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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.

I just cannot thank you enough for showing up with such energy and support at all of our stops on the Coast to Coast That Sounds Fun tour. I had the absolute best time with all of you who are there and those who joined on the live stream. Y'all, at some point, I will try to find the words to express my gratitude, but I'm not sure I have them yet. When I do you guys will be the first to know. But I'm really grateful. What a fun couple of weeks!

And as a reminder, we're going to spend the entire month of April on the pod focused on prayer, including another TSF Q&A, exploring your questions about prayer. So you have a part to play in these Q&A episodes that we make. Just visit the link in the show notes below and submit your question about prayer. I cannot wait for us all to learn and grow together.

Before we dive into today's conversation, I want to take a moment to share about one of our incredible partners, Pine Cove Camps. Pine Cove is excited to announce that they're opening a new overnight youth camp in Georgia. Go Dawgs! It's called the Pine Cove Springs.

You'll know how much I love camp and Georgia. I grew up going to Christian summer camps and had an amazing experience during those weeks. And what could be better than a camp in Georgia? I think it's so important for kids to be in an environment where they will not only hear the gospel, but they will also see it lived out all around them through the college staff and community at camp.

Pine Cove is a Christian camp with over 50 years experience and overnight youth camping. They're bringing Christ-centered, other-focus, and seriously fun counselors and activities to their new overnight youth camp in Georgia serving fourth through eighth-graders.

Start a new summer tradition for your child at the Pine Cove springs this summer. Check out pinecove.com/springs and use the code TSF250 for \$250 off a first-time overnight Youth Camp registration at the Pine Cove Springs. Again that's pinecove.com/springs and use the code TSF250 for \$250 off.

Intro: Today on the show I get to talk with some of our favorite brothers, Joel and Luke Smallbone, from For King & Country. The Australian-born quadruple Grammy-winning artists and songwriters have won 10 GMA Dove Awards on top of those four Grammys, a Billboard Music Award, 13 K-Love Fan Award—I wonder what that's like, I keep losing—and they have nine number one songs.

Y'all, I love these dudes so much. Their new album entitled *What Are We Waiting For?* is out tomorrow, March 11. It's stunning. Absolutely stunning. I think the world of these guys. Y'all going to hear we've been friends for a decade and I've loved them the whole way through. They are who you see on stage, is who they are backstage. And that is one of the highest compliments I can give in this industry. I just think so highly of them.

And I love this conversation so much. I think you will too. So here's my conversation with Joel and Luke Smallbone from For King & Country.

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Annie: Do you want to talk about your vocal surgery?

Luke: Right, I can talk about it. Yeah.

Annie: Are you louder after?

Luke: No, no, no. So when I went had surgery, I was told—and it was true to a point—that you'd be back within like two months, kind of doing shows, singing, and the whole thing. What I've since found is-

Annie: What year was it? '15?

Luke: No. No. This was just last year.

Joel: Last year.

Annie: Wait, weren't there one back in the day too?

Luke: Well, no, I got sick from something else.

Annie: You got sick. That's right. That's right. I was like, "There was something when we were all still kind of on the road together that made you just sick."

Luke: Yeah, another catastrophe. Different catastrophe.

Annie: Yeah, different physical ailment last year.

Luke: Last year. So anyway-

Annie: Oh, when we were at the K-Loves. That's why he wasn't there.

Joel: That's right.

Luke: Right.

Joel: It was literally two days before the Fan Awards Luke had surgery.

Luke: And so-

Joel: And for five glorious days he couldn't speak. Is that bad to say, Johnny? It's brothers, man.

Annie: Right.

Joel: You know, yeah.

Luke: So it was an interesting thing. If you want to get to know yourself a little bit better, do some extreme things. Don't talk, fast. Do some of the things that you're just like, "I don't want to do this." I think that was part of what happened for me is like, you know, I've always sung, I've always been loud and my voice was... I wrecked it in some cases.

So I was meant to come back in about two months and everything, be okay. What I've since realized, as they say, you're back to being a Ferrari 18 months.

Annie: Oh, wow.

Joel: Luke often refers to himself as a Ferrari.

Annie: He said, "Back to."

Luke: What I meant was-

Joel: A vocal Ferrari.

Luke: ...is if you want the most amount of power.

Joel: There you go. Okay.

Annie: Right.

Joel: In recovery. In recovery.

Luke: You know what he did? He's thinking the worst of continually.

Annie: Brother stuff.

Joel: This is really getting off on the wrong foot.

Annie: I'm really into it. I'm really here for it.

Luke: I should have said a dump truck. You know, getting back to the dump truck strong.

Annie: Do you feel like a Toyota Camry? What do you feel like in your throat?

Luke: I feel okay. You know, it's funny, most of the things that have ever happened to me in life, I wrote journals about like 10 years ago. One was 10 to 15 years ago that at some point I felt like I'd get sick. And I remember writing in my journal, "God, if I'm going to get sick, I'm willing to do it. I'll walk through it with you." All right, I got sick. Another one was, as I wrote that, "Lord, if you take my voice, you can have my voice." And I wrote these many years ago.

Joel: Please don't-

Annie: I was about to say you brought this on yourself, my guy.

Luke: So I stopped.

Joel: "Lord, if you want my life to be cut off, I'll do it for you."

Annie: Yeah, for real.

Luke: So I stopped journaling and I haven't had anything happen since.

Annie: I would love for both of y'all to speak to this. There have been multiple opportunities for y'all, for me, for a lot of our friends listening to lose or give up the thing that we love the most professionally. When you get to that crossing gate, whether it is you get another job offer, or you lose your voice or it's between album cycles—I mean, your new album comes out tomorrow—but it's between albums cycles, you go, "Are we going to keep doing this?" What's your conversations with God when you're deciding whether to stay or whether to go?

Luke: Man, I think you got to take this. You got to keep going.

Joel: Look, let me say this. Well, two things. Number one-

Annie: Take it, Luke. I got it.

Joel: You gotta put in perspective, by the way, if you're listening...Annie, and Luke and me we go back-

Annie: A decade.

Joel: ...easy. So there's a very rich understanding, a great depth there. I just want to put that out. We love you. And secondly, Luke is a very courageous chap and has walked through a lot. We all have, in different ways. But I just think he's very-

Luke: That's like the nicest thing you've ever said to me.

Joel: I'm trying to recover from the Ferrari comment.

Annie: No, no. That's very sweet.

Luke: I think that as I have looked back on just certain things that have taken place, if your reason for changing anything is because it's hard, you're asking the wrong question. If your reason for changing is you genuinely feel that God is saying, "This is it," you're done, you need to move on and do something else.

And other people are confirming through wisdom scripture. I mean, here's the other temptation is you just go to other people that are kind of going to affirm whatever decision you want. No! But when you're actually seeking out God, you're reading scripture, and you feel like God is saying, "It's time," then at that point, you move. The problem is, is invariably God is saying, "Hold strong,"-

Joel: Stay.

Luke: You stay. And because He's usually wanting to reveal something to you through the struggle... If this is the worst analogy ever, just call me out on it.

Annie: oh, good.

Luke: I was-

Joel: I love Luke's analogy.

Annie: Oh, I'm ready.

Luke: Yeah, yeah, this was going to go real bad. I was working on the house two or three days ago, and my son who—I got three boys and a little girl, Courtney and I—and my oldest, Jude, I said, "Hey, I got a project"... pretty manageable for a 9-year-old. It was going to take about an hour, and it was pressure washing.

So he's out there and we're pressure washing the deck and I put a little bleach on it. Hopefully that's okay. But I put a little breach on it and we're pressure washing the deck. And he's finished and I want to go and just touch up a few little things. He's done a great job.

And I sat there and I felt God really clearly say to me, "Luke, you know pressure washing, the pressure that comes from this machine is a little bit like my love for you. It cleanses you. It takes all the dirt, it takes all the grime, and it changes you."

Joel: But it can be sharp.

Luke: But it can be sharp, and it can be difficult, and it can be really refining.

Annie: Wow.

Luke: And it was just one of those moments where I was like, "I don't know why I need to hear that." But I felt that. People oftentimes run away from struggle, but it's in the struggle that you change. It's in the struggle that you do... You know, I think C. S. Lewis has a famous quote: pain is God's megaphone for change.

Joel: To rouse a deaf world.

- Luke:** And you forget those things. Because in America and the Western world, we're looking for ease. Another thing I've realized, you don't remember ease, you remember great struggle or great delight.
- Annie:** That's it. We don't remember the easy days.
- Luke:** Everything in the middle, you don't remember.
- Annie:** I mean, and that's annoying because what we want to do is remember all the very best days. I'm thinking about my own life as you're saying that. I'm thinking yeah, I mean, the very top ones I remember but 5% to 80%, I don't remember. It's the bottom 20 that changed me.
- Joel:** And the top.
- Annie:** Yeah, and the very top.
- Joel:** Which is ironic because it's usually that pendulum you swing out of the valley into the mountaintop and then back down into the valley.
- Annie:** Joel, I mean, you walk this with Luke the whole time. What is your experience of God watching your brother's voice? Because that directly affects your job too?
- Joel:** Well, it's interesting. So a little brief backdrop to Luke and me. Two of seven kids, you know, five boys, two girls. I'm the middle child. He's younger than me.
- Annie:** Where are you in the stack? So you're fourth?
- Joel:** I'm right in the middle. Annie, that's like-
- Annie:** And you're five?
- Luke:** Third youngest.
- Joel:** I'm OCD. I'm a perfectionist. And it's perfect because it's like Rebecca is at the top, Libby, five boys, and I'm right in the middle of the whole thing. But growing up, Luke grew taller than me by four inches, is a better sportsman than me, which delighted him. And in my opinion, got just a great voice. And I think if you put us toe to toe, a better vocalist, in some ways. We pair well. But that's just the makings of rivalry and frustration growing up. So we weren't very close.

It's actually music that really sort of brought us back together and gave us such a depth and consistent new depth of understanding of walking through, as Luke said, the delights and the hardships of all of it. I mean, we were just talking about touring off the air. Just the monster that is touring. We love it. It's one of the great combinations is being in front of people.

Annie: Oh, it's the best.

Joel: I mean, it's the only art. You make a film, they watch it, you're never together. You paint a picture, they see it, you're never together. Music and speaking, you have this moment in time where you're connected soul to soul, which we love it, but it comes at a cost.

So, since the band began, we've had this real great opportunity, obviously, to choose one another time and time again. But then in the moments of wife commenting, "I'm having a panic attack, I need you to come home," or I'm not right in myself or chronic illness or loss of voice or, you know, fill in the blank, we're able to choose each other in those moments as well.

I think the greatest way to define it, describe it is that whole adage that two is better than one because if one falls in a ditch, the other one can help them up. And what I've really taken a lot of pride in, maybe it's the older brother thing again, but is there's going to come a time. And there has been at points where I need, in different ways, need him. And it shows up differently I think for both of us because we have different personalities.

But I take a lot of pride in those moments of going, There was shows that had to be done without him. And we could still do them. And there was speeches that had to be made, award show without him.

Annie: Yeah, you won an award on behalf of us.

Joel: But there's actually a beauty in that. To me, that's life, that's partnership, that's being best mates, that's Moriah and me, that's Luke and Courtney. That's the Trinity, this thing of like we serve each other differently but we make up something much stronger than we are as individuals.

Annie: Yeah. Do y'all write music together too?

Joel: Yeah.

Luke: Yeah.

Annie: So what percent of the new album, *What Are We Waiting For?* Did y'all write all the songs? Are you on all the songs? Is it just the two of you? Or do you have co-writers too?

Luke: We write all the stuff together. And then usually, we'll have one or two other writers almost always. So the formula-

Joel: It's to break up the fights. It's me or him.

Annie: I believe it. I believe it.

Luke: You know, it's funny. I mean, music is a gift but it's also complicated. It's not always the easiest thing to do. But yet, I think for both Joel and I, we find it very fulfilling. But there are moments of crossroads where I come up with an idea, Joel comes in with an idea. And you've got to evaluate other people's ideas. And based off of the conversations that are happening just moments later, whether or not those ideas come to fruition or not.

And sometimes you're dealing with like, "Hey, I woke up with this and it feels very special to me." And somebody else can say, "Cool, it's not special to me." You gotta navigate that. So what I love about doing it, I love doing it as brothers because if you're just friends, you're going to have to fight, you'll just be like, "See you later."

As family, you got to do Thanksgiving together, you got to do Christmas, and it forces you to resolve conflict. I think for me personally, I don't think I was very good at resolving conflicts when I was younger. I'm not saying I'm a master now. But I've learned to lean into it. And I think our relationship and our friendship has become stronger because of that. And also because of music. Because it did bring us together in a unique way.

Annie: I think that's one of the things that those of us who love listening to your music and seeing you live, I mean, from start to finish of every record, it's both of you. For lack of a better word, it smells like y'all from start to finish. Right?

I mean, we were saying this before that what happens behind the scenes on the road, what happens on the bus, what happens backstage, what happens interpersonally will play out on stages. And for me, it plays out in books. Does it play out for you when you're writing songs, too? Is what happening backstage always playing out in forward-facing things?

Joel: It plays out in this regard. Particularly like with *What Are We Waiting For?*, for instance, when not the like... Just to set the record straight, Luke's not sitting with an acoustic guitar on a rainy day singing Kumbaya. That's not our MO.

We are sort of very methodical. We go through stages and seasons of writing and recording. And most of the time, as effectively and as efficiently and as aggressively as we get into a project, once it's done, we-

Annie: Eject?

Joel: We get out.

Annie: Same.

Joel: Yeah, with books, I'm sure you're the same. It's like, "Okay, this is it. I've done the thing." And I have to have that. But part of the key I think for us is you have to have these gaps in between to live. To your question, what you experience, be it backstage verse on stage, or in life and then on recording, or in your case, book, it does show up.

For *What Are We Waiting For?*, it was a very clear... We've been writing bits and pieces here and there, I should say but it was a very clear... It's like December 22, 2020, we were, speaking of tour buses, we were on the tour bus. We were doing drive-in dates because it was the middle of the pandemic.

And it was the second to last driving date and I was laying in my bunk at like 3 a.m., as you know, because you're trying to wind down everything, and just sense this like, Man, we need to talk as brothers about really going straight into the studio top of 2021. Just felt like there was so much life that we'd live, so much through the pandemic, so much relationship, you know-

Annie: Your body was full. You had to get it out.

Joel: Yeah, it was. And it literally, Annie, it was like this peeew. So we sat down in Florida, I remember it well, that afternoon and just said, "Hey, what do you think? We'll take a bit of time off in January and then we'll just basically devote most of the year to it." That's what we did. But it was clear for both of us. It was like, "All right, next one." Sorry.

Annie: Yeah, you're welcome. Sounds to go along with the feeling.

Joel: You're going to edit that out. Now, it was like, "Let's go." And you know, what was beautiful is one thing that had never happened on any record prior, so this our fourth studio album, is we were home. So every other time, you know, your back lens of the two of us, you're in the dressing room, or you're sort of in the in-between, and you just sort of chucking a vocal in here or doing a production there, writing-

Annie: Oh my gosh.

Joel: We just every minute of every day, you know, aside from being with family just got to tell him live and breathe it. I think it's a very sort of concise thought and idea on this record that we're really proud of.

Annie: What do you know about God now that the record is done that you didn't know before?

Luke: I think one of the things that I've realized a little bit lately is we always think of what we're going through right now is like the pinnacle or the worst of everything. It's just that you're in the middle of it, and you're like, "I don't know how am I ever going to get out of this. Life is like this." And you start actually telling yourself like, "This is how it is. This is what's going to be. This is how it's going to go, you know, how life is going to play out."

And what you realize is, is God's got you in this beautiful story. And at the end of the day, you don't actually know what chapter you're in.

Annie: Oh, say that!

Luke: And you don't know if you're in the third chapter. You don't know if you're in the first chapter. You don't know where you are. And so I think that this record has revealed a little bit to me that, man, to sit and rest in who God is, is a privilege and a beautiful thing because He can do so much in those little moments of, of, Hey, this is a season of that. But that's not maybe the next couple years.

I read a lot of biographies because I'm just fascinated with people's stories-

Annie: Like mostly dead people or do you like reading alive people too?

Luke: Mostly dead. I've got a lot of dead mentors.

Annie: Yeah, right. Same.

Luke: And I'm reading a book on John Newton right now who wrote *Amazing Grace*. And you read this guy's story and at every moment, like when he gives his life to Jesus, you think, "Okay, we're coming to the end of the story." That's like the second chapter.

This guy has this insane story that goes on for almost 80 years. I want to live a life like that. I want to live a life that has Luke as a child and these are the things that God revealed to me and showed me. Luke as finding the love of my life and we are raising these kids together and things. Luke is making music with his brother. But there's a lot of freedom and knowing well, what else could be? Because God doesn't want to just have dreams that are just stale. He wants new dreams.

And I think for me, I think I realized *What Are We Waiting For?* is wonderful to dream dreams. And they're life-giving. So dream dreams. Make God-sized dreams. Because I think in some cases, for Christians, we're scared to dream God's sized dreams because there's a fear of failing.

Annie: Yeah, because then who are we disappointed with? Not ourselves.

Luke: Correct.

Annie: With God.

Luke: That's right.

Annie: I don't know that anything has grown me closer to God and also been more painful than being directly disappointed with Him.

Luke: My 7-year-old son said to me the other day. We're driving in the car and he said, "Dad, when I pray, nothing changes." And I was like, "Oh, why don't we pray more prayers like that?"

Annie: Right. Where you can see.

Luke: But I actually thought, "Phoenix, pray that prayer. That's what David did." Like, "Man, I'm praying this and I need rescuing and you did not show up for me." It's funny, when your prayers get desperate, that's when prayer gets real. And that's when you see change. That's when you see things happen.

[00:21:30] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our incredible partners, Modern Fertility. Coming off a tour, I've got a bunch of annual maintenance appointments scheduled. You know, dental cleaning, checkup with my primary care, other things 41-year-old women are advised to do every year.

Okay, we're supposed to go to the OBGYN once a year for those annual checkups. But checking in on our fertility isn't usually a thing until we're ready for kids. And that's why [Modern Fertility](#) was created. It's an easy and affordable way to test your fertility hormones at home with a simple finger prick, mailed in with a prepaid label and you'll get your personalized results within 10 days.

You'll get insights into your hormone levels, your ovarian reserve, which is how many eggs you have compared to other women your age, and other important fertility factors.

The results go deep into what every hormone means. And you can also talk one on one with a fertility nurse to review your results and options for next steps. I think that was the most interesting part of the process for me was getting to chat with a nurse about my results.

Here's the thing, traditional testing with your doctor can cost over \$1,000. But Modern Fertility gets you the same info at \$159, which is mathematically a fraction of the price. And if you go to modernfertility.com/thatsoundsfun, you can get \$20 off your test.

Also, if you have an HSA or an FSA, you can put those dollars towards Modern Fertility. If you want to have children now or maybe one day in the future, clinically sound info about your body can help you make the decision that's right for you.

Right now Modern Fertility is offering our listeners \$20 off the test when you go to modernfertility.com/thatsoundsfun. That means your test will cost \$139 instead of hundreds or thousands it could cost at a doctor's office. So get \$20 off your fertility test when you go to modernfertility.com/thatsoundsfun.
[Modernfertility.com/thatsoundsfun](https://modernfertility.com/thatsoundsfun).

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 to get started. Again, that's anchor.fm or you could download the free anchor app.

And now back to our conversation with Joel and Luke.

[00:24:27] <music>

Annie: How does prayer play out for y'all professionally?

Joel: Very organized, very Pope-like.

Annie: Like road life. Do y'all pray as a tour together? Do you all separate and do your own thing as well? Like how are you seeing prayer getting you where you are today? How has prayer been a part of that? We're about to do the whole month of April on prayer. So we'd love talking about that.

Joel: Which is just a few weeks away. We'll help tee you up.

Annie: Yeah, that's right. You're teeing us up.

Joel: I mean, look, it's [unintelligible 00:24:59], right? Prayer it's this... you start out at the sort of that childlike level. I think I've come to this place of the question of what does it mean to pray without ceasing, number one. But second, it's a posture of how are you going into every day with a posture. It's not about the words necessarily as much as it's about...

Prayer is meant to realign and shift us back towards God, right? So even like grace for me... This is really weird, I'm going to admit.

Annie: No, I'm into it.

Joel: And Luke helped me do this a couple times. But I think in a modern context we don't really have a great grasp of great sacrifice of animal life or plant life to sustain us. So one of the things I tried to do is if we're having a meal with meat in it, it's like, "Hey, God, I want to thank you for the sacrifice of this animal that is sustaining my life. Or this plant that sustaining my life." It's a little thing, but it posture changes. Which is, I think is a lot to get us toward gratitude. But posture changes.

So on the road, for instance, we have a time beforehand, we try to get the whole team together. Because you know this, you have 30, 40 people on the road. Some people are on the concourse, backstage on stage, you know-

Annie: Napping.

Joel: Napping. So we try and have a moment where we just sit in it for like 20 minutes at dinner and just kind of walk through prayer or read a word. And then there is sort of this broken down the band will sort of gather up just right before for a moment.

The other, obviously, layer to it is just how do you have those... consistent points and offs on the road, it's those. But things like morning or before a meal or these alignment points that re-engage you with prayer that you can kind of carry through the day.

I think what's been fun for me is we sort of got away from the discipline of it didn't wait for a time just as sort of enlightened, woke people, God's always there and you know, God's my homeboy. Coming back to this place of like, actually, maybe there's something too like Daniel kneeling and praying three times a day. Maybe there's something to these liturgies of monasteries and what they're doing that actually is beautiful in the realignment.

And how can we take actually some of those ancient truths and apply them to this context? And I don't think it has to be this massive thing. I think it's just finding those points. Like my wife's out of town. Moriah is riding right now. And we try and connect at the top of the day and at the end of the day at very least, and text one another. I was driving in here and just, "Lord I want to play blessing over Moriah and coming in here." And all of a sudden, you felt that, like, okay, I'm back.

So I think if I could sum it up in a sentence, I would say patterns of prayer that are in the right posture I think pull us back into the rhythm of the Spirit.

Annie: At one of the Q&A this weekend, someone said, "How do I keep going if I don't feel God? Like I don't feel like God's close to me, what do I do?" And I was like, "You do everything that you've been doing." Tie yourself to the disciplines. If you will tie yourself to prayer and fasting and community and showing up at church and spending time in the word, like, tie yourself to those and the feelings will return. But the disciplines to me are the knot at the end of the rope so often.

Joel: Right? It's the great question of I think ancient civilization always operated under the guise of—and there are some issues with this nonetheless if it's left to itself—but operate under the guise of decisions and action leads to feeling. And we've completely inverted that. That feelings lead to decisions and actions.

And I think we're starting to see that may be venturing back towards like, Hey, no, no, you make a decision, you stand by the decision. And then at some point you feel the decisions you make versus being dictated to by just what you're feeling. It feels a little bit like a leaf in the wind when you're just like, "I feel this."

Annie: Yeah, yeah, yeah. It's not trustworthy. I often say my feelings can ride but they can't drive.

Joel: Oh, that's good.

Annie: I'll let them pick the music but they don't get to drive. I drive. Luke, you mentioned at the top of the show fasting. Is that a discipline that matters to you? Is that one that you've seen pay off?

Luke: I wish that I could answer "I'm that holy that I fast every Monday."

Annie: I don't think that makes a person holy.

Luke: But I don't. But I feel the need to.

Annie: Is season of fasting harder?

Luke: Fasting is interesting. Obviously in the Bible, it's mostly to do with food. In modern context, we say, Oh, I'm going to go on a social media fast, these other things. And those things are fine. Those are pretty dang easy for the most part.

Joel: Not for my wife. She fast for about six hours, I'm like, God, feed her soul.

Luke: No, no, no, I'm saying the social media and these other fast-

Joel: All the other things.

Luke: No, no, no, fasting from food is incredibly difficult. On modern context of fasting is I'm going to take something and I'm going to fast. And I'm not saying that we shouldn't do those things. Some of them are wonderful. But you know, fasting from food is difficult.

And part of the reason why I haven't had that much of a discipline for me is because there was a season where I was very, very sick. My body wasn't able to absorb the nutrients and so I had always gotten into this habit of feeling that I actually need to eat to just stay healthy.

Annie: Wow.

Luke: So in some cases, it's only in the last couple years that I have done some fasting, but not as holy as I should.

Annie: I think that's important for people to hear. It made it for me to see, you know, when you're talking about these disciplines, you forget the power of these disciplines. When I grew up, having the church teach me how to pray, for instance, we'll get back to that just as an example, you know, I'll never forget newly married and my wife and I pray together before we go to bed. And it's always out loud.

One day, she leaned over and she's like, "what was that?" And I was like, "What do you mean?" She says, "You sound like the Pope. No one prays like that."

Joel: We love the Pope for the record. There's been a couple references to the Pope.

Luke: I love the pope. I think he's a really good bloke.

Joel: I love the Pope. Pope Francis is fantastic.

Luke: I'm just saying you sound it's not you.

Annie: High churchy.

Luke: It sounds like in another language.

Joel: Yeah, it sounds Latin but it's English.

Luke: So I actually realized that the discipline of actually praying, but being true and real is incredibly powerful. Because you're not pretending to be somebody else. This is your life. This is your relationship. And I think, you know, fasting some of these other disciplines play a massive role, and we forget the power... There's a reason why people did these things.

It's important for us as, as you know, let's say a younger generation, to not discredit what other people have done for centuries. There's a reason why they did it for centuries. And with that, and I love the Pope

Joel: Here's the ping pong, the ping pong back to fasting, and we love the Pope. But we forget, speaking of ancient civilizations, that literally most of their life was devoted to figuring out how to eat and survive. Today, I want sushi, I go to the grocery store. I can have any type of food at any point in the day. And most of the time now it can show up at my doorstep. So food, it's not a survival.

So what do we do? We take food out of that. I mean, we still need it, no doubt. But you start filling it with, I mean, social media for some people, you start filling it with entertainment. What do we call it? Consumerism. So you consuming it? So it's still sort of going into you. So through your eyes, or through your mouth, or through your ears, wherever.

We go to Church of the City, and they did the 21 day fast at the top of the year. And one of the big things for us was media.

Annie: Wow.

Joel: Because you just realized you're just bent on media. And I think the point of it, maybe if I'm understanding it correctly, is what are things that when you're in those lows are those moments that you look to to survive when you should be actually looking to God to survive. So a lot of people went to food to survive. Well, in this case, I'm looking to survive, sitting in this I'm going to go to (fill in the blank).

So, Moriah, you have to check back in with us, but she came to me after and she said, "I think we should fast for 21 days every month from something for the rest of the year."

Annie: Wow.

Joel: Now, we've only gotten through two months.

Annie: Wow.

Luke: That's great though.

Annie: Yeah, that's amazing.

Joel: I commend her.

Annie: Yeah, but you have to do it too.

Joel: Well, we did sugar the last 21 days. So this is the first day... You can't see it, but I have a pile of doughnuts and chocolate in front of me.

Annie: Just pure sweets.

Joel: No, I don't. But we're sort of wrapping up that fast. And it's funny. And I think the thing that was said was, "Hey, anytime you have the ping," speaking of prayer, "pray." And it actually sort of works.

Annie: When I'm fasting food, when I feel hungry, that is my queue of like, okay, we're... This is what I say to my body, my flesh a lot. "I bet you are hungry. I bet you do wish I would give you whatever you want. We don't do that. You don't win. So I bet you are hungry and normally I would feed you, but today, something else matters more." So I have a full conversation with myself when I'm fasting and when I'm hungry.

Luke: Well said.

Annie: I'm thinking of the new album. When it comes to making a new album, where does prayer fit in when you're making this thing that you're going to be singing? So it comes out tomorrow? I'm sure you're touring it. Is that the next thing? I would imagine that is coming?

Joel: Yeah.

Luke: Yeah. Just a couple weeks.

Annie: So for the next year-plus of your life, these are the songs that represent God to people through you. So-

Joel: Thanks for making it sound so lightly.

Annie: Just another album, you guys. Just another one. Where do you see prayer mattering now at the album launch, at the making of it? I'm curious about the insides of you as you know this is coming out tomorrow?

Luke: Well, when it comes to making it, you know, one of the prayers that I frequently pray is, "God, if it takes the faith the size of a mustard seed to move a mountain, what does just a drop of your creativity look like?"

Annie: Wow. Oh, wow.

Luke: And I pray that pretty often before work on music. Because it's a challenge nowadays because there's a lot of people that question miracles, and the miracles still happen and so forth. One of my examples of the evidence of miracles in today's day and age is creativity. You can for the most part make-

Joel: And where does it come from?

Luke: You can make a computer do anything. I mean, even ordering food, as Joel said, I mean, it's going through a computer. I mean, you can... but-

Annie: There's 3D printers.

Luke: The 3D printers, yeah. But they cannot create something from nothing yet. They have to be told. They have to be told, "I'm going to merge a part of this, I'm going to make this house a part of this." But it's not something that is-

Annie: Someone has to bring the idea to the computer.

Luke: Somebody has to bring the idea. I'll go into a writing session a lot of days, and you go from the I have nothing, and then Joel and I will walk out of the room with something. Where does it come from? It comes from somewhere.

Annie: Wow.

Luke: To me, it's the mystery of Jesus. It's the mystery of God that you get to see... I think some people may be listening or like, "Well, I'm not necessarily deemed as a creative." Creativity is everywhere.

Joel: And there's different types of people in creativity. There are creators of creativity, but there are also people who appreciate and understand it and are moved by it. And so that's part of the miracle. I would say, like, our job and even what we're doing on this podcast is to shift sound waves. That's just magical in and of itself-

Luke: But I think that even so it doesn't matter in what job, married, unmarried, what kids you have. You can always implement some sort of creativity in all of this. I'm a big sports fan. I'll never forget Roger Federer was my favorite tennis player.

Annie: Did he just wing again?

Luke: No, he didn't. I wish he would but no.

Annie: No? I thought it was him?

Luke: Nadal Rafael-

Annie: Oh, it was. Wrong name.

Luke: And I don't like him as much.

Joel: Annie prefers Rafael.

Annie: Yeah, clearly by name.

Luke: But anyway, there was one point where I remember I played tennis growing up, and there was a commentator that said, "He's just so creative in how he plays the game of tennis." I remember thinking I was like, "He hits a ball." And if he sees a weakness, he exploits it.

But then when you watch him play the game, you go, "Oh, wait, he really is creative. He's creative." And he's probably not what people would deem as a creative. But where does it come from? Why does he make the impulse to do this? Why is he doing that? That's the mystery of God-given creativity.

Annie: I think that a lot in rooms like that, like 30 minutes ago, we started something that did not exist.

Luke: Correct.

Annie: Right? I mean, I'll say from stage or live show, you're about to have two hours where we make something together. And when we are done, we'll have something that did not exist. But I've never considered it part of God's creativity.

Joel: That's kind of the... I mean, not to go to a theory well deep within.

Annie: Oh, I like it. No, let's go.

Joel: But when you get back to the OG version of this whole thing, isn't that the point? That like we were co-creators? He didn't just go, "Hey, enjoy the garden, guys! Have a field day. Be consumers. Just eat it all and be done with it." He was like, "No, no, here's your job."

It just felt like from the beginning, there was always this sense of God creates you and me and then we create with God. And we continue the storyline of creation from that point on. I feel like this in music, but I agree with Luke. I think in any way, shape or form, the way you parent creatively, the way you do accounting creatively, the way you love your mates, it's all sort of creative expression that's pretty, I don't know, pretty magical really.

Annie: Yeah. I just listened to a podcast where the preacher was talking about the Father versus Son versus the Holy Spirit and how we pursue relationship with each of them. So when your sister was in here, thanks, when she was in here, she was like, "Stop calling me Rebecca. That's not what my friends call me." I was like, "Interested, tell me what to call you." I was like, "I'm all here. We already Marco Polo, we're everything to each other."

Where's the Holy Spirit playing into your lives? Where's the Holy Spirit playing into your work, into your marriages, into your families compared to Father and Son?

Joel: Because this is long form, and if you've made it this far, I hope we have a bit of credibility in saying some of this. There's the phrase "The Spirit is thick." And Moriah and I are always like, "What does that even mean the Spirit is thick?" It sounds slightly disturbing.

So in those questions, I kind of go back and say, Well, what is? Where is? What is? Does it show up? Does it disappear? Does it... you know? What is the Spirit? And what kind of nature does the Spirit have?"

One thing that's been really comforting to me is really... Again, I feel like one of the common themes of this podcast is looking back through history. One of the fables, I think, of looking back through history is that it has been so dominantly sort of a chauvinistic, misogynistic paradigm.

And it makes sense up until 100 years ago, everything was built on just sort of brute strength. You know, until technology, you just had to survive and guys are stronger. So there's the... But what if? And this my question was in relation to the Holy Spirit? What if this sort of mysterious Holy Spirit you have God in creation, obviously Jesus is there, you have God and Jesus sort of collaborating in creation. We get off track, Jesus comes in and says, "I'm going to reset things." Comes into a very male-dominated culture and as a man is able to communicate with men. I said this at the award show-

Annie: When you won and I lost. That one?

Joel: Yes, that one. That's the one.

Annie: I was making sure we were on the same one.

Joel: I was going to say it but I just didn't-

Annie: Just want everybody to know.

Joel: No, I didn't want to-

Luke: She's got the podcast, we don't.

Joel: Yeah, that's true. That's true. We are guests on your podcast, Annie. So in a moment where women are really pushed down, Jesus goes, "I'm going to celebrate my mum with the first miracle." First person I'm going to tell that I'm the Son of God to is a woman; I'm going to be anointed three times, a woman; I'm going to be funded by women, all my mates are going to leave me, women are still going to be there at the end my life. Women are going to be the first ones to race down to the world and tell the world the greatest news to man.

And then he says after that, "And I'm going to leave you. I'm going to leave you with a spirit that's actually going to do greater things than what I am." And so when I look at the spirit, and maybe this doesn't answer the question of-

Annie: Oh, I'm so into what you're about to teach me though.

Joel: Well, I don't know I'm teaching anything. I'm more maybe posing questions or making an interesting commentary on it. Isn't it interesting that if part of the fallout of God and humanity was this break in relationship, relationship in God and man, but also relationship with male and female. There's this sort of divergence that happens that has been throughout human history, that maybe just in this era, and maybe through the Holy Spirit that there's this sort of calling for a beautiful sort of reset of balance and an honoring in the way that the sort of the masculine and the feminine sort of reunite.

And it's I think, through the Holy Spirit. Because if you look at all of the attributes of the Holy Spirit, they're all sort of these beautiful feminine sort of... In a lot of ways like it's music. We feel the Holy Spirit when there's this emotional connect music. I mean, even Jesus is like, "I long to gather you under my wings like a hand." He's referring to himself as a woman. "I will gather you like a hand gathers her chicks under."

So I just think there's something to this idea that we've done the conquering thing as dudes and conquered cultures or relationships or whatever else. I'm excited to see through, I believe, the movement of the Holy Spirit this continued balance, once again of the spirit restoring this sort of OG balance between man.

Annie: Balance, yeah.

[00:45:41] <music>

Annie: And now back to finish up our conversation with Joel and Luke.

[00:45:49] <music>

Annie: Who's the easiest for y'all to be in relationship? God the Father or the Son or the Holy Spirit? Who do you pray to? Who's the natural, easiest relationship of the three?

Luke: Well, I think it's an interesting question. To be totally honest, you know, you have to go back a little bit to the way that we were raised. We were raised in a Baptist

church that didn't really teach much on the Holy Spirit. I mean, I think things that... It can get a little bit interesting. But things that are shifting and changing doesn't always serve the church congregation super well.

So sometimes we don't know what to do with it. We know it's powerful and we recognize this power. But at times, when I was growing up, you felt this kind of "I don't know what to do with this."

Annie: The Holy Spirit's the one that acts out.

Luke: I gotta kind of put, in some cases, I'm going to use a strong word, suppress to it. And it's only as I've gotten old, actually a lot through my wife, that I think she's actually taught me a lot about-

Annie: That's so interesting.

Luke: ...who the Holy Spirit really is and to look for it, to experience it. I mean, explain to me how you can go through a day and it can be a really, really difficult day and it can be one filled with anxious thoughts, anger, and then you can pray and there's peace, there's kindness, there's warmth, something changed.

And to me back in the day, I think I just used to look at that as "I guess I did something well and here we go." And now I think I'm learning a little bit more to go, huh, the Holy Spirit is an interesting phrase because we don't really know what to do with it. You have God, Jesus, Holy Spirit. Very mystical, very, not tangible. But to actually go, "Man, I feel that, I recognize it. And I love it."

And when I've seen moments of worship where it's a song that I've heard a thousands times, why am I in tears that time-

Annie: At this time, yeah.

Luke: ...but this time is different? I think C.S. Lewis in *The Lion, the Witch and the Wardrobe*, one of my favorite moments is when Lucy has gone to Narnia and she comes back, and she's telling all her siblings about it. And they sit there and they go, "Why is she lying talking to the professor?" And the professor says, "Well, is it in her nature to lie?" And they say, "No, it's actually not. She's very truthful." Then he says, "Well, then maybe she's telling the truth and maybe it's otherworldly."

In some cases, it's good for us to actually recognize that maybe this experience is otherworldly in a beautiful way. And you can attribute that to the power of the Holy Spirit.

Annie: Who is easiest for you? Do you have one that's easier to connect than the others?

Joel: This is a strange comment and I'm still working through this. But I put Jesus and the Holy Spirit with linked arms. To me, it's like, Hey, this is the helper. Wasn't it even funny that He says the helper?

Annie: Yeah.

Joel: And then you go back again and OG, God says, "Hey, I'm going to make a helper for you." And it's like, Mm. Here's the thing. To me, the Holy Spirit is extension of Jesus. The more I want to understand in some ways, strangely enough, the Holy Spirit, the more I feel like I got to dive in to really understand Jesus.

God very handedly through obviously these books that were written in a very Eastern way, very handedly defined the sort of masculine God. It was pretty intense stuff in there. I think the beauty of this sort of hand in glove of Jesus and the Holy Spirit of that really getting to the completing the nature of God.

If I had to choose, I'd probably say Jesus because I just feel like I understand the Holy Spirit through Jesus and I feel like the Holy Spirit is actually this sort of spin off of Jesus basically. It's like the omnipresent version of Jesus.

Annie: That's been all of Jesus. I love that.

Luke: You've been watching a lot of media.

Annie: Yeah, yeah, yeah. No sugar.

Joel: The no spins on.

Annie: I've been really interested in it because I am very visual. So a lot of times when I'm praying, I can see the thing I want to have happen so I have a direction or pray toward.

Joel: Same.

Annie: I have a very clear pictures in places of God and Jesus. And when I heard this pastor say that I thought, "I have never prayed in seeing the Holy Spirit." Like I don't have a relationship with the Holy Spirit like that. Maybe it's because it's feminine and I don't connect as well with feminine leaders as I do with male leaders. So I've been thinking about that. As you're saying that, I mean, I'm just having-

Joel: But isn't that the beauty of it, though? That's the point I think of the Trinity is like we all need slightly different perspectives on God, even at different points in life. Like I needed God growing up to be like the bad, you know-

Annie: Get it together.

Joel: ...get your stuff in order, young man. And now honestly, I think I need the sensitivity and the grace of the Holy Spirit so often. And so it doesn't feel like there's a wrong answer.

Luke: I guess that's the beauty in the Trinity, right?

Annie: That's right.

Luke: I mean, it all kind of works together.

Annie: Yeah. Yeah, they all are in such a relationship that we get all three of them and we pick one of them.

Joel: I will say this, though. And maybe we can close the lid on after this. I don't know. But I think this idea of the comings and goings of the Holy Spirit is really odd. I think we come and go all the time. Like I think we show up and sometimes we're really available to it and sometimes we're not. But I think it's the standing of the door-knocking thing, where it's like, "Hey, I'm here. And if you kind of show up, I'll be..."

Now, is there degrees? Maybe that's where you get into some of the semantics. But it just seems like he didn't say... I have felt the Holy Spirit show up in the oddest environments with the strangest people. That doesn't make any sense. And it didn't feel like he said, "I'm going to leave it with you but be a good boy, be a good girl, and do these things or it's not going to be there." No.

I think He is like, "I'm going to leave it with you. You're going to do greater things and you're going to see greater things than I could even do. And it's going to be

available to you." And so I think the posture correction for me is I think in I grew up with this, like, "If I'm a good boy..." No, no, that's there.

Annie: Is there.

Joel: And just the whole fight of this whole thing is to become aware of it. I think.

Annie: I think that sounds right. I'm learning with y'all. We've all been believers for most of our lives. And I've been sensing this thing and it continues today over the last maybe five days of like, "Oh, I'm about to learn something brand new."

I can feel that stirring inside of me, you know, where you're like, Oh, this is a whole new journey that I didn't know was coming. Or if you're talking about the chapters, it feels like God's like, "Let me turn a page in this particular part of your life where you're going to learn something all brand new." So y'all teaching me along the lines of what I was sensing.

Luke: When you are raised in the church, I think that there's a very tangible way of thinking that you've got it figured out and other people don't. One of the scriptures that haunts me in a good way to a degree is when he says, Who do you think he's going to understand grace more? The person who's lived this lifestyle over here or the person who hasn't really made many mistakes or perceived as making many mistakes. I'm paraphrasing, obviously.

Annie: Yes, yes.

Luke: And I sit there and I go, but I'm the same as that other person who's done horrendous things. But you have to when you're in the church—and you've grown up in the church—understand that your jealousy, your arrogance, your ego, your selfishness is just the same as the other person that you can fill in the blank that you thought did X, Y, or Z.

And so when it comes to learning, man, we should always be feeling the freedom of going, "God, I want to know more of your nature." And in the end of the day, that chapter that I was talking about, the last chapter is hopefully we know the nature of him the best before we get to actually experience that nature.

Joel: It come around to the full circle. It's the kid that you start childlike and then you become childless and then spend your whole life trying to become childlike again.

Annie: That's right.

Luke: I had a friend, just quickly, he said... This is two days ago. He came by. He's Australian. He's great. He's awesome. He's so cool. I know it's funny if we get Johnny. He's in radio down in Australia. It's interesting because Australia's a very post-religious, post-Christian culture. Other than like the Hillsongs and-

Annie: Right. Because a lot of us would think that Hillsong is a representative of the actual entire.

Luke: No, it's not. Not really at all. So we were very fortunate we grew up in a family of faith and generational faith. But this chap said... Hey, because they actually do an interesting on radio there. They play some sort of Christian spiritual music, and then they play just pop music, and they actually play it all on the same platform.

Annie: That's cool.

Luke: And there's some of the biggest stations in some of these towns. It's crazy.

Annie: Wow.

Luke: I know. So he said to me, "I was having this conversation with a woman in the grocery store the other day. She was just sharing with me, and I said, 'Hey, where are you at on the church?'" "Uh, I don't." "Where are you at on sort of just religious affiliation?" "Uh, I don't." This sort of surmises Australian. "Where are you at on Jesus?" She said, "I love Jesus. I understand Jesus."

Annie: Wow.

Luke: Again, we're all figuring this out, right? I think in this sort of coming back to the OG sort of reordering things, we've gotten really excited about the American church, the Australian church, and the personalities in the church and musicians like us and all this, which are all in some ways, you know, no harm, no foul until there is one and then it's a big problem.

But we can cause a lot of damage if we don't just get back to the OG of this thing. And that is this really starts and ends at Jesus. And you can do all the other things in the middle, you can be musicians and write books and be pastors and then be involved. And that's great. And we all need it.

You know, the hospitals and the amount of influence that the religious, arts, and the church has had on culture is, is magnificent on both levels. But when it all comes back to it, I think the hope is you can just go man, "I'm in on Jesus." And let's just kind of start and end it there. And we'll fill in anything around that. But it has to start there.

Annie: I had John Eldridge on a podcast say every day he prays when he wakes up, "Jesus in me, live this day." Every day. He's like, "That's the first thing I pray when I sit up or wake up is Jesus in me live this day." And I was like, "Oh, yeah, it just always comes back to Jesus."

Luke: Christian famous is probably the worst type of famous in the world. But when those people that we may look up to, let's put it that way, point to Jesus where the power is actually, there's very few sweeter. And that can be in your local community. That can be a best friend. That can be a pastor. That can be your cousin. It can be your uncle-

Joel: Or your brother.

Luke: Or your brother.

Annie: As the case may be.

Luke: That's what is real. That is what is true. And a lot of times, we're really good at building up subcultures of different things. But man, if it doesn't come back to forgiveness, if it doesn't come back to redemption and healing, we've lost the power.

Joel: Oh, we should start a whole other podcast on this whole topic... another time.

Annie: I was like, "I'm going to give you the space. Okay, next time. I'm making a note. Next time. What did we not say about the album that you want to make sure we say?"

Joel: Well-

Luke: Well, he's got a lot.

Joel: I got a lot to say. Look, we made for you, Annie, and for those of you that are listening. We're public servants. That's what musicians are. And we made it with a lot of heart. And we made it coming out of and more so into a new day. And our

hope is that we made a very holistic list of 13 tracks that it can be sort of a soundtrack as you really try to piece together your life and look forward relationally, spiritually, and everywhere in between.

You never quite know what's your best and worst work. Well, I think it's fair to say, look, we're awfully proud of it.

Annie: It's very good.

Joel: Thank you. Thank you.

Luke: She listened to half of each track.

Joel: She listened to the first one.

Annie: What a monster! Can you imagine if I listened to half of it? Yes, no, no, no, yes.

Joel: Your book is great. I read the foreword.

Annie: That's it. Written by someone else.

Joel: I got Johnny again, everyone. I got Johnny. Look, we are more serious about music and about the way that music can bring people together, the universal language of music. I'll go on one final tangent. And that is this whole thing, the whole predicament that we're in started with music. Depending on how you look at it as allegory or literal, but like the choir guy-

Annie: The choir guy.

Joel: ...took 1/3 of heavenly beings with him and started this whole rebellion that put us in this weird predicament. It started with-

Annie: One of your own.

Joel: It started with musicians.

Annie: Wow.

Joel: We feel like music is sort of one of those great gateways back to heaven, right? It's why every tribe, no matter how primitive or how advanced, always had rhythm and music to commemorate, to celebrate, to worship. And so we feel really honored

more than ever to be able to sort of be part of this magical miracle that is music. And we hope that this album sort of continues to make people look inward and ask some questions as we're asking and look up and find some answers, hopefully. And we'll do it together.

Annie: And if our friends haven't seen you live, it is... I mean, one of the joys of my career was that we toured together on and off for two years, and I got to see a live show every weekend. Y'all are just some of the very best at live shows. It's so fun. So I hope our friends will come to the tour, too.

Joel: Yes.

Luke: You're very kind.

Annie: It's true. Oh, I mean, it. Well, thank you. I will take that. But also, one of the benefits is that I got to go to a freakin country show every other weekend for a long time.

Joel: Honestly, that's one of the things we're most excited about it is again, music is the one area in the arts where you can have this moment, eye level, with those that you have invited into this creative thing. And we're so excited to get back-

Annie: And they're sticking long with you.

Joel: ...and see that. For the first time, that's what's so cool. In a couple of weeks, we're going to go out, and people have the record now for a few weeks. And we're going to get to see them for the first time sing these songs and sort of rally around them, which is great.

Annie: You're leaving me now forever thinking about faith musicians being the exact army that fights against the original.

Joel: Yeah, the OG.

Annie: I've never thought about that. Do y'all think about that a lot? Is that a thing?

Luke: I think that you think through the danger of it.

Annie: Yeah. Right. You're like, "If he..." That's interesting.

Luke: I've always said humans aren't designed to hear applause nor souls designed to hear applause. So you've got to do something with it. And essentially an applause is like they're casting their pearls to you. And if you're going to take them and hold them, beware. But if you take them and you can toss them heavenward, I think you-

Joel: It's the whole adage. If you stand in the air or hang in the air and hold a high voltage wire, the power just runs straight through your bones and out the other side. But if you try to be the termination point of the power, if you try to sort of harness that in you, you're burned from the inside out.

And you saw it tragically. You saw it with Whitney Houston. You saw it with Kurt Cobain. You saw it with Michael Jackson. And the list goes on. That it's such a powerful thing. Those two loose point, those sorts of things make you a bit reverent and frightened.

Annie: Yeah, for sure. Okay, the last question we always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you?

Joel: Eating something very sugary.

Annie: Yeah, I bet. Five donuts that's right there.

Joel: Oh, yes. I actually had some five daughters put in front of me this morning. I was like, "There is God-

Annie: Did you eat it?

Joel: Actually, no. I got to pace myself.

Annie: Coming back off of sugar, you have a migraine in seven minutes. You have to train your body to be re-addicted to a substance. So take it slow.

Joel: I'll take it slow.

Annie: But something sweet sounds fun.

Joel: That sounds fun.

Annie: What sounds fun to you, Luke?

Luke: Man, I love being home with my wife and kids. That sounds so lame. But that's fun for me.

Annie: No. We don't judge our fun around here.

Joel: Darling, I love being home with you too. It's just I've been on the first.

Luke: Joel wanted sugar instead of his wife. But-

Joel: I'm on both.

Luke: There you go.

Annie: 9-year-old boy, 7-year-old boy.

Luke: 4-year-old boy, 1-year-old girl. And then a fifth child is in the bedroom.

Joel: I was like, Fifth child?

Annie: I know. I was like, "Are we announcing?" I will take it. You guys, I'm excited about the new album. Thank you all for being here. I'm honored to have you on the show and proud to be your friend for a long time. Means a lot to me.

[01:04:57] <music>

Outro: Oh you guys, don't you love them? My gracious! Oh, they're just brilliant and thoughtful and kind. I just could not say enough good things about Joel and Luke. Truly I just am such a fan of them as humans and musicians. Be sure to grab *What Are We Waiting For?* wherever you listen to music and follow For King & Country on social media so you could tell them thanks so much for being on the show.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook, and now back in Nashville. The tour is over. 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, do something that sounds fun to you. I will do the same. Today what sounds fun to me is washing a lot of laundry. I've been gone for a while. It is time to do some laundry. And that actually sounds really fun to me.

Have a great weekend, you guys. We'll see you back here on Monday with the hilarious comedian, one of my dear friends, Anjelah Johnson. We'll see y'all then.