

[00:00:00] <music>

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

**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](https://www.betterhelp.com/therapy).

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**Intro:** Today on the show we are talking about anxiety in our teens and tweens and preteens. It is good, y'all. This is a good one. I get to talk with my friend Katy Boatman. Katy is a writer and content creator for IF:Gathering.

But more than that she is a longtime friend of mine. She's been one of those consistent resolved people in my life for over a decade. I've watched her tirelessly invest in the students in our church. We sit together most Sundays. But I've especially loved watching her being incredibly intentional and to some of my MiniBFFs, one of whom might just make an appearance in this episode.

When Katy told me that she wanted to write a devotional that would tackle those anxious feelings that are battering the teens and tweens in our world all the time, I was like, "Katy you have to do this." Now I'm thrilled to get to share this story with

you all as well. Her new book is called *You Can Rest: 100 Devotions to Calm Your Heart and Mind*. And y'all it is beautiful. It is like a showstopper of a book in cover and design. But then the content, it is incredibly helpful.

You're going to hear how helpful from an 11-year-old herself. I cannot wait for all of my tween BFFs to get their hands on this. So if you are a parent or a pastor or a teacher to tween girls, this is the conversation for you. This is the book for you to give your girl right now.

And I would love for you to share this conversation with the people in your life and in your daughters' lives that are helping lead tweens. Whether it's sending it to the principal at the school or your kids' teachers or volunteers at church. People need to hear this conversation and know that this book exists.

So here's my conversation with my friend and one of my favorite authors, Katy Boatman, and maybe a little visit from my MiniBFF friend, my tween BFF, Shelby.

**[00:03:28] <music>**

**Annie:** Katy Boatman, welcome to the That Sounds Fun podcast.

**Katy:** It's so fun to be here.

**Annie:** What an actual treat!

**Katy:** I know. I've been really excited about this.

**Annie:** I mean, we've your real-life long-term friend becomes an author, what a dream!

**Katy:** What's happening?

**Annie:** You have worked at publishers and now suddenly you're an author. Was that always the dream?

**Katy:** It really wasn't, no. I wish I was the person that had a plan coming out of college. But I really didn't. I didn't even want to go into publishing. I thought I was just going to work at a church or in student ministry full time. And when I graduated in 2009, the doors were just kind of shutting in the church world. So I started looking anywhere and everywhere. And there was this entry-level job at Thomas Nelson, so I started there. And I literally was like, "I'm going to stay here a year and leave." And then I was there like seven.

**Annie:** Did you work for Chad, who was your boss at Nelson? Did you work for him after you worked at B&H or in between?

**Katy:** Yes.

**Annie:** Oh, okay. So you went to Thomas Nelson, B&H, marketing job.

**Katy:** Yeah.

**Annie:** Wow.

**Katy:** And then it gets even crazier from there. I went out to California after that and worked as a student ministry pastor, just for a short time, which was the plan. I was filling in while they could find somebody full-time to be their student ministry pastor. And then moved to Dallas.

**Annie:** To work for?

**Katy:** IF:Gathering.

**Annie:** IF:Gathering. I love Jennie Allen.

**Katy:** I know. I know.

**Annie:** That's awesome.

**Katy:** And still there. Not in Dallas. I relocated back to Nashville because I missed it so much but still work for IF:Gathering.

**Annie:** Talk to me about 21-year-old Katy. What do you go back and say to her today, if you can?

**Katy:** Man, I think 21-year-old Katy was really unsure of herself.

**Annie:** Why?

**Katy:** I think I just didn't know the gifts that I had and didn't know to lean into those. So there's part of me that's like, if you had just realized some of this faster, I think maybe there would have been a plan. But at the same time, I look back and I'm like, "Well, I love the way things have played out." But there was such a... Just kind of, I don't know, not like... I wasn't confident in who I was but I didn't know what I wanted.

I knew I loved student ministry at the time. I was a Young Life leader in college. And that was a big part of my college years. But the writing piece, the communications piece of my career, and even my confidence in who God is, a lot of that hasn't really come into play until my late 20s and 30s.

**Annie:** Wow.

**Katy:** So there's part of me that just kind of wishes it had happened earlier.

**Annie:** Me too. Me too. It's that both the YES AND as we say around here a lot. YES, there are things I would have done differently AND this turned out just how it's supposed to.

**Katy:** Exactly.

**Annie:** It is wild. Would 21-year-old Katy believe you'd written a book? Was that even in your...?

**Katy:** No.

**Annie:** Yeah. 21-year-old Annie wouldn't have thought about writing books either?

**Katy:** It's so funny. When I look back, there were a lot of moments, mostly from my mom, where she would say-

**Annie:** Kakie.

**Katy:** I know.

**Annie:** Shout out to Kakie. We love her out here.

**Katy:** ...where she would read something that I wrote in a class and say, "I wonder if you're going to be a writer one day." That never meant anything to me, honestly, because I didn't know any writers. So that wasn't a thing that I thought to even aspire to. I was just like, "Yeah, that's cool. I like to write, but that's about it."

And then to kind of see it play out in different ways throughout my career, I've gotten to write a lot. It's just not in this capacity as a published author.

**Annie:** I think that's one of the interesting things I want us to kind of get across today that I think is so interesting is you wrote a book because you saw a need, not because you were dreaming of writing a book necessarily. Will you kind of tell that story?

**Katy:** Sure. So it was probably July of 2020. We're mid-

**Annie:** Great year.

**Katy:** Yeah.

**Annie:** Great year. Everybody loved that year.

**Katy:** One of my favorites.

**Annie:** What a dream!

**Katy:** ...Mid pandemic and my niece, Shelby, was going to be turning 10 in August. I knew I wanted to do a special gift because she and I have a special little bond and 10 is kind of a milestone birthday. And at the same time, I also was writing to kind of... Sorry, not writing. I was itching to write something that was for me, because I do a lot of writing for work. But I was like, "I need something that's kind of my own project."

And I was talking to my mom on the phone one day about it, and she said, "You know, I was talking to Shelby recently and she mentioned that it really helps her to have something to read at night to kind of calm her mind before bed."

**Annie:** Kakie said that?

**Katy:** Yes. And she said, "I've been trying to look for something that's the right fit for her age and for bedtime and that is something I believe in and I'm having trouble finding something."

**Katy:** And I was like, "Say no more, mom."

**Annie:** Uh-uh. That seriously you just went, "Oh, I could do that."

**Katy:** Yeah.

**Annie:** Katy, I didn't know that. All goes back to Kakie.

**Katy:** I know.

**Annie:** All goes back to Kakie.

**Katy:** Really everything does. Everyone will learn it all goes back to Kakie. So I started writing and I kind of thought, like, "Let me write her a 30 day devotional." Well, if

you do the math, I think I literally was starting in July and her birthday was August 21st.

**Annie:** Oops.

**Katy:** So it turned out to be 10 days. I thought 10 devotions for age 10. As I worked on it, because of my publishing background, I was like, "Okay, this needs a nice cover. I need someone to design it. I need someone to edit it. I wanted to do it right." And then I decided, you know, I'm just going to put this up like on Amazon and self-publish it and see if any friends or family want it.

**Annie:** I mean, did you give it to Shelby before you put it on Amazon or did you put it on Amazon and then, "Let me also give one to my niece who I wrote it for?"

**Katy:** I put it on Amazon, but I wouldn't let it be published until she had it first, if that make sense. I had it all set up, but I was like, "she's got to get it first." When I handed it to her for her birthday, I didn't even have a printed copy yet. Because it was so last minute it didn't come in. So I literally just went to Kinkos and printed it out and put holes in it, whatever. And I handed it to her and I said, "If this ever becomes a thing, you have the first copy. You have the original copy."

And I kind of set that as a joke. But what happened is when I started sharing it with friends and family—and you were really gracious to jump in and share it with people—my publishing friends reached out and they were like, "Hey, we want to talk about this." So then it became a bigger thing. And I went back to work and wrote 90 more.

**Annie:** There's a couple of ways our stories parallel here. One of them is my very first book, *Perfectly Unique*, I mean, you lead girls through it. Did I make that up? Or did you just read it?

**Katy:** I don't know that I did but I definitely read it.

**Annie:** I mean, my first book, *Perfectly Unique*, we self-published, and I wrote it for a group of girls in my house and then self-published it. So it's still dedicated. Now what was originally called *From Head to Foot* now it's called *Perfectly Unique*. It's still dedicated to those girls that were in that Bible study who are now 30 because I never intended for it to be anybody else.

So what happens when you write...? I have thoughts on this too, but I want yours first. What happens when you write a book for a Shelby versus when you write a book for anybody? How did it change when it went from 10 to 100?

- Katy:** Well, I pulled in Shelby's friends so that I could get more inspiration for what it is that they truly were feeling and worrying about.
- Annie:** So you're like, 10 of these are Shelby's worries, 90 of these are Shelby's friends' worries?
- Katy:** 100%. Because I was like, "Okay." I literally built a giant spreadsheet. I'd love to talk to you about how you did your like 100 days. But I built a giant spreadsheet and I wrote down all their things. And then I just started expanding on that. But to be honest, I really thought about Shelby and those specific girls as I wrote. Because the rest of it didn't matter. God can take care of how far it goes to other people but I knew if I'm being faithful with just this one or just these 10, then that's really all that mattered to me.
- Annie:** That's what we both got at Cross Point. And Pastor Kevin says... I think he's quoting Andy Stanley, but he says, "Do for one what you wish you could do for all?" So when you wrote this for Shelby, I mean, you couldn't have imagined when you wrote those 10 that thousands of people would buy this book.
- Katy:** Oh, no. mm-mm.
- Annie:** No.
- Katy:** No, I didn't. Even I was living with my friend Caroline at the time and she has a publishing background, too. And she jokingly was like, "Call me when you need an agent." And I was like, "That's cute." Then I was like, "Wait..."
- Annie:** I'ma need you.
- Katy:** Two weeks after I posted about that, I was like, "Wait, were you just joking because actually I don't want to do this by myself?" So she's my agent now.
- Annie:** That is so funny. Katy, I think the interesting thing... Well, 100 days I do the same thing. The two times I've written 100 Day book fresh—we have 100 Days to Brave and then the kids version. Then we have another one coming out soon too—is I literally do a spreadsheet and I do an outline of how is this going to be split up. Are 10-year-old girls more worried in 2022 than 10 year old girls were in 1992?
- Katy:** I don't think they are more worried but I think some of the worries look different. I think a lot of the things that I talked to them about are the same thing. It's grades. It's your parents' expectations. It's friends. It's how you look. It's what people think about.

But the things that they say that I did not remember are obviously like, why does this world change every day? Am I going to get sick? Is this pandemic ever going to be over? Is somebody going to walk into my school and harm me? Like things that I didn't with.

**Annie:** Yeah, I didn't deal with that.

**Katy:** Statistically though, yeah, the numbers for anxiety in kids is a lot larger. But it definitely sounds a little bit different when you're talking to them versus what I remember.

**Annie:** I think so. As I'm reading through—I'm holding it in front of me—the first day is you can rest and then every other day is WHEN. When you feel afraid. When you feel lonely. When you have a nightmare. I think that's brilliant. When you feel left out. When you're not sure of what's true. I mean, all 100 of them are like, "When you're nervous about jobs..." Why were they nervous about jobs?

**Katy:** With their parents.

**Annie:** Their parents. Oh my gosh.

**Katy:** Well, because if you think about how often a parent these days is like, "I'm taking a new job, I'm moving because of a job. I am leaving for two months because of a job," it's a real thing.

**Annie:** I had a grown-up our age say to me her strongest memory from third grade... They moved in third grade. So an 8-year-old, right? Seven or eight?

**Katy:** Sure.

**Shelby:** I was 9.

**Annie:** Or a 9-year-old. Surprise everybody. We got somebody else at the table. A 9-year-old. She said her biggest memory from third grade is imagining... They move cities. And she said it's imagining what I would say to my dad's boss about making him move job.

**Katy:** Oh, wow.

**Annie:** And I thought, "Oh my gosh, what a poignant memory for a 9-year-old to be imagining having a conversation with your dad's boss because you don't want to move. So when I saw that one, I was like, Oh my gosh, we just had this



conversation with an adult who remembers feeling like she needed to talk to her dad's boss.

**Katy:** That's wild.

**Annie:** That's wild.

**Katy:** And I feel like our context here in Nashville is... Like we see a lot of that. When I was growing up, I lived in a smaller town and I didn't know touring musicians. I didn't know people who traveled a ton for their jobs. Most people just kind of stayed put. So again, I feel like the worries of my friends just looked different. And now between (a) big city and (b) the context of our world, it's just a lot.

**Annie:** Because Shelby's dad... Everybody knows Shelby's dad. He's on the podcast.

**Katy:** Oh, yes.

**Annie:** He was on EnneaSummer last summer-

**Katy:** Yeah, 2021.

**Annie:** ...as a nine. He's the male nine, Adam. Also my tour manager. So he's on the road a lot.

**Katy:** Yes.

**Annie:** So it's a totally different life than you or I knew when we were kids.

**Katy:** Right.

**Annie:** We can edit this out if you don't want to talk about this. But do you want to have kids?

**Katy:** I am not sure, to be honest. And I don't mind saying that.

**Annie:** You're not married yet.

**Katy:** I'm not married yet. And I think I want kids in some context, but I'm not sure if that is biologically, if that's fostering, if that's adoption. I love teenagers, so sometimes I'm like, "Maybe I just want to foster some teenagers or adopt teenagers." But I don't really know. I feel okay with not knowing right now.

**Annie:** Totally. I didn't want to make an assumption about you. But I'm leading to the next question of you and I both have a lot of teenagers and young people in our lives. We are part of the village. I mean, Shelby and her brother are great examples. They're your niece and nephew but also you're really in their village.

**Katy:** Yeah, they call me their third parent.

**Annie:** Yeah, exactly. So will you talk about writing a book from that place of, I'm not a mom, but I'm mothering.

**Katy:** It's been interesting. There are days where I feel very moved by that and very, I don't know, just grateful that God's put me in that spot and that He's allowed me to speak into the lives of Blake and Shelby, but also to speak into the lives of my friends' kids who I don't get to see often through this book. And then I have moments, if I'm honest, where I'm like... imposter syndrome, right?

**Annie:** Oh, wow.

**Katy:** ...where I'm like, "I'm not a mom. What am I... what...?" But I also know when we talk about our friend, Jennie, that her most recent book talks about village life. It's *Find your People*. And it talks about the way-

**Annie:** New York Times bestseller.

**Katy:** I know.

**Annie:** Get it, girl. Good book.

**Katy:** But the way that if you look at different countries and you look in different contexts, so many families raise their children in this village life contexts. And here a lot of times we get that wrong. I see just the need for it too. I'm really grateful that they've given me that role. It's really special for me.

**Annie:** Me too. Jennie's book really changed some ways that I live. A family that I love landed from the airport really late the other night, and I was going to pick them up from the airport. My friends were like, "Drop their car at the airport at a normal hour." And I was like, "No, not because I couldn't and not because it's easier, but because Jennie Allen told me that the more we do things like that the more village we are."

**Katy:** It's true. She's (a) the boss of us but also (b) she's right. I actually get really frustrated with my friends when they don't call me and ask me to pick them up from the airport. And I know there's plenty of things that I don't ask for help for that I

could, but for some reason that one really gets me. I'm like, "Don't pay for an Uber. I will come get..." I also live like five minutes from the airport. But yeah, it's an easy thing.

**Annie:** I'm picking up a friend on Saturday, who's coming to town to visit and we have a very short amount of time, because Saturday you have a book launch party.

**Katy:** Just a little.

**Annie:** And so I have a little window of time between when she lands and your party. So I am like, "How about instead of us meeting for a meal, I'll pick you up at the airport, and we'll go and we'll stop and eat somewhere and then I'll still be able to do both things." But it's that village life of helping raise other people's kids.

It feels like for me, confirm or deny in your own soul, it feels like for me being a part of a village is giving me family in ways I didn't know God was going to do.

**Katy:** 100%. Which is why I don't feel like He's withholding anything from me.

**Annie:** Wow. I see the beauty of getting to be a part of their lives and getting to even speak into their lives the way that like Adam and Ansley have given me that freedom and other friends with their kids too that I don't. I don't feel like He is withholding some goodness from me because it's already there.

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

**Katy:** And You're thanking Him with your life by writing this book?

**Katy:** I hope so.

**Annie:** I think so. Who's the target audience? It's 8 to 12-year-old girls.

**Annie:** Could they read it independently?

**Katy:** Yes, yes. I definitely have people who have asked about younger than eight and I say yes, but it would be easier for parents kind of reading along with him. But yeah, 8 to 12 is kind of that target.

**Annie:** Brilliant.

[00:20:46] <music>

**Sponsor:** Hey friends! Just interrupting this conversation real quick to share about one of our incredible partners, [Indeed](#). We all need a fresh start every now and again, honestly, in all parts of our lives, even at work. Sometimes it's just a deep breath and a reset and sometimes it's bigger building we need to do.

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And now back to our conversation with Katy and Shelby.

**[00:25:21] <music>**

**Annie:** Giggling along with us earlier was the actual star of the show. The reason this book exists, ladies and gentlemen, Shelby Boatman.

**Katy:** She is here.

**Annie:** You're here Shelbs.

**Shelby:** Yes.

**Annie:** Welcome to the podcast.

**Shelby:** Hello.

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

**Shelby:** I'm excited to be here too.

**Annie:** Because we checked you out of school for this.

**Shelby:** Yeah, we did.

**Katy:** We sure did.

**Annie:** What's your teacher's name?

**Shelby:** Miss Dickerson.

**Annie:** Hi, Miss Dickerson. Thank you so much for letting us borrow Shelby for a little bit this afternoon. Shelby. Tell me about the day that Katy gave you the first 10 devotionals. What do you think on that day?

**Shelby:** We were having a birthday dinner and she comes out with this black binder. And I opened it and I just remember feeling this awe rush over me of like, "My aunt wrote this book for me." Every night when I read it, it's still the same thing, is like, "My aunt wrote this."

**Annie:** How many times have you read those first 10?

**Shelby:** Like two or three.

**Annie:** That is amazing. Do you have a favorite page? Do you have a favorite devotional? Is there one that is one of your favorites? Or is there a lot of them?

**Shelby:** So far...

**Katy:** You'll have to wait till the party to find that out.

**Annie:** Oh, really? Are you reading it at the party?

**Shelby:** Yeah, I'm going to read one.

**Annie:** Which one are you going to read?

**Shelby:** I'm planning so far to do this one.

**Annie:** This one. When you're worried about tomorrow. Why? Why is that important to you?

**Shelby:** Well, I read it a couple of nights ago. And from the moment I read the verse, I was like, "This is exactly how I feel sometimes."

**Annie:** Wow. Wow. The verse is Matthew 6:34. "Don't worry about tomorrow because tomorrow will worry about itself. Each day has enough trouble of its own." I mean, you just smashed your hand. There was your trouble for today. You don't have to worry about tomorrow. You already got in trouble for today, Shelbs.

Okay, before we started, I was praying and I had this thought when I was praying that you have inspired both of us to write.

**Katy:** Yeah.

**Shelby:** Yeah, that's true.

**Annie:** That's weird, right?

**Shelby:** Yeah.

**Annie:** I mean, one of my favorite blog posts I've ever written is about you, about when you were born. Katy wrote you a whole book and I shot you a blog post.

**Katy:** Equally special, though?

**Annie:** Well, I don't know about that. You get a whole book. Tell me what you think. I mean, you said all rushed over you. When you think about thousands of girls across America and maybe the world are going to read this book because your aunt wrote it for you, what does that make you think about?

**Shelby:** I'm really excited to share it with everyone and everyone getting the same experience.

- Annie:** Does it help a lot for you to read something at night to help you fall asleep?
- Shelby:** Yes. Because if I start to worry about what's coming up or something pops in my head, I can just remember what I read about and calm myself.
- Annie:** Do you read in order? Or do you pick it up at night and think I'm going to read this one because I'm specifically worried about my grades or about boys or about school? Or do you just read day six, day seven, day eight?
- Shelby:** Most of the time I read it in order. But probably once I finish it, I will do that more.
- Annie:** Oh, yeah. Sure. You'll go through it one time and then... yeah.
- Shelby:** There's an index in the back. And so if you're feeling something, you can open it up, find the-
- Annie:** Oh, brilliant.
- Katy:** Yeah, the topics.
- Shelby:** And it names the day.
- Annie:** That's brilliant. So if you're missing people, you go to day 51 or day 72.
- Shelby:** Mm-hmm.
- Annie:** Brilliant.
- Katy:** I think my hope is that they would go through it once. Yeah, day 1 to 100, like you said, Shelb, and then use it as a resource moving forward. That on the day you come home from school, and you're like, "This was the thing," that you go look and see if there's something right about it.
- Annie:** Sorry for everyone who heard that siren. Do you know what happens when people hear sirens? Shelby, this is kind of funny. They pull over their cars while they're listening because they think the cop is behind them instead of outside our window. So sorry everybody if you think you got pulled over.
- Shelby, like tonight if you read a devotional, why is that important to you to read one every night?
- Shelby:** Because it gives me something new to think about. Most of the time I worry right before bed because as I'm settling down, all the things that happened today pop in



my head, and something that I don't dislike pops in my head and I can just remember these are things that we've learned and this is what we can think about.

**Annie:** I mean-

**Katy:** I know. I can't.

**Annie:** That is so well said.

**Katy:** I know.

**Annie:** That is so much better.

**Katy:** I love you so much. Well, this has felt like a giant group project to me because obviously it started with Shelby. And then when I brought her friends into it, I jokingly called them the Board of Directors because some we sat down-

**Shelby:** That's the name we've given them. It's official.

**Katy:** It's official.

**Annie:** Officially Unofficial Board of Directors.

**Shelby:** You said that.

**Annie:** I did. I love that.

**Katy:** But I texted some of their moms and we had book cover options and was like, "Show the girls. What do they think?" And then-

**Annie:** Oh, yes, say to my board of directors that you put them in the back.

**Katy:** Oh, yeah. I wasn't playing.

**Annie:** So funny.

**Katy:** But they've been a part of this whole process. Some of them sat down with us and told us what they worried about on camera. It's been extremely special to me. We were talking about this earlier how it's been special for her too in that sense.

**Shelby:** It's been really cool to share it with my friends, not just myself.

**Annie:** Pretend Katy is not here.

**Shelby:** Okay.

**Annie:** What do your friends think about Katy?

**Shelby:** I think they like her. I remember when we were shooting the promo video, Katy was asking all the questions for us to answer. And one of my neighbors, she's in the first grade, was doing it. And she was really nervous. She came out and some of my other friends were nervous and she says, "Don't worry, the lady in there asking the questions was very nice."

**Katy:** The lady.

**Annie:** The lady.

**Katy:** I know.

**Shelby:** I don't think she put it together.

**Katy:** Sweet. Yes, sweet honor. She and I hadn't met yet. I know some of Shelby's friends better than others, you know.

**Annie:** Of course.

**Katy:** She and I hadn't met yet. So that was like, "Well, I'm glad I got that stamp of approval."

**Annie:** Pretend again that Katy's not in the room with us. What do you think about Katy?

**Shelby:** I love her. Besides my immediate family, she's the only relative we have in the state. I love having her here. We've become very close.

**Annie:** When you think about the people that you trust the most, how high does Katy rank in that list?

**Shelby:** Pretty high up there.

**Annie:** After your parents probably.

**Shelby:** Yeah.

- Annie:** When you have a problem, when something goes sideways and you're stressed about something, and you ask Katy about it, what kind of advice does she give you?
- Shelby:** She helps me a lot. And it's nice to have somebody like... Most of the time, if that happens, I kind of can guess what my parents can say. But it's nice to have another opinion because she might see the circumstances different than my parents.
- Annie:** It's like a third parent situation. That's it. Joke's on Shelby because you're like, "I know exactly how my brother and sister-in-law think. Because Adam has been your brother your whole life and Ansley is your best friend.
- Katy:** Yeah, exactly.
- Annie:** But you're right, Shelby. I mean, I have some friends of my parents that are in my life that I've always thought, "Well, I'll ask them too." Like I trust their thoughts as well.
- Shelby:** Whenever my mom leaves town... I mainly go to my mom. I go to my dad too, but girl problems I will go to my mom. And-
- Annie:** I go to your mom for girl problems too by the way.
- Shelby:** Whenever my mom's not home she's like, "If you have an issue and you don't want to ask dad, feel free to ask Katy." And she'll name like my friends' moms that we trust and are close to. Yeah.
- Katy:** Can I tell you my favorite thing in the last couple months? So for Christmas, Adam and Ansley got Shelby and Blake a landline phone.
- Shelby:** Yes, they did.
- Katy:** I know that sounds so old school.
- Annie:** No. What kind of phone do you have? What does it look like?
- Katy:** Cordless.
- Annie:** White? I don't know.
- Katy:** It's gray and white. And it has the thing that sits in and you can pick it up and carry it around the house.

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

**Shelby:** I can call all my friends and relatives.

**Katy:** Because Shelby is 11 right now and Blake is 9, and so they weren't quite ready for cell phones.

**Annie:** Sure.

**Katy:** But Ansley really wanted them to kind of understand phone etiquette and also have a way to call like if she runs to the grocery store, whatever. But the way the rest of us have benefited is now they can call us. Like I'll get a call on my cell phone from the landline or-

**Annie:** What's it say on it? Does it just say Adam Boatman or something?

**Katy:** I forget how I labeled it. I think I labeled it Blake & Shelby. And it's my favorite thing. After the Georgia game when Georgia won the national championship

**Annie:** Yes, big day. Big day.

**Katy:** ...I had to call their landline and celebrate with them. But it's the best.

**Annie:** Do you know about your dad going to the national championship game? Do you know the story? I want to tell you that story.

**Shelby:** Maybe.

**Annie:** Do you know this? He had the chance to go to the game.

**Shelby:** Oh, yes. I do know this. And he stayed home to watch it with us.

**Katy:** I know.

**Annie:** He stayed home to watch it with y'all.

**Shelby:** He missed the SEC championship when we played Michigan. And we were bummed that we missed it because mom is fun to watch it with but dad understands it more. So we love having dad there and so I guess he wanted to be there.

**Annie:** I hope you remember that forever, that your dad had a ticket to a national championship game for the school that he loves and he loves you more. Not only

does he love you more, he likes you more. Like he likes being with you and Blake. I thought that was so cool.

**Katy:** I thought it was really cool, too. I wasn't as nice. I went to the game. I was like, "See you guys later. I'll bring you a t-shirt."

**Shelby:** Mr. Mark actually had to go to Athens for some work thing right the day after the game and he got some-

**Annie:** Oh, yeah, from the bookstore in Athens?

**Annie:** Oh, yeah. I went to the bookstore in Athens a couple of weeks after and I went crazy, Shelby.

**Katy:** You loaded up?

**Annie:** Oh, I acted like a crazy person.

**Shelby:** We got a coffee mug and some shirts.

**Annie:** Yeah. Good. Now you're ready to tell everybody how we feel about those Dogs?

**Shelby:** Oh, yeah.

**Annie:** Me too.

**[00:36:05] <music>**

**Sponsor:** Hey friends! Just interrupting this conversation one last time to tell you about one of our incredible partners, [Canopy](#). I'm really careful about making sure I only recommend products to you guys that I genuinely believe in. That being said, I am really excited to tell you about Canopy. It's a new partner of ours that is doing some incredible work.

Canopy is an app for families that uses state-of-the-art artificial intelligence to make the internet safe for kids by detecting and blocking pornography. On average kids today are exposed to pornography at age 11. And I'm no psychotherapist but I think it's safe to say that it's not healthy for kids to see God didn't like that or grownups. But especially since kids' minds are still developing. Some of the studies on this are pretty sobering.

Canopy is an inexpensive and easy-to-use tool that gives parents the confidence to let their children use the internet freely without fear of accidentally stumbling

across really graphic stuff. It works on most smartphones, tablets, and computers too.

Check it out at [canopy.us/thatsoundsfun](https://canopy.us/thatsoundsfun) and get 30 days free and 15% off the regular price forever when you use promo code THATSOUNDSFUN at checkout. Again, that's [canopy.us/thatsoundsfun](https://canopy.us/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](https://anchor.fm) to get started. Again, that's [anchor.fm](https://anchor.fm) or you could download the free Anchor app.

And now back to our conversation with Katy and Shelby.

[00:38:28] <music>

**Annie:** So I want to read a line from the blog post that you wrote to Shelby when she was born. Because we were all at the hospital together waiting for Shelby to be born. Because what we knew is that for a year or more, we had been praying that Adam and Ansley to have kids. And we really weren't sure.

So there's a line in here. And you said... This is all to Shelby. You said, "Finally I want to say thanks. Thanks for being such a tangible reminder of God's faithfulness. Thanks for showing up just in the nick of time before hope was ever off of our lips. And someday when you're old enough to need to hear a story I'll tell you mine. And right smack in the middle when you start to wonder if I give hope

that God can hear us when we pray, I'll say, 'Here's where it gets good, Shelby. See, here's where you come along.'"

**Annie:** Yeah. Sorry, it made me cry.

**Katy:** I know.

**Shelby:** It makes my mom cry, so you're not alone.

**Katy:** I'm holding back. I had a lot of tears about this whole thing. But the thing that gets me excited about this earlier is like, Shelby, the same God that we were praying to about you and about your parents being able to have children is the same God that we're talking about in this book and with your friends. That's the God that's faithful and good and that we can go to when we worry. And you are just such a living example sitting in front of us of His goodness and kindness.

**Annie:** That's right.

**Katy:** That was 11 years ago. It really gets me.

**Annie:** It gets me too. I don't know in my life, Shelby, if there is another person that is more deeply tied to me believing that God is good than you. Really. We prayed for a long time. And then you and Blake. I mean, Blake's great too.

**Katy:** We love him.

**Annie:** But you were first. You were the first one.

**Katy:** Blake turns 10 this coming summer and he's like, "Where's my book?"

**Annie:** I was going to, Katy, what happens next?

**Katy:** I know.

**Annie:** So is this the first book? Is this the last book? Do you have to write another one for the boy?

**Katy:** I'm still asking God about that. We'll see.

**Annie:** People asked me a lot for books for young men.

**Katy:** I've gotten that question a lot. I'm not sure that I'm the right person to write the one for boys. But I am asking God a lot of questions about what is the right next step?

**Annie:** I mean, why couldn't you be the right person?

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

**Annie:** How long do you have until he's 10?

**Katy:** June. June.

**Annie:** Oh, yeah. It's about the same amount. You got a little more time than you did when you wrote this.

**Katy:** That's true.

**Annie:** I need to call Kakie and get her to call you and say like needs. You should at least do the first 10.

**Katy:** That's true.

**Annie:** Just do 10 and see how you feel?

**Katy:** Yeah, that's true. But don't listen to this, Blake.

**Shelby:** He's going to listen to it.

**Katy:** I know. But I asked him one day, I was like, "What do you want me to write about, buddy?" And he's like, "I don't know." Probably football.

**Shelby:** Oh, yeah.

**Annie:** There you go. That's the amazing thing is we prayed so long for Shelby and then Blake was a gift. Like every one of them are such gifts. And you have another nice as well, Ellie. How old is Ellie now.?

**Katy:** She's two.

**Shelby:** She'll be three on my brother's birthday.

**Annie:** They are the same birthday?

**Shelby:** Yes.

**Katy:** They do.



**Annie:** Oh my gosh.

**Katy:** We all feel a little torn on that day because it's like we all have to be together in order to celebrate both.

**Annie:** Yeah, I was going to say two different cities.

**Katy:** and when we're not it's a little tough. But yeah, Ellie will be three in June.

**Annie:** What do you think about Ellie?

**Shelby:** I love Ellie. I love little kids.

**Annie:** Really?

**Shelby:** I like having the little ones. It's really fun.

**Annie:** She's really cute.

**Shelby:** She's cute.

**Katy:** Ellie is actually the best of us. She's the good one.

**Annie:** I think that's what your brother say about you too, by the way. They say you're the best of us.

**Katy:** They only speak in sarcasm.

**Annie:** That's right. Shelbs, I'm thinking about other friends of mine who are listening to this that are your age. We have a lot of friends, MiniBFFs who listen to the podcast. And maybe some of them are feeling nervous and anxious as they're falling asleep. So until they get the book, what advice do you have for other girls and boys that feel anxious or scared at night?

**Shelby:** I'm sorry I'm going to steal your line here. But because of who God is, you can rest. And just remember that He is good and He will never leave your side, though you can't see Him.

**Annie:** Is that hard, though, that you can't see Him? It's hard for me sometimes.

**Shelby:** Sometimes. But sometimes you close your eyes and you can just imagine He's standing right there next to you.

**Annie:** And it makes you feel better. It makes me feel better, too.

**Shelby:** Especially in the hard times or scary times.

**Annie:** Katy, what do you do in the hard times or the scary times?

**Katy:** You know, a lot of times it's sitting in silence and picking up a book, my Bible, praying, or turning on music. Music is a big one for me to just kind of like-

**Shelby:** Me too.

**Katy:** ...calm my mind and heart. I mean, honestly, mid pandemic and writing this book at the same time, I don't think I've ever experienced as much anxiety as I did during that period just because there was so many factors going on at once.

**Annie:** You were a little spun up about writing a book.

**Katy:** Yeah.

**Annie:** It's hard.

**Katy:** I kept going back to Psalm 23, which I know is something that we say so often, but it was hitting me in a new way. It starts with "The Lord is my shepherd I shall not want" is the way I had memorized it as a kid. But I opened the CSB version and it says, "The Lord is my shepherd, I have what I need." And I would say it every single day when I woke up. "The Lord's my shepherd, I have what I need. The Lord's my shepherd, I have what I need."

And then I also was so drawn to the Lord's Prayer and saying, "God give us this day our daily bread." And we're being reminded that like, number one, he provides, even in ways that we aren't expecting. But two, give us this day our daily bread, it's him that we were asking for.

So it was just really clear throughout the whole process of writing, throughout the whole of these past two years that He was near, and He was present. And I think that's the thing that has changed me when I worry or when I'm anxious. And that's the biggest thing I want them to walk away with is that He's near.

**Annie:** The book is out when people are hearing this.

**Katy:** Yeah.

**Annie:** What do you think? What do you think knowing that it's in people's hands?

**Katy:** It's so fun. I'm just ready to celebrate with people now and to have the girls start reading it. I'm really excited.

**Annie:** I am, too. I absolutely love when people say what should my young daughter read? I don't often have an answer. And now I always have an answer. But ever since you had the devotional that you put online when you gave it to Shelby, I was always like, "Here, do this. Do this. You can rest. You can rest. You can rest."

**Katy:** Yeah, you are so kind in doing that.

**Annie:** Well, I wouldn't have done it if it wasn't good. I love you a lot, but not enough to sell a crappy book. I say crappy in front of you, Shelby. Sorry, Shelby.

**Shelby:** I don't care.

**Annie:** Sorry, Shelby. How embarrassing! Okay, Katy, people can get the book. It's out now. 100 devotions for young girls. Are you able to go and speak it at student ministries or for women's conferences or if people have something? I know my friend, Kelly, their church has a thing for girls this age. Do you go in and speak at that stuff?

**Katy:** Yeah, I'd love to. There's a school in our hometown in Augusta where I'm going to go speak to some of the girls. That stuff is so fun for me. So would love to. And I don't know if you know... I think I told you. Anyways, do you know that there's a song?

**Shelby:** Pa pa pam.

**Katy:** My hype girl over here.

**Annie:** You have a song.

**Shelby:** Dave and Hillary, y'all.

**Annie:** I was about to ask you what's your favorite band? There's only one right answer for you.

**Shelby:** Lady A.

**Annie:** Lady A. That's right.

**Shelby:** I've grown up listening to it my entire life.

**Annie:** Yee, your actual whole life as your dad is their tour manager and you're friends with Dave and Hilary and Charles. That's right.

**Annie:** So there's a song.

**Katy:** There's a song called *You Can Rest* that is also out on Spotify and Apple Music.

**Annie:** And you and Dave and Hillary wrote it together?

**Katy:** We did.

**Annie:** Wow.

**Katy:** So the backstory, it was back in like the fall, the book was done and I was getting ready to go to bed one night and realizing that a lot of times I will turn on music if I've had a really anxious day.

**Annie:** And you said that's true of you too, right, Shelbs?

**Shelby:** I love listening to music.

**Katy:** And it just calms me down and I'll fall asleep to it. So I thought, "Oh my gosh, these girls need a song. They need a song. And I couldn't quit thinking about it. I woke up the next morning, it was first thing on my mind. "We got to get a song. We got to get a song." Thankfully, we live in Nashville..

**Annie:** You're like, "Who do I know?"

**Katy:** I know. But it's like a giant ask. I'm like, "Everyone's going to be like, 'That's sweet but no, thanks.'" So I reached out to Dave Haywood and Hillary Scott and again, I was like, "I know, this is a big ask but I also know that you know me, and you know my heart and you have girls.

**Annie:** They're both parents of daughters. And within an hour, they both were like, "We're in." I also was like, "I'm not really sure what I just asked for."

**Annie:** "I don't exactly know how to do this thing that you speak of."

**Katy:** But we sat down and wrote a song together. And when I tell you that songwriting session was so special-

**Annie:** Really?

**Katy:** It was just so evident to me that it was God's and that He was providing words. I mean, think like words being thrown out, they would say that they didn't know was already like part of the book, and just different pieces. We were looking at the table of contents as inspiration as we wrote, but still just really, really special moments. So Hillary is releasing the song. It's out and available.

**Annie:** On Spotify, on Apple Music, it's everywhere. *You Can Rest*.

**Katy:** It makes me cry every time I listen to it.

**Annie:** I love it. We'll be sure to link to it in the show notes so everybody can listen to it.

**Shelby:** Announcement: Hillary is singing it the book release party.

**Annie:** She is?

**Shelby:** Yeah.

**Katy:** She is.

**Shelby:** Hillary and Dave are coming.

**Annie:** Wow. Will you sign my arm, Shelby? You're famous.

**Shelby:** Yes.

**Annie:** Now, you're the real famous one in the story.

**Katy:** I know.

**Annie:** Are you autographing books yet?

**Shelby:** No.

**Annie:** I think you should.

**Katy:** She will be.

**Annie:** At the book launch party, I'll for sure get you to sign mine.

**Shelby:** Got it.

**Katy:** I know. I'm sorry we-

**Annie:** I have one here. We don't have to wait till the party. I'm going to get you to sign this one for me.

**Katy:** I'm sorry. We keep talking about this party that nobody listens to.

**Annie:** Okay, is there anything we didn't say about the book that you want to make sure we say or about serving the next generation?

**Katy:** I don't think so. I think we covered it. I think this is really special to be sitting with you and with Shelby, with people who are such big parts of my story. So that's really fun.

**Annie:** I feel the same way. Shelby, is there anything we forgot to say that you want to say?

**Shelby:** I don't think so.

**Annie:** Okay. You want to tell everybody to go get this book though?

**Shelby:** Yes.

**Annie:** For everybody listening, how many copies should they each buy?

**Shelby:** Depending on how many girls you have.

**Annie:** Okay. So let's just invite everyone to buy two in the whole world.

**Annie:** If everybody buys two, you can keep one for the girl in your life and give one away.

**Shelby:** Oh, that's a good idea.

**Annie:** Okay, that's what we'll do. Everybody just buy two. If everybody buys two, Katy-

**Katy:** I love it.

**Annie:** ...it's going to be a good year with a lot of young women who are a lot less anxious-

**Katy:** I hope so.

**Annie:** ...because of you and your work and because of the way God is using your story. The last question we always ask. I'm going to ask Katy first and then Shelby. Shelby gets to finish the episode.

**Katy:** As it should be.

**Annie:** Katy, because this show is called That Sounds Fun, tell me what sounds fun to you.

**Katy:** Well, because the weather's getting nicer and warmer around here-

**Annie:** Bless the Lord.

**Katy:** I know. I would love to take my kayak out. It's almost kayak season and it's my favorite thing now in spring and summer.

**Annie:** Really?

**Katy:** Yes.

**Annie:** Can't you get stuck in those things when they flip over?

**Katy:** No.

**Shelby:** Ohhh.

**Annie:** Thank you, Shelby. I agree. Let's go canoes. Canoes if they flip over, you can just get out.

**Katy:** I should clarify-

**Shelby:** I got stuck under a canoe.

**Annie:** What?

**Shelby:** Yes.

**Katy:** It's true.

**Annie:** You got stuck under a canoe once?

**Shelby:** My mom helped me out, but yeah.

**Katy:** It was a little traumatic.

**Annie:** Ansley saves lives.

**Shelby:** Oh, yeah.

**Annie:** Wow. Okay.

**Katy:** I should clarify that my kayak is inflatable.

**Shelby:** It's an inflatable kayak. The truth is out.

**Annie:** The truth is out. But it's easier to transport that way. I just roll the thing up and put it in my truck. Anyways, it was a quarantine thing. So myself and two other friends got these kayaks and went out. And like, next thing we know, every weekend somebody was like, "I want one of those."

So we started a group text called the Kayak Crew and it's now like 16 people in it, and I don't know all of them. In the spring and the summer-

**Annie:** Wait, I want in.

**Katy:** Come on. Are you going to make kind of my inflatable kayak?

**Annie:** No. I'm going to have to get one.

**Katy:** It was like. \$80 on Amazon.

**Annie:** Yeah. Will you send me the link? We'll also put this link in the show notes so everybody can get an inflatable kayak.

**Katy:** Sure.

**Annie:** And a paddle. You have to buy a paddle. So we give both links.

**Katy:** It's all included. It's like a kit.

**Annie:** Oh, does it? Do you have to blow up your paddle back?

**Katy:** No. The paddle is in like three different parts. But you don't blow that up. We just blow up the kayak and we have inflators for that.

**Annie:** Great.



**Katy:** But literally in the spring and summer, we just send a text and say, "Hey, I'm headed to the Harpeth on Saturday, like this text if you want to go. And then whoever wants to go shows up.

**Annie:** I'm so interested.

**Katy:** It's the most fun. So I have next week off and that's literally—if it's warm enough—what I want to do.

**Annie:** Okay. Please send me the link. I'm very interested.

**Katy:** All in.

**Annie:** I'm all in. I've decided... We should talk about this very publicly. I've decided this is going to be the best summer ever.

**Katy:** Great.

**Annie:** I've just decided. It's going to be the best summer ever, Shelby. Are you interested?

**Shelby:** Yes.

**Annie:** Okay, great. We're going to do whatever it takes to make it the best summer ever. Great.

**Shelby:** I like it.

**Annie:** Okay, great. Shelby. Because the show is called That Sounds Fun, tell me what sounds fun to you.

**Shelby:** Being outside in any form.

**Annie:** Any form.

**Shelby:** The weather is so nice. I love the spring and summer.

**Annie:** Do you like being hot? I love being hot outside.

**Shelby:** Most of the time, yeah.

**Annie:** We're Georgia people in our bones.

**Shelby:** The pool. I like water and just running outside with my friends.

**Annie:** Ocean or lake?

**Shelby:** Probably the ocean.

**Annie:** Beach. You love the beach?

**Shelby:** Oh, yeah.

**Annie:** Oh, yeah.

**Katy:** They just got back.

**Annie:** Did y'all go for spring break?

**Shelby:** We went to Hilton Head.

**Annie:** Oh! Did anybody else go with you? Or just the four of you?

**Shelby:** Just the four of us.

**Katy:** No, I kept their dog.

**Shelby:** Yeah, you kept Gus. You get that credit.

**Annie:** What was your favorite part about the trip?

**Shelby:** Probably just the getaway. The beach is my favorite place to go on vacation and Hilton Head is my favorite. And so getting to go the four of us and just change the scenery.

**Annie:** When you lay by the pool or by the beach, are you reading? Are you building a sandcastle? Are you listening to music? What are you doing? Swimming?

**Shelby:** When the water is not cold I'll be in the water. If it is cold, I'll be with a ball or in the sand.

**Annie:** Oh, yeah, with a ball.

**Shelby:** I like doing the football or these new things me and my brother discovered. It's like a Velcro paddle that you Velcro on your hand. And then there's a tennis ball and the other person has it and it's just like-

**Annie:** It sticks. That was the best.

**Shelby:** Favorite.

**Annie:** I loved it too. I don't know what it's called though.

**Katy:** Me neither. Velcro paddle ball?

**Shelby:** It's called Reach volleys.

**Annie:** Reach volley.

**Shelby:** It's what the package says. But I don't think that's the name.

**Annie:** I'm going to get your mother Mrs. Ansley Boatman to send me a link. We're going to share with everybody.

**Katy:** We've got a lot of links to share.

**Annie:** Everybody, we need you to get books, we need to get kayaks, we need you to get Reach volleyball.

**Katy:** And listen to the song.

**Annie:** And listen to the song. Listen, we're giving you the best summer ever right now. We give you a kayak and a book and a song and a game. What more do they need? Nothing.

**Shelby:** Nothing.

**Annie:** A snack. What's the snack they're going to have?

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

**Katy:** What's your fav?

**Shelby:** Depends on the day.

**Annie:** Today.

**Shelby:** Right now?

**Annie:** What's your dream snack right now?

**Shelby:** That's hard.

**Annie:** What's your dream snack right now, Katy?

**Katy:** I like chips and queso always.

**Shelby:** Oh, that's good. I love queso.

**Annie:** Do you?

**Shelby:** Yes.

**Annie:** Do you like white queso or yellow queso?

**Shelby:** Either.

**Annie:** Same. I'm not mad about you, though. No.

**Katy:** On the way here... This isn't a snack but it's a drink. We both got pink drinks from Starbucks.

**Annie:** Oh.

**Katy:** Feels so summery.

**Annie:** Sorry, Miss Dickerson, we checked Shelby out of school to get a drink from Starbucks and then be on a podcast. We'll help her with her homework, Miss Dickerson. Don't worry. Katy, I love you.

**Katy:** I love you too.

**Annie:** Thanks for doing this. Shelby, I love you too. I'm so glad y'all are here. I'm so proud of you, Katy.

**Katy:** Thanks, Annie.

**Annie:** It is just incredible. I cannot wait. Everybody needs two of these. Everyone needs two of them. So well done.

**Katy:** Thank you, friend.

**[00:55:49] <music>**

**Outro:** Oh, you guys, aren't they awesome? Oh my gosh. Shelby is so brilliant and Katy is just the best. Listen, we talked about it. We asked Shelby how many copies. You heard me say it. We each, all of us, let's go buy two copies. Okay, we're all going to grab two copies of the new devotional *You Can Rest* for all the teens and tween girls in your life.

Follow Katy on social media and tell her thanks so much for being on the show and encourage her as this first one is out in the world. We need this for boys too, Katy. We need it for boys too, Katy. But first, we're going to buy a billion copies for the girls in our lives. And then you'll have to write more for the boys.

So if y'all need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook, currently on Amazon ordering some copies of *You Can Rest*. All the places you may need me, that is 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 eating crab legs at Red Lobster with the girls from tour. We are doing it. I mean, what is better in this world than Cheddar Bay Biscuits and crab legs with your gal pals. I can't wait.

Y'all have a great weekend. We'll see you back here on Monday kicking off our April prayer series. Y'all, this series, oh my gosh. Listen, tell your friends, invite your people to join us. This month of April is going to be really, really helpful and special and focused. I cannot wait for you to hear.

We are starting with the founder of the 24-7 Prayer Movement, Pastor Pete Greig. So y'all, we're coming out the gate strong in April. We'll see you guys on Monday. Y'all have a great weekend.