

Episode 384: Jeanne Stevens + What's Here Now? 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. We have got a great show in store.

And y'all have you heard our fun news that That Sounds Fun is nominated for the K-Love Fan Awards for podcast of the year? It is the first-ever podcast award at the K-Love. Isn't that awesome? I cannot believe we're nominated. I'm so excited.

So since it is a fan-voted award show, y'all have done this with me before, I have to do this somewhat awkward thing where I ask all of my friends here at That Sounds Fun, that is you, please go and vote for the show. You only can vote once per email address. So however many email addresses you have.

I would love it so much if you pop over to [Klovefanawards.com/vote](https://klovefanawards.com/vote) to let your voice be heard. Feel free to invite others to vote too. Again, that's klovefanawards.com/vote. You can vote for your favorite podcast and I hope that is That Sounds Fun. I hope that is That Sounds Fun. I hope you will vote for us. It would be very fun for our team to win this K-Love Fan Awards. It would be so fun for That Sounds Fun to win. So hope you will vote.

Sponsor: Before we dive into today's conversation, I want to take a minute to share about one of our incredible partners, [HydroJug](#). You've probably seen them in the background of all my Insta Stories at work lately. But our team loves our HydroJugs.

These durable and reusable jugs hold more than half a gallon of water so you will for sure stay hydrated all day long. If there's one thing I get a little bougie about it's a single-use plastic, especially water bottles. I do not like them. I would just so much rather refill a bottle than add another plastic bottle to the giant pile, you know.

So I've got a pro-HydroJug that's the pink sand color, done, none of you are surprised with the island sleeve. Y'all there are so many fun combos. Literally, none of us repeated them in the office. We all have our own. They've got stainless and glass HydroJugs too to choose from if that is what you would like.

Most of us keep our HydroJugs at the office and fill them up every day when we get here. They make it so easy to stay hydrated and they have us talking about it and drinking more water. I do think the straw is a game-changer. Drinking through a straw ups that intake throughout the day. I'm a hydration believer. So anything that keeps me focused on that feels like a way to be a good friend to myself.

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Get your HydroJug at thehydrojug.com Use the discount code SOUNDSFUN to get 10% off your order today. HydroJugs are game-changers for anyone on the go. Again, use the code SOUNDSFUN at thehydrojug.com to get 10% off today and start hydrating today. And as always, all those links are in the show notes below.

Intro: Today on the show I get to talk with my friend Jeanne Stevens. Jeanne Stevens and her husband Jarrett founded and pastor Soul City Church in Chicago, one of America's fastest-growing urban churches. We've had Jarrett on the podcast before. In fact at Anniefdowns.com/prayer, his book on prayer is one of the resources we recommend.

But before Soul City, Jeanne was on the pastoral staff at Willow Creek and North Point churches. Jeanne's passion to help people wake up to their purpose and live in freedom is on full display in her new book *What's Here Now?: How to Stop Rehashing the Past and Rehearsing the Future--and Start Receiving the Present*.

It releases on Tuesday. And y'all it's so good. I endorse this book, which means I know I read it and loved it but I think other people should read it too. This message is going to help us all so much. I cannot wait for y'all to hear about it and get to know Jeanne. So here's my conversation with Jeanne Stevens.

[00:03:50] <music>

Annie: Jeanne, welcome to That Sounds Fun.

Jeanne: Annie, it is so fun to be here.

Annie: The second member of Team Stevens.

Jeanne: I know.

Annie: How are you just getting here? Sorry.

Jeanne: It's okay. It took me a while to write a book. So that's why.

Annie: That's true. We just did the month of April, we were focused on prayer the whole month and we used Jarrett's books as one of the resources for people to grab. How have you seen your husband writing a book on prayer affect your family?

Jeanne: Yes, well...

Annie: Good and bad, probably, right?

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Jeanne: Good and bad. I think any person that's writing and they have their people, it's like, let's see if this is real, let's see if this is honest, and full and filled with integrity. So whether he was writing on prayer or whether he wrote a book called *Four Small Words*, like the story of God in these four words, and now me writing a book on the present.

Our kids last weekend we were on spring break and they know obviously the book is coming out and they're like, "Mom, what's here now? Mom, are you here in the present? Mom, what's here now? Come on." And I'm like, "Oh, my gosh."

Annie: Right. The pressure to be who you write.

Jeanne: The pressure to be who you write. But it's good they keep me honest.

Annie: Yeah, that's right.

Jeanne: They keep me filled with integrity and character.

Annie: We get a lot of questions about women leading in the church. I am on the teaching team at Cross Point. You and Jarrett co-founded and co-pastor Soul City Church, my all-time favorite Church in Chicago. I don't know. If I'm in the Midwest, I'm coming to Soul City. So I would love for you to talk for a minute about y'all's journey there. You were at Willow, you were at North Point. But you're a co-pastor, and you teach a lot of Sundays. So what do you say to men and women who asked you about women leading in the church and your role?

Jeanne: Yeah, absolutely. To me, a pastor is someone that leads people to pasture. It's somebody that leads people to nourishment, to the food that they need for their soul. And that is who I am. Well, it's not my full identity but it is part of how I show up in the world, is leading people towards pasture. It has always been so authentically me. I've been in a lot of different faiths-

Annie: Did you struggle with that, though, ever?

Jeanne: Yeah.

Annie: Me too.

Jeanne: Absolutely. Absolutely. I've been in different church settings where that was really applauded and encouraged and then others where it wasn't the case. And I have tried to really learn how to hold people according to orthopraxy versus orthodoxy.

Annie: Oh, I don't know what that means.

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Jeanne: Meaning, we tend to judge one another on what we believe versus what we practice.

Annie: Oh, man. Yes. I heard a pastor who said we judge ourselves on our intentions, but we judge other people on their actions.

Jeanne: Exactly. And so for me, I can't not practice leading people to pasture. It's who I am.

Annie: Got it.

Jeanne: It's what I do. When I'm in a conversation just with you or with a friend, it's where I want to go. I live at the deep end of the pool. I always have... I'm not good at small talk.

Annie: I love you for it.

Jeanne: So I automatically tend to pastor people. So when Jarrett and I knew that God was saying, "Okay, I'm gonna wreck the whole plot of your life and I'm calling you to start this church," when we knew that that was what we were to do, it just was without a doubt we're to do this together.

Annie: Wow.

Jeanne: There's not one over the other. Now, we set it up in such a way where we both submit to our elders. Like I'm not Jarrett's boss and Jarrett is not my boss because we're one another's husband and wife, and that's our most important relationship. But I just as much lead and pastor people as he does. So we've just held that same title, that same role.

And you know, Annie, the older I get, the more I'm okay with the fact that there's a lot of people that don't agree with that. There's a lot of people that that's not best for them. I'm okay with that.

Annie: Yeah, me too.

Jeanne: I really am.

Annie: Me too.

Jeanne: It's not a-

Annie: Men and women.

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Jeanne: Yes.

Annie: I'm totally fine if you don't agree with where I have found myself in this. We can still be friends.

Jeanne: Absolutely.

Annie: If we disagree on that and that makes us not friends, I bet there's eight other things to disagree on. So if you can't be friends with someone you don't agree with over one thing, don't be friends with them at all.

Jeanne: So I know there's a lot of people that would probably say, "Yeah, I don't know if I want to go to a church where a woman is the lead pastor," great, let me help you find some churches that you do want to go to. And I'm really okay with that. I mean, we could get into a long theological conversation about why I show up in the world this way and why theologically, orthodoxy hold to this belief. But to me it's not an essential.

You know, when you think about the essentials of faith and the non-essentials, this one to me is not one of those that's like, I'm gonna get into debates over it. I've always said that I just want to be a really faithful pastor. I don't want to prove why I need to be a pastor.

Annie: Right?

Jeanne: I just want to be faithful while doing it.

Annie: To our friends listening who are in a church... I hear this feedback a little bit more than none. So it rings in my head when we're having this conversation. I hear from women who say, I'm in a church that I wish women had more of a voice in our church. How do we know the time to persevere and stay? And how do we know the time to go find a church that does allow women to lead in a way? I mean, because no church is going to be perfect. Every church is going to hurt your feelings. My church hurts my feelings. It's part of the gifts-

Jeanne: Exactly.

Annie: ...for humans. So how do you know when to stay and when to not stay?

Jeanne: You know, I worked at two different churches and one was all the way egalitarian, the other I would say appreciated the gifts of women and showcased the gifts of women and gave platform to the gifts of women but I don't think in their belief set

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would have said that they were egalitarian. And yet, I am so grateful for that church. I'm so grateful for what I learned there. I'm so grateful for those pastors. I'm still in relationship with them.

I remember a season where the pastor of the church, we had a great conversation and I just said, "I'm really curious, can we talk about why you show up in the world the way that you show up around this belief? And can I talk about why I show up in the world the way I do around this belief of women using their gifts?"

And for me, Annie, I never saw a woman doing what I'm doing, ever, growing up. So there were a lot of years where I felt like I was having kind of an inner identity crisis. Like, I think this is what I'm supposed to do but I don't have any models or examples. Now, there were incredible women using their gifts and teaching in parachurch organizations or an outside ministries, but they were not an actual pastor. They weren't pastoring a flock. And if they were, they certainly weren't the lead pastor.

Annie: I was with some friends of ours last week who all kind of do this job and we were having a conversation about how to finish well. And the end of the conversation was we actually don't know how because the only women who've led like us before us are still alive. They haven't finished.

Jeanne: Yes, exactly.

Annie: We don't have Andrew Murrays and John Wesleys in these. We don't have a bunch... I mean, there are a few of course. We're gonna get tweets of "What about so and so?"

Jeanne: Yes, yes.

Annie: Exactly. But as far as the generation of women ahead of us, the Beth Moores, the Priscilla Shirers, though she's close to our age, the Kay Arthur even, you know, Joyce Meyer, some of these women that are ahead of us, Lisa Harper, they're still going. So it's hard to-

Jeanne: And what a blessing they are, right?

Annie: Totally.

Jeanne: People to look to and people to have this sense of like, Okay, I can run this race. But for me, when I knew this was without a doubt one of the clear things that God had placed on my life to do, I knew that if I could be faithful to it perhaps I could

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set an example and a picture to my daughter's generation and generations beyond that they would be able to say, "Oh, yeah, that is something I can do."

Annie: I get that feedback at CrossPoint.

Jeanne: "I am not eliminated. I'm not eliminated from this."

Annie: Yes. I love hearing from younger women that are at Cross... and men. I had a dad at our Serve the City last week, like a 50-year-old dad, tell me how much it meant that his daughter and him and his wife saw a female as part of our teaching team.

Jeanne: Well, and you know, I have just decided... Obviously, Jarrett is my co-lead pastor, and never once has Jarrett walked into a room and said, "Hi, I'm a male lead pastor." He's never introduced himself that way.

Annie: Men have never said "I'm a man boss."

Jeanne: Right. So I don't like to differentiate myself by saying "I'm a female pastor." I'm a pastor. It's one of the things I do in this world, and there's many other things that I do, but I don't need to qualify it by my gender in the front of that. So I never say, "Yeah, I'm a female lead pastor." I just say-

Annie: That part is implied.

Jeanne: That's implied. I'm right here you can see. But I'm a pastor and it's one of the things that I do. It's not the defining of my identity, but it's one of the ways I show up in this world and love and care for God's people.

Annie: One of my favorite things about you is you lead Soul City Church, which is Protestant non denominational, but you grew up Catholic.

Jeanne: I did.

Annie: We have so many friends listening that are Catholic. I love them. I love that we have this mix of Christian faith within our friends listening. Will you talk a little bit about being in both those worlds? because some of the practices of the Catholic Church are so beautiful. Everybody listening knows I love Father Mike. I love listening to him read the Bible. What's the joy of having this history? I mean, your whole book *What's Here Now?* has past, present, future. So put together your past and your present a little bit in church practice.

Jeanne: I'm so grateful for my story and for where I have come from and I'm grateful for where I am now. I actually open up the book in the very first chapter of talking

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about my first confession. I remember as a little girl sitting in these pews and you can smell the incense in the room and it's kind of dimly lit and you're sitting there in the church.

And I'm literally sitting in this pew thinking, "What are my sins?" What are my "transgressions" was the word? I didn't even know what a transgression was, but I now need to go tell a priest what transgressions were. And I'm like, "I fight with my brothers. I think I lied to my mom." Like trying to conjure up what are my sins.

Well, the interesting thing to me, and I'm not sure about whether I think that practice going into dark mahogany boxes is the best way to do confession. But the scriptures talk about confess your sins to one another. That that's where you find life. That's where you find freedom.

And how interesting that that was a part of my formative years as a young girl, that I would do this practice on a regular basis, the beauty of confessing sin. So I have a lot of gratitude for the different practices of the Catholic Church. The reading of the Gospels, right? Every time we went to mass, there was a reading of the Gospel-

Annie: Every single Sunday?

Jeanne: Every single Sunday.

Annie: Wow.

Jeanne: And you stand for the reading of the Gospel. Like the epistles, you don't always necessarily stand for those. But you stand for the Gospels. There's a moment in the Catholic service where you pass peace to one another.

Annie: Oh, wow.

Jeanne: And you walk around the church. That and getting communion. Because who doesn't want to hit a carbs and some juice during a boring church service? I loved communion and I loved the passing of the piece, because it was this beautiful moment where you approach another individual and you offer them the peace of Christ. "May the peace of Christ be with you."

Annie: Wow.

Jeanne: And the other person says, "And also with you." And it's beautiful, right?

Annie: Yeah.

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Jeanne: It's just this exchange that happened every single mass. Ah, can you imagine if humans lived that way:

Annie: Yes.

Jeanne: May the peace of Christ be with you. And then we responded, "Also with you."

Annie: Yes, I want to do that. Why don't we do that?

Jeanne: It's such a beautiful practice.

Annie: Beautiful.

Jeanne: So I'm so grateful for that heritage. And I knew that I was not experiencing a relationship with God. This is just my personal experience. I know many Catholics would say different. When I was practicing as a Catholic, I was not experiencing the relational dynamics that I now do as a Protestant. So I think being able to put all of it together, being able to put these beautiful, sacred formational, liturgical practices with a personal dynamic, moving relationship with Jesus, I feel so grateful for both. So I really pull from both parts of my story.

Annie: Yes. I know some of our friends listening... I got a DM about this days ago, friend saying, "I'm kind of walking, not away from faith, but just away from the church," the whole deconstruction conversation, but they still listen to podcasts. And we're one of the ones they listen to. So tell me, before we started you mentioned that you're having conversations with people who are deconstructing and why you're encouraging them to plug into a church.

Jeanne: I am. I'm encouraging them. I think that deconstruction should lead to reconstruction of something. I often will say to my friends that are deconstructing or people that are a part of Soul City I want them to find a sturdy container-

Annie: That's great language.

Jeanne: ...for them to practice what they do believe. And it may be that the container they were once in doesn't serve them anymore. And that's okay. There's lots of containers that we find ourselves in throughout life, and they're not the containers to take us through life. They were there for a season, they were there for a very specific reason, but they're not meant to carry us.

So I will often encourage people, why don't you find a different practice? And oftentimes, people are finding that in a liturgical setting. They enjoy being able to

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practice the church calendar, the liturgical readings. So everyone's journey is their journey, right?

Annie: Yes, yes.

Jeanne: And as much as I love to control things, I cannot control-

Annie: You write about it in a whole chapter about control.

Jeanne: I love it. I love it so much. I'm an eight on the Enneagram so it is my vice. But if someone were to ask, you know, I'm deconstructing and I know that I still believe in God, I know that I still want to have a relationship with Jesus but this container of the way I have done church is not working for me anymore, I really will encourage them look for a new container.

Annie: Yes, just go somewhere else.

Jeanne: Look for a new container.

Annie: Yes! Yes!.

[00:20:15] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our incredible partners, [Prose](#). Prose uses their signature personalization process and premium natural ingredients to create the world's most customized hair care available.

So by analyzing over 85 personal factors through their online quiz, Prose determines a unique blend of ingredients to treat your exact concerns. Y'all know I love a quiz. And this is stuff you know. No pop quiz surprises. It's in the area you live in, the climate, your hair goals, your nutrition habits. You're gonna get a 100 on this.

Like I said, I love a quiz. But when it results in personalized hair care products that have delivered the shine, growth, and manageability I was hoping for, love isn't even a strong enough word to describe how I feel about Prose.

Prose has given over 1 million consultations with their in-depth hair quiz and you can be one million and one. And then with their Review and Refine feature, which I have loved, you can tweak your formula for any reason like change of address or hair color or diet. They totally nailed my formula on the first try but I've made

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some adjustments based on the climate changing. I love they want to keep improving when it is needed.

If you're not 100% positive Prose is the best haircare you've had, they will take the product back, no questions asked. And as a Carbon Neutral Certified B Corp, Prose is an industry leader in clean and responsible beauty. All their ingredients are sustainably sourced, ethically gathered, and cruelty-free. And they're the first custom beauty brand to go carbon neutral. Let's go Prose!

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Sponsor: And I want to let you know about another one of our incredible partners, [Athletic Greens](#). We're interested in doing anything we can to support our health, especially when it's convenient and delicious, right?

What is Athletic Greens? You ask. So in one scoop of Athletic Greens mixed in cold water, you're absorbing 75 high quality vitamins, minerals, whole foods-sourced superfoods, probiotics, and adaptogens. Here are all the things their special blend of ingredients supports. You're ready? It's your gut health. It's your nervous system. It's your immune system. It's your energy, your recovery and focus.

AG1 contains less than one gram of sugar, no GMOs, no bad for you chemicals or artificial anything, while still tasting good. It's got a fresh green flavor with a sort of a tropical finish, and it's lifestyle friendly. Whether you eat keto, paleo, vegan, dairy-free, or gluten-free, you are set.

Athletic Greens has over 7,000 5-star reviews and it's recommended by professional athletes like me. Well, also real athletes. It's time to reclaim your health and arm your immune system with convenient daily nutrition, especially as we finish up this cold and flu season, bless the Lord, it's just one scoop and a cup of cold water every day. That is it.

To make it easy, Athletic Greens is gonna give you a free one year supply of immune-supporting vitamin D and five free travel packs with your first purchase. All you have to do is visit athleticgreens.com/soundsfun. Again, that's athleticgreens.com/soundsfun to take ownership over your health and pick up the ultimate daily nutritional insurance.

And now back to our conversation with Jeanne.

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Annie: My heart beats to the rhythm of the church calendar. It is one of my very favorite things.

Jeanne: Same.

Annie: Ordinary time, we're about to be there after Easter tides, bores me to death. I feel like we're-

Jeanne: But isn't it good for you, Annie, as a seven?

Annie: Unfortunately, it is, yes. It's very good to not have exciting, exciting Advent, Lent, Easter tides, dah, dah, dah. But I grew up Methodist. So I grew up more liturgical than I am now. And I do find myself like hard days listened to hymns. There's just something about-

Jeanne: It's grounded.

Annie: Yes. And going like, people sang this for 200 years before I existed, these songs. So I think there's something beautiful about that.

Jeanne: I'm right there with you. You know, a number of years ago I started this thing called Advent Dinners. And we bring people to our home and our whole family kind of sits at the start of Advent and says, "Who needs to be around our table?" And everybody speaks into it.

And then we invite people to come and spend a Sunday evening with us. And I've written these liturgies for all of the Sundays of Advent. And we read the liturgies together at the table. And then I've created these intentional questions that we then answer. I'm right there with you. There's something that is so grounding about practicing our faith in a liturgical way that connects us to one another. It's beautiful.

Annie: You write a lot in your book about curiosity. Like literally curiosity feels like a theme. Because the whole idea, correct me if I'm wrong, but let me summarize your book. *What's Here Now?* is literally going like, what is your body feeling? What is your heart feeling? What are your emotions feeling? What are you learning about God right now? Like with the combination of your past and where you hope to go in the future, where are you right now?

And the curiosity part, talk to me about that a little bit? Because one of the beautiful things you do in the book is you treat curiosity like it's a kindness to yourself. Did I read that correctly?

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Jeanne: It is. I believe that it is. Because on the other side of curiosity as judgment. We're judging what's occurring versus curious about what's occurring. The idea of *What's Here Now?* is really the fact that most of us aren't really here. We're not really here. I like to say that if it's not happening now, it's not happening.

Annie: Wow.

Jeanne: Now is the only moment that we really had before we started recording you. You shared this. But the here and the now is God zip code.

Annie: Yes. It's one of my favorite quotes from your book.

Jeanne: This is God's zip code. And while God is the same yesterday, today, and forever, you can't go to the past and be with God and you can't go out into the future and be with God. The only way to actually experience and encounter God is in this now moment. The only way to experience and encounter one another is in this now moment.

So the idea of this question is to get curious about, if we're not here, then where are we? Where are we? I found when I first started practicing this, just asking myself the question, "Okay, what's going on in my body? What's going on in my thoughts? What's going on in my feelings?" I often found I was either rehashing the past or I was rehearsing the future. I was going to something of what was or I was living in the what if. And I wasn't allowing myself to be with what is, what's here now.

That question, I got this little app called Mind Jogger and I typed it in and I just allowed it to randomly ask me the question. When I first started practicing presents, to ask me anytime throughout the day, what's here now? So I mean, I'd be in a meeting

Annie: Do you just plug in your own question?

Jeanne: Plug in your own question. It's a great little app. It's called Mind Jogger.

Annie: Mind Jogger. It can also be like, where are your keys?

Jeanne: Yes. That would also be a very good question.

Annie: Is it like to help us not get Alzheimer's?

Jeanne: There's a lot of questions that I should type in.

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Annie: But you typed in what's here now?

Jeanne: I typed in: what's here now? And I made a promise to myself and God that anytime it would pop up on my phone, I would do the practice. I would just pause... And you can literally do it in like 30 seconds. Like we could do it right now. Like, even Annie, in this moment, as you scan, what's here in your body? What are you feeling in your body?

Annie: I worked out this morning and I never do, and all day long, I've thought that matters in my body. The peloton structure kept saying you're releasing magic, which whatever. But I've been thinking about it all day. So in my body today I feel stronger.

Jeanne: Where do you feel it like as you scan your body?

Annie: In my core. Right in my core.

Jeanne: Yeah, it's great. You're just bringing attention to that part of yourself, right? And then as you even pause and go, "Okay, what's here with my thoughts? Like what's running through my mind?" what's showing up for you?

Annie: What's running through my mind is I am thinking... Well, the genuine truth is I'm like, be all the way here with Jeanne. That's what I'm thinking. So what's going through my mind is nothing else matters. Being right here. Because I have to choose that because I'm so naturally distracted

Jeanne: Same.

Annie: Especially when I'm recording, I'm like, Be all here. That's why I told you I take my watch off sometimes and drop it on the floor if it starts buzzing too much, because I want to be here. So that's what's in my mind is choosing over and over, stay with Jeanne, stay with Jeanne, stay with Jeanne.

Jeanne: So good. And then feelings, like what's showing up in your heart space?

Annie: What do I feel in my heart? I feel a little anxious, not because of anything here but because I'm of my weekend and things that are coming up and I'm planning for it today because I'm doing a wedding this weekend. And so there's just a lot of factors. So I feel a little bit anxious. And mostly I feel real motivated today. Like, Let's go! We're doing work that matters today. But that's probably because I got to read your book this morning. So I'm feeling great. So those are the things I'm feeling.

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Jeanne: And it's amazing to just do that simple practice. It's a pulling you back-

Annie: Body, thoughts, feelings.

Jeanne: Mm-hmm.

Annie: Okay.

Jeanne: Body, thoughts, feelings. What's happening here in my body? What's happening here in mind. What's happening here in my feelings. And to not try and give them answers or to solve them. But it's a way to pull yourself back to center. Because most of the time we're somewhere else, right?

Annie: I mean, we're the most distracted generation ever.

Jeanne: Absolutely. Absolutely.

Annie: Someone was saying to us yesterday that goldfish have a 9 second retention rate. And in the pandemic, humans moved from an average of 12 seconds to 8.

Jeanne: Amazing.

Annie: So I mean, we are more distracted than ever.

Jeanne: We are. And I think that part of what happens is that when we go to the past, we're trying to change something that already happened that we will never be able to change. When we go out into the future, we're trying to control something that we actually do not have control over. And when we practice presence, we get to choose to be here now.

In the book, I talk about that for me I realized that whenever blame, shame, grief, bitterness, or guilt, when those were showing up for me, I was rehashing something in the past.

Annie: Wow. I wrote down this quote. Any unhealthy pattern has a root story. So all of it. Everything we do that is unhealthy has this root story that probably goes back to one of those five things-

Jeanne: It does.

Annie: ...because we're actively rehashing the past.

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Jeanne: You know this about me. I am advocate for doing our work. I mean, the work works when you work it. So I'm an advocate for counseling. We both went to Onsite. I'm an advocate for sitting in sacred circles and letting ourselves be seen and heard. But we can't live in the past. The past is a great place to learn from, but it is not a place to live in. So I firmly believe in digging in the dirt of your story, but that's not where you're living in the moment.

Annie: So good. So good.

Jeanne: So allowing the past to be a teacher to the now moment, but not trying to rehash it. And the same is true of the future, right? I'm a planner, I'm a dreamer, I'm a visionary like you and yet I can go out into the future and let my mind get tangled up into worry or to pretending or obligation or denial or control, my favorite. And whenever those show up, it's an indicator to me, "Oh, you're not here. You're somewhere."

Annie: Your obligation chapter was so interesting to me because you talked a lot about the word "should." And we say around here a lot we don't should each other. This is a strong statement that I'm about to make. But we talk about how the word "should" really pushes against our faith life?

Jeanne: It does because it's not how we're meant to live.

Annie: No!

Jeanne: It is not how we are meant to live. And I talk a little bit about the cycle of obligation. So the idea of obligation is that "should" says yes always when yes isn't best.

Annie: Wow.

Jeanne: And whenever we're living with this perpetual sense of obligation, it moves us eventually into resentment-

Annie: Always.

Jeanne: ...because we said yes when we shouldn't have said yes.

Annie: Oh, my gosh, that story of you taking an appetizer when they just asked you to bring wine is hysterical. And then you burst into tears afterwards.

Jeanne: Literally. Jarrett is like, "What is wrong? What is wrong with you?"

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Annie: How many of us do that? In every way we're asked to show up with one thing and we decide we should show up three other things, whether it's thoughts or appetizers, or whatever.

Jeanne: Because we have a story of who we should be.

Annie: Wow.

Jeanne: And obligation, it always leads to some kind of inner resentment. And then from there we go to entitlement.

Annie: If you knew how I lived in the cycle. This is my zip code.

Jeanne: And then we say escape.

Annie: And then we escape, like a good seven should. Then we escape.

Jeanne: Same. And when I realized that cycle of obligation from resentment to entitlement to escape to resentment, entitlement and escape, and I saw how I was just running around that cycle in my life, I realized, Oh, gosh, you're leaving the present every single time. You answer "should" with a "yes."

Annie: Yes. Jeanne, I'm going to tell you the whole truth. When I think about that cycle, I am the most in that cycle when it comes to my body. Is that-

Jeanne: The same?

Annie: Probably for a lot of women and some men-

Jeanne: And I wrote about how-

Annie: Oh my gosh, your body chapter.

Jeanne: The chapter on the body, well, I wrote with a confession because it was the last chapter that I wrote and I saved the hardest for. I'm that kind of girl. I have had so much shoulding when it comes to my body.

Annie: Right. Because as I'm thinking through that cycle, I'm like, "Oh, the reason I ever do to Oreos what I do is because I'm escaping because I felt entitled that change should have some sort of change. And here's my fear. I'm 41. I'll be 42 on July 7tg, let's all celebrate, but... I was just saying to a friend this weekend, Jeannie, I cannot spend another four decades trying to change my body.

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Jeanne: I know.

Annie: How do we break out of this? How do we break out of this cycle?

Jeanne: Well, the cycle has a reverse cycle. Because when we live in radical grace, which you and I both believe comes from Jesus-

Annie: Yes, absolutely.

Jeanne: ...it leads us into the next space of taking personal responsibility. And then we move to healthy boundaries. And then from there, we actually can experience this sacrificial love in our life. Now, the challenge with all of that is doing the practice, right? It's letting grace be here, taking responsibility, why? Why do I want to "should" here? Why do I want to say yes when I shouldn't? Okay, I'm going to take personal responsibility for my life. I'm going to actually use the sentence that is one word and I'm going to just say No. One word. I can say no. That's me taking personal responsibility for my life.

And then what I do in that moment is that draws a healthy boundary for me. A healthy boundary. I don't need to solve this through Oreos. I don't have to, especially for me, you know, that part of obligation that leads to escape, and we've talked about this as friends food is such a number.

Annie: Oh, my gosh.

Jeanne: It's such a place to numb what we don't want to feel. The interesting thing about feelings is they're not looking for answers, they're just looking for space.

Annie: Right. They're not asking to be fixed.

Jeanne: They're not asking to be fixed.

Annie: That's just so thoughtful.

Jeanne: They're just saying, "Will you just let me make my way through your body?"

Annie: Our feelings aren't asking for answers.

Jeanne: Yeah.

Annie: Jeanne!

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Jeanne: They're not there. They just need healthy space. And yet we want to give them answers.

Annie: Yeah, we want to fix them. Well, your girl Annie does. You know that.

Jeanne: I do too. I mean, you know, fight, flight, freeze. I think we've added a fourth, and it's fix. "Fix me." And we try to do it with ourselves. We try to do it with one another. You know, when somebody's mad at you, you want to fix them from being mad at you in a heartbeat.

Annie: In a heartbeat.

Jeanne: When somebody's sad, what do we do? We hand them a tissue.

Annie: Yes, yes.

Jeanne: I have started whenever I meet with somebody in a pastoral-like counseling setting, and they start crying and they say, "Oh, I'm so sorry," I lovingly say, "You don't need to apologize for your tears here." And I purposefully don't hand them a tissue.

Annie: Really?

Jeanne: And the reason I don't hand them a tissue is because I think we have become so uncomfortable with our tears. And yet it is just liquid in the eyes that is needing to be released. I call tears liquid love. It's just liquid love that is coming out of our eyes because we're feeling something deeply. And we shouldn't cut that off. We shouldn't say here's a tissue for you to stop crying. Crying may be the very best thing that we need to do. It might be the thing that our body needs to release in that moment. But especially when it comes to having a healthy relationship with our body, this was the hardest chapter for me to write.

Annie: Yeah. You had an idea of something to read to us.

Jeanne: Well, you know, I knew it was challenging because I've been so unkind to my body. I've been so unkind. So lacking of compassion. I'm not choosing to be curious about what's actually going on here, just kind of telling my body to soldier its way through life.

Annie: Oh, man, when you write about that... I'm not sure which chapter it's in, but when you write about you just made yourself keep going and you did not listen to your body signals at all. It wasn't even like overeating or undereating. It was your body was alarming in eight ways and you just didn't stop.

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Jeanne: And what's amazing is the body doesn't lie.

Annie: Right. It keeps the score.

Jeanne: It keeps the score.

Annie: That's right.

Jeanne: And it always tells the truth. In fact, it's one of the most reliable gifts God's given to us. My mom, when we were growing up, maybe you had this same practice, I mean, every gift we had to write a Thank you note. And it was the thing that I hated doing the most.

Annie: Right, right.

Jeanne: I was like, "Mom, I just want to play with my toys. I just want to play with this thing that somebody gave to me." And she always made us sit down and write a thank you note. And Annie in the process of writing this book I realized I had never thanked my body.

Annie: Wow.

Jeanne: I had never said thank you for this incredible gift. So I'll read this little thank you note because I think it's one of the practices-

Annie: It's a spiritual practice.

Jeanne: It's a spiritual practice to bless and thank your body. So I'll just read it. "Dear body, this note is long overdue. I imagine you wondered if this day would ever come, if I would truly pause and appreciate you for all you've done. Tears are puddling in my eyes just three sentences in. You've been so faithful to me.

Your resolute and relentless presence has never let me down. When I needed you to help me run faster than Nathan Price at third grade field day, you mustered up all the energy I needed to leave it all on the field and I'm so glad we won that day. When I needed you to help me memorize all those scripts and songs and speeches for our plays, piano recitals, and speech team meets, you made sure every part of my brain was firing in just the right way to store all of those words and notes in my head.

When I needed you to protect me from that senior boy who pretended to care about me but cared more about making out with an inexperienced freshman girl, thank you for giving me the courage to get out of that car. When I fell in love with Jarrett,

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and no part of my heart or mind was functioning rationally, you gave me the courage to take a risk and throw all my belongings into that little red Honda Prelude and move across the country for the greatest love of our lives.

When I got the phone call about my dad and then years later about Andy, you helped me up. You released all your secret compartments of strength to walk with me through the storms of grief I would have never chosen. When we put our legs up into those stirrups and let go of every superlative to push two beautiful babies out into the world, you offered up power and presence that were speechless. When betrayal and hatred found their way into your story, your perseverance and commitment to keep going inspired me.

I don't know how I went so many years without realizing all you do for me. I'm so sorry for all the ways I've neglected and ignored you. I know we are on the same team and I'm officially going to wear the same jersey as you. I'm committed to living like we belong to each other.

For every program and plan that caused me to starve or deprive you of the nutrients and vitamins you needed to be healthy and prosper, please forgive me. You didn't ask for much. Your needs have been simple and steadfast, consistent care, watering, healthy sleep, and exercise. I often made those simple things so complex.

For the times when I didn't take care of my skin or intentionally let it burn for the next day's glow that would follow, I promise to take better care of our largest organ from now on. For the times when I pushed past healthy limits and you ended up broken, dizzy, drained, and fatigued, I promised to pay better attention to your limits, to listen to your joints and muscles, and when you're craving rest, to slow down.

For the times, I fed you garbage, okay, not actual garbage but food loaded with preservatives and absolutely no nutritional value and mindlessly ate so I didn't have to feel, please forgive me. I promise to continue the healing work to restore my relationship with food. I often don't stop and compliment you, but you need to know I think you're beautiful. From our dark brown eyes to our short stubby toes, you're a masterpiece. And this thank you note is my way of starting to live as if I believe that. Love Jeanne."

Annie: That's beautiful, Jeanne. Thank you for sharing that with us. I'm gonna give a lot of credit to the enemy here. Why does the enemy not want us to be in our bodies? What is it? Why does so many men and women need to write that letter today?

Jeanne: Yeah. Well, I think that within our bodies, as I mentioned before, the body doesn't lie. And the enemy is the author of lies. So when we are grounded in our bodies,

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when we're actually living in this beautiful vessel... and isn't it interesting that the Holy Spirit chose to take up residence inside our bodies?

Annie: Wow. Wow.

Jeanne: Right?

Annie: Yes.

Jeanne: When we're living at peace in our bodies, we're not telling ourselves lies. And the father of lies, the enemy, is totally like, "Wait a minute. This is how I work. I am good at lies. I'm good at causing you to doubt yourself. I'm good at putting scarcity in front of you and you believing that you don't have enough or you aren't enough." And so when we ground ourselves back into our bodies, we let go of those lies.

Annie: Wow. Wow.

Jeanne: It's such a place of agency to live in. When we actually can look and say, Thank you arm, thank you leg. Thank you mind. Thank you heart for all that you're doing. Thank you lungs for putting oxygen in and out, exhale, inhale. It's so powerful to actually come into a posture of gratitude for what our bodies are capable of doing.

Annie: Oh, that's beautiful.

Jeanne: I think that's why the enemy doesn't want us to get grounded in our bodies.

Annie: So what does that look like on like a Thursday? Are you done dieting? Are you working out every day? Are you trying to change your body? What's here now as far as how we live in our bodies in a way that glorifies God and helps us to do ministry for the next...? I mean, I want to be here till I'm like 120.

Jeanne: Same. Same.

Annie: One girl on our staff, 82. She wants 82. I'm like, "That is not enough time for us." So I want to go as long as I can go.

Jeanne: Same.

Annie: But I also just cannot try to change my body until I die.

Jeanne: I think so much of what we need to start to do is to become noticing of the lies.

Annie: Wow. Curiosity again, right?

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Jeanne: Curiosity. I think it's healthy to exercise. I think it's healthy to pay attention to what we put inside of our bodies. But to view it as fuel, to not view it as something like this is a way for me to numb, this is a way for me to escape. but this is a way for me to be the fullness of myself. So here's why I'm going to eat this thing, right? To view the relationship with how we see food.

I obviously just mentioned that, you know, I've had such a poor relationship with food over the years, and I've gotten so stuck in comparative cycles. I'm reading *Atlas of the Heart* by Brené Brown right now. It's so good. So good. She talks about how comparison is going to just happen. We're humans so we're going to compare. It's what we do with that comparison. Well, one of the places where I've brought so much pain onto my body is comparing my body to someone else's body.

Annie: My problem is I compare my body to other versions of my body.

Jeanne: That as well as other people. So, again, I'll rehash the past to when I didn't have children and now I have had two children to when I was younger in my 20s. I'm in my 40s. So I will look at that version of myself and rehash that part wishing I was here in this now moment.

Annie: And then looking at other people too..

Jeanne: Looking at other people and going, Why is it that they can eat 10 Oreos and it doesn't affect them? And if I eat an Oreos, you're gonna feel it. And everyone else is gonna feel it. So I think trying to get curious with my relationship with food, to get curious about my relationship with exercise, to get curious about my relationship with coffee, and choosing to hydrate. I love that all of your team have these big hydration jugs.

Annie: Oh my gosh, yes, we all have our HydroJugs. Yes, they are podcast sponsor so we all got our HydroJugs. They're huge. We tried to drink two a day, which would be a gallon. We're all drowning more than anything else.

Jeanne: Before you're in the bathroom the entire day.

Annie: That's right. That's right.

Jeanne: But I don't know if the conversation needs to be about changing our body versus becoming curious about our body.

Annie: Wow, yes.

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Jeanne: When I get curious with my body, curiosity leads to love. When I'm curious about another person, it means I want to know them, I want to hear them, I want them to feel seen by me. And isn't that what every human wants to be known and seen?

Our bodies want the same thing. They just want to be known. They just want to be seen. They don't want to be changed. They don't want to be adjusted. And if we've been unkind, there might be some things that we need to get curious about with our bodies and make some healthy shifts so that we can live in these beautiful vessels till we are 120-

Annie: Yeah, that's right.

Jeanne: ...so that we can offer our very best. But it's not for the sake of a comparative reason. "I want to be the size. I want to look like her. I want my jeans to fit this way." It's because I want to be able to offer my very best. And when I shift that mindset, I can actually be really at peace with what my size is.

[00:48:52] <music>

Sponsor: Hey friends! Just interrupting this conversation one last time to tell you about one of our incredible partners, Catalina Crunch Cereal. Okay, I discovered Catalina Crunch Cereal a few months ago and I have literally had a bag on my shelf ever since. It's a delicious alternative to most quote, "healthy cereals," unquote that tastes like cardboard and is for sure a better choice than those sugary artificial flavored cereals. It's the cinnamon toast flavor for me. But I actually really love the other flavors I've tried too.

Catalina Crunch Cereal has got all the good crunch without the added sugar. Since it's low carb, high protein, and zero sugar, it helps you feel fuller longer. It's made with clean ingredients. Y'all literally there's nothing artificial and Catalina Crunch Cereal. Taste for yourself why over 10,000 customers rate Catalina Crunch 5-stars.

They've got eight crave-worthy flavors to choose from. Okay, listen to these. Cinnamon toast, yes, dark chocolate, chocolate peanut butter, okay, chocolate banana, I'm interested, honey graham, fruit, maple waffle, mint chocolate, yes, yes. Yes, all of you. Every flavor is delicious on its own but try mixing them together for some truly mouthwatering combos. Okay, like cinnamon toast and chocolate peanut butter, okay, or honey, graham, and fruity, that's fancy.

If you're not sure which flavor to try first, just grab a variety pack and try them all at once. You should be warned you can't blame me if you fall in love with all of them. That is not on me, that is on you. And I respect it.

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To see why Catalina Crunch is the fastest-growing cereal brand in America, just go to [Catalinacrunch.com/thatsoundsfun](https://catalinacrunch.com/thatsoundsfun) for 15% off your first order plus free shipping. That's [Catalinacrunch.com/thatsoundsfun](https://catalinacrunch.com/thatsoundsfun). Not sure which flavor to start with, try the variety pack. And check out their delicious cookies and snack mixes while you're at it. Again that's catalinacrunch.com/thatsoundsfun for 15% off your first order plus free shipping.

Sponsor: And I've got one last amazing partner to tell you about, Thrive Causemetics. I love finding fun new makeup and skincare products to add variety to my getting ready routine, even better when beauty products are made with clean skin-loving ingredients, no parabens, sulfates or phthalates. And they work beautifully too.

Thrive Causemetics delivers gorgeous non-creasing, long-lasting makeup that I know you're gonna love. Who doesn't need Thrive's perfect eye pallet with long-lasting gorgeous neutral eyeshadow shades?

And let me tell you about the liquid lash extensions mascara. I need y'all to know we talked about this in the office. I can definitely see why it's one of their best-selling products. It's this ultra-lengthening eye-opening mascara that lasts all day without clumping, smudging, or flaking. It looks like lash extensions. Y'all keep thinking I have lash extensions, but there's no damaging glue or expensive salon prices.

Using this mascara over time actually helps support longer, stronger, and healthier-looking lashes. I love a mascara that stays put but I hate when I'm trying to remove it it ends up kind of, you know, all over everything. Not with Thrive, y'all. It is like magic. It slides right off with warm water and my watch cloth. It is wild note. So needed.

Thrive Causemetics' impact and mission is bigger than beauty. Every purchase supports organizations that help women thrive. That's why they put the word "cause" right in their name. They support women emerging from homelessness, surviving domestic abuse, fighting cancer, and more. Now's a great time to try Thrive Causemetics for yourself.

So right now, you can get 15% off your first order when you visit thrivecausemetics.com/tsf. That's thrivecausemetics.com/tsf for 15% off your first order.

And now back to finish up our conversation with Jeanne Stevens.

[00:52:37] <music>

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Jeanne: I talk a little bit about this, but we've gotten so defining around numbers in our society.

Annie: Yeah, right.

Jeanne: What's the number on the scale? What's the number in your bank account?

Annie: How many followers?

Jeanne: How many followers do you have? And we make numbers mean something. And a number is a number. It is 140 or 192 or \$1,000. It's a number. We're the ones that attach meaning to it. We also hide those things. We're really afraid to talk about what is the number on the scale. What is the number in the bank account? And it's this way that we kind of keep ourselves hidden from one another. I, for one, want to start living out loud with those things.

Annie: The more settled you are in anything, the more willing you are to talk about it. Right?

Jeanne: And don't you want to be with those people?

Annie: Yes. I mean, my favorite business friends are where we talk about money easy.

Jeanne: Easy.

Annie: Where it's just like, it's just a number. This is not a word thing. I need you to help me figure out what to do with this number. I mean, our podcast listeners know one of my best buddies is named Connor. He's a baseball player that interned for us for a little bit. And he's been in my life forever. And we talk money all the time. And it just doesn't matter.

Jeanne: Absolutely.

Annie: We don't love each other because of it.

Jeanne: Exactly. I have a mentor that one of his goals in life is to have no secrets. And he says whatever you want to know, just ask me. You want to know what's in my bank account? You want to know what's on my scale? You want to know... I just love that. Because living in hiding is not what we're meant to do.

Annie: Right. Secret lives don't get us anywhere.

Jeanne: They don't.

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Annie: Everybody don't need to know everything but somebody needs to know everything.

Jeanne: And part of practicing presence is coming into this now moment, right?

Annie: Yes.

Jeanne: It's not hiding our thoughts. It's not hiding our feelings. It's not hiding what's going on our body. It's actually saying, "Okay, what's here now is this feeling, this thought, this sensation in my body. And almost always, Annie, it leads to gratitude.

Annie: I love that you end up there. I mean it leads to gratitude. Gratitude sets us free. I mean, Jesus sets us free, but gratitude sets us free from a lot.

Jeanne: It does. And we experience belonging. Like I can sit here in this now moment and I can be across from you and go, "Oh God, I'm so grateful, so grateful for every moment we've had with one another as friends, the moments where we've cheered one another on, when we've held one another's tears. And there's that experience of belonging. I'm here with Annie in this now moment. Nowhere else to be. Nothing else to do. This is just as it should be.

Annie: Yes, I am glad you feel that because I feel the same about you. Where I'm like, man, when I'm with Jarrett and Jeanne, home. Like it just feels very easy. Even though we don't get tons of time in the same place, it is so easy with y'all.

Jeanne: We feel the same way. You spoke at Soul City this summer and it was in the pandemic so we had to do it on Zoom. But oh, we got such good feedback. Like people just had this sense of like, she's so real. She's so here with me. I think that's such a blessing of what you are bringing into the world, Annie. You are inviting people to not just find joy and find fun but to be here with one another.

Annie: Yes, that's it.

Jeanne: And to be seen. When I describe you, and I listen to your podcast every week, the multiple shows, but I love it because every person on your show feels like they're being seen by you.

Annie: I hope so.

Jeanne: And that's what people want in this world.

Annie: That's what we all want, right? Me too.

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Jeanne: We all want that.

Annie: That's what I love about *What's Here Now?*. You did a great thing. I would encourage all of our friends listening, if you want to write a book, follow Jeanne's steps, because nowhere on the cover do people know it's about Jesus. But man when we get in there, it is sneaky Jesus style.

On the cover, this could be a business book. This could be a... I mean, you've done the thing where people are gonna feel invited because the cover says anyone's welcome here. Absolutely, anyone's welcome here. *What's Here Now?: How to Stop Rehashing the Past and Rehearsing the Future--and Start Receiving the Present*. I mean, anybody wants that.

Jeanne: It was so funny. My Uber driver last night when I landed in Nashville, he's like, "So what do you do?" And I was like, "I'm an author." I was like, "Own it. Own part of you." And I said, "I'm gonna see some of my friends to share about this book." And he said, "What's the title?" And I told him, and he said, "Does it have a subtitle?" And I said and he was, "I need that book right now."

Annie: That's it. I know. I know. And then when we get inside, you teach on Jonah and David and Joseph and Esther. And you just take it... and Jesus. And you just make it a sneaky Jesus on people, which is one of my favorite things. This is one of those books that we can hand out to every graduating senior to people for Mother's Day, Father's Day. So I'm grateful.

Jeanne: Thank you. I purposefully chose for it to be a question because that's what Jesus did. He asked a question. In fact, to the frustration of most of the people that were walking with Him, He asked so many questions. I think the scriptures only record three answers that He gave.

Annie: Wow.

Jeanne: So much of the life of Jesus is asking the question. He never said this exact phrase, but I feel like this is what He was regularly saying to people: what's here's now? What's here now?

Annie: Okay, so then I'll ask you our question. In the model of our Lord and Savior Jesus, the last question we always ask because the show is called That Sounds Fun, tell me what sounds fun to you.

Jeanne: Oh, summer.

Annie: Yes!

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Jeanne: Summer. I'm a summer girl.

Annie: Summer in Chicago is unstoppable, right?

Jeanne: It's unstoppable. And I also am a July birthday girl. So July 2.

Annie: Oh my gosh, we're so close.

Jeanne: I know. We're so close. We should celebrate.

Annie: I know.

Jeanne: So summer. We got a ping pong table for Christmas for our kids and so we play ping pong...

Annie: I was about to say "for our kids" quote quote.

Jeanne: Quote quote. I got a ping pong table for ourselves. So I'm loving ping pong. And I told you this. When I read *That Sounds Fun*, the chapter on learning something new was so challenging to me. And we moved in the pandemic and we live across the street from a tennis court and I had never played tennis. And I texted you and I said, "Annie, I'm going to learn how to play tennis." So I don't know if it sounds fun yet. I signed up for some lessons.

Annie: Oh my gosh. Well, done, Jeanne.

Jeanne: Yeah. So those are the things that sound fun to me. Sitting around a firepit with twinkling lights, summertime, Ping pong.

Annie: Who doesn't love the summer. I can't imagine someone going, "Oh, I can't believe summer is here."

Jeanne: I'm a summer girl at heart.

Annie: We have a dream, a couple of friends and I, to have the best summer ever. We're like, I'm making a bucket list and everything.

Jeanne: I heard you talk about that on another podcast and I thought, "I need to do that."

Annie: Very ready to have best summer ever. It starts with the Garth Brooks concert-

Jeanne: Come on.

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Annie: ...which is in April. It ends-

Jeanne: So you're starting summer now?

Annie: Yes. I'm saying that summer has already begun. And it's going to end way in September. Pretty much all of ordinary time I've labeled best summer ever.

Jeanne: How to avoid ordinary time: live the best summer ever.

Annie: Also, let me tell you what sounds fun to me about team Stevens is with Jarrett deejays and you dance your guts out in the background. It makes me so happy. Of all the things of the pandemic-

Jeanne: Oh my gosh.

Annie: ...Jarrett's live DJ and you're dancing around the fire pit was one of my favorites.

Jeanne: I mean, you do what you got to do. But he's like, "I'm gonna start throwing these parties called Party Apart." And he literally just got out his DJ gear and did it in the backyard. And people would like hop on and there's all these comments. And he's like, "I need a hype girl. I need a hype girl." And I'm like, "Okay, here's your hype girl."

Annie: You did it great.

Jeanne: Oh, my gosh.

Annie: I was like, "Man, if I could drive to Chicago..." Because with a lot of us, especially in 2020, any time someone did something online, I would just turn it on and be with him. Like I'm doing my laundry or a puzzle or whatever. And y'all were... I mean, he's a great DJ, and you're a great hype girl.

Jeanne: He's going to be very, very happy that you just said he's a great DJ. It is like the highest compliment. He's a pastor but secretly wants to be a DJ.

Annie: Yes, it's great. For book launch, y'all should do some sort of hype party for us.

Jeanne: That's a great idea. That's a great idea.

Annie: Jeanne, thanks for writing this book I've been hoping you'd write for a long time.

Jeanne: Thank you.

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Annie: So I'm grateful for it.

Jeanne: You have encouraged me many, many times. You were one of my first texts when I said yes to reading this book. So thank you for being a believer in me and in this voice, and the way that you cheer others on, Annie. It's so beautiful. You lift others up, and I'm just grateful to be a recipient.

Annie: It's my favorite thing to do. I can't wait for our friends to get to read *What's Here Now?*. So I love you. Thanks for doing this.

Jeanne: Love you too.

[01:01:53] <music>

Outro: Oh, you guys, don't you love her? She is amazing. I have loved Jeanne Stevens for so many days of my life. I just cannot tell you how much I respect her and honor her. Y'all got to grab a copy of her new book *What's Here Now?* Follow Jeanne on social media, tell her thanks so much for being on the show.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. 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 and I will do the same.

Today what sounds fun to me is I'm picking up some clothes for a wedding this weekend. I had to get them altered and I'm gonna go pick them up. I'm very excited about it. Y'all have a great week. We'll see you back here on Monday with my friend Shauna Niequist and a portion of our live show from a few weeks ago. Y'all are gonna love it.

Have a good weekend. We'll see you back here on Monday. And don't forget to go vote for the K-Love Fan Awards. We'll see y'all next week.