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**Annie:** Hi friends! Welcome to another episode of That Sounds Sun. I'm your host Annie F. Downs. I'm really happy to be here with you today. We have got a great show in store.

I'm already giggling because I know what I'm about to say next. There's less than a month left until the That Sounds Fun tour. So that means less than a month to grab your tickets to the That Sounds Fun Tour shows coming up starting February 17th.

There will be laughs and friends, there will be fun coaching, there'll be a live conversation in each city with our incredible special guests. The only question is, are you going to be there with us? You can find tickets and all the details at [Anniefdowns.com/events](http://Anniefdowns.com/events). I cannot wait.

Before we dive into today's conversation, I want to take a moment to share about one of our incredible partners, [Athletic Greens](#). I don't know about y'all, but I'm seeing ads for Athletic Greens everywhere. Not to be one stuck at home with FOMO unnecessarily, I just had to check it out and see what all the hype is about.

"So, Annie," you ask, "what is Athletic Greens?" Well, with one delicious scoop of Athletic Greens mixed into ice-cold water, you're absorbing 75 high-quality vitamins, minerals, whole foods sourced superfoods, probiotics, and adaptogens to help you start your day right.

This special blend of ingredients supports your gut health, your nervous system, your immune system, your energy, recovery focus agent. You guys, it helps with all the things. I'm a big fan of doing things that are good for my body. So knowing I can use Athletic Greens every day and have added energy and support for my mental and physical health without having to add a bunch of different supplements to my morning routine, it's awesome.

It tastes fresh and green and kind of has a little pineapple tropical aftertaste and also comes in these little individual packets perfect for taking with you on the go. You know, like on a tour bus if such a need arises. Like it will be for me in a couple of weeks. Praise the Lord. Hallelujah. I hope to see you out there.

Tons of people take some kind of multivitamin, and we talk about that around here fairly regularly. And it's important to choose one with high-quality ingredients that your body will actually absorb. AG1 is a small habit with big benefits. It's one thing

you can do every single day to take great care of yourself. And in less than \$3 a day, it's cheaper than getting all the different supplements yourself.

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**Intro:** So today on the show, I... you guys, I cannot believe I got to chat with Gary LeVox. You probably know him as the front man of award-winning control group Rascal Flatts. Well, he recently released his solo debut album called *One on One*. It fuses two of his biggest passions: music and faith.

It was so fun to talk with Gary. Like, please don't let this be the last time we get to have this conversation. I cannot wait for you to get in on the fun too. So here it is. Here's my conversation with our new friend, who I adore, Gary LeVox.

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**Annie:** Okay, well, Gary, welcome to That Sounds Fun. We're so happy to have you.

**Gary:** I am so thrilled to be here.

**Annie:** Oh, that's kind of you. Listen, we share a lot of friends. I don't know if you know this but like Lady A are my people. And I was at the K-Love Fan Awards when you and Tauren just blew the place up with *Until Grace*.

**Gary:** Oh, it was awesome. You know what irritates me though? When I saw you there, I actually was just coming out with a book called *Fun Sounds That*. And I cannot believe that you got there first.

**Annie:** You're like, "How rude that you did that?"

**Gary:** I was like, "Really? This is unbelievable."

**Annie:** Listen, I know this isn't a Rascal Flatts problem, but let me tell you an Annie F. Downs problem. Every time I'm at the CALEB's I lose. I lose the award every time. I know you don't know that life because y'all got all the awards, but it is brutal to sit there and lose every time.

**Gary:** I know. I know it is. I've been there. I've been there.

**Annie:** No one prepares you for that kind of feeling.

**Gary:** No. And you know, it's so... you know, because everybody... You know, "It's a blessing to be nominated." And it is.

**Annie:** It is.

**Gary:** It is a blessing to be nominated. But you know you're sitting there going... almost reading their mouth like, "Oh, they're going to say my name. They're going to say it. They're going to say it." Then they say, "Lady Annabel. "What?"

**Annie:** No, I'm telling you. Do you know Al Andrews is a counselor here in town?

**Gary:** Yeah. Yeah.

**Annie:** You know, Al is the one who pretty famously says that human soul was not meant for fame.

**Gary:** No, no.

**Annie:** Do you feel that? I feel that pretty profoundly and particularly in those moments when I'm losing.

**Gary:** Absolutely. I'm totally unequipped for sure. Because, you know, they always got the camera right there because you're nominated. But you have to go [clapping] ha ha ha ha ha ha. "So happy for you."

**Annie:** Right.

**Gary:** And then you look at the camera and you're like, "Come off."

**Annie:** Right. Right. They pitched me the guy who beat me at the K-Loves to be on my podcast a couple of weeks ago, and I was like, "I'm not sure I'm there yet. Not sure I'm quite there."

**Gary:** Yeah, I need a minute. I'll let you know. I'll let you know.

**Annie:** That's right. How about I'll make that call. That'll be an outgoing call. How's that? I mean, tell me about you and Tauren Wells. Ain't he just the best?

**Gary:** Yo, Tauren is so great. He's so talented. Such an amazing man of God. I love him to death. You know, when he asked us to do the song with him, I was like, "Well, yeah." And then when I did my Gospel EP, I texted him and said, "Man, I know you got some songs over there and I gotta have one, you know." And he said, "You know what?" He said, "Man, I wrote this song for my record. It didn't make it. It's called *While I Wait*." And then my daughter was singing it around the house and I was like, "You've got to sing this with me."

So my daughter Brittany and I did it, and Tauren wrote it. And it's just one of those things that's priceless. And I'll never forget it. It was just amazing. I love Tauren. He's so great.

**Annie:** I do too. Brittany on that song, I wanted you to talk about *While I Wait* because I wonder if it feels... as I was listening to her sing it I thought, "Man to be the parent of this girl singing these lyrics and being like, 'She means those.'" It sounds like she means them.

**Gary:** Yeah, she really does. My kids absolutely they're in love with Jesus. And Brittany is such an amazing inspiration. She loves the Lord and she portrays it, and she's really a light. She's got such a great gift of song and songwriting. And she believes and sings every single word from the bottom of her soul.

**Annie:** So many of our friends listening are raising kids. You know, they're in the 3-year-old, 4-year-old, 7-year-old. How do you do it? How do you get them to teenage loving Jesus?

**Gary:** You could take them all to their [unintelligible 00:07:23] house and you drop them off, and then you pick them up when they're 17 after they drive.

**Annie:** That's right.

**Gary:** So, about 4 to 17, you just talk on the phone, and then... You know, you just got to give them a great solid foundation in the Lord. It's just a constant work in progress. You just got to just keep maintaining and try to keep them... not sheltered, but keep

what's the priorities in life, what's truly important. You know, social media is just the worst for kids. It just is.

**Annie:** I mean, it kind of for us, too, huh?

**Gary:** Yeah, I mean, it really is. It really is. It's like a drug with no hangover.

**Annie:** Right.

**Gary:** You know what I mean?

**Annie:** Right. We never pay the price for it that we experience yet.

**Gary:** Right. Yeah, right. You're all there five, six hours. And then you sit there and then you kind of get convicted. And give it 30 minutes and it's over, and you're like, "Oh, wait a minute. Wait a minute. It's someone I usually post about." You know what I mean?

**Annie:** Yeah. I have never thought about that. It's like a drug without a hangover. You know, when we eat too much in the wrong direction, our bodies will tell us.

**Gary:** For sure.

**Annie:** But there isn't really a line where our spirit gets checked for a long enough time that we change our behavior.

**Gary:** Mm-mm. No.

**Annie:** So what are some of the lines around y'all's house? What are some of the social media laws y'all live by as a family?

**Gary:** Well, we didn't let Britt get social media until she was probably 15. And it wasn't her own. It was like a family thing. So all of us are like, "Tammy texted you and she wants to know..." It's that kind of thing. And then my youngest daughter, Brooklyn, she still don't have social media. So she's just calling and texting. It's so great too because sometimes, especially with Brittany, when it's when we fast, that's what she fasts first every time—Social media.

**Annie:** Oh wow. Okay, listen, we just did a whole fasting episode a couple of weeks ago. We did two hours of doing Q&A about fasting. So will you talk a little bit about fasting in your family and in your life? How have you seen fasting matter?

**Gary:** 100%. I mean, when you're standing on faith and the closeness that you get with Christ during that time. I used to just find myself saying, "Lord, you're all I need." No matter what I'm fasting, it's like, "You are all that I need. You are more than enough. You equip me with everything that I need." And it really makes you just get closer with God. And it makes you really realize all the time and effort that you put into things that do not matter it will get you nowhere ahead. And usually, you know, you find yourself fasting and God really opens your eyes to see the doors that He's closed and the ones that you keep opening.

**Annie:** You're preaching too much to me right now. I'm not interested. I'm not interested to what you're saying. I'd like you to talk about the open doors and instead you're up here talking about fasting and talking about the closed doors. I'm not interested.

**Gary:** I know it. I know it. I know it.

**Annie:** I just don't know that there's another spiritual discipline that brings the kind of clarity that fasting does for me. And to me if I don't partner food or whatever I'm fasting with fasting a little bit from social media, I will just fill in that all with Instagram.

**Gary:** Yeah, I know. It's so human of us to go, "Well, you know what? I am going to fast my Diet Mountain Dew. I'm going to have two cans instead of six." You know what I mean? We take the easy way out every time. And then hopefully we get to the point where we're convicted enough to go, "You know what? I really need a fresh anointing. I really got to let this go."

**Annie:** Yeah. Will you back up and tell me a little bit of your faith history? Like did you grow up believer or did you become one as an adult? I love hearing you talk about this.

**Gary:** Oh, yeah. No, I grew up Pentecostal, you know. I grew up at the church as a kid. And then you know what? My parents got divorced and then we kind of moved from the inner city out to the country.. And then our church kind of split. I had such a great foundation. And my mom was unbelievable believer and my grandmother. So foundation was always there.

But of course I was a teenager that just strayed and got crazy like everybody else. I'm just so thankful for just always knowing where my rock was. So, then once you become a dad... then I married an unbelievable woman of God. Tara is unreal. She's

kept me above water with this whole thing. We're in the music business. We're in show business. This is, you know...

**Annie:** Did you grow up around here? Did you grow up around Nashville?

**Gary:** No, Columbus, Ohio.

**Annie:** Okay. I moved to Nashville in 2008 purely on the like Lord making it clear that that was the right next step from Atlanta, even though it didn't make any sense to me. So tell me about you getting into this industry. Where did God play into that? Did you hear Him, did you see Him, or did you just follow the desires that He had put in you?

**Gary:** I was in my mom's kitchen-

**Annie:** I love this already.

**Gary:** I worked for the board of mental retardation and developmentally disabled for 10 years, straight out of high school until I was 28 years old.

**Annie:** Oh, my gosh.

**Gary:** Yeah. That's what I was doing. And I'm like, "I got a state job, I got insurance, paid holidays, all this stuff." And I always kind of sang and did stuff. The cliff note is I was in my mom's kitchen one night and Brian White was on the radio. This was 98. So it was like I'm standing there, and I was home by myself, it was that song [singing] *I guess I must be wishing on someone else's star.*

And I was like, "I think I sound like that guy on the radio." It was just like that. I just lifted my head up and I said, "Lord, I feel like you've given me the gift to sing." I got so convicted. I said, "I am so sorry that I have not given a chance to the ability that I feel like you've given me. I put in two-week leave of absence and I knew I wasn't coming back. And that was it.

I sold everything that I had and loaded my truck up with just my clothes. That was all that I had. And I drove from here to Nashville. And Jay was producing Michael English's gospel record. And I drove straight from my mom's house straight to Demonbreun into a studio and sang all that background stuff. And that was February 98. And then we signed our record deal in January of 99. And here we are.

**Annie:** Oh my gosh!

**Gary:** So it was a total, total leap of faith.

**Annie:** I mean, there's something so beautiful about that starting with repentance. That's wild.

**Gary:** Mm-hmm. Yeah.

**Annie:** And I was also 28. So maybe the Lord's doing something with 28-year-olds of going like, "Hey, you tried to be an adult where you thought you were going to be an adult for about six years. Now let's go do the thing."

**Gary:** Yeah, right. Yeah.

**Annie:** That is fascinating. As Rascal Flatts grew... I mean, I would love for you to talk for a minute. So many of our friends listening are faith people and non-faith work. You know, they're doctors or they're teachers or they're musicians. So you've spent 20 years before this EP of doing... I mean, *God Bless the Broken Road*, right? I mean, you've talked about God. But what's it like doing mainstream work as a faith person? Have those run into each other? Have they worked together?

**Gary:** Well, we've always never shied away about talking about our faith. We always snuck Jesus on them throughout a lot of stuff like *My Wish*. Like even songs like, you know... like you can go like, "Life is a highway." I mean, sometimes I go, "Oh, Lord." You know what I mean? Just this little stuff.

We were never ashamed of our faith, so we didn't really care what the repercussions would be. We cut the music that we loved. As singers and songwriters, we don't get to just tell our story, we get to tell other people's story. And you know what? Other people's story usually comes from a place of hitting bottom.

[00:15:51] <music>

**Sponsor:** Hey friends! Just interrupting this conversation real quick to share about another one of our incredible partners, [Stitch Fix Freestyle](#). Do you ever find yourself doing some online shopping but then just feeling completely overwhelmed? Me too. So many options, no good way of knowing if the styles run true to size, and it can be tough to gauge quality. But not with Stitch Fix. Stitch Fix has got you covered. Let them do all the hard work.



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With Instant Match, as soon as you sponsor a post, you get a shortlist of quality candidates with resumes on Indeed that match your job description, and you can invite them to apply right away. Plus, you only pay for quality applications that meet your must-have requirements. We use indeed for all of our hiring around here.

Y'all asked me a lot: how do we know when there are job openings or Downs Books or at That Sounds Fun Network? And the answer is Indeed. Every person we've hired have exceeded our expectations at every turn and helped us develop an incredible team. Y'all know them, they're just the best.

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And now back to our conversation with Gary.

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**Annie:** It is funny to me, speaking of social media, when people get yelled at online for who they're friends with. I'm always like, "Oh, that's the stand we're going to take as believers? Don't you remember? Like, have you forgotten that literally this is what people killed Jesus for? And here we are doing it to each other right now on social media."

**Gary:** Yeah, we're the worst. We really are. We're the worst.

**Annie:** We're the worst.

**Gary:** And even in the church, even in the church. We gossip so much about each other.

**Annie:** Gary, I need you to know the first thing that happened when I walked in the office this morning as I had to apologize to every person who works here for something I said yesterday. Other things made me have a hard day yesterday and it came out as talking about someone. And it had nothing to do with that person. It was that other things in my life were going sideways. So the first thing you have to do as a Christian is come in and have to have... I mean, as you can imagine, all morning long I was like, "I gotta go apologize to everybody."

**Gary:** Yeah, I know. I get it. I get it.

**Annie:** Oh, no. But that's just in us, right? That's just in us. But your repentant story of how the Lord opened so many doors because you said, "I'm sorry that I wasn't serving you with my voice, but I will now." And then you just have to go.

**Gary:** I really did. I did. I truly did. I sold everything: jet skis, motorcycles. Sold everything that I had, threw my clothes in my truck that I paid a note for that was way over my head anyway and I moved in with Jay. We lived in a one bedroom. I slept on the couch.

I mean, truly, truly, it was complete faith, and He blessed me for it, but I knew that that's what I was supposed to do. I knew that He had called me to do it as hard as it was and as, you know, going from a 10 year... It wasn't just a job, it was a career to peanut butter with no jelly was tough. The electric getting turned off and all that stuff.

**Annie:** No way.

**Gary:** Oh, yeah.

**Annie:** Okay, how do you not quit on those days? How do you keep going instead of driving back?

**Gary:** Just calling my mom. I'm like, "Mom, I'm not sure this is going to work out?" I'm like, "This is just killing me." It was tough but I knew and I was just like, "I'm not going back home. I can't. I will not. I will not."

**Annie:** When you tell the story, I've noticed this a lot with my stories too and my friends here on the show is all of us tell stories like, "Well, this happened in February '98 and then we signed in January of '99." But that's like 10 months in the middle. It's not a short window.

**Gary:** You know what was so crazy? I was building swimming pools during the day-

**Annie:** Uh-uh.

**Gary:** ...I was playing the bars that night from nine to three, wherever somebody would get me up at but I had to stay there just in case. Somebody will call my name on the list. And then I would go throw the newspaper and I sit there and go, "I am a 28-year-old paper boy. I'm killing myself." I mean, I was working three jobs and just trying to get some [unintelligible 00:22:15] on my wife's bread, on my buddy bread.

**Annie:** Those have to be the days you think back up when y'all win things like Artists of the Year or New Artists or whatever you're like, "Y'all don't have any idea how long I was throwing newspapers."

**Gary:** Yeah.

**Annie:** Yeah. That just has to feel the wildest. One of the things I regret in my life is that I didn't live in Nashville in the 90s. It had to be the best hearing the people singing at bars back then.

**Gary:** Because there was like no karaoke. It was all playing with live bands everywhere. You know, you put your name on the list and you could be playing with Toby Keith's drummer and Mark Chesnutt's guitar player and Tanya Tucker's fiddle player. You know, it was crazy.

**Annie:** Do you have a favorite old school bar here in Nashville or place you used to love to play?

**Gary:** Yeah. Well, we gotta get started the Fiddle and Steel Guitar Bar down in Printers Alley. We went in there and they offered us a gig. And it was tips only. It was just Jay and I. The bar was about that big... or the stage was. So I sat on a stool because Jay couldn't fit. So Jay would sit on the floor with his little keyboard-

**Annie:** Oh my gosh!

**Gary:** And we played from nine to three. We had a gig for tips only. And the true story, one night from nine to three, we made 27 cents.

**Annie:** Oh no!

**Gary:** Yeah.

**Annie:** And then you go home and you're like, "I've got to throw a newspaper in three hours."

**Gary:** Yeah, sure did.

**Annie:** That resilience that you built up in yourself, 28 years old, how is that paying off now?

**Gary:** Well, I mean, it's helped a lot. And I think my old jobs helped a lot too. I mean, doing that, I think God equipped me for that to get me to the music career, to everything else that I went through was all a learning process to get to where I am at today. How to deal with people, how to know what the struggle is, and how to appreciate, and how to truly know what a blessing is and how to not take anything for granted.

**Annie:** Why was this the right time to do the Gospel EP?

**Gary:** I always wanted to do it but we were so crazy on tour. We were on tour, put a record out of Rascal Flatts for 20 years.

**Annie:** 20 years, yeah.

**Gary:** No breaks. Just two decades, bom, bom, bom.

**Annie:** Wild.

**Gary:** And so the pandemic hit, I was like, "You know what? As awful as this is and as scary, and nobody knows what's going on, I've got the time and I'm going to some beauty from ashes right here."

**Annie:** Wow.

**Gary:** And I finally got the time to do it. So I did it. And I love it. I've always wanted to do it. And that wasn't just a bucket list thing. I mean, it was a bucket list thing, but, you know, I'll continue to keep putting out Christian music because much as I love the Lord and I love singing about Him, you know.

**Annie:** Yeah. This EP feels really special to me. When I was listening through it a couple of times, I just kept thinking it feels like it tells one story across all the songs. How would you summarize what you're saying on this EP?

**Gary:** I think it does kind of tell a story. Like the song that Breland and I did, literally, I'd met him that day, we wrote that song in 20 minutes.

**Annie:** No. That one almost had me crying in the club up here. I mean, it is such a special song.

**Gary:** Yeah, Breland texted me and said, "Hey, will you sing back up on my record?" I was like, "Dude, I love your voice, man. I'd love to." So I went over there, sang it.

And I said, "You know what... Because he's a son of a preacher man. He's a gospel kid. And I was like, "I've had this idea for a song." We literally wrote that in 20 minutes. And it was that song talking about help me focus my eyes, Lord. So you're all I see. And how many times we get off track to singing with my daughter to me and Jonathan McReynolds.

**Annie:** I don't know him. He sounds awesome. You describe him all over the internet. He seems like a great guy. I don't know him.

**Gary:** Oh, he's unbelievable. He won his first Grammy this year. So, on the gospel world, it's just unbelievable. Unbelievable.

**Annie:** And he wrote *Never Forget*, right?

**Gary:** Mm-hmm.

**Annie:** I mean, all five of these songs just each have their own like... they're all a little bit hits. And you don't ever get that across a whole album.

**Gary:** Yay!

**Annie:** These are five actual hits standalones. And then you put them together and it really told me one story. And so I just thought it was so interesting how Jesus came forward in all of them but also the like journey of... this sounds cheesy. Oh, I hate it coming out of my mouth. The journey of life. Like it just felt like don't give up. It felt like don't give up across the whole album.

**Gary:** That's basically what it is. Don't give up, and just that you're enough.

**Annie:** Why do people need to hear that these days?

**Gary:** I mean, unconditional love is exactly what Jesus has for you. There is nothing you could ever do. We've said it. Everybody knows. But I mean, think about you can never do anything to make God love you one ounce less than He does.

**Annie:** I'm telling you I thought about that drive into work this morning. I thought that exact thing. I thought these days where I feel like I've disappointed the Lord and having to go to apologize at work, these are days I need to remember He loves me just as much today as when I think I've served Him beautifully.

**Gary:** Yeah, right.

**Annie:** That doesn't change.

**Gary:** It's like the Rascal Flatts song *I'm Moving On*. You know, sometimes the hardest thing in life to do is that line that says, [singing] *I'm even starting to forgive myself*. Sometimes it's the hardest thing to do. It's just condemnation.

**Annie:** Yes.

**Gary:** Even though we're like, "Lord, please forgive me," and knowing that He has, but we don't forgive ourselves. So we just continue to keep holding on to the negative of what we did.

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

[00:27:55] <music>

**Sponsor:** Hey friends! Just interrupting this conversation one more time to tell you about one of our amazing partners, [Prose](#). Y'all have heard me rave about Prose before because it is the world's most personalized in haircare.

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

Let me explain. Not only is it free, yeah, that means you paid \$0 for it, but it has simple-to-use creation tools that allow you to record and edit your podcast right from your phone or computer. And Anchor will distribute your podcast for you. So people will be able to hear your content on Spotify, Apple podcasts, and all the other platforms that they love listening on.

Anchor even has ways that you can monetize your podcast with no minimum number of listeners. It's everything you need to create a podcast in one place. We hear from people all the time who have great ideas and are looking for how to get their podcast started. Well, Anchor is what we use all across the That Sounds Fun Network. And we are just huge fans of how easy they make it to create a great podcast.

So just download the free Anchor app or go to [anchor.fm](https://anchor.fm) to get started. Again, that's [anchor.fm](https://anchor.fm) or you could download the free anchor app.

And now back to finish up our conversation with Gary.

[00:31:12] <music>

**Annie:** How have the Rascal Flatts fans responded to that Gospel EP?



**Gary:** You know what? They love it. Of course, I love doing live shows. The only thing that I'm about. I love it. So, with *Broken Road*, I mean, I would always say, "Has anybody been on a broken road before?"

**Annie:** Oh, every hand.

**Gary:** Yeah, we kind of turned it into church. Like, "I don't know what you did, but I never would have made it, I never would have made it." I'd go, "I call on the name of Jesus. Can I get an amen." "Amen." "Can I get a hallelujah?" We just turned it into church.

**Annie:** Yes, yes.

**Gary:** Use your platform for good. I just felt like I've always been called to do that.

**Annie:** Are y'all touring again yet? Is Rascal Flatts back out yet?

**Gary:** You know what? I'm touring my Solo thing on the Gospel EP and doing all the Rascal Flatts stuff. So my tour kicks off April 3.

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

**Gary:** Yeah. So it's called *One on One*. So I'm doing all the Rascal Flatts hits plus all my gospel stuff.

**Annie:** Gary!

**Gary:** Yeah. So I'm taking 22 and just making it all brand new. And it'll be my solo trip.

**Annie:** Are you playing in Nashville or am I going to have to travel?

**Gary:** You might have to travel.

**Annie:** Okay, I'll travel. I understand playing Nashville is not fun. I get it. I don't do it either when we do live shows.

**Gary:** You won't have to go far though because... Let's see. The first show is April 21, Wabash, Indiana.

**Annie:** Okay.

**Gary:** Everybody go to Garyvox.com and all the tour dates are on there. And please come out see me. You'll love it. It's going to be fun.

**Annie:** Oh, I will be there. Here's what I didn't get to warn you about at the beginning, is that That Sounds Fun friends are insane people who show up places. So you are about to have a real situation on your hands.

**Gary:** Come on. Bring it! Bring it!

**Annie:** They are coming. Will you give me some tour tips? Because I've just started touring in the last year. Just started doing that bus life in the last year. We take the podcast live and go do it around the town. How do you stay near to the Lord in such a weird schedule in such a weird lifestyle?

**Gary:** Just never quit talking to Him for one throughout the day. The biggest thing about touring is you have to rule the road. You can't let the road rule you.

**Annie:** What does that look like? You make the schedule, don't let the schedule own you?

**Gary:** Pretty much. And you got to learn how to say no. You really do. As much as you want to, you just physically can't do it. We tried and it just doesn't work. It's miserable. Try to sleep a lot. And then just try to stay in the word and always surround yourself with good people.

**Annie:** In our tour in June, there was one night where your voice and the people in Rascal Flatts' voice, my voice are the things that have to last. And at 11:30 everybody on the bus is like, "We're not going to talk anymore until you go to bed." And I was like, "Don't do this to me." They're like you, "Your voice has to work. The rest of us don't. So you have to go to bed." And then that discipline as you can imagine us being friends already for an hour, that discipline breaks my heart not being able to keep talking.

**Gary:** I know it's hard.

**Annie:** It's super hard. It's hard. I mean, I just didn't know that was going to be part of it. I didn't know that the rest was part of what the road required.

**Gary:** It is. It really is. Sleep a lot. Like even when you don't want to, like, "I can't wait..." You know, like in middle of the afternoon you're like, "Yeah, I'm going to go do this and go do that." Then by the time it's show time or whatever you're like, "I am

so tired. I'm not doing that." Just take a nap when you can take a nap. Drink tons of water.

**Annie:** What kind of venues are you going to do your solo tour? Is it churches? Is it theaters? What are you doing?

**Gary:** It is theaters. And I'm looking so forward to it because I haven't done anything theater small stuff for so long. It has always been-

**Annie:** Arenas.

**Gary:** ...Wrigley Field and Madison Square Garden. You know what I mean? These giant arenas. So it'd just be so nice to be intimate and just to be able to sit there, tell stories and do everything from *Broken Road* and *My Wish* to *Life Is a Highway* to *Working On Sunday* to the *Distance* to, you know, everything.

**Annie:** I mean, the joy of the *One on One* EP and five songs is I hope we get to hear all five of them. You think that's possible?

**Gary:** Yeah.

**Annie:** Okay.

**Gary:** I do. I do.

**Annie:** Good. I hope so. That's my hope. That's my wish, if you will. That is my wish.

**Gary:** Okay. Hey!

**Annie:** Okay. Is there anything we didn't talk about that you want to make sure we cover?

**Gary:** I don't think so. I think we covered everything.

**Annie:** Listen, we get a list of questions from our listeners. We tell them on Friday the week before who's going to be on and so they ask questions. And my favorite one that we did not cover is from Kristen who wants to know what it was like being in the Hannah Montana movie. We got the rest of them. The rest of them were serious heartfelt Rascal Flatts and gospel music questions. And then it's a "what was it like to be in *Hannah Montana* movie, Gary LeVox?"

**Gary:** You know what? Kristen, thank you for the question. It was awesome playing Miley's cousin. It was awesome. Yeah, it was awesome. I really think me on the porch singing *The Broken Road* I think it's really what set that whole movie up.

**Annie:** You're right. You're right.

**Gary:** I mean, it really kind of took it over the top because without the one line that I had the movie, you know, I don't think it would have turned out as well as it did.

**Annie:** Listen, the human heart is not meant for fame, Gary. So...

**Gary:** I know. It truly is.

**Annie:** That was what set you over. That's what set you over. The last question we always ask is because the show is called That Sounds Fun, will you tell me what sounds fun to you?

**Gary:** You know, what sounds fun to me right now is a nap before I gotta go get my hair done and before this five to eight inches of snow happens.

**Annie:** Oh, what are we going to do?

**Gary:** We will be closed down until March if we get all that.

**Annie:** What is this winter too? Every other winter it skips right over us. And this time we're just getting smashed with snow.

**Gary:** I know. I was like, "This is why I left Ohio. I didn't come down here for all this. That's why I left there."

**Annie:** But also you live way on the woods. I bet if it snows on you you're real stuck.

**Gary:** Oh yeah. Yeah. We're taking mules and horses. Yeah.

**Annie:** Did y'all start doing your grocery run like yesterday?

**Gary:** Oh, yeah. It sounds a lot like this: Pthbbpt

**Annie:** Are you a snow fan? I am not a snow fan.

**Gary:** You know, I am just because where I grew up, you know, is Ohio stuff. And now I wasn't when I lived there. But now we don't get it but once or twice maybe. Now it's like, "Come on, kids. Let's go. Get on the back of that truck! Let daddy pull you around this row. Get that piece of plywood and all five of you lay on."

**Annie:** That's right. That's right. It's fun. Okay, you're turning my heart a little bit. Gary, thanks for doing this today. I can't wait for our friends to get to listen to the album and come see you live. That's so fun.

**Gary:** Everybody, come see me live. Thank you so much. I love you. I'm so proud of you and your podcast, your books, everything else.

**Annie:** Means a lot.

**Gary:** Just enjoy your tour and go knock them out.

**Annie:** We'll do the best we can. Thank you, sir. I'm really grateful.

[00:38:09] <music>

**Outro:** Oh, you guys, isn't he the best? Okay, do you love him or do you love him? I mean, he was like preaching to us. Gary, please come back to That Sounds Fun whenever you want and give us another preach. We are ready.

Y'all be sure to grab a copy of his solo album *One on One* wherever you love to stream music. I have really enjoyed listening to it. Follow him on social media and tell him thanks so much for being on the show. I love when y'all do that. And you have to remember it really matters.

Think about how often our friends on the show get comments from people who are not happy with what they've done. Let's be the kind of friends who step in and say, "Well done," when someone is doing a good job and when you love something that someone says. So let's go out and tell Gary LeVox how much we love him.

If you need anything else for 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 and I will do the same.

I'm embarrassed about this next answer but I'd like to tell you today what sounds fun to me and I'm just wondering if the Peloton is becoming the new CrossFit, that

if you don't talk about it, did it really happen? But what sounds fun to me today is this class on Peloton I want to take today. That is all music from Taylor Swift's *Red Album (Taylor's Version)*. I've been looking forward to it. It is my Thursday playlist. I cannot wait for this class. Oh, I'm embarrassed. I'm sorry. Hey, we don't shame our fun around here. We did not shame our fun around here. So that is what sounds fun to me today.

Have a great weekend you guys. We'll see you back here on Monday.