

## Episode 369- Brooke Ligertwood + Seven That Sounds Fun Podcast with Annie F. Downs

[00:00:00] <music>

**Annie:** Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today. We have got a great show in store. And as you know, I am actually having the best time out on the road again.

You guys, we are halfway through the tour. The team is exceptional. Our special guests have had me rolling and teary and pondering all kinds of new things. But the very best part is getting to see y'all and be in a room with y'all. So thank you to those of you who have been with us for the first six shows and to all of you who joined us for the live stream.

And don't you know it, but we do still have seats available in Portland, Seattle, Stockton, Inland Empire, Phoenix, and Denver. Come and join us as we make our way down the West Coast. All the details are at [Anniefdowns.com/events](http://Anniefdowns.com/events).

But before we dive into today's show, I want to share with you about one of our amazing partners, Your Enneagram Coach. Have you found the Enneagram as helpful as I have? If so, I've got some really exciting news for you today.

My dear friend Beth McCord from Your Enneagram Coach is inviting all of our friends to join her for a totally free Enneagram training. While you may know Beth as one of my favorite Enneagram experts, you've heard her before on EnnearSummer 2019 episodes, what you may not know is that Beth has helped more than 1,800 people worldwide become Enneagram coaches.

This special group of coaches includes therapists and pastors and church staff and business owners, HR professionals, stay-at-home moms, and even college students. And these coaches are literally changing people's lives daily as they serve others with the Enneagram.

Beth's certification program is also super unique because it's flexible, affordable, and faith-based. In fact, it can be done virtually at your own pace or in a special three-day virtual event format. Can you imagine becoming an expert at the Enneagram in just three days? It's possible and you can learn all about it in Beth's free training.

In the free training called How To Become An Enneagram Coach, Beth is going to tell you what Enneagram coaches do, what her certification process looks like, and what becoming a coach could make possible for you. The best part is she'll

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personally be there to help you decide if becoming an Enneagram coach is right for you.

She hosts every session live and personally attends so she can answer all your questions in real-time. Plus, Beth will give you \$200 off her certification program just for attending one of the trainings. This is such a cool opportunity and a great deal. But more than that, I want you to think about what might be possible in your life if you could take your love of the Enneagram and your heart to serve people and turn that into an amazing coaching practice.

What if that coaching practice meant more income and more impact and more fulfillment for you this coming year? That sounds fun to me. If you're at all curious, I want you to grab a spot in one of Beth's free trainings.

The trainings will start happening from February 28th and go through March 8th, and you can select the time that works best for you at [Enneagramwebinar.com/tsf](https://Enneagramwebinar.com/tsf). Again, head to [Enneagramwebinar.com/tsf](https://Enneagramwebinar.com/tsf) right now to reserve your spot at one of Beth's free Enneagram trainings, and learn all about how becoming an Enneagram coach can change not only your life but help you greatly impact the lives of others.

**Intro:** Speaking of impacting other people, my gracious, today on the show, I get to talk with Grammy Award-winning songwriter, producer, and critically acclaimed artist Brooke Ligertwood. She is passionate about truth, creativity, the church, and people and it shows in how beautifully she served the global church with her songs, her voice, and her leadership through her years at Hillsong Worship and in her mainstream career of almost two decades. Well, you might know her by her maiden name Brooke Fraser.

If you're like me and songs like *Hosanna* and *What a Beautiful Name* have been soundtracks of your faith journey like they have been for me, you are going to absolutely love getting to know Brooke today. And if she is a new friend to you, I highly recommend listening to her entire catalog as soon as you're finished listening to this episode.

Her debut solo worship album called *SEVEN* released on Friday and it has gorgeous brand new worship songs that Brooke wrote with her husband Scott, our friend Jason Ingram, Pastor Steven Furtick, Brandon Lake, our buddy Phil Wickham, and others. It's on repeat for me and I bet it will be for you too.

So here's my conversation with my friend Brooke Ligertwood.

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[00:04:30] <music>

**Annie:** Brooke, welcome to That Sounds Fun.

**Brooke:** Thank you.

**Annie:** What a dream!

**Brooke:** Oh my gosh.

**Annie:** I'm so glad you're here.

**Brooke:** Oh my gosh!

**Annie:** Here we go. We are in person.

**Brooke:** It's happening.

**Annie:** Tell me what you're doing in Nashville. Because you don't live here, right?

**Brooke:** I do not live here. This week is a little bit of a hodgepodge of meetings. I did make time this week. I always come in and a ton of my friends text me after I've left and they're like, "You didn't see me." So I feel like this week I've packed all the guts with friend time-

**Annie:** Oh, good, with humans.

**Brooke:** With human time, which has been really sweet going to people's houses and sitting at tables with kids running over you.

**Annie:** Why don't y'all live here?

**Brooke:** Have you been to California?

**Annie:** Yeah, the weather. Listen, the 70 degrees 24/7 would be great.

**Brooke:** And we also don't have a church here. I'm part of Hillsong Church and I get to lead Hillsong Worship and so we are in Hillsong Orange County is the campus.

**Annie:** Oh, okay. I would love to tell you a story about our history.

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**Brooke:** Yes. Oh my gosh, I'm nervous.

**Annie:** For starters, I've listened to your stuff forever. *Albertine, Flags*. I mean, I am like old school with you.

**Brooke:** You're so kind.

**Annie:** I need you to know I did the most research I've maybe ever done for a podcast today because I came and saw you in Glasgow, Scotland in 2011 when I lived there. Can you believe that? It was almost like an underground venue.

**Brooke:** Oh my gosh. Do you know I remember that? I had my first panic attack.

**Annie:** No.

**Brooke:** I was having a panic attack during that entire show.

**Annie:** During the show.

**Brooke:** I remember every time I opened my eyes the room was spinning and I couldn't hear anything properly and so I closed my eyes. And I didn't know what it was until years later. I was just like, "That was cr..." I went offstage and I bawled because I was frightened. I didn't know what had happened. So I closed my eyes. I think I probably barely talked that whole night.

**Annie:** Yeah, you didn't. You sang a ton.

**Brooke:** I sang and I closed my eyes because every time I opened my eyes the room was moving and I couldn't figure out where I was. Isn't that so crazy?

**Annie:** What are the chances that I was at your worst experience?

**Brooke:** I know. In the ashes.

**Annie:** Yeah, it's a beautiful room.

**Brooke:** Beautiful.

**Annie:** I lived in Edinburgh at the time and I took the train over and met some of my friends over there. But I couldn't find the date. I looked everywhere for the date on

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the internet. But it was 2000. I can't believe it. So your memories of that show are probably not as enjoyable as mine.

**Brooke:** No. I remember the venue being very beautiful. But I remember I was just concentrating on I have to deliver the songs and get through it because I am just trying to hold on.

**Annie:** What did that start? So what's that journey?

**Brooke:** I probably now am much more aware of... you know, I've been making music, I've been really blessed to be able to spend my life making music since I was 18 years old. It's 20 years now since I signed with Sony Music right out of high school. And so touring was just part of it. I wasn't really very attentive necessarily to... I was like, "This is just what we have to do."

And so it's kind of only later in life that I was able to identify what it is about the things that are hard for me and try and mitigate it. And reason is I know how to mitigate it a little bit more. I know that it's not a good idea for me to tour three years without stopping.

**Annie:** Right. Of course, sure.

**Brooke:** So things like that.

**Annie:** Things you have to learn.

**Brooke:** Things that are helpful to, you know... So probably 2011 was the time when I wasn't that experienced in particular but I began going, "Okay, this is some patently of what is it that I need to shift, ask for. Because also I'm from New Zealand. And in New Zealand, if you're a diva you are looked down upon. So I've always been very self-conscious about, no, I don't want to ever come across as demanding or entitled.

**Annie:** Any kind of self-care reads as diva?

**Brooke:** Yes.

**Annie:** Wow.

**Brooke:** So I just didn't know how to ask for things. It probably wasn't actually till I was pregnant on tour in 2015 that I started all of a sudden being emboldened to ask for

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things and put boundaries in place because I felt like I could do that because I was growing a human. So I was actually looking after the human.

**Annie:** Oh my gosh.

**Brooke:** But looking after myself, I didn't feel I could do that just because I needed to be okay. But if I'm growing a person, that person needs to be okay, so I can ask for these boundaries for that person.

**Annie:** I wonder how many moms the first time they actually do self-care is because they think of the baby in them.

**Brooke:** Interesting, right?

**Annie:** I had never thought about that before. After you have your kids, were you able to keep some of those boundaries? Were you like, "Okay, now I've learned to think for myself?" Or was there still like a cycle back to Oh, wait, they aren't in me?" What was that pattern like afterward?

**Brooke:** I think now I'm very conscious of my... There was someone else involved in the creation of those children too, my husband Scott. He's great. So our children, you know, they're the long-term prize. Their health and well-being and their tenderness toward the Lord, the treasuring of the house of God, things that have high values to me. Their long-term health in those things has to be my main priority amidst all of these other things.

And so I think it reorder things. It means I am a little bit more... I can speak more easily now to the boundaries that I feel strongly about for the sake of that even though I will stretch myself very thin to make sure I'm still fulfilling my responsibilities in all these other places—Enneagram one—but they're the treasure. And I feel grateful that I'm really just aware of that.

**Annie:** When I'm thinking of them, and you said their love for the house of God, our church here in Nashville has gone through some really hard things in the last few years and I'm watching my friends who are parents keep their kids in church. And meanwhile, they're working through their own pain, as I was working through my own pain, I just didn't have anybody to raise around this. So a lot of our friends listening have had a thousand experiences with churches. You do too.

**Brooke:** Yeah.

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**Annie:** How do you invite your kids to stay in love with the house of God and stay involved in the church when the church is not perfect?

**Brooke:** Yeah, that's a great question. I mean, my kids are only four and six. So I would say their questions at the moment are mostly handleable. Is that a word? I know the more difficult questions are coming, but I also know if their consistent experience is of the goodness and richness of community, then that's a questioning environment that is more likely to help them land upon the answers that are grounded in truth and hope, I think.

I think as many of us probably have other friends through the last couple of years who've made different choices and now, of course, I'm seeing the fruit of everyone around me choices as well, the people who have chosen to kind of remain, to prayerfully remain, the people who have chosen to exit, the people who have chosen unfortunately to exit and keep their kids out and just even in a relatively short space of time.

Obviously, I don't have any right to judge but I see the effect on perhaps some of the children, the void of fellowship that can actually only come from the imperfect beauty of a church community.

**Annie:** What is the fruit when you think about some of your friends who have maybe older kids? Just encourage our friends listening who have their kids in church? What is the fruit of long-lasting staying plugged into community, especially faith community?

**Brooke:** I mean, I even look at my husband's people. I didn't grow up in church and my husband didn't either. We're actually both first-generation Christians.

**Annie:** Wow.

**Brooke:** And he-

**Annie:** Is that still true? Are your parents believers yet?

**Brooke:** His mom is now but the rest of our parents, no.

**Annie:** Wow.

**Brooke:** Which is interesting. And so my husband actually met Jesus in our church youth group when he was 14-

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**Annie:** Oh, wow.

**Brooke:** ...and then kind of grew up through the youth group in youth ministry with a lot of guys who are leading some of our campuses now around the world in our church or in leadership in different spaces. And I think what I see the benefit is, is there really isn't a substitute for those long-toothed friendships that have seen...

They know where all the bodies are buried. They know the things they did after youth on Friday nights that were naughty. They know. But they also know the times that they met at each other's houses around the Bible and got on their knees and prayed for friends who had been in accidents.

The mess and the miracle when you journey together over a long period of time, and particularly when serving your local church and building that together. There's just a depth of unity there that it's so precious and that I value so much. The people that I'm best friends now, the people who we've been serving with for a long time.

And I think especially the past two years when one's proximity is taken away, you really get to identify who are the people who we have a connection that's deeper than proximity. This friendship is more than proximity. It's servanthood and it's laughter and it's life together.

**Annie:** Yeah. Over the last two years, when you were writing... Was that when you were writing this album?

**Brooke:** I mean, I don't really have the language for this album yet because it sounds like a line and it sounds like-

**Annie:** Feed us.

**Brooke:** You are familiar with my Brooke Fraser music. So you would have more context to this than perhaps many other people listening who have no idea who this strangely accented guest is. I apologize. I should try and speak a little slower as well-

**Annie:** No, don't.

**Brooke:** ...because I know I can get a little rrrrrr. But you know, if you had said to me 10 years ago, 5 years ago that I would ever release an album under my name that could be categorized as a Christian album, I probably would have vomited in your lap.



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**Annie:** Really?

**Brooke:** For me-

**Annie:** So doing your own music mainstream but writing worship songs were two totally separate worlds for you?

**Brooke:** Not separate. Like coming from the same place.

**Annie:** Yeah, of course.

**Brooke:** From the same origin with, in the end, the same goal and destination.

**Annie:** Oh, yeah.

**Brooke:** With two distinct purposes, I suppose but one aim, if that makes sense.

**Annie:** Yeah. Yeah.

**Brooke:** Two different methods for the same-

**Annie:** Same goal.

**Brooke:** ...the same goal. I love being part of my church. I love being part of something that is bigger than me that doesn't have my name on it. Something that I get to build that has existed before me and will endure after me. I love that. And I recommend that to everyone. That everyone is a part of building something that's bigger than you or your thing.

So I certainly never had in my mind or on the horizon that I would ever make an album or worship album under my own name. In 2020, I spent most of it on Zoom, got to the end of the year, realize that perhaps that wasn't the most optimally dangerous to darkness.

And so in 2021 I said to kind of management logistics team, "Hey, in May, five months from now, I want to take four weeks completely away from my responsibilities with Hillsong Worship. Let's put in the structures between now and then so that nothing falls over. And I just kind of need to go and create. I need to be with people who inspire me. I need to do all that stuff." So we put that in place.

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And so I just booked time with people I hadn't seen for a year and a half, with friends, just to have that with no aim or goal in mind. And all of the songs were written in that time.

And why that is so unusual is because I've been writing music for a long time and making projects for a long time. And what was very, very unner... not unnerving, but attention-grabbing for me about what happened last May was that as each song was coming, it was coming feeling like it had been fully formed in the spirit and labored over for a long time.

**Annie:** Wow.

**Brooke:** And each was distinct from the last and it all felt like chapters of the same book.

**Annie:** Wow.

**Brooke:** And that has never happened before. Usually, I'd write 20, 30 songs, and then you go, "These are the ones that go." These were the only songs that were written. And these were the songs that came out-

**Annie:** Oh my gosh, that never happens.

**Brooke:** It never happens.

**Annie:** So says my friends who do this.

**Brooke:** It just doesn't happen. And then there's a song like *Nineveh*, the one that's out of the-

**Annie:** Our church has put it on a playlist.

**Brooke:** Really?

**Annie:** We are fasting this month and it was like, "Have y'all heard this?"

**Brooke:** Oh, my gosh, praise God. So yeah, I wrote that with Steven Furtick. And we wrote it and I kind of went, "Huh," because it didn't feel like Elevation Worship and it didn't feel like Hillsong. It felt a lot like me. So I went, "Lord, what are you doing?"

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And then as He does, He just sends confirmations and words and all of these things and it became clear very quickly that this is something that He was wanting. It was on His heart before it was on my heart.

So I've been very clear with the team who are working on this who are incredible, you know, as far as I know, this is the Alpha and the Omega. Like, "I want to be very clear with you because I don't want you to think this is the start of something, you know, playing next 10 years around it." I wanted to be very clear about that.

**Annie:** Wow.

**Brooke:** Like this is what I've been given. And that's why it's called *SEVEN* because I felt like I was reading this book *Discipleship on the Edge* by Darrell Johnson-

**Annie:** I don't know him.

**Brooke:** Oh my gosh, Annie, you will love it.

**Annie:** Do I need it?

**Brooke:** You will love it.

**Annie:** Okay.

**Brooke:** You will love it. It's *An Expository Journey Through the Book of Revelation*. Changed my life. When I read the first chapter, I wept with relief that Jesus is coming and that He stands. You know, the image of Revelation 1, he stands in the middle. I saw one like the Son of Man standing in the middle of the *SEVEN* lampstands, and the *SEVEN* lampstands are the *SEVEN* churches, the whole church. That Jesus is standing in the middle of the church.

And so when I realized I needed to put a name on this, I said to my husband, I was like, "Whatever we call this, I'm going to have to talk about it a lot. So I'm going to reverse engineer it. What do I actually care about talking about? What do I want to say? I want to say Jesus is standing in the middle of His church." And that's why it's called *SEVEN*. Revelation 1, "I heard a voice behind me, it said, 'Write down what you see and send it to the *SEVEN* churches.'"

And so this is what I heard the voice behind me say the songs. So these are my letters, I'm sending them out. The Lord can do with them what He wants and then I'll just retire maybe. No, I'll not retire.

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**Annie:** You'll just Omega your worship album.

**Brooke:** Yeah.

**Annie:** That's all. Just omega your... That book you have looks like you've read it. For our friends listening, it looks well-loved. You have read it a lot.

**Brooke:** I have. It has been-

**Annie:** It has sticky notes in it like Lisa Harper. I mean, it is...

**Brooke:** Oh my gosh. I mean, let's talk about Lisa Harper.

**Annie:** That's all I could think of. I was like, "I can't wait to talk about Lisa Harper with Brooke.

**Brooke:** Oh my gosh.

**Annie:** Ain't she just the best?

**Brooke:** Yes.

**Annie:** I cannot look up to someone more than I look up to her. I just think the world of her. Okay, so you've read that a bunch of times?

**Brooke:** I haven't read it a bunch of times. I've just poured over it.

**Annie:** How do you even pick it up?

**Brooke:** It was one of my friends actually. One of my dear friends in California, it probably was beginning of last year. Her and her husband came to our house and she was like, "I brought you guys some books." She gave my husband the Matthew McConaughey biography-

**Annie:** *Green Lights.*

**Brooke:** ...and she gave me an expository journey on Revelation. And I was like, "Thanks, Courtney. That's really random." But then I often, for me, and all of my writing, I hardly ever listen to music actually. I often drive in silence. My songs almost

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always come out of books. Jesus meets me in the pages of books almost more often than any other place.

And so I read, you know, obviously over the past two years... It gets laborious to keep referring to a book. The agony, the ache, the lament, learning to embrace lament, all of these good things that all of us have been invited into. But this book, I read the first chapter, which just describes Revelation 1, describes Jesus. And Darrell Johnson has... very giddy to say has become a friend since.

**Annie:** Really?

**Brooke:** He is incredible. He's a scholar, a theologian. He was a Presbyterian pastor for many decades. He's Canadian. But he got saved... I believe he was a physics student at UCLA and had an encounter with the Lord, became a Presbyterian pastor.

I remember having a conversation with him last year about worship and he was talking about all the worship moments that he's experienced. He's a beautiful white-haired man now, but he talked about how he remembered when "in the early 90s, when I had on my robes, and I was about to serve the Eucharist and the Lord told me to dance before Him in my robes."

Just this image of this beautiful Presbyterian pastor and his priestly adornment about to serve the elements to his congregation begins dancing before the Lord. So he is a theologian but he is someone who deeply, deeply walks with Jesus. And he has written many books, but this is my personal favorite so far.

But why I cried with relief was because the way that he explains... Revelation is freaky. I feel like resources are scant in terms of how actually to interpret it, to ingest it in a way that helps us to follow Jesus more faithfully now. And this is a book that does that. So I just loved it a lot. And it has framed this entire project.

**Annie:** That is the wild part is Courtney just brought you a book one day having no idea that it was going to set off these dominoes.

**Brooke:** Yes.

**Annie:** That is wild.

[00:22:59] <music>

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**Sponsor:** Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Athletic Greens](#). I'm always on the lookout for ways to support my immune system. And when I found one that does just that, plus a ton of other good stuff for my brain and body and that's just in one serving, consider me interested.

Athletic Greens has 75 high-quality vitamins, minerals, whole food-sourced superfoods, probiotics, and adaptogens. And all of that is in just one delicious scoop of the AG1 powder. You just mix it in a glass of really cold water and you're drinking all these easily absorbed ingredients that support your gut health and your immune system. Not to mention it helps with recovery, energy, focus, and aging too.

Knowing that I can use Athletic Greens every day and it's going to support my brain and my physical health and I don't have to add a bunch of different supplements to my morning routine, yeah, I'm in. I'm a fan of "eat my greens, but even better I like drinking them."

Athletic Greens tastes fresh and has a bit of a tropical finish to it. It's lifestyle friendly. So whether you eat keto, paleo, vegan, dairy-free, or gluten-free, you can incorporate AG1, no problem.

Your subscription comes with a year supply of vitamin D, which is so important to add in these winter months when we can't get out in the sunshine quite as much. They've got little individual packets for when you need to grab and go, when you may be taking a little longer getting ready than you meant to and need to get out the door. Or is that just me?

Athletic Greens was created when the founder experienced a ton of gut health issues and ended up in a complicated supplement routine to recover. It cost him like \$100 a day. Can you imagine? He created Athletic Greens after experiencing how difficult it was to find an optimal nutrition routine on your own.

Right now it's time to reclaim your health and arm your immune system with convenient daily nutrition, especially heading into flu and cold season. It's just one scoop in a cup of water every day. That's it. No need for a million different pills and supplements to look out for your help.

To make it easy, Athletic Greens is going to give you one free year supply of immune-supporting vitamin D and five free travel packs with your first purchase. All you have to do is visit [athleticgreens.com/soundsfun](https://athleticgreens.com/soundsfun). Again, that is

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athleticgreens.com/soundsfun to take ownership over your health and pick up the ultimate daily nutritional insurance.

**Sponsor:** And I got one more amazing partner to tell you about, [Curology](#). Curology knows that we are all on a journey. And that journey is just as important as the destination. In most cases, things don't just get better overnight. But as we celebrate simple wins and stick with our goals, we start seeing the difference perseverance can make.

Curology offers realistic skincare goals that you can actually achieve for clear-looking skin. I've been using Curology for about a year after hearing about it, just like you are, on a podcast and I wanted to address some fine lines that were looking back on me when I Insta Story, and I have loved the results I've seen.

Having the confidence to do things that sound fun to me without giving the way my skin looks a second thought is a game-changer. Curology is game-changing custom skincare made for you by a dermatology provider. They'll create a custom prescription cream for your specific goals whether that's tackling acne, clogged pores, skin texture, dark spots, fine lines, or something else.

You start by taking a short online skin quiz, we love quizzes, and then you upload photos. And if it's a good fit, they'll ship you your formula right to your door. In fact, I just got an email that mine arrived today. It even has your name on the bottle which I love.

I use Curology to keep my face healthy, to keep my complexion clear. And the retinol in my custom formula, along with a cleanser, moisturizer, and little spot treatment patches, all delivered right to my door in one little box, convenient and effective, yes, please.

Get started with Curology just like I did with a free 30 day trial at [Curology.com/thatsoundsfun](#). Just pay \$5 for shipping and handling. That's Curology.com/thatsoundsfun to start your free 30-day trial. Cancel anytime. And the prescription is subject to consultation.

And now back to our conversation with Brooke.

[00:27:00] <music>

**Annie:** One of our friends from our AFD Week in Review email actually said, "Brooke's book recommendations on IG last year helped revive my struggling thing."

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**Brooke:** Oh.

**Annie:** How about that? I know. All you did was tell the books. And she said, "How do you keep your relationship with God fresh?" is her question. Like when it comes to reading, how are you picking what to read? And how's it keeping your faith fresh too?

**Brooke:** I mean, I wish I could say that I'm a really super expert book picker. But it's just not the truth. I think the Lord knows that He often meets me in the pages. And so my friend just decided to bring me a book one night. And that's often the case.

I mean, probably like you, I get sent a lot of books. I see book recommendations and I buy them. So I always have a pile of at least 20 books that I'm waiting to get through. Never really get through those.

**Annie:** I know. I want to.

**Brooke:** I know.

**Annie:** I just don't.

**Brooke:** I know.

**Annie:** Do you ever eBook or you always paper book?

**Brooke:** Look, I do have some eBooks on my phone. I struggled because I like the tactility. I don't even know if that's the word.

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

**Brooke:** I like to interact with the text. I like to mark it off and put the Post Its in and [00:28:19] things. And then I can find things that way. So I do have some eBooks. I have Brennan Manning books and stuff in my phone.

**Annie:** I had a pastor mentor of mine say that I should read *Practice of the Presence of God* 25 times this year. He was like, "I want you to read it 25 times in 2022. And I was like, "Okay." That's the one I keep on my phone because I'm like, "I've got to love it." Ain't that wild? He's like, every time you read it, Jesus tells you something new." And I was like, "Okay, Pastor Jimmy, you tell me."



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**Brooke:** I might take Pastor Jimmy's recommendation myself. Because yeah, *The Practice of the Presence of God* is great. For anyone who hasn't read it, it's so approachable. It's so digestible but so profound.

**Annie:** It's like a 90-minute read. You get the whole thing pretty quickly. So that's the only one I keep on my phone. But I'm going to get *Discipleship on the Edge*.

**Brooke:** You'll love it.

**Annie:** That's great.

**Brooke:** It's great.

**Annie:** Tell me about the Holy Spirit in moments like this when you read a book and start stirring something, and then you start writing an album, and suddenly you're doing the album that would have made you puke in my lap five years ago. Tell us about the Holy Spirit.

**Brooke:** I guess that ties into the question just earlier about keeping your relationship fresh. It sounds dark, but it's actually not as just constant death. Constantly we are asked and invited to do things that make our flesh die. Whether it's forgiving someone who said that stupid thing to us, like all of the little deaths that lead to life.

And I guess at this stage of my life, I've failed to die enough that I've seen the damage that causes. And then I've died enough that... I haven't died enough yet, that's for sure. But on enough occasions and enough, you know, large but mostly small acts of obedience to... I still cannot get over the breathtaking wonder of resurrection life and what happens when I do crucify my own desires and wishes in order to obey and find that.

That was the most marvelous and magical and mysterious and life-giving thing that ever could have happened. It's just obedient. I'm almost addicted to obedience. Though, this morning, I had to make a... Well, maybe it's not true.

**Annie:** I mean, in me. I believe it's true in you. I'm like, "Ah, Brooke, I wish that was true about you."

**Brooke:** no. But no. Maybe it's not. Maybe it's not actually. Because this morning I had to make a phone call, which I really didn't want to make, and talk to somebody about something that they had done that had been damaging. Because I was like, "This is why I hate the phone." I'm like, "Just text me." I'm like, "Can we talk about this on

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text?" But no. This called for a phone call, which is... So maybe I'm not... I retract that because it makes me sound like a saint and I'm really not.

**Annie:** Please don't retract that. I think that's a beautiful thing. And it's very true. I think that's a beautiful thing to say. You can be addicted to obedience and not be perfect at it.

**Brooke:** Yeah. I'm definitely not perfect at it. And I fail as much as I don't. But the Holy Spirit is so wonderful and I love hearing His voice. I love those moments.

Actually, it was funny. This is going to sound like I live in a magical fairyland, but I don't. I was actually pulling up to my hotel last night and I pulled into the valet, and I got out of the car and there was a guy standing on the street. And he said, "Brooke, I don't know if you remember me?" And I said, "Yes, I do." And it was a guy that I had met briefly one night eight years ago.

I said to him, I was like, "I do remember you and I had a word for you and I never gave it to you."

**Annie:** Oh my gosh. Was it like a homeless guy or was it a guy staying at the hotel?

**Brooke:** It was a guy who, at the time, he was a musician accompanying a friend at a random event.

**Annie:** You just happened to be on the same hotel last night.

**Brooke:** He wasn't even at the hotel. He had just gone there to have dinner with a person.

**Annie:** Oh my gosh.

**Brooke:** And it's funny because he said, he goes, "I thought about trying to reach out to you to find out what the word was. I didn't want to be weird. So I just said to the Lord, 'Lord, if you do want me to get that, let me run into her at the right time.'" And eight years later, he ended up beginning something that's become a movement that's very big now.

And the word that I got for him at the time, I said, "This is going to sound funny because it's going to sound like I knew what was coming when clearly I didn't." But I stood on the street in the Nashville cold last night, and I delivered that word.

**Annie:** You did.

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**Brooke:** But isn't that crazy how eight years later we've run into each other and I would go, "Now is the time for me to give you that word."

**Annie:** Wow. Have you held on to it? Have you thought, "I should do this"?

**Brooke:** I thought about it, yeah. Because often I don't remember things like that because it's really the Lord in that moment. You don't even really know what you'll say. You're just opening your mouth and God's filling it. But that one I did.

And it was only in the last year I said that I heard what he had gone on to do with his life. And I thought, "Oh, how interesting!" because it's one of the few words I've remembered. So I kind of thought, "One day if I ever see him, I'll give it to him." And that was last night on the street at the valet in Nashville. He doesn't live here. I don't live here.

**Annie:** Wow. Yeah, that is wild. Last week I was fasting one day, or maybe two weeks ago, and I got up that morning and I was so like, "Here we go. It's a fasting day. Lord, I'm going to bring some things to you. We're going to move some mountains."

And I sit down in my chair and the Lord's like, "So you'll fast today but you won't forgive that person?" And I was like, "Oh, I wasn't..." And it's that, like, "Oh, you were asking me to obey for days very quietly. And then when I tried to bring what I thought was an offering to you, you're saying that's not the offering I want. That's not the obedience I want. What I want is for you to forgive someone that I would say to you as my friend doesn't deserve my forgiveness."

And so when you talk about being addicted to obedience, that's the first word that came to mind is I thought, "Oh, man, I want to be faster. I want to be faster in obeying." And I'm thankful that the Holy Spirit does not let me go much further than sitting down in my chair the morning of, right?

**Brooke:** Yes.

**Annie:** And going like, "Hey, I'm glad you're here. One other thing."

**Brooke:** Oh my gosh. How kind!

**Annie:** So kind.

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**Brooke:** But also that's you cultivating that desire, the desire to hear Him, the desire to please Him. And I know in my own life there are seasons when I have been too slow to obey or not obeyed at all. And then you stop. Obviously, we're still in the woods so the word is constantly challenging us and inviting us and correcting us and all of those things.

But in terms of that still small voice, I found in seasons of my life where I've been dismissive or familiar, or just like, "Oh, I can't be bothered today," I stopped hearing it. You know, it gets quiet.

**Annie:** Me too. Yeah.

**Brooke:** I always say, like, a longing for God is a longing from God. And He's so kind to stir up the yearning again and to help us recognize our lack and to return, right, constant returning, and to invite Him to speak again. "Well, I'm so sorry, Lord, that I've ignored you all this time. Would you speak to me again?"

**Annie:** Is that the move? For our friends listening, who are thinking, "Man, it has been a year since I sat down to hear the Lord or it's been a week or I've never sat down to hear the Lord," is the move asking him for the desire to do it?

**Brooke:** Yeah, I think so. Do you think so?

**Annie:** I think so. I think that's His kindness is... That's one of the things He... I mean, it's like wisdom, where He's like, "If you'll just ask me, you can have as much of that as you want. I asked for that every day. Because He's like, "I'll pour that junk out as much as you want to try to help you not be an idiot on this planet." So I think so. But I'm interested in your encouragement of how to hear God. How do people hear God? How do you hear God?

**Brooke:** I hear Him in His Word. I hear Him in books. I hear Him when I'm listening for Him. I was somewhere in the last few days and we began the meeting by praying. And we were praying and we just began thanking the Lord for all of the things that had happened that morning before we'd even sat down together. And it was like, "Thank you that the brake pads didn't fail on the way here and we didn't crash. Thank you that the..." Like things that when you look for God's mercy, you begin to see it everywhere.

And I wonder if it is the same to an extent with the discipline of stillness and listening to hear His voice that we begin by desiring and then move to listening and then expect Him to speak. You know, faith—expecting Him to speak. I don't know.

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**Annie:** Yeah. You do know. I think that's beautiful. So then transition me into when you're writing albums like *SEVEN*, when we have worship leaders on, I love for y'all to tell us like what does worship do in the atmosphere. So we're sitting in our chair in the morning, or we're on the couch in the morning, or in the evening whenever we're spending time with God and we put on *SEVEN*, we put on *A Thousand Hallelujahs*, what does worship doing to the room?

**Brooke:** Great question.

**Annie:** My dad loves when people say that. He always texts me.

**Brooke:** Annie is so good at asking questions.

**Annie:** She has had to-

**Brooke:** She's fantastic. Every episode. Darrell Johnson says when we put out the call to worship, we must remind people that worship didn't begin when they walked in the room. That when we worship, we are joining in a worship service that has been going on for millennia and for eternity.

**Annie:** Wow.

**Brooke:** So when we worship, when we put on worship-

**Annie:** My gosh, when we turn our worship music on, we're just joining.

**Brooke:** We're joining in the sound. You can't hear it with your ears. But if you turn on your faith you can hear it. The sound not only of eternity, of heaven, of the angels singing Holly, Holly Holly, but the sound of the Church throughout all time in history, the great cloud of witnesses.

When we worship and we joined that song, we are drawing down some of the reality of what is in heaven into our dining room table, into our kitchen, into our car.

**Annie:** What if we don't feel like it?

**Brooke:** Hebrews 11, in the Amplified translation, verse 1 translates as "Now faith is the assurance (title deed, confirmation) of things hoped for (divinely guaranteed), and the evidence of things not seen." And then it says in these parentheses, "The

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conviction of their reality—faith comprehends as fact what cannot be experienced by the physical senses."

**Annie:** Faith comprehends as fact what cannot be experienced by the physical senses. Oh, I love that.

**Brooke:** So we don't need touch taste. It's very kind when that happens—and it does—when presence is experienced by other senses. But we can always experience the reality through the other sense that the Lord has given to those who trust in Him. The sense of faith.

**Annie:** Yes. So we turn on the album, and we just let us partner with everyone else who's ever worshiped and is worshiping right now.

**Brooke:** Yeah.

**Annie:** Even globally. Someone is worshiping right now. It's time of day at some church. For me, this album and worship albums, you saying that helps me put words to something I've felt but not knowing the words of, of going like, If I'm struggling to sing this today someone else struggled to sing this 200 years ago. And so this isn't new. This isn't new. And you will get to the other side.

I mean it's why I love reading books by people who are dead and in scripture of being like, Jonah didn't know how that was going to end, Paul didn't know how that was going to end. They all are doing a faith journey. We just see the end of it because we know the end of the story. And so I have to say back to myself, "You can worship right now because you will not get to the end of the story without the faith if you don't try it," right? Did I say that correct?

**Brooke:** Yeah. And I think it's comforting as well to know that probably literally none of the questions any of us have anew or have not been asked before. There is a wealth of resource for us if we would look. And because of the internet, we all had these tiny computers called phones. You know, a lot of this stuff is accessible.

And I would also add a disclaimer to that, that we can and should pray that the Lord directs us to that which is trustworthy and true because there's also a lot of stuff that mm mm could send us off track. But questions are not new. And those who have gone before us have asked these questions and the Lord has revealed to them really beautiful answers that would help and edify us today.

**Annie:** What would you say is the theme of *SEVEN*?

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**Brooke:** The lamb at the center of the throne.

**Annie:** So the whole thing is going to rotate us, redirect us to just look at Jesus?

**Brooke:** Yeah.

**Annie:** That's what *A Thousand Hallelujahs* has done for me so far. I mean, it's just like, Oh, yeah, let's look right there. Let's look right there.

**Brooke:** And that's a constant urging. We see through Scripture like, "Behold, behold, look, look, behold, behold, look, look again and again and again." I don't know the exact numbers, but there are a few phrases we see throughout the Scripture. One is "don't be afraid." *100 Days to Brave*, right?

**Annie:** Everybody.

**Brooke:** Everybody. And the other is, look, look, behold, behold. Because we can get all distracted everywhere. It's why often we close our eyes in worship because when we close our eyes, we can look a little bit and we can look more regularly.

**Annie:** We woke up this morning to *A Thousand Hallelujahs* being the number 16 viral song in all of the US on Spotify. I saw one of our mutual friends share it. What does that mean? What is happening?

**Brooke:** Right?

**Annie:** I mean, that's up there with like Dua Lipa. You're tracking next to people who do not know Jesus.

**Brooke:** Like almost all of the songs around it, when you look at that they have like a little E for explicit. And why that's exciting is I hope... You know, we had a meeting with a bunch of our partners yesterday, and I said, "I hope people forget my name at the end of all this. I hope they only have one name that they focused on."

And when I say something like that, I get excited not because I'm cool, because I'm definitely not, but because that means there are people now because of the algorithm who that song, they're going to be listening to something real gnarly and *A Thousand Hallelujahs* is going to-

**Annie:** They're just sitting at their desk today.

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**Brooke:** They're just sitting at their desk. And why that excites me is because you know, Annie, I met Jesus alone in my bedroom. I didn't meet him in a church.

**Annie:** Wow.

**Brooke:** No one shared the gospel with me. He came and got me. And it's why I get so excited about something like that is not because it's fancy, but because I think about all of the souls who are on the other side of that who maybe are going to hear that song. Maybe you're going to hear it and be like, "Oh, this is disgusting. I want to go back to my club song."

But someone today, somebody is going to listen to that song and go, "What?" Someone is going to be driving in the presence of God is going to fill this space where they're in and somebody... I'm going to just say it out. Somebody today is going to fall on their knees and cry out to the Lord Jesus and find salvation.

**Annie:** Oh, I've got goosebumps. You're right.

**Brooke:** And that's the miracle for me. It's not about the stream. It's about that one soul. Because I was that one soul.

**Annie:** We call it sneaky Jesus around here.

**Brooke:** Oh, I love sneaky Jesus.

**Annie:** It's one of our favorite things about *100 Days to Brave* being in Target is I always say to our Christian friends, like, "Don't buy it there. I will hand it to you." When you see it at Target, you put your hand on it and ask the Lord to put someone who does not know Jesus to pick it up and you keep walking. Don't let Target sell out because of you, Christian.

**Brooke:** Oh my gosh. I love that.

**Annie:** Because we want to be sneaky Jesus everywhere we can.

**Brooke:** Yeah, sneaky Jesus. I might get that tattooed on me just so you know.

**Annie:** You want to do it together?

**Brooke:** Sneaky Jesus, yes.



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**Annie:** I would get that tattoo. A friend of ours the other day, one of our pastors at church quoted this. Actually I look up the guy's name because I want to say it correctly, but I didn't know this guy that is quoted. Zinzendorf. He's part of the Moravian movement.

**Brooke:** Yes.

**Annie:** You love him?

**Brooke:** On the physical album we have a quote from the Moravian.

**Annie:** Oh, is it the "May the lamb receive the reward?"

**Brooke:** Yes.

**Annie:** Oh. I pray that or sing that or say that. I try to say that every week. Anytime my life feels hard, I say, "May the lamb receive the reward for suffering, starting with me, starting with me." Because then you're like, "My life is not hard." He actually suffers. May he receive the reward for suffering.

So, Pastor Zinzendorf said, "Preach the gospel, die and be forgotten." And ever since I read that last week, Brooke, I have been like... I taught at church on Sunday and I said, "Okay, tell them how to pray and then die and be forgotten. Like wouldn't that be the best thing if nobody remembered us at all but people met Jesus, because *A Thousand Hallelujahs* is on the top playlist in America today?"

**Brooke:** Yes.

**Annie:** Like, Let's die and be forgotten. Who cares?

**Brooke:** 100%.

**Annie:** That's the win to me is to die and be forgotten but the Gospel be remembered.

**Brooke:** Yes. That's it. That's it.

**Annie:** So that's what can happen when songs like *A Thousand Holy* is on number 16 on Spotify playlist.

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**Brooke:** It's so funny. I was saying to my friend a couple days ago I said to the Lord a couple years ago, like, "You've given me enough songs. You can give them to other people now. It's okay." In 2019, I was on tour with... It's going to sound like crazy things happen on tour because they do. But Hillsong Worship we were on Tour with Casting Crowns who I adore.

And I lost my hearing, I lost my ability to hear music. I went to a doctor, I got my hearing tested and it turned out to be a neurological issue I was having because of exhaustion. I said, "Whatever."

**Annie:** We have a little theme, Brooke.

**Brooke:** "Whatever. Whatever."

**Annie:** Like, "I don't have time to think about that."

**Brooke:** But I said to the Lord when that was happening, I was like, "Lord, if it's time now for me, I will serve you anywhere, wherever that is. If you want me to start a baking ministry, I'm in. It doesn't need to be here. It doesn't need to be doing this. I just wish that it wasn't all falling apart live on stage every night in front of thousands of people that I can't hear music."

**Annie:** So you could hear people talking and hear other things, you couldn't just hear music?

**Brooke:** I could hear. It was like if you're listening to a song and imagine you're listening to a song, and it's a puzzle that put together so you can see a picture. What was happening in my brain was that my brain was taking each individual part of that picture, each of the pieces, and it felt like someone had put the pieces in a box, shaking it up, and then tipped it on the ground.

**Annie:** Oh my gosh.

**Brooke:** So I could hear all of the pieces, I could hear the guitar and the drums and the keyboard and the track and the strings and other people singing, but my brain couldn't put it together into a picture. There's a book actually called *The Man Who Mistook His Wife for a Hat*. I don't know if you know it.

**Annie:** No.

**Brooke:** It's very interesting.

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**Annie:** Is it a novel?

**Brooke:** No. I can't remember if it was... I think it's a neurologist who wrote it. That when things happen in the brain... There was one of his patients in his mind when he looked at his wife, his brain turned her into a picture of a hat. So it's cool about *The Man Who Mistook His Wife for a Hat*. That was happening to me, you know, in an audio sense.

But I'm really okay with... I will do anything for Jesus. When I gave my life to him when I was 15, I really gave it to Him. There's been times when I've tried to sneak parts of it back, you know, and have regretted that, repent, put it all back on the altar. Write a song like *New Wine*.

**Annie:** Oh, that song. We don't have the time or tears, Brooke. God, that song!

**Brooke:** You know, He gets to do with me what He wants. And when coming right back around to what you were saying, I remember a few weeks before we recorded the album, and I was driving to myself, and maybe I was praying maybe I was just wondering to myself honestly. And I was like, "Why does it have to be my name like Brooke Ligertwood? This is so stupid because I'm wedgy and prideful and immature.

But I was like, "That's all I have left. Brooke Fraser was this. Brooke Ligertwood is me. Like I don't want to make that a brand. Brooke Legertwood is me and it's my name." And I felt the Holy Spirit cut right across those thoughts and say, "Oh, it's your name, is it?" I was like, "I'm sorry." He gets to take all of it and do with it whatever He wants.

**Annie:** Even your name.

**Brooke:** Even my name. It's His. He gets to take it all. Yes, exactly with that goal in mind, that I will be forgotten, but that He will be writ large in the lives of people in His Church.

[00:49:55] <music>

**Sponsor:** Hey friends! Just interrupting this conversation one more time to tell you about another one of our amazing partners, [Catalina Crunch](#). You guys, hear me clear, this stuff is incredible. Are you a cereal fan like I am? Crunchy, sweet, digging the toy out of the box while watching Saturday morning cartoons kind of cereal girl.

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Well, since I've grown up, I've learned some things about gluten and carbs and how my body sometimes responds to them, boring. And that is why Catalina Crunch Cereal has come into my life at the perfect time. Aside from the fact that it tastes great, Catalina Crunch Cereal is zero sugar, keto-friendly, and low carb.

They've even got a variety pack so you can try out all their awesome flavors and decide which ones will be in rotation on your pantry shelves. I can already tell you that the cinnamon toast with a splash of almond milk is an actual treat. And can I be honest that I enjoyed as much as nighttime cereal as I do as a breakfast cereal? You get me.

If you're trying to eat better, like give me the protein but leave the empty carbs out of this equation, Catalina Crunch Cereal it has the crunchy crave, zero sugar, but tons of flavor, low carb, high crunch, keto-friendly with 11 grams of plant-based protein and nine grams of fiber per serving.

Over 10,000 Customers have rated Catalina Crunch five stars. Everyone in our office did the same and I bet you will too. Choose from their eight incredible flavor options. You decide if chocolate peanut butter, dark chocolate, or cinnamon toast is calling your name, or grab the variety pack and save yourself the decision fatigue.

It's gluten-free, grain-free, non-GMO, only real clean ingredients. Nothing artificial, nothing to worry about. See why Catalina Crunch Cereal is the fastest-growing cereal brand in America. Just go to [catalinacrunch.com/thatsoundsfun](https://catalinacrunch.com/thatsoundsfun) for 15% off your first order, plus free shipping. That's [catalinacrunch.com/thatsoundsfun](https://catalinacrunch.com/thatsoundsfun).

Not sure which flavor to start with? That variety pack, y'all, get it. And check out their delicious cookies and snack mixes while you're at it. Again, that's [catalinacrunch.com/thatsoundsfun](https://catalinacrunch.com/thatsoundsfun) for 15% off your first order, plus free shipping.

**Sponsor:** And I have one more amazing partner to share with you while we're talking about breakfast, [Rasa Coffee Alternative](#). Life on the tour bus definitely means I've got some new aspects of the morning routine to blend with my regular ones. But you better believe my cup of tea is still in there.

I know tons of you are coffee drinkers and that you're also always paying attention to how different things affect your mood, your mind, and energy during your busy days. Me too. That's why I'm excited to find out about Rasa, an adaptogenic coffee alternative.

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You can use it either in place of coffee or in an effort to cut back on your caffeine intake a little bit. Rasa provides more sustainable energy without the jitters. Nobody's wanting the jitters. Instead of caffeine, Rasa energizes from adaptogenic herbs and mushrooms with all their blends formulated in-house by clinical herbalists.

Their ingredients are organic and sustainably sourced in fair trade or direct trade. Seriously, y'all, Rasa is fanatical about responsible sourcing and creating positive impact through supporting their growers and farmers. I love that, don't you?

Adaptogens are most effective when consumed regularly and consistently which means you're getting your daily dose of adaptogens while enjoying a beautiful morning ritual that can help set the tone for your day. And with 10 Rasa flavors and functions, there's a Rasa for everyone.

The cacao blend is a crowd favorite with chocolatey tastes like healthy hot chocolate. There's one called Well, Well, Wellderberry that's formulated to support a healthy immune system. Something I feel like is on everyone's mind these days. So much variety.

We've had some samples of Rasa here at the office and the team have been giving it a try. Even our biggest coffee drinkers have been happily surprised and are thankful for the Calm blend when the afternoon tea coffee craving hits. You can add in some frost oat milk or your favorite creamer and maybe even a little honey if you like things sweeter.

Each blend is formulated to support your nervous system, helps you stress less, and give you balanced energy through the day and get better sleep. Yes, please. I'm excited for you to try Rasa. They even have a quiz. Y'all know we love a quiz. It's on their website helps recommend the perfect blend just for you.

And right now to get you started and get 20% off your first purchase, just go to [wearerasa.com](http://wearerasa.com) and use my special promo code, THATSOUNDSFUN20. That's promo code THATSOUNDSFUN20 for 20% off at [wearerasa.com](http://wearerasa.com) That's [wearerasa.com](http://wearerasa.com). And of course the link is always in the show notes.

And now back to finish up our conversation with Brooke.

[00:54:33] <music>

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**Annie:** Why did y'all record this one live?

**Brooke:** I don't know. I never imagined it being anything else. Probably it would have been far easier and more cost-effective to go to the studio.

**Annie:** I told you every person I'm friends with flew here for it. You said it was like your wedding.

**Brooke:** Yes, yes.

**Annie:** It was amazing. Everyone I know was on a plane. I was watching, I was like, "Well, I'm so sad I'm not there because everyone I know was there."

**Brooke:** It really did feel like a wedding. It was amazing. But I think just that obviously so many people who make the music that ministers to us had to pivot. And we're hearing a lot of studio music, which is beautiful. And often because that was the only option for a lot of this.

I didn't think about it too much, to be honest. But for me, it was, if these are the letters that the Lord has given me to write to the church for now, not in an arrogant way, but just these are the things He's given me and I will give them, then they need to be carried on the sound of the church.

And so I feel like some of the most powerful parts of this record are the parts where there's no singing but there's the sound of offering. Because it wasn't till afterwards that I actually heard the ambient mics, the microphones we put in the room to capture the sound of the people. And the sound that they poured out in this session left me in puddles.

And it reminded me of the friends who dug through the roof and lowered their friend on the mat to the feet of Jesus. I did a little Insta thingamajig about a month or so ago thanking the people that came because their faith has actually lowered strangers down to the feet of Jesus.

Like it's their faith and the sound of their faith and their prayer and their personal worship that is actually going to be what is chain breaking. Not necessarily my voice, not these songs, not the beautiful musical parts, the choir parts which are divine, but the faith.

That's to me, the point of this project was it had to be saturated or it wasn't worth doing. So we took communion every day. We saturated this thing and prayer and

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continued to because like you said, this is about what Jesus wants to do in the lives of people. It's not about the vehicle.

**Annie:** That's the thing is even *A Thousand Hallelujahs* today, that thing that is supernatural that we cannot see that's deposited on that song is going to show up on playlist on business guys working in Omaha. Like they just don't know. They don't know the supernatural thing that's going on when that song shifts to light from the darkness.

Okay, so you lose your hearing. You're not going to enjoy this question, but work around it to answer it the way you want to answer it. The thing we don't know as the non-Brooke in the story is we don't know what all this costs you. But there's real spiritual warfare all that time. Is it more profound when an album's coming out? Is it more profound when you're working on an album? Is it always profound in your life?

**Brooke:** It goes in waves. Definitely, the three weeks leading up to the recording and including the recording day were heavy. And I mean, the enemy got very creative.

**Annie:** Really?

**Brooke:** Very creative. I've been talking to our mutual friend Lisa Harper and she was like, "Wow, that's some extensive scheming right there. Oh my God!"

**Annie:** Wow.

**Brooke:** It was wild.

**Annie:** Extensive scheming.

**Brooke:** Yeah. It was a lot. And you know, even this weekend that I'm talking about it, I found out a couple days ago I have a family member who's missing. We're trying to locate him.

**Annie:** Oh gosh.

**Brooke:** Sorry, TMI. But there is a cost. And not everyone will pay it.

**Annie:** That's right.

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**Brooke:** But I'll pay it. It's one of the only things I know in my life. Jesus gets to do what He wants with my life. And whatever the cost, I will pay it.

**Annie:** You're addicted to obedience.

**Brooke:** Yeah.

**Annie:** It's true. I think it's important for our friends listening to hear about the costs when we can articulate it. Because they are paying costs in their life too of how they're doing the gospel work that they're doing. But I think a lot of times people look at us and think, "They just make good stuff. How easy." And you're like, No, like Bob Goff almost lost an eye and almost went blind. You lost your hearing. And that's the top-level stuff. That's not the heart, home, life stuff.

So when you come up against warfare and you know it's because you're on track with the gospel and with dying and being forgotten but the gospel being remembered, how do you strengthen yourself?

**Brooke:** Well, this book we've been referring to *Discipleship on the Edge* by Derrell Johnson, he talks about wherever there is heightened kind of activity, like spiritual warfare, it's because there is an in-breaking of the Kingdom of Heavens.

**Annie:** Let's go!

**Brooke:** So the more hell, the more heaven.

**Annie:** The more hell, the more heaven.

**Brooke:** Yeah.

**Annie:** Yes. And so that is your hope in those days?

**Brooke:** Yeah, yeah. I'm like, "Oh, there's an in-breaking today. There's an in-breaking today." And then I also think it's important to discern the difference between what's spiritual warfare and then what's consequences of bad choices. I think often some people label spiritual warfare but it's actually just a consequence of this wasn't budgeted correctly. Or this person, he didn't fulfill their responsibility. So there's that. But then there's actual, you know, very real spiritual warfare.

**Annie:** Because there is that consequences of my own sin. Like it's not the enemy's fault when I can't fit my pants. It's that I ate Oreos all of last week. You can't be like,



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"The enemies coming against me." Like, Annie, you made some choices. So there's that.

But then there's also just like the global we live on a broken planet part of this and we are all human, and that is imperfect. And then there is the enemy comes to steal, kill, and destroy. And we pretend like that is not true. We pretend like that's not true.

So we watch things being stolen, or missing, or things fall apart, or things die and you go like, "Oh, that's terrible." Instead of like, "Is the enemy destroying things that God wants alive? Are we supposed to pray resurrection here or are we supposed to grieve?"

**Brooke:** Yes.

**Annie:** Right? I feel like I wrestle with that a lot.

**Brooke:** Yes, me too.

**Annie:** I don't know that I ever know. I just keep praying for resurrection. I lean on resurrection until the Lord tells me to throw a funeral in my emotional life.

**Brooke:** I think that's probably the right approach. Yeah.

**Annie:** Yeah. That's what you think, too?

**Brooke:** Yeah. I'm with you. Sometimes you don't know. You're like, "Lord, are you killing this? Do you want this to die? Because I don't want to get in the way of what you want." So yeah, lots of those types of questions I think it's good to wrestle with them.

**Annie:** So for our friends listening, when they turn on the album, because it's out now, *SEVEN* is available, what do you want us to pray for you?

**Brooke:** Oh gosh!

**Annie:** When people pray, what do you want them to pray?

**Brooke:** That is so kind.

**Annie:** They are so lovely to pray. They really do it. It's really nice.

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**Brooke:** Oh, my gosh, I want to pray for them as they listen to the album. That would be wonderful. But oh, gosh, I need wisdom. I need wisdom every day.

**Annie:** Yeah, that's it. Wisdom. Well, let them pray whatever else comes to their heart.

**Brooke:** That is so kind. Oh my gosh.

**Annie:** Well, I don't know how many of these you're going to do, how many podcasts you can do around this launch, or how many interviews you're going to do and millions of people are going to hear your stories. I hope more than one show ask you what you need.

**Brooke:** That's so kind.

**Annie:** But I want to ask you what you need. We will pray. Our people pray. I mean, we're about to... In fact, they're hearing about this today for the first time that we're about to do a whole month on prayer. We're going to do all of April before and after Holy Week on prayer.

**Brooke:** Come on!

**Annie:** So we're going to be people who practice praying-

**Brooke:** Oh, I love that.

**Annie:** ...in a new way this year.

**Brooke:** That's so powerful.

**Annie:** Prayer matters to you? Yeah.

**Brooke:** Yeah.

**Annie:** How has prayer held you?

**Brooke:** Oh, my gosh. I think I would be crushed. Prayer is the shifting of the burdens I'm not supposed to carry, the lightening of the ones that I am.

**Annie:** That's beautiful.

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**Brooke:** Prayer is the glimpsing, the twinkle in His eye, sensing the reassuring touch on my shoulder, the bam on the lower nerves, you know, with my soul. I would be nowhere and nothing if not for prayer and talking to my Jesus.

**Annie:** I often say to friends, "How do people do it that don't know Him? How do you do life?" It must be why addiction run rampant. And I know a lot of believers who have addiction stuff, too. So it's not just non-believers where I go, "I don't know how you do this without Jesus." Life is so hard. I can't imagine not having hope that there's more than... The people who don't know that this is the short part.

**Brooke:** I think it's a great way of putting it.

**Annie:** I can't imagine. But we're going to read a book about it. *Discipleship on the Edge*. That's the long part. I'm very interested. Because I don't even like using the word "forever" sometimes. It kind of stresses me out. So he's going to teach us. Is there anything we didn't say about the album that you want to talk about?

**Brooke:** No. You're just so kind of talking about it so much. That's so-

**Annie:** I love it. It's very good. It's the right album at the right time-

**Brooke:** Thank you. I praise God.

**Annie:** ...for us. I hope it is for you too. But for us it really, really is. We have one final question we ask. But will you pray for our listeners first and then I'll ask you our final fun question?

**Brooke:** Yes, all right.

**Annie:** But I'd love you to pray.

**Brooke:** I'd love that. Heavenly Father, we thank You for this conversation. We thank you that you oversee and undergird the realities that we live in today and the eternal reality that we are grounded and reaching for simultaneously.

I pray, Lord, for all of our friends who are listening right now. I thank you Jesus that you know where their feet are tired or their arms are heavy, where their hearts are burdened, or their minds are under siege. You know where they are strong and ready to impart, you know where their hands are ready for the next task and the next assignment. You know where you are sharpening swords and breaking chains and aiming arrows, and all of the things that you are at work doing in Your people.

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I pray, Lord, for my friends listening today. I pray that you would strengthen them, that you would give them wisdom and you would increase their yearning for you and their day-to-day living out of resurrection life and hope granted in You, Jesus.

I thank you for them. I pray that you would bless them and their families and help them today to be the weapon that you have created them to be and to carry the light and the hope that you delight to entrust them with. In Jesus' name. Amen.

**Annie:** Amen. Thank you. Thank you. Thank you. Okay, the last question we always ask, okay, because the show is called That Sounds Fun, tell me what sounds fun to you.

**Brooke:** Naps.

**Annie:** Oh, are you a napper?

**Brooke:** Oh, I love a nap.

**Annie:** I love a nap on a tour bus.

**Brooke:** Oh, yeah. Anywhere.

**Annie:** Oh, it's so cold. Anywhere?

**Brooke:** Cold?

**Annie:** Yeah, on a tour bus where you get a little bunk and it's nice and chilly.

**Brooke:** Oh, I don't know if I like that.

**Annie:** Oh, do you like it warmer?

**Brooke:** I like heavy blankets. I like lots of heavy things. Pillows on all sides.

**Annie:** Get out of here. Heavy blankets and pillows on all sides.

**Annie:** Is that how you sleep at night too or is that nap specific?

**Brooke:** No, it's how I sleep every night.

**Annie:** You are telling me you lie on your sides with pillows and weighted blanket?

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**Brooke:** Yes.

**Annie:** You burrito yourself every night?

**Brooke:** Yes.

**Annie:** Oh, that is so sweet.

**Brooke:** I want to be like a baby.

**Annie:** Oh my gracious! When you travel do you take weighted blankets? They are so heavy.

**Brooke:** I don't. I don't. That was the bummer of traveling is I don't have it. So it takes me a little longer to sleep. But I did this trip travel with... I bought a small memory foam pillow that I now travel with-

**Annie:** And brought it with you.

**Brooke:** And I brought it with me. And then I have all the hotel put pillows on either side. And then I try and wear a lot of clothes to compensate for the blanket weight.

**Annie:** I always get the extra blanket out of the cabinet.

**Brooke:** Oh yeah.

**Annie:** I'm always like, treat it like a weighted blanket, nothing is coming down.

**Brooke:** But you like it cold?

**Annie:** I like naps cold. Nighttime, not as cold.

**Brooke:** Oh, interesting.

**Annie:** I know. Ain't that weird? Naps feel like you're cooling off from the day.

**Brooke:** Oh, I like that.

**Annie:** Feels like a hippo underwater or something. I just like a little cooling off time. Do you nap every day?

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**Brooke:** I wish. I would if I could.

**Annie:** Yeah, you have two little kids.

**Brooke:** I would if I could.

**Annie:** Are you a 20-minute napper or an hour napper?

**Brooke:** My desired nap time would be two hours.

**Annie:** We were cut from the actual same weight of blanket. The Lord cut us from the same weight of blanket.

**Brooke:** The reality is probably 45 minutes. But it's rare. Maybe like once every three weeks I'm taking a nap.

**Annie:** I don't have a good nap rhythm right now. But on my Sabbath, on my day, oh, yeah, napping is like number three thing I do.

**Brooke:** On Saturdays we have family days. So no matter what we do, we always know we travel as a pack. My husband and I have two kids. Even though my kids have now stopped napping, I still try to make like 1:30 to 3:30 as quiet time. So go and play quietly in your rooms. That's the time that I try and nap if they'll cooperate, which they don't always.

**Annie:** You're like, "Girls don't bother me. I'm putting pillows on either side." Are they both girls?

**Brooke:** Yes, yes. Yes, they are.

**Annie:** "I'm putting pillows on either side of me. I'll do blanket. I'll see at 3:15."

**Brooke:** Yeah, exactly.

**Annie:** Oh, Brooke, that's great. Hey, thank you for doing this today.

**Brooke:** Thank you.

**Annie:** Such an honor. Truly, your music has been a soundtrack for so much of my faith. What's *Albertine's* year?

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**Brooke:** 2006.

**Annie:** I mean, I started this job in 2008. So you have literally-

**Brooke:** Wow.

**Annie:** ...sound tracked me into what God's called me to do this.

**Brooke:** That is insane.

**Annie:** And so I'm really, really thankful.

**Brooke:** Thank you for what you do.

**Annie:** This is fun to get to do it together. I'm thankful.

[01:09:28] <music>

**Outro:** Oh, you guys, isn't she the best? My gracious! Wow, I'm telling you, there was just something special in the room when she was here. I am very, very thankful for her. Be sure to stream her new worship album, *SEVEN*, and follow Brooke on social media so you can tell her thanks for being on the show and what parts of this show mattered so much to you.

If you need anything else from me, you know, I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook and headed to the West Coast. Is it the best go? Let's see when we get there. All the places you may need me, that's how you can find me.

And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same. And today what sounds fun to me, ooh, it's raining here. So what sounds fun to me is being outside in the warm weather when it is sunny, which is not today in Nashville.

So I'm coming for you, west coast. Give me some sunshine. Y'all have a great week. We'll see you back here on Thursday with everybody's favorite buddy Bob Goff. We'll see y'all then.