crying. And I said, "What is going on?" And she was like, "Moriah, this is the biggest mistake of your life."

Annie: Maybe.

MŌRIAH: Oh, my God. Come to find out it's this you know thing that you got to be a billionaire to be a part of it.

Annie: I think the waitlist is like six years and your first payment is something like \$50,000 for real.

MŌRIAH: Precisely. Precisely.

Annie: It's unbelievable.

MŌRIAH: And you have to pay that every year to keep your membership. So I did not know this little detail-

Annie: How was that Pirates dinner?

MŌRIAH: Oh, my gosh-

Annie: I mean, it is cute but it's right in the middle of the ride. You're not wrong.

MŌRIAH: I was so sad.

Annie: But you missed out on like a four-course meal.

MŌRIAH: Oh, I know. I know.

Annie: And you know every Disney park has a Club 33 somewhere. The original Disneyland has the OG one obviously because that is the one that Walt was in. But y'all go to Disney World, they all have a Club 33.

MŌRIAH: I didn't know.

Annie: There's a lot to learn on TikTok if you'd like to learn more.

MŌRIAH: Oh gosh! There's a lot of things you can learn on TikTok. Moving along before I start crying again about the Club 33 mistake and the regrets of my life-

Annie: Someone, give them another chance. Give the Smallbones another chance.

MŌRIAH: Please. The day after my birthday, my best friend organized a dinner with all of my childhood friends who I stay very connected with. And we went to Dim Sum because Bao is my favorite. And then we went to Korean karaoke.

Annie: Oh, that's so fun.

MŌRIAH: If you have Korean karaoke-

Annie: It's so good.

MŌRIAH: It was great.

Annie: Was it a big year, or is this just a normal year?

MŌRIAH: 29. I think every year is a big year.

Annie: I agree with you.

MŌRIAH: I very much believe in birthday celebrations being over the top as much as possible.

Annie: Because you're like, "This one day, I get to talk about you all day. You are the thing that happened today."

MŌRIAH: But you know what's funny is like to me it's more about getting your favorite people together.

Annie: Yes, totally.

MŌRIAH: Nothing makes me happier than when people from my different worlds come together and become friends.

Annie: When my friends become friends with my friends.

MŌRIAH: When your friends become friends with your friends.

Annie: I cannot deal. It's the best.

MŌRIAH: Why is it so joyful?

Annie: Oh, if they ever fall in love, I am undone. I am unable to recover. It's the best.

MŌRIAH: I mean, I have set up three different marriages. So there's-

Annie: Tell me more.

MŌRIAH: I know. There's something to this. I don't know what it is. But when we love when people find love, it's just-

Annie: And on birthdays. That's when all your crowd gets together. So yeah, when we have birthdays around here, it's the best. I love celebrating people. And I love my birthday. Because I'm like, "That is when we can make our people be in the same place.

MŌRIAH: Yes. See, it's very altruistic. When people ask me my favorite holiday, my authentic answer is my birthday. But I don't say that if they don't know me because then they're going to think I'm just selfish. But it's honestly because we want our friends to become friends with each other.

Annie: I love it so much. Great. Okay, let's just make our friend groups meet in every way. That's what we're going to do. That's why lunch with Angel was so fun because she thought she was making her friends become friends with a friend. She didn't know we're already friends. It's the best part. All right, I love you. I can't wait for people to hear and see Live at the Quarry.

MŌRIAH: Thank you.

Annie: These songs are such a gift. What a gift! It's going to inspire a ton. Now, I want to say to you, it will not just inspire people in their lives, I think it will inspire people in their art. And that is a multiplication. That is a gospel thing. Because that's a multiplication that we can't control. So well done to you.

MŌRIAH: Thank you.

[01:02:19] <music>

Outro: Oh, you guys, don't you just love her? She's the best. I just adore her. Be sure to grab her new EP (Live From the Quarry) available on all streaming platforms. And have you heard the new song with her and Joel together called *Worth*. Oh, y'all. Yes, please, please immediately go listen to it. And go follow her on Instagram, all the places so you can tell her thanks for being on the show.

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 be me, that's how you can find me.

And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same. What sounds fun to me today... oh, we just are still celebrating Craig, our prince at the office getting engaged. So what sounds fun to me is talking some more about that with our team. So that's what sounds fun to me.

Y'all have a great couple of days. Let's see you back here on Wednesday observing Veterans Day with a fascinating new friend, Jeff Struecker. We'll see you guys then.