

Episode 377: Mandisa + Out Of The Dark That Sounds Fun Podcast with Annie F. Downs

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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. Happy Monday. We have got a great show in store.

Hey, don't forget there are still a few days left to send us questions for the prayer Q&A. Wow, the ones y'all have already sent actually have reshaped the series. And I'm so thankful we are changing how this thing goes because of questions y'all have.

So remember that that is all going to be in April. So we need your questions now because we are getting those gathered up. The links are in the show notes below. We are so looking forward to talking through a bunch of your questions that you're asking.

Sponsor: Before we dive into today's conversation, I want to take a moment and share about one of our incredible partners. This podcast is sponsored by [BetterHelp Online Therapy](#). You're going to hear more about how important this is to both me and our guest today as this episode continues, but being sure that we can take care of ourselves while also caring for relationships with others is crucial.

BetterHelp Online Therapy wants to remind you how much you matter in therapy is a great way to make sure you show up for yourself. My counselor has been an incredibly helpful advocate for my mental health and I want you to have that in your life too. You can find it through BetterHelp.

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This podcast is sponsored by BetterHelp and That Sounds Fun friends get 10% off their first month at betterhelp.com/thatsoundsfun. That's betterhelp.com/thatsoundsfun.

Intro: Today on the show, I get to talk to my friend and yours, Mandisa. You're going to remember her from the last time she joined us on Episode 171. It's a great one you should go back to listen to. Or you may have fallen in love with her like I did on Season 5 of American Idol.

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Man, I'm so so glad to get to follow up with her and hear again how she is doing, what she's been learning and creating. She shares it so honestly and beautifully in her new book that came out this month, called *Out of the Dark: My Journey Through the Shadows to Find God's Joy*.

I love spending time with friends who will get real with us. And Mandisa is a generous truth-teller about her battle with depression, how to fight for joy, and where she is today. This one means so much to me. And I think it will to you too.

So here's a really honest conversation with my friend Mandisa.

Annie: So for our friends who already have *Out of the Dark* and our friends who are going to get it, you write about Onsite in the book?

Mandisa: Yeah.

Annie: Me too. I love Onsite.

Mandisa: I did too, yeah.

Annie: I want us to talk about it. One of the things they talk about is your life change in two degrees. Do you remember them saying that to you?

Mandisa: Yes.

Annie: So I think a lot about what if we could actually see the two-degree shift?

Mandisa: So good.

Annie: Do you feel like you're seeing it all after doing the amount of work you've done on your own mental health? Do you feel like there's a two-degree shift yet?

Mandisa: I don't, Annie. I want to say yes.

Annie: I don't either.

Mandisa: I don't. But I think that's the thing about two degrees is that you don't notice it.

Annie: I know. I know.

Mandisa: So maybe when I look back a few years from now, I'll see it. But I don't. Right now I feel like I'm still in the mud trying to get through.

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Annie: Really? Every day?

Mandisa: Yeah.

Annie: When you think about your... And you write about this, but I also said to you before we started, if we talk about anything you don't want to talk about just say "just pass." Or I don't know, say something like, "Sounds terrible, Annie," and we'll move on to the next question.

When you think about your anxiety, your depression, do you scale every day?
"Today is a 10, I can't get out of bed. I can't do it today."

Mandisa: No.

Annie: No.

Mandisa: No. Honestly, I don't think about it, which is part of the problem is I just numb out. My favorite thing to do is to... Right now I'm rewatching *Lost*.

Annie: Oh, I've never watched it.

Mandisa: Oh, it's so good. I just love escaping. So I think it would be healthy of me to scale it. I think the big moments I'm starting to realize I need to take a look at how I'm feeling about these things. A friend of mine told me yesterday, her grandfather passed and she was talking about her grandmother and how she's never seen her cry out of sadness. That she's seen her cry out of just gratefulness to God. She said, she's so wholly.

And I just remember thinking, "Yeah, that's true. I love that she got-

Annie: And.

Mandisa: And I'm learning I actually need to cry about these things. It is wholly to feel what I'm feeling and not to just shove it down and ignore it. So I probably need to do more of "how am I feeling today?" If I don't want to get out of bed, I just don't get out of bed, to be honest. Like take a mental checklist of how I'm feeling.

Annie: The reason I ask is my brain, especially when it comes to how I think about my body, how I feel about my physical health, most days I have to say, if 10 is I can't care at all today, I have zero care and bring on the Oreos and zero is like, "I am motivated to be on this planet until I'm 170, so I will," right? So most days, I have to do that to go like, "Where are you, Annie? Where are you?"

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Mandisa: That's so good.

Annie: The reason I bring that up is I wanted to know where you are today.

Mandisa: Well, now that we're thinking through it-

Annie: You're like, "I wish you wouldn't have asked."

Mandisa: No. I love this. I remember this with you last time too. I feel like I left last time thinking about things that I don't usually.

Annie: And we left last time, and our friendship has remained true. And that makes me really happy. I'm glad that we sat here, we were like, "I'm keeping you. I'm keeping you too."

Mandisa: I would say I'm at a four.

Annie: Wow.

Mandisa: I mean, I'm out of my house, which is what I told you last time. Since last time, I don't think I had my dog Kiya.

Annie: No, you didn't. No.

Mandisa: So I have to care for her now. Like, I'm going to take her to the vet because she's not feeling well. I think I'm at the point right now in this moment, I don't want to think about being single. I think last time I was like, "I believe that there's a husband out there for me." I don't care right now. I'm just like, You know what? If there is, fine. If not, whatever.

I feel like my body isn't healthy. I feel like I can't stand for too long without my back hurting. And so I'm not great. So talking about mental health in this book, where it's called *Out of the Dark* as if I'm out of the dark, this was not easy. This pandemic, this being isolated away from people-

Annie: I love that you write about the pandemic. You're like, "I was bored for a pandemic." Everyone has to stay home and food comes to me and all we do is watch TV and trust God with our finances, bored for it. I died laughing at that, Mandisa.

Mandisa: I felt that. I feel that. It's not good for me.

Annie: No, no, it's not. Me too.

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Mandisa: I'm not thriving at all. I spend way too much money on DoorDash. It's so easy to just get everything delivered. The only time I really leave, I did have to finish my tour eventually. Even that was weird, because, you know, touring in a post-pandemic, like having to get tested every week and having to be careful with who you're around, that was just weird.

Annie: I know. We just did VIPs where the table had to be between me and the VIPs when we took pictures. And I was like, "I want to hug you. I want to hug you." It was just different this time.

Mandisa: Just different.

Annie: Hopefully as we go forward it'll get back.

Mandisa: I don't know what life is like right now, honestly. It's so strange in this... I don't even want to say post-pandemic because we're still in it. I'm still trying to figure some stuff out. Like I don't know-

Annie: Can I tell you my experience of you across the table right now is you may feel all those things, you are so bright today.

Mandisa: Annie, it's because you've got these windows. The sun is shining down.

Annie: These are the same windows that we have in every episode. You really are. And this was true last time. I think one of the interesting things about you is God has made you in a way that you just brighten the room when you show up and how you feel is true, but it is not what leaves with other people.

Mandisa: Oh my gosh. That's so-

Annie: You brightened us as soon as you walked in here for us.

Mandisa: I can't explain that. I don't have any concept of that. It's not how I feel. I did Good Morning America and T. J. Holmes, who is-

Annie: I love T. J. and Amy. I know.

Mandisa: So fun. That man is beautiful.

Annie: Is he married?

Mandisa: I don't know.

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Annie: I don't either.

Mandisa: It doesn't matter. He is not interested in me.

Annie: That you know of.

Mandisa: Well, okay.

Annie: Let's give it time.

Mandisa: I will just say he said something similar. And I'm like, you know, I think that's kind of a danger with mental health is, you know, it was a pageant queen, she was one of the-

Annie: She just jumped off a building in New York, yes.

Mandisa: And everybody said of her. I had no idea. But she is always so bubbly and she's so happy. I'm not pretending. I don't think she was pretending.

Annie: No.

Mandisa: I know that you never know what's going on with somebody when they're not around people.

Annie: That's right. Well, I thank you for bringing your lightness to us even if you don't feel like it. And I thank you for coming anyway. The singleness thing is funny because I literally just said to someone the other day, I was like, "I am currently Elsa." I'm like ice. I am ice. There is you either have to have some sort of heating elements or just wait a little bit. Because I'm in a little bit of a frozen zone currently.

Mandisa: I get it.

Annie: I wonder if you ever think about this. My worry is closing off my heart is affecting the rest of me. Do you ever think that?

Mandisa: Well, tell me what you mean by that? How so?

Annie: Oh, I'm just like, I think my body isn't responding well to my heart being broken and closed.

Mandisa: Well see, here's the thing. I don't know that that is similar with me because I don't really feel like I have options. Honestly-

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Annie: Oh, yeah, to be fair, I'm not beaten. They are beating down my door and I leaving it locked, Mandisa. If I presented it in a way-

Mandisa: When you say closing on your heart, how have you done that? Like, if a man came up to me and wanted to open my heart, I'll feel like, Yes, I'm open. But nobody's doing that.

Annie: Right. Me either. I think more I'm thinking, if you and I were going out to lunch after this, normal Annie would be scanning the room.

Mandisa: Oh, really?

Annie: Yeah, of like, "Oh, that might be good for me. That might be good for Mandisa." Now I'm like, "None of y'all."

Mandisa: Okay. I think my default is I'm so insecure about myself right now. My thought is, He's cute. It's not if he's an option for me. I can appreciate somebody's beauty without thinking that, Well, is he single?

Annie: You can look at the menu without ordering.

Mandisa: Yeah. Like what we just said about T. J.

Annie: Yeah, yeah, yeah,

Mandisa: He's beautiful. There's nothing in my mind that thinks that is an option. Whether he's married or single or not, it doesn't matter. He's not going to be into me.

Annie: Mandisa-

Mandisa: This is a counseling session. Seriously, how did this turn into a counseling session?

Annie: I've absolutely felt all that too. I've absolutely felt all that too. I just sat with my Onsite counselor. He just came in and did an episode with us for Valentine's Day.

Mandisa: Oh, that's great.

Annie: And one of the things we talked about was I have this soundtrack I'm saying to myself: I am easy to date and I'm fun to love.

Mandisa: Wow.

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Annie: Do I feel that? But we have to say that, right?

Mandisa: One of the things when I left Onsite, and I still have them up on my mirror, a little sticky note of these affirmations. And one of the things that I have on there is "I am marriable." However, I realize it's just... I mean, it's been there for years now and I don't know that... You're right. It's not whether or not I believe it. It's something about affirming it maybe we'll make it stick eventually.

Annie: Yes. I think that is what I'm banking on. When I read *Out of the Dark*, I wrote the line that I think you will be friends with King David.

Mandisa: I feel that. I love David.

Annie: I know. So what you're doing, I mean, the affirmations, that's what he did. Bless the Lord, O my soul.

Mandisa: He also would say, "I need you to slay these people that are coming after me. Why are you leaving me? Why am I so alone?" Absolutely. That's why I love him is that, yes, he would have those moments of just joy and praise.

And he was the one that would dance and his wife, Michal thought that you'd lost his mind. He was dancing before the Lord. And I feel that way at times. And then I also feel the "Why are you so downcast, o my soul? I feel all of that. So that's why I feel like I relate today.

Annie: Who else in the Bible when you think through you're like, "I would like to be friends with them when we get to heaven."

Mandisa: I think I'm Debra. She was a judge. She has two chapters in the book of Judges, but she just was strong and powerful. She didn't try to do it all herself. Like she got people around her and lifted them up. So I just appreciate a good strong woman.

Annie: Okay, between Peter and Paul?

Mandisa: I think I'm more Peter.

Annie: Me too. I'm like, Paul, everybody else's in line for you. I will catch you in a literal millennia. Like when everyone else has done talking to you, I would love a conversation. But I'm coming in spicy.

Mandisa: Peter would pop off.

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Annie: Peter and I, we're going to be bros. I can't wait. He is edging over waiting on you and me to get there. We're the people Peter wants to be friends with.

Mandisa: It's true. Absolutely.

Annie: He can't wait for us. I'm totally with you.

Mandisa: And he would make mistakes and he would feel horrible about it. And then eventually Jesus would bring him grace and forgiveness and he would go and do something great.

Annie: When he cut the guy's ear off, I'm like, "I get it."

Mandisa: My favorite Peter moment.

Annie: Because I'm like, Guess what everybody else didn't do? Defend their best friend, Jesus. So let's go, Peter. And then Jesus healed it because He can.

Mandisa: Exactly.

Annie: I know. Peter would date us. He's married. He's married. Married. Married. Very married.

Mandisa: We don't know much about Peter's marriage, do we?

Annie: No. We don't know much but it existed. So we got to have boundaries.

Mandisa: Yeah, you're right.

Annie: He had a mother-in-law, so we know.

Mandisa: Okay.

Annie: Have you watched-

Mandisa: *The Chosen?*

Annie: Yes. That's what I was about to ask you.

Mandisa: I literally thought the exact thing. It's so fascinating for me to-

Annie: You sang on it. Didn't you sing on it?

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Mandisa: Yeah. They did this Christmas Special. They did one this year, but I did one the first year with them. It's fascinating for me to think about what their lives would have been like outside of just what we read about in the Gospel. That's why I love *The Chosen*. I feel like it made scripture pop off of the page for me and it made me go back and research what was really happening.

Annie: I haven't watched all of it but what I have watched is very... Someone said it's like the Bible meets *This is Us*.

Mandisa: Can we talk about the best TV show of all time?

Annie: Are you watching it?

Mandisa: Absolutely. It's my favorite.

Annie: It's the last season. Today is a Wednesday we're recording but I didn't watch last night's. Did you watch it last night?

Mandisa: I did.

Annie: Is it about Kate?

Mandisa: Yes.

Annie: Here's the thing I keep going back to. Listen, we're going to get... Hot takes on *This is Us* from Annie and Mandisa. You have a podcast already.

Mandisa: Yeah.

Annie: I actually also do. But maybe we can start a TV pod.

Mandisa: I'm so with that. I'm so with that.

Annie: Because we got to talk about *This is Us*. Because do you remember a few seasons ago, they showed her husband in bed. Like he was depressed and couldn't get out of bed.

Mandisa: Toby.

Annie: Toby. And then last season, at the end they show her marrying someone else?

Mandisa: Yes. You said you haven't watched.

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Annie: No, but go for it. Okay, fine.

Mandisa: He works in San Francisco and they live in LA. It sounds like that is the crux of the issue.

Annie: Certainly.

Mandisa: I don't know what's going to happen... the British guy that we know that she's eventually going to marry. I kind of wonder if he could be related to Madison.

Annie: Oh, to Madison.

Mandisa: Oh, no.

Annie: To the girl who had a baby with her brother. Who's your favorite character on there?

Mandisa: Randall and Beth. I kind of want them to have their own spin-off.

Annie: I'm not willing to give up Beth. I'm willing to give up the rest of *This is Us*. It's been very good. I love Mandy Moore. I think Mandy Moore has been an incredible actress. I mean, she really is the crux of the show, right?

Mandisa: Yeah, for sure.

Annie: I mean, she's the one who's in every single episode.

Mandisa: And all ages. I love how we see her as an older woman. She acted her tail off. A couple of episodes when she sat down on the table and had the hard discussion at the cabin, she needs an Emmy for that.

Annie: How do we make that happen?

Mandisa: I think people are calling for it for her.

Annie: Okay, good. I think it needs to happen. She's extraordinary in that show. She's who I'm most sad to lose.

Mandisa: Do you remember her, though, as the pop star Mandy Moore? It's hard to even-

Annie: Candy. Yes. Are you kidding? I loved her.

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Mandisa: It's funny to think about people like that and Will Smith, how people think of Will Smith as an actor. I'm like, I knew him as the freshman.

Annie: And also Bienvenido a Miami. I loved that song.

Mandisa: Will's parents just don't understand. Like, that was the in summertime. Summer summer summertime.

Annie: I mean, I'm dreaming of our pop culture podcasts so hard right now.

Mandisa: I would love that. I'm all about it.

Annie: I might need to pray about it. What is your podcast called?

Mandisa: It's *Out of the Dark*. Same as my book. I have an album called *Out of the Dark*. It's all about mental health in the body of Christ, particularly because there's a stigma around it either way.

Annie: Do you feel that still?

Mandisa: Absolutely.

Annie: Okay.

Mandisa: Well, I may put it on myself more than anybody else's.

Annie: One of our themes today is what you put on you. So you feel there's a stigma?

Mandisa: I do. I think there is a thought of your faith isn't as strong.

Annie: Wow.

Mandisa: Just, you know, "Trust Jesus. What do you have to be sad about? You've got the joy of the Lord." All of that is true and sometimes life is hard and sometimes you're just in your feelings. I think the way that God would respond to somebody who's struggling with depression is very different than a way I think a lot of Christians do.

Annie: What would God do? What does God do? How does God respond?

Mandisa: I imagine Him saying, "Just come to me, Annie," and curling up in His lap and stroking. As opposed to, "Don't you know what my Bible says? Don't you know that this is what I say in My word." I think it's less of a pointing a finger and more of opening arms.

[00:18:58] <music>

Sponsor: Hey, friends! Just interrupting this conversation real quick to share about one of our incredible partners, [Rasa](#). I want you all to have a great day. And having a great day really depends a lot on keeping your energy levels up throughout the day. It's just that there are so many things that can be real that, like a fuel in the morning, the stresses of daily life, caffeine jitters, and the subsequent crashes. I ate bread for lunch, and now I need a nap.

Well, I've found a great solution that I want to tell you about. It's called Rasa. Rasa is the adaptogenic herbal coffee alternative that uses the power of adaptogen to energize you, helping your body deal with stress. Adaptogens are herbs that grow and thrive in stressful environments, me too, and they help your body cope with stress by giving your body what it needs in the moment.

Fascinating, right? And they're most effective when consumed regularly and consistently, which is why Rasa can be an amazing addition to your daily routine.

They've got so many varieties to choose from, which means there is a perfect Rasa blend for your schedule. Super happy sunshine blend is a perfect way to start up your mornings and boost your energy and mood because it supports serotonin and dopamine levels. And it has this rich lemony-like taste. It's like sunshine in a cup.

And the one that Staff Boss Ashley likes is called The Calm Blend. Y'all, if y'all know her, you know that that makes total sense. It's the one you use if you're in need of deep relaxation after a busy day working with us. I get it. Ash says it's like an earthy vanilla tea and a nice deep breath at the end of the day.

They even have a quick quiz on their site to help you find the perfect Rasa blends for you. And you know, we love a quiz. I can't wait for you to try Rasa right now. And for a limited time you get 20% off your first purchase.

Just go to wearerasa.com/thatsoundsfun today and use my special promo code just for our friends here at That Sounds Fun, THATSOUNDSFUN20 to get 20% off your first purchase. Again, just go to wearerasa.com/thatsoundsfun and enter the promo code THATSOUNDSFUN20 to get 20% off.

Sponsor: And I have another amazing partner to tell you about, [Curology](#). Okay, who has time to fit in yet another appointment into your busy schedule? I know. I appreciate anything that delivers progress and convenience. And Curology does just that.

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Curology makes medical-grade skincare more accessible from the comfort of your actual couch with their custom approach to care. They are a teledermatology company that pairs members with a medical provider trained in dermatology and they harness the magic of the internet to help you move forward in your skincare journey without having to muddy up your calendar. It's a simple win but it goes a long way.

When I started using Curology a little over a year ago, I couldn't believe that just answering a few questions and sending in a couple of makeup-free selfies could lead to an amazing personalized prescription product being delivered straight to my door. In fact, it got to my door yesterday. And not to mention that this cream for the skin tone and texture issues I was looking to address or so amazingly well.

Curology is game-changing custom skincare made for you by a dermatology provider and they'll create a custom prescription cream for your specific goals whether that's tackling acne or clogged pores, skin texture, dark spots, fine lines, or something else. You start by taking a short online skin quiz, you know we love a quiz, and then you upload photos and if it's a good fit, they'll ship you your formula right to your door. They even have your name on the bottle which I love. That sounds fun, right?

When I did the free trial that got me hooked on Curology, I loved the personalized cream also came with a cleanser and a moisturizer that leaves my skin feeling glowy and hydrated. And these little blemish patches that magically make those trouble spots disappear overnight. I'm telling y'all every night I am looking for that moisturizer. I love it.

So 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 prescriptions are subject to consultation.

And now back to our conversation with Mandisa.

[00:23:06] <music>

Annie: You talk about prayer a lot in the book. We are about to spend the whole month of April talking about prayer on the podcast. On your days when you stay home, on the days where you feel like you can't do much, what are the spiritual disciplines? Is there any prayer? Is there any God high?

Mandisa: No. Sometimes when I feel the shame of it, or sometimes if something strike me... You never know. I love how God can get your attention with anything. Something

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will come on a television show that will remind me that God is there and missing me. I think for so long I made my relationship with God like a Sunday morning, memorizing Scripture, reading your Bible. I believe in all of those things.

I think what I have missed is sometimes it's just cool to hang with Him. Like even imagining Him sitting on my couch and watching TV with me. That can sound kind of kooky but I think that's what He's after with me is I love the disciplines. But you can just kind of be with me as well.

Annie: I mean, I think that in my best days and worst days, and all the middle ones, I totally have to release myself from the things that you grew up thinking had to happen don't have to happen today.

Mandisa: Sure.

Annie: Like skipping church is really hard for me. And I wish it was like, Maybe it's hard for me because of the connection, because like I love serving. No, it's hard for me to skip church because I think there's a rule that you're not supposed to skip church. And so you are offering me a lot of freedom in what you're saying.

And that's what *Out of the Dark* did for me too is it just offers a lot of freedom to like, your life is actually your life, and that's okay.

Mandisa: I think it's interesting the word discipline has such a bad connotation, right? Honestly, in the moments where I do spend time in the Word and where I do pray, I do feel better. It's in those moments where I feel like I can't get out of bed, that's just the last thing that I want to do.

And it's in those moments that I want to say, Jesus, can we just hang? And I don't even know what that looks like. But I think I'm such an all-or-nothing kind of girl that it's like, Well, if I'm not spending an hour in the world, and if I'm not on my knees, then I just need to be laying on the couch. It's like, No, you can-

Annie: Oh, this morning my 30 minutes that I had, I sat in my chair, I had my tea, and I scrolled Instagram the whole time. And I was like, Hey, I got up and I literally said, "Hey, you dummy. You just use your only 30 minutes that you had set aside to be on Instagram. So well done. And then I went and did my hair because I was like, "Well, you should..."

So even on the days... What is it the CAIN sings? On my best days, I'm a child of God, and on my worst days... I'm like, Yeah, today was not one of my best days in that.

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Mandisa: Again, we were talking about *The Chosen*, you know, I know that Jesus calls us... He makes us accountable but I just don't think it's the shame. Let me just make this about me. It's not the shame that I put on myself. It's "I have something better for you, Mandisa. And I kind of just wish that we could be together without you beating yourself up." I'm trying to get to that place.

Annie: I would also like for you and I to be together and not beat yourself up. I want that too. I think Jesus wants that a lot, a lot, a lot. I mean, I love being with you. And so don't beat yourself up. When you're still in the middle of it, how do you write a book?

Mandisa: It was really hard. I co-wrote it with Suzanne Gosselin, who, God bless her, she's a saint.

Annie: I think she's awesome.

Mandisa: Oh my gosh, I don't know how I would have done this without her. She's from California but she came and we've spent two days of me just telling her my entire story. She recorded it. So she would write out by chapter and then send it to me. And then I would scour through it and change things and edit things.

I was so bad at it, Annie. I wasted too much time, I missed deadlines. I didn't want to talk about certain things. And she just kind of pushed through this. This book was actually supposed to come out a long time ago but it was really, really difficult for me to get through. It's the subject matter.

Like revisiting these things that I would like to forget about was very hard for me. I'm a great procrastinator. I just got putting it off. But eventually, chunk by chunk, I finally did it. But it was not an easy process. It was very difficult.

Annie: I think writing books, it's harder than people know. Especially when you're writing memoirs, where you're like, "I have to go back to that heartbreak or to that victory that I'm not in today.

Mandisa: Yeah, exactly.

Annie: I thought about you as I was reading. Obviously, it's your book. But I thought about you as I was reading of like, man to tell these high highs, but to be editing it from a place-

Mandisa: Of low.

Annie: Right.

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Mandisa: Again, it's the shame of Oh, I wish I could be back there. I had some great moments. I don't want people to think that this all just glom and drum, but-

Annie: Not at all. It's a beautiful book. It is about getting out of the darkness. It really does bring light.

Mandisa: Which would be great if I was in a great place when I was writing it. But even talking about the great things that happened, I was like, "Man, I just wish I could snap my fingers and be back in that place."

Annie: I know.

Mandisa: But remembering how I got there, that was important for me.

Annie: Wow.

Mandisa: So I have to believe, you know, some good is going to come out of it eventually. And I think reflecting on the process for how I got out of it is important for me today.

Annie: Is touring on the horizon again?

Mandisa: Not right now. I think, you know, when the world got shut down and the tour that I was on got postponed—we just finished it a few months ago—I'm not really a fan of touring in the pandemic right now. It's just too much work and having to keep up with in this church. They actually had a sign that says, "Please do not wear your mask on this church. You have to wear a mask." It's hard to keep up with all of that.

I probably wouldn't want some new music out before I tour again, which, again, nothing on the horizon right now, y'all. But I think it's coming. I want to have something to say. And I don't really have a lot to say. I feel like I fit everything in this book. So I want to be able to write from a place of health. And I'm just not there right now.

Annie: My guess is—I might be wrong. I'm just guessing—that what is stirring in you right now and what we get next is going to be... I mean, *Out of the Dark* is such a powerful book. And we go from strength to strength of the things we make, right?

So, when people are like, "What's your favorite (whatever you make), you're like, "Well, the one I'm working on right now because it's the most me." So I'm like, man, what is stirring in you that we're going to get in music or in tour or in book

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form or in podcast form in the next couple years. It's interesting because music I feel like it's changed a lot.

Annie: Oh, I can't imagine the difference from when you started to now.

Mandisa: It's so weird. I was listening to K-Love recently, I had been listening to Air1, they play more worship music and they're very diverse, which I'm all about. So I love that you can get some country twing kind of worship, and then you've got some black gospel kind of worship. I love all that.

But I was listening to K-Love recently and I had not listened to it in a while, and I was like, "I don't recognize a lot of the sounds. I feel like there's more of a country thing that is going on." Not that I need to. I'm not going to ever be country. I don't know where I fit in music right now.

Annie: Oh, wow.

Mandisa: It's hard to think that, you know, on my best days behind me, I think I've been doing this for long enough now that I'm starting to wonder, "Am I going to again? What would I sound like?" The music that I think I have made, I don't know that it fits anymore with what you're hearing on the radio. Maybe it's not even a radio thing. Like maybe it's just... I don't know. Maybe it's something else. Who knows.

Annie: Will you tell the story from the book about when you emailed everybody in radio

Mandisa: Yeah.

Annie: That is so powerful.

Mandisa: That was a rough one. In the pandemic, where it felt like there was a different black person that was killed on a regular basis, I have experienced that. As a black woman, that's been a reality that I've known for a long time. But for some reason, it felt like in the pandemic, everybody was noticing it. It was really talked about.

Annie: The reality being racial injustice?

Mandisa: Yes.

Annie: Okay.

Mandisa: It felt like people that I'd never heard talking about such things were actually talking about it.

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Annie: Myself included.

Mandisa: Well, you've always been somebody that you would talk about these things before. I remember us discussing this before.

Annie: Yes, yes. But I think we all had to get braver and more honest with ourselves.

Mandisa: Well, I just remembered thinking, I'm a black woman in an industry that does not have a lot of people who look like me. And I think that this is kind of for such a time as this moment, like, what can I use my platform in any way to maybe show that there are other artists who I love and who I think would fit on the radio station as well?

So I put it off for a long time again. Again, I'm a great procrastinator. I felt that little nudge of God saying, "This is something that I actually want you to do." So I wrote a letter to CCM Radio encouraging them to play more artists of color. And then I kind of gave them a list of some of the artists that I had in mind and some of their songs. My thought was, "Well, there goes music for me. They're not going to want to play me."

Annie: You really thought that? You hit send on those, and you thought, "This was the right thing to do and it just cost me everything."

Mandisa: I think I thought it could cost me everything. It could be that people are offended and don't necessarily want to play my music for fear that I'm going to... I don't know. I don't know. I didn't know how it was going to be received. But I had a fear that it would not be received well.

And I was very surprised when I invited people if they wanted to talk further to contact my label and they would put together a day of interviews. I was floored at how many people wanted to talk about it and floored even more so by the people who said, "These are actually things that we have been wanting. And finally, I feel like we have an opportunity to talk about these things."

So for such a time as this, it was scary, it was worth it. And I don't know that the light switch was flipped and everything has changed. But I think it opened the conversation. The same thing with this book. I just want us to be able to talk about these things. And so it's starting to open conversations about these things in an industry that I think should be open. I think God cares so much about diversity and he made us all so differently.

I don't think we should shy away from that and act like, you know, we're all the same and that we don't see color. I think we should celebrate it. So I think our

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industry is one that can make it happen with more inclusion with the music that we play.

Annie: It feels like Maverick City is one of the groups that's kind of leading the way on that. They're teaching us... Every video there room is full of lots of different people.

Mandisa: Totally.

Annie: They're all young, they still need to do some age diversity, right? Because they're missing out on some really beautiful singers that are older than us. But I think they are doing such a beautiful thing to say to us, like, just watch. Just watch what happens when we are all. And all the songs sound so different.

Mandisa: Absolutely.

Annie: It is wild to me.

Mandisa: I love that. They're my favorites right now for that reason. I just think they're showing us how beautiful it is when we actually can come together. And you're right, it doesn't all sound the same. Every song sounds different.

Annie: Every song is different.

Mandisa: And I think that's what we should be looking at. I think that's what Jesus... I think that's what celebrates Him the most is, look at how beautiful is for this same message to be spread in all of these different ways? It's really beautiful.

Annie: Who else do you listen to? Anybody else right now that I don't know?

Mandisa: Probably not that you don't know.

Annie: Maybe.

Mandisa: Anyone that you hear on Air1, lots of diversity in worship. The Belonging. My church they always have great music that I love. I think Maverick City and The Belonging are probably my go-tos.

Annie: Man, I love the stuff that The Belonging writes. I think it is really good. When you go to church. Do you go on the Tuesday night? Or do you go on the Sundays? Or do you want people to know when you go to church?

Mandisa: I go online right now, honestly. But it would typically be Sunday before the world shut down. Tuesdays were great because I was always on tour.

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Annie: They've done such a beautiful thing serving the touring community here-

Mandisa: Absolutely.

Annie: ...by having a Tuesday night church. Whenever I go on Tuesday, I'm like, "Well, hey, all of us that are on the road. Good to see everyone. Everyone from tour."

A friend of mine was there two weeks ago and he texted me partway through the worship and said, "I'm so mad you're not here. I can't believe you're missing this." And I was like, "Guess what?" I turned it on the live stream. I was like, now I'm there. I just love what they're doing.

[00:37:11] <music>

Sponsor: Hey friends! Just interrupting this conversation one last time to tell you about one of our incredible partners, [Athletic Greens](#). I'm always on the lookout for ways to support my immune system. And I have found one that does that, plus a ton of other good stuff for my brain and my bod. And that's just one serving, you guys.

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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.

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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 finish up our conversation with Mandisa.

[00:40:24] <music>

Annie: In an industry that has so much worship coming out right now and... what's the other version of music that's not worship CCM? What do y'all call them non-CCM? Because you're not singer-songwriter?

Mandisa: Most of my songs are like the pop CCM. It's more horizontal. It's more me encouraging the audience. Like, you're an overcomer. This is going to make you stronger. It's a good morning as worship is more vertical.

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Annie: Got it.

Mandisa: It's talking directly to God and extolling who He is. That's how I differentiate it. I know not everybody's define-

Annie: Why is the vertical so much more popular right now?

Mandisa: I don't know that it's popular. I can just say, for me, being able to talk directly to God and say who He is to me, that is just resonating more with me right now. I love pop CCM.

Annie: Oh, I love it so much. I love it so much. I want to go to everyone's shows.

Mandisa: Totally.

Annie: I always want to be at CAIN shows. I always want to be at Tauren Wells shows. I mean, I want to be at Natalie's show.

Mandisa: It's fun.

Annie: I mean, when we hear Natalie Grant sing-

Mandisa: Come on.

Annie: How? How does that live in a person? I feel the same about you. How's that live in y'all?

Mandisa: For me, it's when she's leading worship. She's just one of the most anointed worship. I mean, beyond the voice—don't even get me started on the voice—it's when she is leading in worship. That is my favorite version of Natalie grant. She's one of my favorites. Sorry, one little caveat there. Her national anthem. I mean-

Annie: Listen. Do you know that Georgia Bulldogs are my team? That's where I went to school.

Mandisa: Really?

Annie: Yes.

Mandisa: I did not know that.

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Annie: I said, "If we win this game, it is for sure because of you. No question is because of that national anthem."

Mandisa: So good.

Annie: That was unbelievable.

Mandisa: It was like rivals-

Annie: Say it. Say it. I know what you're going to say.

Mandisa: I'm going to say Whitney is the best of all time.

Annie: I know. Whitney is the best of all time.

Mandisa: On singing it, Natalie comes really close.

Annie: She comes so close. I knew that's what you're going to say. And Whitney, rest in peace, but Natalie brought the house down singing that national anthem.

Mandisa: For sure.

Annie: Bernie said there's a word that when you hear the person sing it, you know how the song is going to go by the first word. It's like-

Mandisa: By.

Annie: By. It is by. By the dawn's early light. It is by. I kept thinking it was B and I was like, "It's not in there." How do you know that?

Mandisa: I don't know. It just seems-

Annie: You just knew. Mandisa, that's exactly what he said. He was like, "I knew when she hit that "by" that we were in for it."

Mandisa: That's fantastic.

Annie: That is wow.

Mandisa: So good.

Annie: Have you done the national anthem a bunch?

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Mandisa: I have. I sang at the Titans game when we have the Thursday night football game.

Annie: We have to talk about the Titans.

Mandisa: Do we have to? I'm bitter.

Annie: I know. I know. But it's about to be season again before we know it. They went so far.

Mandisa: I know, Annie, but not far enough.

Annie: I know. I know.

Mandisa: It's funny. 2019 that was when Ryan Tannehill took over. That's when we made it to the AFC Championship game and nobody thought we were going to be there. It was in 2021, I had some expectations. I wasn't all that disappointed when we got out the first round.

Annie: You knew it.

Mandisa: I really, really thought-

Annie: And you sang them now on a Thursday. You were like, "Here it is."

Mandisa: On Thursday night football game where we came back and we won. It was against a 40 Niner. I was like, you know, we were missing Derrick Henry. So when 22 came back, it was the year 2022, it had been 22 years since we'd last won in the Super Bowl. I was like, "This is it."

Annie: It's just so hard.

Annie: The love connection between you and the Titans person who runs their Twitter account is so real. I love watching their Twitter. I'm like, "Oh, Mandisa and the Titans Twitter person are besties."

Mandisa: His name is Nate Bain.

Annie: I know. I know. I knew you knew. I knew you knew.

Mandisa: I love them. I'm very concerned because the AFC now has everybody. I'm sorry for everybody who doesn't watch football in this moment.

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Annie: Listen, who cares? There are some people who don't watch football and there are some people who don't watch *This is Us* and they're here with us.

Mandisa: You're right. So because of the AFC, everybody's moving. We've got Russell Wilson. He left the Seahawks. Now he's in the AFC.

Annie: It's wild.

Mandisa: In our division now Matt Ryan, who we're not sure how they're going to do but it just feels like-

Annie: You know I grew up a Falcons fan. It's been a weird couple of days seeing him leave and being a Colts jersey.

Mandisa: And we lost Julio Jones, who was a Falcon then was with us this last season, and now he's gone.

Annie: Wait, is he retired?

Mandisa: No. He's going to be with somebody.

Annie: Where did he go?

Mandisa: He may end up with the Colts. I could just see them reuniting.

Annie: Wait a minute. Johnny's nodding too.

Mandisa: No. I would hate that.

Annie: You're telling me that Matt Ryan and Julio Jones are about to end up together again and it's not Falcons?

Mandisa: Are you going to be excited about this?

Annie: I'm bothered?

Mandisa: Okay, good.

Annie: That is offensive because I love them together.

Mandisa: It could happen and then they could trump us in the AFC South, because if they find their connection-

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Annie: I didn't not know you're bringing these kinds of content today, Mandisa.

Mandisa: I'm just saying right now as we sit, I don't think we've made a lot of great moves to contend in the AFC this season. I'm concerned. That's all I'm going to say.

Annie: Oh, no.

Mandisa: I still have my season tickets. I'm still going to go.

Annie: I was about to say you're a season ticket holder, right?

Mandisa: But I didn't re-up as quickly this year.

Annie: I waited an extra 30 minutes. I really thought about it.

Mandisa: I did.

Annie: Tell me how you feel about baseball games?

Mandisa: No. I've never seen a baseball game. Are you into soccer? Are you into soccer?

Annie: Soccer and baseball. I'm all the things. And I'm football. But I was going to tell you that the That Sounds Fun Network is going to Sounds games this year.

Mandisa: Oh, really?

Annie: You can come with me.

Mandisa: It just doesn't sound very fun.

Annie: That's why I'm here. I will make it work.

Mandisa: It is so slow.

Annie: It is so slow. What is your snack of choice at the Titan stadium? Are you a snacker?

Mandisa: Not really.

Annie: I'm there for coke icy.

Mandisa: Mmm.

Annie: No, that's not in your heart.

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Mandisa: What's the new pizza place that they got? Slim & Husky's?

Annie: Yeah.

Mandisa: I'll do that from time to time but-

Annie: Are they in business?

Mandisa: Yeah.

Annie: I love them. They are so good.

Mandisa: I want to support them but I'm just like, Um. I'm really here for the game more so than the snack.

Annie: Like everybody, I need you to stay focused. Stop eating, stop drinking, turn inward through this field.

Mandisa: Also when I went to a game this last season, I got the flu. And it was right before I was supposed to go on tour. And I thought it was COVID.

Annie: You got the flu at the game?

Mandisa: Yes. And I missed the first week of tour because of it.

Annie: It may have been COVID.

Mandisa: It wasn't. I took all the tests.

Annie: You missed the first week.

Mandisa: The sickest I've ever been in my life. Also, I wear my mask at the game just because forget COVID or anything else, I just don't want to get sick.

Annie: That's right.

Mandisa: So I'm also probably not eating very much at a game because-

Annie: Who took care of you when you were sick? Did someone come help you?

Mandisa: I'm a single woman, Annie.

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Annie: Mandisa. Mandisa last name, the idea that you did not call me when you were sick... There's so many of us who would love to bring you soup. Oh, I'm so sad.

Mandisa: I did order some soup from DoorDash.

Annie: I know. Oh, Mandisa. The next time I'm sick I'm calling you. Like, "Annie, DoorDash for yourself."

Mandisa: I'll send you a DoorDash. Like, you know how you could order DoorDash from other people? I'll do that for you.

Annie: Do you know who went off DoorDash is breaking my soul, went off a Postmates? Cracker Barrel.

Mandisa: Cracker Barrels on DoorDash.

Annie: Is it? I need it back. I missed it on the Postmates.

Mandisa: What's your go-to?

Annie: Oh, the grilled chicken strips and then okra and green beans. I just want really good southern food. I mean I'll do the fried chicken sometimes. I'm not really "bring me my breakfast" because I don't need you to give me those eggs.

Mandisa: I eat the Mama's pancake breakfast.

Annie: Oh, is that what you do?

Mandisa: Absolutely.

Annie: But the eggs are kind of weird.

Mandisa: I don't always do the eggs.

Annie: I mean, the good thing about those steamy pancakes in there though is they stay steamy. They're delicious.

Mandisa: They're delicious.

Annie: I hear you. I absolutely hear you. We didn't do a full good talk about Onsite.

Mandisa: Okay, yeah.

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Annie: Did you do the Living Center Program or did you do an Intensive?

Mandisa: No, I did an Intensive.

Annie: Did you do things with the horses? You didn't write about the horses?

Mandisa: Yeah.

Annie: I didn't get to do anything with the horses.

Mandisa: What do you do with the horses?

Annie: There's like equine therapy, where like-

Mandisa: I don't know that would be therapeutic for me. I get kind of nervous about that.

Annie: I need you to know that we went out there and shot the book trailer for *That Sounds Fun*, because I wrote about Onsite. And we're just out there walking with the horses and Miles, who I'm sure you know, that runs Onsite that I'm friends with as well, Miles is like, "That's interesting that horses are responding to you." What do you feel?" And I was like, "Don't do this to me. Don't do this-

Mandisa: How was the horses responding to you?

Annie: He was like, "He wants to walk with you but you won't walk with him."

Mandisa: Interesting.

Annie: And I was like, "Oh boy, we're not doing this." I was like, "Don't talk to me about a male horse and his ability to walk with me." But I have really loved the journey of being a good friend to myself when it comes to mental health. Are you grateful for that?

Mandisa: I am trying to learn to be that. This is also new for me even talking about it. But I think that's why I want to have these conversations because I feel like I learned from hearing other people's experiences. I'm working on that.

Annie: That's how I felt when I read *Out of the Dark* too is I thought, "Man, I'm learning. I'm seeing patterns in my own life through you being honest about your patterns." I mean, you did a good work in this book.

Mandisa: Thank you. My favorite part of the book is the questions at the end.

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Annie: Oh my gosh, of every chapter.

Mandisa: Yeah. Because more than anything, this isn't a book where I'm giving answers. Very much not. It's a book that I hope is going to prompt discussion. That's really what I want is I can imagine people sitting together and living rooms and talking about...

It's not just mental health. Like talking about God in the middle of it, which, for me, it's very much a part of my journey is, okay, where is God when I don't want to get out of my bed? I think being able to be around people that you trust and that you love and having these discussions, that's what I'm after. I want people to be talking about these things.

Annie: I think that's the gift you offer is if we didn't have the questions, we could sit and talk about our own stories. But because we have the questions, the doorway is bigger.

Mandisa: Awesome.

Annie: I mean, it's just an easier entry to it. Here's what I didn't know that's in your bio. Ladies, gentlemen, this is her bio. For starters, I didn't know you are a Grammy Award-winning and Dove nominated. I'm like, "I'm sorry. Hold on. Doves." You're telling me that she has a Grammy and not a Dove.

Mandisa: I do have a Dove. Did you say Dove-nominated?

Annie: Mm-hmm.

Mandisa: Oh, well, I didn't write the bio.

Annie: Okay, great. A Grammy Award-winning... Watch me. Watch me take my sharpie. Dove winning.

Mandisa: Interesting.

Annie: No, I'm not interested in that.

Mandisa: Wow.

Annie: Winning artists. Thank you. I'll put that on the internet. You sang backup for Trisha Yearwood and Shania Twain?

Mandisa: Yeah, when I was at Fisk, which-

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Annie: Does events, yes.

Mandisa: Yeah, it was university. I was part of the Jubilee Singers. So they were the group that introduced negro spirituals to the world. And so as a part of the Jubilee Singers, I remember we sang at the CMT Awards, and it was for Shania Twain. And then the next year it was for Trisha Yearwood.

Annie: I loved your story. I can't wait for people to read your story of how you picked Fisk. That's a really powerful story.

Mandisa: It makes you realize even just a little happenstance decisions that you make... Like I wasn't even trying to do anything deep. But just how God would send somebody to say, "Hey, you should go to Fisk," and I never heard about Fisk. I didn't know anything. And then that was the only school that I applied to and accepted and moved to halfway across the country from California to Tennessee just because somebody happened to say it. I was like, "Okay, God, you're very much working in that kind of situation."

Annie: Right. And a few years later you're singing the national anthem at Titans. I mean, read of that story. That is unbelievable. I'm a big Shania fan.

Mandisa: I am.

Annie: Oh, listen. I can sing that whole album, the *Come On Over*, album start to finish.

Mandisa: I remember she did a show. I think it was on the OWN network, where she had stopped singing for a while. So she was kind of making a comeback. Looking back, that's encouraging to me how you can go off and do something different and then come back. I'm hoping that that's going to be my story. Because it's been... Gosh, I've been doing music since 2007.

Annie: Wow.

Mandisa: I'm at age now... I think I'm in a little bit of a midlife crisis. Maybe I'll find my way back. And who knows what kind of music is going to come out of me? I don't think I'm done. I just don't know what it's going to look like right now.

Annie: I don't think you are either. You can be. If you want to be, we'll still be friends. But also, I mean, everyone's kind of LOLing at you being like, I'd stepped away a little bit. But you just wrote a book, Mandisa.

Mandisa: But it's not music.

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Annie: You're working really hard. You're not not working. Oh, my gosh.

Mandisa: I've been doing these speaking events, and it's so funny because I'm coming to these women's events mainly as a speaker. And I've always done them as concerts. Like, I've always had my band there. And so it's just interesting for me spending 40 minutes on a stage speaking. I always have to put a few songs in there just because that's what people know me as. I don't know. It's kind of like a rebranding. In a sense.

Annie: I totally want to see you speak because I want to see that moment where you're like, "You know what? Hit that track."

Mandisa: I know how to do it.

Annie: "Speaking of *Overcomer*, speaking of *Out of the Dark*, hit that track," and then your hand's free. Oh, man, I want to see it. I want to see it. I love that you're doing speaking events.

Mandisa: I think it's a general evolution from writing a book into that. I feel like there are things that I want to say. Anybody who's been to my concerts like I've always kind of spoken. But to have a full set time to be able to talk about things, I think it's a cool thing I'm doing right now.

Annie: I laugh so hard when people bring me in to speak at things, they're like, "Okay, so you have an hour." I'm like, "You do not want me. No." When people are like, "The keynote is an hour," I'm like, "No, it isn't." I'm bored at 40 minutes of myself.

Mandisa: I have a hard time believing that.

Annie: Mandisa, I'm telling you.

Mandisa: No.

Annie: Everyone who has conferences, 45 minutes is how long the keynote should be. After that everyone is not there with you anymore. In their bodies, maybe. In their hearts, no so much. Okay, what did we not talk about the you wanna make sure we say? Anything?

Mandisa: Kiya.

Annie: Yes, your dog.

Mandisa: Listen, I was thinking that when you were talking about that-

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Annie: I wrote it down by the way.

Mandisa: Oh, she's the best decision that I made in the last couple years. When you were talking about the equine therapy, I really do believe that that's what Kiya is for me. I've never had a pet before. Just that unconditional love. I'm a little distracted right now because she's at home and she's not been feeling great. You know, just having somebody to take care of-

Annie: Has it helped heal you?

Mandisa: Absolutely. One, I don't have the option of laying in bed all day every day. And then also just the unconditional love. Always happy to see me. Never is angry at me. Even if I leave her for a little bit of time, which when I walk in the door, she will be jumping up all over me and she wants me to rub her belly. That kind of love there's nothing like it.

Annie: That's amazing.

Mandisa: I love it.

Annie: I mean, God's just used a dog to heal something. That's amazing. Will you post pictures today? I mean, your Instagram has pictures of Kiya, right?

Mandisa: Absolutely. Yeah, mainly. That's what I've been posting.

Annie: Oh, that's it. I was going to say I feel like that's what I've seen most of is Kiya, which is great. Okay, the last question we always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you.

Mandisa: Titans in the Superbowl.

Annie: That's it. I agree.

Mandisa: That is my dream.

Annie: Have we done that? 22 years ago, you said.

Mandisa: Yeah. The last time that we were in it, we didn't win it. We've never won it. So yeah.

Annie: Listen, as a long-suffering Georgia fan, let me tell you what it's like when they win. Unbelievable.

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Mandisa: I can imagine.

Annie: 40 years. I mean, 40 years since we won. One of my prides of life is I was born six months after they won last time. So I have literally waited the longest. There is no one who has waited longer than me. Because all the people older than me they got 1980. All the people younger than me have not waited as long as I waited.

Mandisa: Wow.

Annie: So I feel you. To this day, I mean, my joke is that I am not married yet but I've never felt anything like what I felt when Georgia won.

Mandisa: I can imagine the parade like down Broadway.

Annie: Oh my gosh, we're the best parade. Go down Broadway. You're right.

Mandisa: All the honky tonk.

Annie: You're for sure going to be on a float, though. They're going to let you be on a float.

Mandisa: Do you think so?

Annie: Yes.

Mandisa: From your mouth to God's ears.

Annie: Yes. Yes. My mouth to Titans Twitter guy's ears. That's my big goal. Let's let the Titans sort out and get into the Super Bowl. I'm going to sort out getting you on a float.

Mandisa: Okay.

Annie: That's what needs to happen.

Mandisa: I'm with it.

Annie: I'm with you. Mandisa, thanks for doing this today.

Mandisa: Thanks, Annie. And thanks for writing *Out of the Dark*. I think so many of our friends are going to love it. I want to read that subtitle because I think it matters. *My Journey Through the Shadows to Find God's Joy*.

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You've done it. I know you feel all the things you feel on the inside. When you are with me, every time I get to be around you, you bring me joy. So I'm grateful for you.

[00:58:10] <music>

Outro: Oh, friends, don't you just love her? Don't you love her? My gracious! So honest. So many topics. We just went everywhere. I'm just thankful for how she tells the truth and what she invites us to. I just love her. So of all the things you heard today, I hope you will grab a copy of her new book, *Out of the Dark*. And mark your calendar for April 29 when a whole album of her songs remix comes out. It's called *Overcomer*. The remix is EP. So it'll be out in just a couple of weeks.

Follow Mandisa on social media, tell her thanks for being on the show. And pray for her when you think about it. I mean, what a wonderful woman! I'm thankful for her bringing light to us even on hard days.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F downs on Instagram, Twitter, Facebook. All the places you may 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.

Today what sounds fun to me is it looks like it might not rain after all, and I want to go to Radnor Lake. So I'm hoping there is a hike in my future if these clouds will stay away for the next hour while we're at work. So here's to hoping.

Y'all have a great week. We'll see you back here on Thursday where we talk all about anxiety in young women, particularly preteens. If you know a preteen girl, you know what I'm talking about. And have we got a resource for you. So we're going to talk all about it on Thursday with my friend author Katy Boatman and her 11-year-old niece, Shelby. They're both going to be here with us on Thursday. Y'all are going to love this show. We'll see you then.