

[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 and we have got a great show in store for you. But before we dive in, I want to take a moment and tell you about one of our incredible partners, y'all, the upcoming American Underdog.

The movie tells the incredible, true family love story of Kurt and Brenda Warner. I got to see an early screening of American Underdog and, y'all, I enjoyed it so much. I enjoyed it so much. From the soundtrack that we could not stop talking about to the actors' portrayal of these real and complex relationships. I mean, y'all, it's Zachary Levi, like what a win, to the big sports moments. It's just so well done.

There's nothing quite like the fire of a competitive spirit up against a daunting opponent when the clock is running out. In sports and life, these are the moments that show us who we truly are and give us a chance to be brave and rise to the occasion. And they're the moments that made me hold my breath and sit on the edge of my seat and have the best time watching this movie. American Underdog is sure to inspire the dreamer in all of us.

You guys can see it in theaters everywhere, beginning on Christmas day, and I think you should. You can learn more at [americanunderdoginspires.com](http://americanunderdoginspires.com). Life made them underdogs and faith made them champions. Y'all go check out American Underdog.

Today on the show, I get to chat with my friend Mike Donehey. Y'all, this guy, he is a recording artist, a songwriter, a speaker, podcast and video show host, an author of the bestselling book, Finding God's Life for My Will, and a founding member of the band Tenth Avenue North.

If you've been around here for a while, you already know and love Mike. You heard him back on episode 157, it's still one of my all-time favorites if you want to go back and listen. During 2020, Mike began processing like many of us, all of the things that we were walking through in response to the pandemic.

Songs just started pouring out and he quickly pinned an entire album and more, you're going to hear about it. Encouragement, radical vulnerability, acknowledgment, acceptance, mourning, honesty, these are just a handful of the topics he tackles in his new collection of 11 songs, birth out of his struggle to learn what it takes to truly flourish in any and every circumstance.

*Flourish*, released in August is such a good album, you guys. Y'all are absolutely going to love it and you're going to love this guy if you don't know him already. So here's my conversation with my friend, Mike Donehey.

[00:02:34] <Music>

**Mike:** Hi. Did I jump the gun?

**Annie:** That's your start.

**Mike:** Did I jump the gun?

**Annie:** Nope. Nope. That's how it started. You doing a "Hi" it's how it started. Mike, thank you for coming by.

**Mike:** As you draw your breath to do the intro, Hi.

**Annie:** You did it, it was perfect. Yeah, no, I was here for it. You're a professional podcaster now, so you know how to do this.

**Mike:** Uh, yes, I like to do words to come to make senses.

**Annie:** You do it. I love your show. Will you say the name of your podcast show? I see the graphic.

**Mike:** Chasing The Beauty.

**Annie:** Chasing The Beauty.

**Mike:** So the idea is to find God in the unexpected places. The place you didn't think you could find them.

**Annie:** Yes. Will you, if you want to, remind me your Enneagram number? Are you Four?

**Mike:** I am the anti-type of the four, I'm the social four.

**Annie:** Oh I got it.

**Mike:** Wing three.

**Annie:** Oh yeah.

**Mike:** So I've done some digging since last we talked-

**Annie:** And what do you feel?

**Mike:** Discovered some more about it.

**Annie:** Do you like it more or less?

**Mike:** I still like it the same. I mean, I love the Enneagram, but I don't like when you realize it's really not meant to be a way to get an upper hand on other people. It's really meant to be like a magnifying glass on yourself.

**Annie:** Yes.

**Mike:** I feel a bit like an ant with a magnifying glass on the sun.

**Annie:** Yeah. Yeah. Do you feel like it's helped with relationships? To know your type?

**Mike:** Yeah. It's really helped me understand why. So I'm a Four with a wing Three and a social four, which is strange. And then, so there's this, even yesterday, I was going to post a little message about All Saints Day and I sit there and I go, "Well, why am I doing this? Am I doing this just to be popular?" But then the Three wing in me goes, " But I want to be popular."

But the Four wing in me is like, "But I don't want to be popular just to do the things that make you popular. I want to actually give something authentic." And the Four wants to belong but wants to be authentically belonging, and so that becomes a hamster on a wheel.

**Annie:** Yes.

**Mike:** Because you don't feel like you belong because you're unique.

**Annie:** Mh-hmm.

**Mike:** But you want to belong because of your unique so you kind of don't belong anywhere.

**Annie:** It's the pain of a Four, right?

**Mike:** Yes.

**Annie:** Is the thing you want most is the thing you think is impossible?

**Mike:** Yes.

**Annie:** Maybe that's the pain in all of us? Is the thing we want most is the thing we think is impossible?

**Mike:** I've been thinking a lot about these paradigms, the-

**Annie:** I love when you start sentences like that, I'm just going to sit back. This is why I want you here every week.

**Mike:** The other thing that I've really been thinking about a lot is how your greatest gift is your greatest weakness.

**Annie:** Yes.

**Mike:** So that's like a really profound shift for me when I realized "Oh, okay, so I've been gifted with words." Which means I have the ability to encourage and give insight, but I also have the weakness, the temptation to flatter and manipulate.

**Annie:** Oh, wow.

**Mike:** Right? So you have to be really aware that what is a gift in the spirit is also, on the very flip side of the same thing, is your weakness in the flesh. And I think that's a really profound shift for me, at least.

**Annie:** My slamming into that.

**Mike:** Yes.

**Annie:** Has been how much I use my words?

**Mike:** Mh-hmm.

**Annie:** Like it has been like, "You didn't have to say three of those five sentences." Or "That was gossip." Or "That was unkind." Or, "That was just too, you explained it the first time. Why did you do it three times?"

**Mike:** Absolutely.

**Annie:** And, so, I feel the same that, and often I think your gift is what makes you feel the loneliest?

**Mike:** Oh, absolutely.

**Annie:** You think that's true?

**Mike:** Well, it depends, it depends on who you're surrounded by.

**Annie:** Really?

**Mike:** I mean, whether they call out your gift as a gift or whether they're constantly, maybe jealous of your gifts, and so then make you feel like they want, sometimes,

I got to be careful I say this. But sometimes you shine too bright and so people want to just-

**Annie:** Yes. Dull.

**Mike:** ...stain it.

**Annie:** Yeah.

**Mike:** Because it's too much.

**Annie:** Yeah.

**Mike:** So I've been really working on, so as a Four, I believe my fatal, what do you call it? Deadly sin.

**Annie:** Yeah.

**Mike:** Is envy.

**Annie:** Mh-hmm.

**Mike:** So one of the ways, so I'll get just depressed all the time, "Oh, man, I shouldn't be or I should be by this time in my life," or you just go on a rabbit trail.

**Annie:** Yeah.

**Mike:** And, so, I've made this habit of when I really start getting depressed on the inside myself, I just go through my phone and start sending encouraging texts to people.

**Annie:** Wow.

**Mike:** And I don't think that I'm not dealing with my stuff. I think sometimes you can celebrate your way out of depression when you start acknowledging the gifts in others. It actually there's this participatory healing that happens when you kind of realize, "Oh, this isn't all about me."

**Annie:** Yeah. Craig, that's sitting behind you.

**Mike:** Yes.

**Annie:** Just got engaged-

**Mike:** Oh, wonderful.

**Annie:** On Saturday. So I, because I'm not married yet. Craig gets engaged yesterday and I post it on Instagram.

**Mike:** Right.

**Annie:** And I bet I got eight to 10 comments of, "How do you feel that when you don't have the thing that you want?" And I thought, "Well, the way you fight feeling anything that isn't for your people is you just cheer for your people."

**Mike:** Yes.

**Annie:** The way you fight that is you go, "Yeah, I'm going to yell at," A, Craig is not marrying the person I want to marry. So great. If Craig want to marry the person I want to marry we'd have a different conversation, right?

**Mike:** Yes.

**Annie:** I love Hannah, but that's not who I'm interested in marrying. And, so, it is that same thing of like the way you fight the natural inclination of our humanness is do the opposite thing.

**Mike:** Yeah. Sometimes.

**Annie:** Right?

**Mike:** For sure.

**Annie:** I mean, that's what you're saying with your texting?

**Mike:** Yeah. When you're in a band or music, it's impossible not to compare yourself.

**Annie:** Right.

**Mike:** To even, so I just went to the Switchfoot, NEEDTOBREATHE, New Respects' Show-

**Annie:** Oh my gosh, it was unbelievable.

**Mike:** And it was amazing. But constantly these thoughts come in my head, I go, "Oh, we used to do shows with those guys."

**Annie:** Mh-hmm.

**Mike:** And there is times that NEEDTOBREATHE was playing before us at a festival.

**Annie:** Yeah.

**Mike:** And so then the natural inclination is like, "Well, what did I do wrong?"

**Annie:** Yeah, wow.

**Mike:** That I don't have this.

**Annie:** Yes.

**Mike:** And as opposed to going, "Well, this isn't what God called me to do, exactly."

**Annie:** Yes.

**Mike:** We're in the same space and so celebrating people that's been a huge, have I told you about I don't pray for God to use me anymore?

**Annie:** No.

**Mike:** Okay. So this was a big shift. We were playing our first festival as-

**Annie:** As Tenth Avenue North?

**Mike:** ...as Tenth Avenue North and we'll get to that, Life Fest, Wisconsin. And I remember we had actually been an indie band for years and years and years. And we mostly were doing sort of church camps and private concerts for friends' churches. And so we get signed, and this is our first time playing shows with other artists.

**Annie:** Yeah.

**Mike:** Because for years and years we were just the only band who would be there.

**Annie:** Right because it's the summer camp or it's a-

**Mike:** We were it.

**Annie:** Yeah.

**Mike:** And in a weird way, I don't think I realized how inflated my ego was doing camps.

**Annie:** Being the only acts?

**Mike:** Yeah.

**Annie:** Yeah. Interesting.

**Mike:** Being the sole focus. And so we get to this festival and I rally our troops behind, "Let's pray for God to use our band. Use our band. Use our band. Let's go, let's go, God use our band so mightily." and I really felt a tap on the shoulder from the Holy Spirit, "Hey, what if I want to use the other bands?"

**Annie:** Oh, wow.

**Mike:** And I'm like, "Use me first."

**Annie:** Right, use me more.

**Mike:** Use me more, really was my prayer.

**Annie:** Right.

**Mike:** And it really undid something in me, where ever since then I've tried and not always with great success. But I've tried to say, "Hey God, move. I want to be used, I am here and I want to be useful, but you don't have to use me. I just want to see you move,"

**Annie:** I'm available.

**Mike:** So praying God make me useful as opposed to God use me is much different-

**Annie:** Mike.

**Mike:** ...stance, is subtle, right?

**Annie:** God make me useful.

**Mike:** Yeah, that's our job is to prepare ourselves-

**Annie:** That's just being a fork or a knife or a spoon first being in the drawer.

**Mike:** Yeah.

**Annie:** I'm here, make me useful.

**Mike:** I'm willing.

**Annie:** I'm not the best spoon, necessarily.

**Mike:** I'm willing, but if it's a knife that needs to cut the pie-

**Annie:** Fine.

**Mike:** Then you go like, "Yeah, use the knife, that's great."

**Annie:** Right.

**Mike:** And, so, what happens is-

**Annie:** Yeah, I was about to say what's the result?



**Mike:** In that paradigm then when God uses someone else, you actually get to participate in the joy.

**Annie:** This is it. This is it.

**Mike:** You actually are increasing your joy as opposed to, "Oh, God used them." And so now you're overcome with envy and bitterness.

**Annie:** Because a pie didn't need to be cut by a spoon?

**Mike:** Yeah.

**Annie:** So why wouldn't we celebrate God doing for someone else, in someone else, through someone else, what we want to see Him do anyway?

**Mike:** Yeah.

**Annie:** I mean, it's a choice but it feels so good once you get going.

**Mike:** Yeah. And it really is a practice.

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

**Mike:** I love how brother Lawrence is practicing the presence of God.

**Annie:** Yeah.

**Mike:** How these things are something you'll have to practice at, you're not going to get it right.

**Annie:** Yeah.

**Mike:** And so I'm at the show the other night and I'm practicing going, "God, thank you that you're using NEEDTOBREATHE. Thank you that you're using Switchfoot. Thank you for the New Respects. Thank you for all these people who get to gather, and thank you that I don't have to be the one on stage. That this isn't all riding on my shoulders." But there's actually this freedom of going, "Oh, it's not all up to me."

**Annie:** Yeah. I mean, every one of us can match that story in some way of going, "Man, I know the thing that I wish, or I know the thing that I used to do that someone else is doing or whatever." So will you talk about when you think forward, and I do want us to go back and talk a little bit about how you got here since the last time you were on the show?

**Mike:** Oh, yeah.

**Annie:** But when you think forward when you're sitting in that moment, we just had to postpone my October tour and reschedule it for-

**Mike:** I too just postponed a tour.

**Annie:** It's a real special feeling.

**Mike:** Yeah, it's so fun.

**Annie:** I have not-

**Mike:** That sounds fun.

**Annie:** Yeah. So you know the exact feeling.

**Mike:** Mh-hmm.

**Annie:** So then when a friend of mine has a tour coming through town, that is a female doing her tour. And you've probably experienced it with NEEDTOBREATHE where you're like, "Not only do I wish I was doing what you're doing, I wish I was just doing what I do."

**Mike:** Right.

**Annie:** Like, I mean, I'm getting to watch you do the thing I'm not going to get to do right now. What are you telling yourself about the future? What are you telling yourself about what God is doing behind the scenes or are you not? What's the conversation in your head about that?

**Mike:** Great question.

**Annie:** Thank you.

**Mike:** You're good at asking questions.

**Annie:** My dad loves when people say that-

**Mike:** You should do this for a living. I was going to say I was driving on the way here I go, "Annie figured it out. She's making a living just having conversations."

**Annie:** 100%.

**Mike:** She's doing what we all do, just genius-

**Annie:** With people that I adore.

**Mike:** See, now I'm jealous.

**Annie:** I mean, I can't lose.

**Mike:** Now I'm jealous. I would say the thing, so there's a song on my new record called The Glory I Couldn't See-

**Annie:** Dude.

**Mike:** This song when I wrote it, was in the middle of the pandemic and I was overcome. I was on probably the closest side of depression I've ever been.

**Annie:** Mh-hmm.

**Mike:** And I use that word very gently. Because I acknowledge that some people have probably experienced something much more profound than I was experiencing. And they say, "You should reserve that word for us." But in my scale, I have always been sort of a sunny-dispositioned child. My mom said I used to smile in my sleep.

**Annie:** Oh, that's adorable.

**Mike:** She'd come in when I was three years old I'd be smiling. So our Farewell tour got canceled and then I'm back home, and I just didn't want to be there.

**Annie:** Yeah.

**Mike:** I just didn't want to be there. And I'm just obsessing about the future, "When I'm going to get out of this?" And I'm obsessing about the past, "Oh, if only I could have changed things maybe I wouldn't be in this spot."

**Annie:** Yeah.

**Mike:** And I don't know if you're a C.S. Lewis fan.

**Annie:** Yeah, of course.

**Mike:** I got my brother-in-law wants to dress up next Halloween as C.S. Lewis C.K., where he's like Louis C.K. delivering C.S. Lewis, honestly, anyway.

**Annie:** What a dream.

**Mike:** Sorry, I digress. But C.S. Lewis in the *Screwtape Letters*, he has this, and I think it's Letter 15. So for those of you listening that don't know what *Screwtape Letters* are. It's a book by C.S. Lewis where an uncle demon is coaching a nephew demon on how to tempt humans.

**Annie:** Mh-hmm.

**Mike:** And in this particular chapter, of this letter, he says, "Get your human to obsess over the past." And the past is pretty good, but it's finite.

**Annie:** Mh-hmm.

**Mike:** So they'll run out of memories and then they'll move on. So what you really want to do is get them to obsess over the future because it's infinite.

**Annie:** Wow.

**Mike:** It has no end. Now I'm not talking about the future hope that we as Christians are meant to have. That we put our hope in our future treasures, that's something different. But what he's talking about is you're not living your present-day because you're obsessing over what you wish it was going to be.

**Annie:** Yes.

**Mike:** And that was me. "Uh, when is this pandemic going to end? And when am I going to get back on tour? And when is this going to happen, and this going to happen?" And I read a couple of other things and this phrase, I sort of amalgamated a couple of quotes. But I came up with this one single sentence, "The secret to peace is embracing your current circumstance as if you had chosen it."

**Annie:** Gee-whiz.

**Mike:** So what's that?

**Annie:** Say it again.

**Mike:** The secret to peace and Christ is our peace, right?

**Annie:** Yes.

**Mike:** The secret to peace is embracing your current circumstance as if you had chosen it. Because in the Screwtape Letters, he says, "Hey, we both know the reality. Get your human to obsess over the future. We both know this strange reality that the present is the only point where time touches eternity."

**Annie:** Mh-hmm.

**Mike:** In other words, there's never going to be, then.

**Annie:** Yeah.

**Mike:** Then is always going to be now.

**Annie:** Yeah.

**Mike:** And so now we're touching eternity. So if I don't choose where I am, and I'm not saying, because I've shared this a little bit and people go, "Are you justifying abusive relationships? Are you justifying this? Are you justifying this?" Not at all. I'm not even saying I chose the circumstances through which my present reality has come to me.

**Annie:** Mh-hmm.

**Mike:** But until I said, "I choose this pandemic."

**Annie:** Wow.

**Mike:** "I choose to be here today, right now." I was a victim to my own life.

**Annie:** Wow.

**Mike:** And I think the secret to unlocking victimhood, and I'm not talking about disregarding your trauma and not dealing with this and all that. What I'm saying is I love that you and I both understand caveats; caveats, caveats, caveats, caveats, caveats-

**Annie:** Yes, because I'm like, "Thank you that we're not going to get that email checked."

**Mike:** Yes.

**Annie:** "Or that email checked."

**Mike:** But you will experience a level of victimhood until you say, "I choose this."

**Annie:** Mh-hmm. Wow.

**Mike:** And once you do that, now you can actually get healing.

**Annie:** Yeah.

**Mike:** Now you can start to unlock your trauma. Because you have to say, "Okay, let's do this."

**Annie:** Mh-hmm.

**Mike:** And for me, choosing my present, I think, is the best way I can unlock my future.

**Annie:** Yeah. And I think, correct me if I'm wrong really, really. I think the other thing I experience when I do that well, is that it's almost like my eyes open to the gifts right now. And then the Lord, like I'm thinking of a couple of weekends ago,

where I had this experience where the Lord was like, "Do you see I have you exactly where? Do you see I have every player in this story exactly where I need them to be?" And I was like, "Oh, it's not what I want." Like all the players, aren't where I wish they were. But, because I said, "Well, I see purpose here."

**Mike:** Yeah.

**Annie:** God's encouraged me and said, "There's purpose right where you are." And I went, "Oh, well then there's purpose where every player in this story is."

**Mike:** Yes. We're all in the story that God's telling.

**Annie:** Yeah.

**Mike:** And to say yes to this moment is the secret to unlocking the redemptive narrative that God is-

**Annie:** Yeah.

**Mike:** So you were talking about peace, you said like you wanted peace over this conversation. So I've been reading in Colossians, and what's really struck me is it says, "Let the peace of God rule in your heart."

**Annie:** Mh-hmm.

**Mike:** "Let the peace of God rule in your heart." And then it says, "Let your roots go down into Christ."

**Annie:** Mh-hmm.

**Mike:** Jesus says in John 14, "Let not your hearts be troubled."

**Annie:** Wow.

**Mike:** I want you to picture this, "Let" okay. So a lot of when I think about Christian life and disciplines, it feels like, "Oh, another thing I have to do."

**Annie:** Yeah.

**Mike:** When you think about these words from Paul, "Hey, just let it happen."

**Annie:** Yeah.

**Mike:** The peace is at your door, pushing on the door and you are actively resisting it.

**Annie:** Mh-hmm.

**Mike:** And all you got to do is give up your resistance.

**Annie:** Yeah. Yeah.

**Mike:** So I've been thinking about how repentance is just giving up resistance.

**Annie:** Yes.

**Mike:** Right? "So bear fruit in keeping with repentance." John the Baptist says. And all that means is, just stop fighting it.

**Annie:** Yes.

**Mike:** Just let it happen-

**Annie:** Yes, just let it, if you will open the gate.

**Mike:** If you say yes. And so my thought was maybe all resistance to God is simply no.

**Annie:** Oh, right.

**Mike:** Right, I mean-

**Annie:** Right, it's just saying no, I won't the thing, no.

**Mike:** No, I won't forgive that person. No, I don't accept this present reality.

**Annie:** Yes.

**Mike:** No, I whatever, whatever.

**Annie:** No, I won't make that move, no, I won't.

**Mike:** So I mean, I deal with it this morning. Two of my kids woke up and my one kid has a huge belly ache because she ate way too much Halloween candy.

**Annie:** Oh, I love that

**Mike:** And my wife's got to take the other two to-

**Annie:** Wait how many are there total?

**Mike:** I have four daughters.

**Annie:** Four, that's great.

**Mike:** Yeah, pray for me.

**Annie:** You have four daughters, let's go an Enneagram four raising four daughters.

**Mike:** There's a lot of crying in my house.

**Annie:** From everyone.

**Mike:** And sometimes the girls cry too.

**Annie:** Well done.

**Mike:** And she's got to go to the dentist and take my other two to the dentist. So now she's got to bring my other kid because she didn't go to school, and you're like, "I don't choose this."

**Annie:** Yeah.

**Mike:** "I don't choose this." And the secret to peace is going, "Okay, I choose this."

**Annie:** Yeah.

**Mike:** This isn't what I wanted, but let's be here, let's be here. And so, for me, what had happened, see what happened was, is in that moment I realized that all these years I've been touring in a spin. And I would come home off the road and I'd be with my family, but I was still on the road in my head.

**Annie:** Oh, wow.

**Mike:** And that was the great, I started by saying the song Gloria I couldn't see was basically my great confession of going as things have been opening up, I keep hearing people, "Let's go back to normal. Let's go back to normal." And I go, "Dear God, don't ever let me go back to normal."

**Annie:** Wow.

**Mike:** Because you taught me how normally I was never where I was.

**Annie:** Mh-hmm.

**Mike:** I was always because you asked about the future and I live, to my detriment, in the next thing.

**Annie:** Yeah. Yeah.

**Mike:** As opposed to being where I was.

**[00:21:36] <Music>**



**Annie:** Hey friends, just interrupting this conversation real quick to share about another one of our incredible partners, Olive & June. You'll know this about me, I much prefer to have my nails painted than not. It just makes me feel more put together and ready to take off the day.

The challenge is that I'm not exactly the best at doing my own nails. I try, but they end up looking not great. They chip easily, which makes me insane and they're not smooth. But the alternative is spending a lot of money and time I don't have getting regular salon manis. But do not fear, Olive & June's Mani System is here to save the day. Do it yourself manicures that look salon-perfect and last over seven days, unheard of I know, but you heard it here because it is true.

Olive & June Mani System comes with everything you need for an impeccable DIY mani, and it's all in one box and only five steps. It comes with this easy-to-grip Poppy. It's a handle that fits on all of their bottles and it just helps you have steadier hands so that you can get a smooth coat of paint on both hands.

The Mani System has six polishes, breaks down to only \$2 per manicure, y'all, I mean, y'all. I used to spend more in like \$35 on just one gel manicure, my gosh. And Olive & June polish is amazing

They have tons of variety in their color options and even have glitter and metallic options too. The polish, especially, with their signature, top-coat is so shiny it looks just like gel and it doesn't chip. It lasts a whole week much longer than my do-it-yourself efforts typically last. Olive & June Mani System is the secret behind salon-perfect nails at home, all-in-one no guessing no messy nails, no salon price tag.

And as one of my friends, you can get 20% off your first Mani System at [oliveandjune.com](http://oliveandjune.com) with my code; THATSOUNDSFUN. Your new nail life is here. Get 20% off your first Mani System when you use promo code; THATSOUNDSFUN at oliveandjune.com. We're done with expensive, bad manicures, okay. This is the new us you, guys. And now back to our conversation with Mike Donehey.

**[00:23:33] <Music>**

**Annie:** This album, that just came out, I've listened to it twice.

**Mike:** Sweet.

**Annie:** All the way through and then had it other times but-

**Mike:** That's a big deal.

**Annie:** ...front to back twice.

**Mike:** That's a big deal.

**Annie:** The Glory Reprise is what makes me cry every time.

**Mike:** Oh, nice.

**Annie:** Ain't that wild? Why? It's like 40-seconds or something I like felt tears coming and then it was done. I was like, "Oh, I think it's the Reprise is what got me.

**Mike:** I know, it's funny. We might make that a radio single and my radio guy was going, "Oh, I wish we could put the Reprise on the radio single.

**Annie:** So listen vote two-

**Mike:** It's been way too long.

**Annie:** ...this is vote number two saying the Reprise has got something on it. There's some juice on that Reprise.

**Mike:** Mh-hmm. I'm thinking about it, all right.

**Annie:** Will you tell us a little bit of the story? I think-

**Mike:** There's some juice on the Reprise.

**Annie:** I'm telling you there is.

**Mike:** So I mean to make a t-shirt that says, "There's some juice on that Reprise."

**Annie:** You can have it.

**Mike:** Okay.

**Annie:** That's all yours, because I'm going to take your peace sentence for sure into my journal, and it's-

**Mike:** I bet there's an engineer that listens to your show.

**Annie:** Uh-huh.

**Mike:** And I have, I'm giving this idea away.

**Annie:** Okay.

**Mike:** I've always wanted to be on The Shark Tank.

**Annie:** Okay.

**Mike:** I have this one idea. And so during the pandemic-

**Annie:** Yes.

**Mike:** ...sorry, I'm jumping right out there.

**Annie:** No, I'm very into this.

**Mike:** So I wrote a song on the record called Abundance.

**Annie:** Yes.

**Mike:** Which was about-

**Annie:** Will, you say the first line of the chorus, "I don't live in abundance I live from..."  
Is that right?

**Mike:** "I want to live in abundance and live from abundance."

**Annie:** "And live from abundance." I was like, "This guy writes." I wanted to throw my phone.

**Mike:** So let me tell you about that song, I wrote that song during the toilet paper shortage.

**Annie:** I get it.

**Mike:** So that song was really illustrating two things I was, [**Crosstalk 00:25:13**] No, no, it'll come back around. I'm watching this happen about toilet paper and I'm reading a book by Parker J. Palmer called *Let Your Life Speak*.

**Annie:** Yes, about the second half of life.

**Mike:** Yeah, well-

**Annie:** Right? Ain't that the one that's about the second half of our life? No is that the wrong one.

**Mike:** I think you're thinking of *Falling Upward*.

**Annie:** Yeah, I doubt, I'm sorry.

**Mike:** No, but I've read that book too it's a great one.

**Annie:** Because how old are you? I'm 41.

**Mike:** Also.

**Annie:** Yeah, surreal.

**Mike:** 1980.

**Annie:** 1980?

**Mike:** Okay.

**Annie:** July 7th?

**Mike:** July 8th.

**Annie:** You are lying. Oh, my gosh! You're the worst.

**Mike:** September 30th, is my birthday.

**Annie:** I am three months older than you don't disrespect me like that.

**Mike:** Sure, me too.

**Annie:** I was so happy.

**Mike:** Ego river.

**Annie:** That was too great. Okay, sorry, go ahead. So you're reading Parker J. Palmer-

**Mike:** I'm reading that and I'm watching the toilet paper shortage unfold, literally and figuratively. And it struck me that there wasn't a shortage of toilet paper, okay?

**Annie:** Okay.

**Mike:** We didn't run out of toilet paper.

**Annie:** No.

**Mike:** Just the toilet paper that was on the grocery store shelves was reallocated to a couple of people's cupboards.

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

**Mike:** And so in his book, Parker J. Palmer, he says, and I'm being a bit minimalistic to say that, that song was all about the toilet paper, but it was a part of it.

**Annie:** It sparked maybe.

**Mike:** Because Parker J. Palmer, he says, "What's interesting is when we live out of scarcity, when we live in fear of scarcity, we actually end up creating the very scarcity we're afraid of for other people."

**Annie:** Wow. Wow. For other people, not even for ourselves. We bring it on other people.

**Mike:** You create the scarcity that you're afraid of.

**Annie:** Wow.

**Mike:** Toilet paper is a perfect example. I am terrified I'm going to run because it wasn't like everyone was taking 10 more deuces a day.

**Annie:** Right. Our bodies didn't change.

**Mike:** Yes, the demand didn't go up.

**Annie:** Yes.

**Mike:** The supply ran out because people were afraid. And when they did that they robbed others of the abundance.

**Annie:** Mh-hmm.

**Mike:** And so when Jesus says, "I came to give your lives abundant." It means that we are called to trust that God is going to supply our needs.

**Annie:** Mh-hmm.

**Mike:** And that allows us to give and share. And what ends up happening is we create the abundance that we are trusting for.

**Annie:** Okay. Okay.

**Mike:** So all that to say-

**Annie:** I like that.

**Mike:** ...I have this Shark Tank idea.

**Annie:** Okay.

**Mike:** Because as philosophical as I want to be about that, I still every day was sweating because I was going, "There's no toilet paper. Girls, you need to stop going Prrrrrr."

**Annie:** Right.

**Mike:** I'm not kidding. I'm not kidding. They had just announced there was no toilet paper on any of the shelves.

**Annie:** Yeah.

**Mike:** I walk in, my kids have never done this in their lives, but they're cooped up in the house. There is nowhere to go. I come in the backyard, they had found rolls of toilet paper and started throwing, you can't make this stuff up.

**Annie:** Right.

**Mike:** They were throwing toilet paper all around my backyard.

**Annie:** Right.

**Mike:** And I come out, I go, "No." "What's the big deal dad?"

**Annie:** I mean, the faith of a child, there's a whole story there.

**Mike:** Yeah.

**Annie:** About when the world tells you, "There's not enough." The kids are like, "Well, let's just play with what we've got."

**Mike:** Yeah. And, but all that's to say-

**Annie:** Shark Tank

**Mike:** ...I want to create a little wigwam.

**Annie:** Okay.

**Mike:** A little Pinterest-looking wigwam and you put your toilet paper roll inside of it.

**Annie:** Okay.

**Mike:** And it's got a little button or a wave sensor.

**Annie:** Uh-huh.

**Mike:** And out at the top where the smoke would be, the toilet paper comes out and you can regulate how many sheets of toilet paper that come out. So you can go five sheets at a time. So that your kid doesn't go, "Prrrrrr," but they just hit the button.

**Annie:** Why has no one invented that?

**Mike:** Exactly.

**Annie:** That's when you know it's a good invention.

**Mike:** And you call it TPTP.

**Annie:** Now, you'd have to work with our Native American friends. To make sure-

**Mike:** I am a member of a Native American tribe actually in Connecticut.

**Annie:** Are you?

**Mike:** And so far that I've done some reconnaissance, and TP doesn't seem to bear any sort of offensive language so far.

**Annie:** Okay, oh man, TPTP, that's brilliant. I mean, I think that's a great idea.

**Mike:** You guys can run with it, although, I'd like some royalties-

**Annie:** No, we're going to-

**Mike:** Create the abundance for us-

**Annie:** For sure. This conversation just became part of the deposition when you see someone because we've got the date on it and we've got-

**Mike:** I said it. I said it.

**Annie:** Will you talk about that? I mean, the album is called *Flourish*, but will you talk about the song Flourish?

**Mike:** Oh yeah, yeah.

**Annie:** That one is so special.

**Mike:** That was the song that got it started. So I'm going to give you a real quick backstory for those interested, Tenth Avenue North-

**Annie:** I know, I tried to ask you this a minute ago and you just walked away from it-

**Mike:** This is what happened because people will go, "Why on earth did the band break up?" And they always assume that there was some fight, some fallout. And I guess that probably is true for a lot of bands.

**Annie:** Yeah.

**Mike:** For our band, we actually always said, "We're never going to let this band take priority over our families."

**Annie:** Yeah.

**Mike:** And we had several members through the years in college and onward, who would drop out and go, "Hey I'm..." And each time we'd go, "Are we supposed to keep going?"

**Annie:** Yeah.

**Mike:** Well, a couple of years ago, my drummer, Jason, who I started the band with, he went to go to work for Compassion.

**Annie:** Yeah.

**Mike:** Because he said, "My oldest daughter started middle school, I can't live on the road anymore."

**Annie:** Yeah.

**Mike:** "I can't do it." And so he left. It was a huge gut check for me of going, "Man, this just doesn't feel the same."

**Annie:** Yeah.

**Mike:** Because we had started the band together.

**Annie:** Right, of course.

**Mike:** And then our piano player of 10 years, he felt called to move on and started an organic farm in Florida with his wife. And they have a little online TV show-

**Annie:** It's the best. I love it so much.

**Mike:** Yeah, they have a TV show. They're amazing. And we said, "Okay, go. We don't want to hold you back from what you feel God's calling you to do." Well, then in February of 2020, we're getting ready for our spring tour, and my wife and I have an epic fight.

**Annie:** Wow.

**Mike:** I mean, epic. Where it basically became apparent to me that I thought I had been listening to her. Because a couple of years ago, she goes, "Hey, you need to cut the number of shows you're doing in half." And we did. And so I'm like, "Oh, I'm doing a good job." But it really came apparent, in this conversation, that she needed a much more drastic break than what I was giving her.

**Annie:** Oh, wow.



**Mike:** And part of it was she's learning to speak up for herself. She is a Two. She was a very unhealthy two, where she just didn't know how to ask for what she needed or wants.

**Annie:** Of course.

**Mike:** And so I'm guessing, right? But this was not her fault, I think she had really painted the signs out in saying, "I just need you to take this step of faith and take a huge break." So basically, I'll get real vulnerable here. We have this fight, and her and I, we don't ever like yell, scream, fight.

**Annie:** Yeah.

**Mike:** We've always been able to keep pretty level heads. Well, this one, she goes, "Uh, I just..." I go, "Listen, you need time, you're overwhelmed." Because she's saying, "I got these four kids and I just can't make it." And I said, "Just go. Like go to Chattanooga, go take a weekend." And, so, she packed a bag and got in the car, and drove off.

**Annie:** Wow.

**Mike:** And she got halfway to Chattanooga and she came back.

**Annie:** Mh-hmm.

**Mike:** And we sat there, we cried, hugged, and I'm like, "What do you need?"

**Annie:** Why Chattanooga?

**Mike:** I don't know.

**Annie:** Okay.

**Mike:** It was just close.

**Annie:** I was like, "Do y'all have family there? Is it pretty?"

**Mike:** It's close but not close. We would just be far enough away-

**Annie:** You're like, "You don't have to go to Franklin go all the way to Chattanooga but stay in Tennessee."

**Mike:** Yeah.

**Annie:** Yeah.

**Mike:** Right on the border.

**Annie:** Wow.

**Mike:** And she came back, I go, "Listen." And she goes, "That's not what I want. That's not what I need. I don't need to be away. I need you to be home."

**Annie:** Mh-hmm.

**Mike:** And it was the first time she really just said it.

**Annie:** Yeah.

**Mike:** And I went, "Okay." And I looked at her and I said, "Do you need me to quit the band?" And she said, "No." I go, "Okay." I was like, "Do you need me to quit touring?" She goes, "No." I go, "Okay, what are you asking for?"

**Annie:** Mh-hmm.

**Mike:** And she says, "I just need a break." And then I'm like trying to get all the particulars out, which it wasn't the time for that. And gentlemen, when you're talking to your wife, like, feel it before you try to fix it.

**Annie:** Correct,

**Mike:** Feel it before you fix it. Listen, that's what Jesus did, isn't that interesting?

**Annie:** Feel it before you fix it, that's beautiful.

**Mike:** Jesus came and walked here for 30 years before He did any ministry.

**Annie:** Mh-hmm.

**Mike:** He felt it before he fixed it, anyway-

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

**Mike:** ...it's not about the nail. So-

**Annie:** Oh man, I love it when you do that clap.

**Mike:** That video is so good.

**Annie:** Yeah.

**Mike:** So I'm sitting there with my wife, I said, "Well, what are you asking me?" And she goes, "I just need us to take a break." And, so, I go, "Okay." So I go to the band, I said, "Hey, listen, I don't know how it's going to look like, I don't know

how long. Could be three months, could be eight months, could be a year. My family, we've never taken a break."

And the thing is all the other band members when they had a kid or something, they would take a break and we'd get a replacement player. Well, I'm the one guy who you can't, I got to be up there, I guess. So it just came to a head and I said, "Listen, I don't know how to tell you guys this, but I need to take a break." And this was-

**Annie:** And this is in February?

**Mike:** And this was one of the most profound moments of my life, because every guy went, "Actually." Well, actually what? "Actually, I didn't know how to tell you this but I was quitting at the end of the tour."

**Annie:** At the end of that tour. Wow.

**Mike:** Particularly, my bass player, Ruben, was going to go full-time in real estate because he's crushing it. And then Jeff and Heather had always wanted to move back to Florida and help Nina and Brendan with their farm.

And Jeff was going to do film and TV, recording music and stuff. And then it was well, I guess this isn't our spring tour, this is our Farewell tour. Which became our-canceled-by-COVID tour, which really was not great.

**Annie:** Right.

**Mike:** But it was really a gift to me because one of the reasons that I didn't ever take a break from the band is because I wrongly felt that it was my responsibility to provide for everybody in the band.

**Annie:** Yeah.

**Mike:** And God really went, "That was never yours to carry."

**Annie:** Mh-hmm.

**Mike:** "In fact, maybe you went on too long."

**Annie:** Yeah.

**Mike:** And that's something I have let God-

**Annie:** You've learned from?

**Mike:** Yeah, and God redeems.

**Annie:** That's right.

**Mike:** That's the one thing I know.

**Annie:** That's right.

**Mike:** So I go, "All right." But all that to say the band goes, "Actually, you can keep going with Tenth Avenue North and just hire a bunch of new guys." And there was a lot of people who'd go, "Financially, branding-wise that makes a lot of sense. You've worked a long time to build this brand up."

**Annie:** Right.

**Mike:** And I just went, "Man, if you guys are quitting, I'm not going to keep doing music as Tenth Avenue North because I feel like that dishonors you guys."

**Annie:** Mh-hmm.

**Mike:** It basically says, "I didn't need you anyway."

**Annie:** Yeah, that you were all session players or hired hands versus members.

**Mike:** Yeah, so I made this tremulous decision to, "Okay, I think I'm going to do solo music."

**Annie:** Yeah.

**Mike:** But, man, maybe not. So we get a couple of months into the pandemic I go, "Maybe not. Maybe this is it. Maybe my best is behind me and, in music, and I need to go into something else, just like these..." The other guys felt reassigned.

**Annie:** They knew. That's right, reassigned, wow, wow, that's a good word.

**Mike:** Right. And I said, "Well, I'm sitting here by myself in my house." And not by myself I have four daughters. But every night I just started going into my office, once the kids went to bed, and I would just, I always view songwriting is like self-therapy.

**Annie:** Mh-hmm.

**Mike:** Free therapy.

**Annie:** Yeah.

**Mike:** There's this verse in Psalm 49 where David says, maybe I shared this last time. But he says, "I listened to wisdom and with the music of the lyre I will solve my riddle."

**Annie:** Oh my gosh.

**Annie:** So David referred to songwriting as unriddling himself.

**Annie:** Yeah.

**Mike:** Okay. And so I had a lot of riddles to figure out.

**Annie:** Yeah.

**Mike:** So, I went, "Well, I need to at least give songwriting one last good go here while there's nothing else to do."

**Annie:** Yeah.

**Mike:** And I ended up writing over a hundred songs in six months.

**Annie:** Good grief, by yourself?

**Mike:** They're not all good songs. Mostly by myself. But when things started to open up there in the fall, I started co-writing with other people. But the first song I wrote was a song called Flourish.

**Annie:** Aah.

**Mike:** And it was this sort of fist in the sky, you know what, maybe I'm not even supposed to be a songwriter anymore. Maybe I'm not even supposed to be a musician anymore. And maybe my circumstances aren't going to change but that doesn't mean I can't flourish.

**Annie:** Right.

**Mike:** Like that, everything around me doesn't need to flourish for me to flourish.

**Annie:** Mh-hmm.

**Mike:** And I remember I wrote the bridge of that song, and I had to hit the space bar and I just put my head in my hands and I just wept and wept and wept and wept. Because it was just the thing that I needed to pray. And it really that song, in particular, this all started, you asked me about that one song?

**Annie:** Yes. Because Flourish, and Abundance, and Glory Reprise were the three that I was like, "We've got to talk..." The whole thing is good, but those three impacted me greatly in my story today.

**Mike:** I love it. That's beautiful. And, but that Flourish was really that song that I needed to remind myself of.

**Annie:** Will you explain hitting the space bar for people who?

**Mike:** oh, right, right. So when you're listening, you hit the space bar when you're in logic and it plays the track that you've just recorded. And then when you hit the space bar it stops the track.

**Annie:** Yeah, so you stop the song and just-

**Mike:** Hit the space bar, that's another t-shirt.

**Annie:** Yes.

**Mike:** "Hit the space bar." Take a pause.

**Annie:** All I want you to do is keep writing music and write more books. But as we're talking I'm like-

**Mike:** And more t-shirts.

**Annie:** ...please, and more t-shirts, I need more swag for sure.

**Mike:** There's more juice on the Reprise.

**Annie:** It's true. You just ask the Holy Spirit, it's true.

**Mike:** I'm working on another book.

**Annie:** Okay, good.

**Mike:** I just turned in the rough draft.

**Annie:** Yes.

**Mike:** It's very rough.

**Annie:** Can I read it early?

**Mike:** Oh yeah.

**Annie:** Okay, great. I'll write an endorsement or something if you'll just let me read it early. You may not even want my endorsement.

**Mike:** This book is not going to be relevant to today's culture, but it's called *Grace in The Gray: A More Loving Way to Disagree*.

**Annie:** Oh, that's great,

**Mike:** I know it's not relevant right now.

**Annie:** It's nothing like we are talking about right now.

**Mike:** Everyone is getting along so well right now.

**Annie:** Right.

**Mike:** But just being in the public eye and being so used to having to give a caveat to every single thing you say. And how, even I post my family in Halloween garb, and then I have to, and I try to be diligent that when people, at least on social media, asked me a question where it feels like they're actually asking a question and not just telling me why I'm wrong.

**Annie:** Yes.

**Mike:** I try to meet that curiosity with curiosity.

**Annie:** Yeah.

**Mike:** And always try to meet everyone with kindness.

**Annie:** Mh-hmm.

**Mike:** So curiosity and kindness, I'm trying, especially as I navigate social media, in particular, I try to let those be my overarching narratives.

**Annie:** Yeah.

**Mike:** And, so, during the pandemic one of the things I was doing was I was just kind of throwing gas on the fire a little bit. I was just kind of testing out sort of some controversial things.

**Annie:** Uh-huh.

**Mike:** And it was really profound because at that point I wanted to give up being on social media altogether.

**Annie:** Yeah.

**Mike:** It just feels like this narcissistic echo chamber, where you're just trying to get all the people who agree with you to keep agreeing with you.

**Annie:** Mh-hmm.

**Mike:** And I was like, "Aah, I'm just so tired of this." And so I started posting some things and then I would be diligent to someone who really disagree with me, I would pin their comment at the top.

**Annie:** Oh my gosh!

**Mike:** But I wouldn't-

**Annie:** But you wouldn't respond?

**Mike:** But then I would respond in like a very curious way, instead of, "Look at this dummy and what they said."

**Annie:** Yes.

**Mike:** I go like, "I want to give validation to what you're-"

**Annie:** That someone might disagree with me.

**Mike:** ...saying. And then I would pin someone's comment who agree with me and what ended up started happening, I started getting people to go, "Hey, I just want you to know the thing I've gotten the most out of your social media presence is I really am encouraged by the way you disagree with people."

**Annie:** Mh-hmm.

**Mike:** And that kind of got my wheels turning on a book to write. That I think that would be really helpful for a lot of us if we could just learn how to not freak out on each other.

**Annie:** Yes.

**Mike:** That was going to be the subtitle of the book.

**Annie:** Yeah.

**Mike:** Stop Freaking Out on Each Other.

**Annie:** That's very good. That's a t-shirt there you go. We've got a whole lot of t-shirts. Okay, I can't wait to read it. And, I mean, when I was listening through *Flourish*,



that album. I just kept thinking, I want you to like, you're like a Madeleine L'Engle, Andrew Peterson kind of voice to me.

**Mike:** I receive that.

**Annie:** And so I'm like, "I want like a book on creativity from you. I want a book on God from you." I mean, I just, so I have a list of books-

**Mike:** Okay, that would be helpful. I need someone else's perspective.

**Annie:** Yeah. Can I just be your manager for like one day a year?

**Mike:** You can be my book manager.

**Annie:** Because those are the ones, they're other ones I need. Another thing that you talk about, that I hear in the album, is the whole idea of holding joy and sadness together.

**Mike:** Yeah.

**Annie:** And we talk about that a lot around here, especially when we rescheduled the tour.

**Mike:** Yes.

**Annie:** The thing I keep talking about is the yes/and. Yes, we are disappointed and what does it make possible? Yes, this is hard and yes, I feel joy and sadness, and both.

**Mike:** You're quoting, I believe it's 1 Thessalonians-

**Annie:** Probably.

**Mike:** Where you say, "We grieve, but we don't grieve as those who have no hope."

**Annie:** Right.

**Mike:** So I took it out of Psalm 126, where it-

**Annie:** That's what I want us to talk about.

**Mike:** ...it says, "Sow in tears we'll reap with shouts of joy."

**Annie:** Yes.

**Mike:** I heard that verse so many times as a kid, I don't know why. But I always took it to mean, "Okay, if I cry hard enough, if I pray hard enough, God's going to give me what I want."

**Annie:** Mh-hmm.

**Mike:** And because I have so many therapy friends, I've several friends with masters in counseling, and I've seen Pixar's Inside Out. So I've kind of-

**Annie:** That's what I talk about too, Inside Out, I know.

**Mike:** "Sometimes sadness has got to sit with joy." And-

**Annie:** And I'm like, "Sometimes sadness has got to sit with joy." You're like you are a four and this is like, "There's a lot of sadness we've got to find the joy." And I'm like, "There's a lot of joy, we've got to believe that sadness is-

**Mike:** That's really funny. The picture that my friend Jeff Schulte talks about is when you don't explore your sadness or your grief.

**Annie:** Yeah.

**Mike:** If you just push it aside and you don't acknowledge it, and dance with it, and I'll get to that in a second.

**Annie:** Yeah.

**Mike:** What ends up happening is you numb yourself because that's what you have to do. To not deal with your sadness, you have to find something to numb out that pain.

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

**Mike:** And you think that by doing that, "I'm going to increase my happiness."

**Annie:** Yes.

**Mike:** But when you bring up the bottom of your sadness you actually bring down the roof of your joy too.

**Annie:** That's right.

**Mike:** And my friend Jeff Schulte says, "And then eventually it comes out sideways."

**Annie:** Oh wow, because you're squishing 'em?

**Mike:** You're squishing 'em.

**Annie:** So it's going to come out sideways-

**Mike:** You're Luke Skywalker in the trash compactor.

**Annie:** Yeah.

**Mike:** And, so, I hear this phrase all the time, "Faith over feelings."

**Annie:** Mh-hmm.

**Mike:** Have you seen that?

**Annie:** Yeah.

**Mike:** I see a hashtag, I don't want to get on anyone's case, that's just very poor use of words.

**Annie:** Yeah.

**Mike:** And this isn't a bumper sticker worthy. But I think we'd be better to say, "I want faith informed by my feelings and feelings informed by my faith."

**Annie:** Yes.

**Mike:** That our faith and our feelings, I actually wrote about this in my book.

**Annie:** Great.

**Mike:** They're not meant to be at war with one another.

**Annie:** Yeah.

**Mike:** They're not duking it out to see who's going to win. They're meant to be dance partners.

**Annie:** Mh-hmm.

**Mike:** There's an elegance there. And one of the things that's, I mean, I'm sure you talk about this a ton. I've heard you talk about this ton, but that our emotions are gifts.

**Annie:** Yes.

**Mike:** To be listened to not to be dictated by or given the reins.

**Annie:** Yeah. They can ride but they can't drive.

**Mike:** But they are essential to listening to so that you understand where you're going, unbeknownst to yourself.

**Annie:** Yes, that's it.

[00:45:10] <Music>

**Annie:** Hey friends, just taking a quick break to tell you about one of our amazing partners, Pendulum. There are so many aspects of seeking to be the healthiest version of ourselves, aren't there? Nutrition plays a huge role in your microbiome, which in turn impacts your mental and physical well-being.

The science is clear and we've heard it right? A healthy gut microbiome you know, with the good bacteria that helps our bodies process food is key to a healthy lifestyle. But now we're learning about the connection between your gut health and Type 2 diabetes. And pendulum glucose control is the first and only medical probiotic that's designed to help manage A1C in blood glucose levels through the health of your microbiome.

So people with Type 2 diabetes, over time, could lose the gut bacteria that help them digest fiber and manage their blood glucose levels. Sometimes diet and exercise alone can help keep that in check. But studies are showing that the best approach is one that emphasizes diet, exercise, and a healthy gut microbiome.

If you have Type 2 diabetes and you've struggled to manage your levels with diet and exercise alone, your gut microbiome might need attention. Pendulum glucose control helps fill in the gaps by providing the first and only probiotic designed to manage blood glucose and A1C levels.

With Pendulum, you can feel in control of your levels, not the other way around. Take control of your glucose levels today. Try Pendulum Glucose Control for 90 days. If you're not satisfied with your levels, you get your money back. So visit [pendulumlife.com](https://pendulumlife.com) to find out more and use the promo code; THATSOUNDSFUN for 20% off your first bottle of membership. That's pendulumlife.com promo code; THATSOUNDSFUN. And now back to our conversation with Mike.

[00:46:56] <Music>

**Annie:** That Scripture has like before we left out, so we did a leg of the tour in June. And then we, oh yeah, because we've tried to get you as a live, yes, that's right. We did a leg of the tour in June and then we were supposed to go out in October. And before the June one, Pastor Kevin from Crosspoint came over on our rehearsal day and prayed for us. And that is the Scripture he brought. That people who had been sowing in tears would reap enjoy.

**Mike:** Mh-hmm.

**Annie:** And that those who go out mourning will come back laughing. And then the cool thing is a band had me come in and pray for them before they went out on tour. And I went, "Let me just tell you what I know is, let me just carry on. Let me just testify and say, 'Do it again, Lord.'" That there is real, the reality of Scripture in our lives is that if you sow in tears you'll reap enjoy.

**Mike:** Here a practical level. So let's go back to I'm sitting there being jealous of Switchfoot and NEEDTOBREATHE, and New Respects, doing this big huge arena show. And I said, "Well, what am I feeling right now?"

**Annie:** Mh-hmm.

**Mike:** Because that's the thing that sort of process allows you to start doing. I asked that to my wife this morning because I could tell, one of my kids, I got to bring her to the dentist now. I said, "Hey, what are you feeling?"

**Annie:** Yeah.

**Mike:** And it's really important not to say, "Why are you feeling that?"

**Annie:** Right.

**Mike:** You say, "What's behind that?" Because we grow up learning to defend or defeat like we're defensive or defeated.

**Annie:** Mh-hmm.

**Mike:** And we learn to cast aside our emotions or to present them as the truth, as opposed to just getting curious about them.

**Annie:** Yeah.

**Mike:** Mh-hmm, what's that? That's interesting. And so something my therapist friends like to say is, "What's behind that?"

**Annie:** Yeah.

**Mike:** Think of it as a doorway into the target.

**Annie:** Wow.

**Mike:** What's behind the door? So you're sad what's behind that? There's probably a lot behind that.

**Annie:** Yeah.

**Mike:** And so for instance, I'm sitting there going, "Oh, what's behind my sadness." Oh, well, like you said, it's not so much that I'm jealous of what they're doing, it's just I'm sad that I'm not doing what I'm good at doing.

**Annie:** Yeah. Yeah.

**Mike:** And, oh man, what else am I feeling? Being at this concert, I'm actually lonely.

**Annie:** Yeah.

**Mike:** Oh no, don't acknowledge you're lonely. Wait a second, by acknowledging I'm lonely I go, "Oh, the relationships and friendships of my bandmates meant more to me than I realized."

**Annie:** Yeah.

**Mike:** So then guess what I do? Oh, then I'm texting my bandmates going, "Hey, I just want you to know that you mean a lot to me."

**Annie:** Yeah.

**Mike:** And being at that show and being lonely made me realize that.

**Annie:** Yeah. A friend and I were just talking about this, about loneliness in general. And she said, "I feel really lonely, I wonder if that means I'm not supposed to do this?" And the same as the conversation with jealousy of going, like when you ask, "Why am I feeling this?" The jealousy isn't about them it's about me. And in reality, it's about me and God.

**Mike:** Mh-hmm.

**Annie:** And so you can celebrate others, you can cheer for others, you can go to concerts or baby showers or weddings or someone else's number one party or whatever, and go, "Yeah, nothing I'm feeling is about them, I want everything for them."

**Mike:** Yes.

**Annie:** And, so, when we were talking about loneliness, I said, "Just like I don't think jealousy is about them, I don't think loneliness is about them."

**Mike:** Mh-hmm.

**Annie:** And I think when we feel lonely, we're actually always going to feel lonely. I don't think that goes away. I think we're always lonely.

**Mike:** Right, well, the emotion is a gift. Oh, this is what I was going to say.

**Annie:** Okay.

**Mike:** So when you don't acknowledge what you're feeling, you actually are being run by your emotions. When you're stifling them down and not-

**Annie:** Well, yeah, because you're running from them.

**Mike:** And they are pushing you in places that you don't even realize.

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

**Mike:** But when you stop and you turn and you go, "Oh, I'm lonely. Oh, that's what that is." Now you get to have a choice in the matter.

**Annie:** Mh-hmm.

**Mike:** Now you get to move toward health or unhealth.

**Annie:** That's good.

**Mike:** Right. So now, "Oh, I'm lonely. Well, what's behind my loneliness? Oh, I haven't talked to that friend or I haven't talked to my parents a long time or I had that fight with that person."

**Annie:** Yeah.

**Mike:** "I should make amends with that person." Or "I should reach out and ask my friend over."

**Annie:** Mh-hmm.

**Mike:** That was something, oh man or you move toward unhealth, and you go further into your loneliness.

**Annie:** Yes.

**Mike:** But now at least you have responsibility in the equation.

**Annie:** Yes.

**Mike:** But I was going to say one of the things that really came apparent to me after all this touring, with a family. Because what would happen is I'd be on the road, built-in relationship, built-in community, built-in friendship.

**Annie:** Yeah.

**Mike:** Then I'd get off the road, and I would just have a couple of days at home. So I just wouldn't call anyone, wouldn't talk to anyone, would just be with my family, then get back on the road. Well, guess what happened when the band-

**Annie:** When the band is gone-

**Mike:** ...fell apart, I realized I am terrible at asking people over. I'm terrible at reaching out because I couldn't for so long.

**Annie:** Yeah. Right.

**Mike:** And so I've had to learn how to ask for what I need and want.

**Annie:** Yeah.

**Mike:** And go, "Oh, I want friends to come over? Well, why don't you call someone?"

**Annie:** Yeah.

**Mike:** Well, I never could before.

**Annie:** Learning about yourself may be one of the highest cause of humanness, right? Of like, "I'm going to be better for everyone, the more I understand why I do what I do."

**Mike:** "Search me O God and know my heart."

**Annie:** That's it.

**Mike:** Search me. And you're just not going to pray that prayer if you're still suspicious or embarrassed by your emotions.

**Annie:** Wow.

**Mike:** You've got to make friends with them, and go-

**Annie:** Yeah. That's how I feel about loneliness. Like make friends with loneliness, it's never going to go away relationships or not. No matter how many people you're with or not with loneliness isn't going to go away, it sneaks up all the time. So if I can make friends with my loneliness and ask myself what is behind this.

**Annie:** Mh-hmm.

**Mike:** Then I have all these choices. It's like a store opens up to me if I will be friends with my loneliness.

**Mike:** Yes.



**Annie:** Of what I need next, instead of going, "What can I do to get out of this loneliness?" Because that's like trying to get out of air.

**Mike:** Yes.

**Annie:** We're just not going to get out of air.

**Mike:** Well, you know there's a huge thing Brené Brown, like, people love to get down on shame.

**Annie:** Uh-huh.

**Mike:** But shame, I mean, we're all just using words for different mysteries, so it depends on what you mean. But I like to say there's healthy shame and toxic shame.

**Annie:** Sure.

**Mike:** Because healthy shame it actually, our band put out a record called No Shame.

**Annie:** Mh-hmm.

**Mike:** So I was really nervous putting out that record, because I went, "Well, people are going to think we mean, 'Do whatever you want no shame.'"

**Annie:** Yeah.

**Mike:** I do. I'll wear what I want, no shame, whatever. And the reality is sometimes shame comes to us and saying, "Hey, you were wrong."

**Annie:** Mh-hmm.

**Mike:** And it's absolutely correct.

**Annie:** Mh-hmm.

**Mike:** And when you acknowledge that shame, you go, "Oh, I need to go make that right."

**Annie:** Yeah.

**Mike:** "I need to go apologize."

**Annie:** Yeah.

**Mike:** Toxic shame is, it wasn't you were wrong, it's you are wrong. Everything about you is wrong.

**Annie:** Right.

**Mike:** That's toxic shame.

**Annie:** Yes.

**Mike:** And that's like acknowledging what you're feeling you can actually present that to yourself. "Oh, I'm believing this toxic shame." As opposed to this was an isolated incident then I need to go apologize for it.

**Annie:** And if we believe Scripture is true, "When you sow in tears you reap in joy."

**Mike:** Yes.

**Annie:** So when, even in your embarrassment, even in repentance, even in all those places. It's not just tears of sadness, it can be tears of shame and you will reap in joy.

**Mike:** Yeah, absolutely.

**Annie:** If you will sow them. I mean, it's still the let moment, right?

**Mike:** Yes.

**Annie:** That's exactly what you are saying like it doesn't just say you have to cry your tears, you have to sow them.

**Mike:** You know, it's so funny I just recorded on my podcast, a guy named John Lynch who wrote a book called The Cure. And we were talking about the beauty of confession and how in a lot of Christian circles, and that my song altogether is kind of about this, is we love to hear about past struggles. Like we love a testimony at church about a past struggle.

**Annie:** Yeah.

**Mike:** But we're-

**Annie:** When you've crossed the finish line.

**Mike:** But we're not super excited about having current struggle testimonies.

**Annie:** Right.

**Mike:** That's a special group.

**Annie:** Uh-huh, yeah.

**Mike:** You guys go over there.

**Annie:** Yeah.

**Mike:** And I think we've neglected this reality that we confess our sins to God and are forgiven. But we need to confess our sins to each other to be healed.

**Annie:** Mh-hmm. Wow.

**Mike:** That's James 5, James 5, says, "Confess your sins one to another and pray for each other that you might be healed."

**Annie:** Yeah.

**Mike:** But that doesn't mean, I'm not advocating that everyone needs to get up in front of their church because not every church is, unfortunately, a safe place to do that.

**Annie:** That's right.

**Mike:** And not everyone is going to be a safe place.

**Annie:** Yeah.

**Mike:** And, in fact, I've gotten hundreds of messages of people going, "Hey, I tried it and I got kicked out."

**Annie:** Yeah.

**Mike:** "I got uprooted." I got Jimmy Falloned is what I like to say.

**Annie:** Yeah. "L"

**Mike:** "L" and my friend John Lynch says the only right response from a gospel-believing person when someone confesses something to them. The only right first response, there's other responses that follow, but the first response should always be, "Is that all you got?"

**Annie:** Wow. "Is that all you've got?" All right.

**Mike:** To say anything less is to actually discount the power of the blood of Jesus.

**Annie:** Mh-hmm. Wow. "Is that all you've got?"

**Mike:** If I believe the blood of Jesus is as powerful as the Scripture suggests.

**Annie:** Yeah.

**Mike:** That is the only right response.

**Annie:** Is that all you've got? That speaks to me in my own heart and in some stories, I mean, I'm just going like, "Yeah, is that all you've got that? Is that all you've got? Because of the power of Jesus.

**Mike:** It just boggles my mind how people have experienced church and not all churches are created equal.

**Annie:** Yeah.

**Mike:** But it boggles my mind that people experience church as a place where they can't be utterly real and authentic. Because, to me, I say this all the time if you walked into a church building, you just said, I am in need of divine intervention.

**Annie:** Yeah.

**Mike:** By showing up-

**Annie:** Yeah, by showing up.

**Mike:** ...that's what you are proclaiming.

**Annie:** Yeah, you are right.

**Mike:** I go, "So where did we go from that starting point?"

**Annie:** Yeah.

**Mike:** And then I need Jesus, but now I can't look like I need Jesus.

**Annie:** But don't know it, don't know it. We need divine intervention that's right.

**Mike:** And I'll say this and then I'll stop talking about it.

**Annie:** No, I love it.

**Mike:** This is what I've realized is because almost everyone I know that has a problem with God, has a problem with a person.

**Annie:** Yes.

**Mike:** In the name of God.

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

**Mike:** And we have to always remind ourselves that the best news about the gospel is the worst news about the gospel.

**Annie:** Mh-hmm.

**Mike:** Which is you get to be loved and accepted right where you are.

**Annie:** Mh-hmm.

**Mike:** And so the church is going to be full of people who got loved and accepted right where they are.

**Annie:** Yeah.

**Mike:** And they are still in the process.

**Annie:** Right.

**Mike:** And you are still in the process.

**Annie:** Right.

**Mike:** And we are still in the process.

**Annie:** Right.

**Mike:** So, and oh, there's this line in this new Coldplay song and maybe you're going to get feedback that Coldplay worships the devil or whatever.

**Annie:** I hope they don't.

**Mike:** I've loved their music and they have a song called, "Let Somebody Go" I think that's what it's called. And Selena Gomez is singing the second verse and it says, "I asked the mathematicians something, what they say and they said, 'Love is only equal to the pain or love is always equal to the pain.'"

**Annie:** Right.

**Mike:** And it's kind of what we're talking about joy and sadness, love and pain, that if you want love and community, unfortunately, you have to open up the ability to be hurt by people.

**Annie:** Mh-hmm.

**Mike:** Because that's just the other side of the coin. It's kind of like hope, hope deals the hardest blow. Now I'm just sort of riffing, I'm sorry-

**Annie:** Uh, do not apologize.

**Mike:** ...listen, hope deals the hardest blow, I forget who said that but-

**Annie:** You did, to us.

**Mike:** Well, somebody else said it I'm quoting someone. The reason we stop hoping as we get older is because we tried it and it didn't feel worth it.

**Annie:** That's right. That's exactly right. Say this.

**Mike:** I had all this hope in this tour and it didn't happen.

**Annie:** Yes.

**Mike:** "And hope deferred makes the heart sick." That's what Proverbs says.

**Annie:** So sick, right.

**Mike:** But it's worth it because the alternative is, there's this old David Wilcox song called, "That's What The lonely is For"

**Annie:** Yeah.

**Mike:** Where he says, "Imagine your heart is a mansion, and the halls and the rooms are too tall and too deep to keep it warm."

**Annie:** Yeah.

**Mike:** And he says, "With only the thin fire of romance to warm you, these halls are too tall and deep."

**Annie:** Mh-hmm.

**Mike:** He goes, I'm getting emotional already. He says, "When I get lonely that's only a sign that some room is empty and that room is there by design."

**Annie:** Mh-hmm.

**Mike:** "If I feel hollow it's just my proof that there's more for me to follow. That's what the lonely is for." And then in the bridge, he says, "Now you could build up walls in the hallways. You could close off the doors and close off some small room to live in, but those walls will remain and keep you there always. And you'll never know why you were given the lonely"

**Annie:** Geez.

**Mike:** And as I've gotten older and more hopes had been dashed, and I've been hurt by more people. The temptation is to stop hoping and to stop letting people in.

**Annie:** Yeah.

**Mike:** But it's worth it.

**Annie:** Yeah.

**Mike:** It's just worth it.

**Annie:** I left work one Friday a couple of weeks ago and drove straight to a tattoo parlor, and got a hope-themed tattoo.

**Mike:** I love that.

**Annie:** Because of that verse in Romans that says, "Hope that is seen is no hope." And so, I've almost cried like eight times during the show but then I like pulled it together on your behalf.

**Mike:** Let it go.

**Annie:** And then you invited me to have emotions and I now am going to be unstoppable all day. All right, Craig? Craig is like, "I know." Craig, how many times did you think I was going to cry in this conversation?

**Craig:** Like four.

**Annie:** I know, I know. I know you know.

**Mike:** Yeah. I don't want to have faith because faith means I'm not going to know the answer.

**Annie:** Ooh, listen, and yet, what does, I mean, faith is the thing, right? Faith is the thing. But I was in a group, I'm using so much of your time, I'm sorry, but we're almost done.

I was in a group of friends the other day and we were talking about it. And one of the guys says, "Do you think when we pray it actually changes God's mind?" And I was like, "Is this a question?" Yes. I mean, yes, Jesus says, "Pray and don't give up." Because the widow just kept saying until the judge changed his mind. The guy was in bed and didn't want to give up and give... I mean, the two stories Jesus tells about prayer are both that the person being asked of changed their minds.

**Mike:** Yes.

**Annie:** So I went full Annie about it. I was like, "How are we even discussing this?"

**Mike:** Full Annie. Peak Annie.

**Annie:** That's right. Because I'm so convinced that faith and hope are the things that will actually make us who we want to be, but they hurt like hell.

**Mike:** They hurt like hell.

**Annie:** They hurt like hell.

**Mike:** I mean, and that is, I just watched this really great video sermon of Francis Chan, where he's on a balance beam and he goes, "This is my life and I want to do this thing." And he goes, "Ah, but then I don't want to fall." And then he starts crouching down and he's like, "And I don't want to lose anything." And then he eventually just hugging the balance beam and he goes, "And I just want to have a good life and I want to feel safe. And then I want to die in my sleep." And he's just sort of like, he's rolling off the beam real slowly.

**Annie:** Yeah.

**Mike:** And if I could just die and not even feel any pain that'd be great. And he goes, "And then you die and you get to heaven." And he puts his feet on the pad and he strikes this huge gymnast finished pose.

**Annie:** Yeah.

**Mike:** And you go, and you're supposed to go, that's the life that God wanted for us.

**Annie:** Right.

**Mike:** And I have this sort of morbid practice, every, it's not morbid, some people think it's morbid. Every year on my birthday, I like to go for a walk in a cemetery.

**Annie:** July 8th?

**Mike:** September 30th. And I like to read the top regrets of people who are dying.

**Annie:** Yeah.

**Mike:** So if you look up there's different hospice nurses who've written articles over the years and it's so fascinating. Absolutely, number one regret is, "I spent too much time working and not enough time with my family." And the number two regret is always, "I wish I had taken more risks."

**Annie:** Really?



**Mike:** And here's the deal that faith necessitates risk.

**Annie:** Yeah.

**Mike:** And if there's no risk in it, it's not faith.

**Annie:** Yeah.

**Mike:** And that sounds so mean of God until you live in that place and it's so exhilarating.

**Annie:** Yeah.

**Mike:** That you go, "Isn't it awesome that this might not work out?"

**Annie:** Yeah, I could break my collarbone on this balance beam.

**Mike:** Yeah.

**Annie:** But all right.

**Mike:** It's why a guy walking across tightrope across Niagara Falls mesmerizes us.

**Annie:** Yeah.

**Mike:** It's not like we want to see him fall. It's just the fact that he could fall is crazy.

**Annie:** Yeah. What did we not say that we need to say?

**Mike:** I don't know. I think we covered it all.

**Annie:** Mike, I feel that I need you to know that when you leave us, I feel this until you're back. Every time I'm like, "Do we have a spot for Mike Donehey?" Can we get, I mean, you should ask Jenna when you get out there. I mean, this is a gift.

**Mike:** It's very kind of you.

**Annie:** Truly, as is your Flourish album, I love it. I wouldn't lie to you that would've wasted our friendship for me to not tell you the truth.

**Mike:** I appreciate it.

**Annie:** I really love it. I think our friends will love listening to it. The last question we always ask as you know, because the show is called, That Sounds Fun, tell me what sounds fun to you?

**Mike:** What sounds fun to me right now is taking all my kids to Hawaii.

**Annie:** Okay. And your wife?

**Mike:** And my wife, oh yeah, that's given.

**Annie:** Yeah.

**Mike:** And riding on the backs of dinosaurs while the Jurassic Park's theme song plays.

**Annie:** Is this even, are there dinosaurs in Hawaii waiting to be ridden?

**Mike:** No.

**Annie:** But that's it.

**Mike:** Not that we found thus far.

**Annie:** Why is this your, but faith would say, without faith and hope-

**Mike:** *Jurassic Park* was filmed in Hawaii.

**Annie:** Yeah.

**Mike:** It's my favorite place besides New Zealand. Maybe I want to go to New Zealand that sounds fun too.

**Annie:** Did y'all get to do shows in New Zealand?

**Mike:** I did one show in New Zealand. Yeah.

**Annie:** I would... that's all you need to get to go there is one.

**Mike:** I know.

**Annie:** I need one speaking event in New Zealand or Australia.

**Mike:** Oh, it's amazing.

**Annie:** Yeah.

**Mike:** And nothing will kill you in New Zealand. There's no natural predators. There's no snakes. There's no poisonous spiders. There's no bears in the woods.

**Annie:** There's no bears either? I knew there were no snakes.

**Mike:** You could just park your RV, and people do this, and you just go out and lay down in the forest and nothing is going to kill you.

**Annie:** And nothing is going to kill you.

**Mike:** And then Australia, just 500 miles away, everything would kill you.

**Annie:** Alligators.

**Mike:** Plants, twigs-

**Annie:** Everything will kill you.

**Mike:** ...ants, everything. So traveling.

**Annie:** I think.

**Mike:** Having traveled my whole life and now having not traveled for quite a bit.

**Annie:** Yeah.

**Mike:** I am getting the itch, itch for that, so that sounds fun.

**Annie:** Okay, Hawaii. Well done. Thanks for doing this, means a lot. I'm so grateful for you.

**[01:06:21] <Music>**

**Annie:** Oh, you guys don't you love him, my gosh. Craig and I were both just happy as little clams in here in the studio. After that podcast was finished, we just adore him. Mike is just such a gift.

Hey, be sure to check out his latest album Flourish it's available wherever you love to stream music, and put it on repeat and go follow him on social media tell him 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](#), and all the places you may need me that's 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 I'll do the same. Today what sounds fun to me is having dinner with some friends and then we've discussed going to Target.

So there might be a Target stock in my future tonight, I'm looking forward to it. Y'all have a great weekend. We'll see you back here on Monday with a really special story from my friend, Mattie Selecman. We'll see y'all then.

**[01:07:21] <Music>**

**Episode 344: Mike Donehey**

**That Sounds Fun Podcast with Annie F. Downs**