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Annie: Hi friends! Welcome to another episode of That Sounds Fun. Happy Thursday! I'm your host Annie F. Downs. I'm so happy to be with you. Today we've got a great show in store.

Before we dive into today's conversation, I do want to take a moment to tell you about one of our incredible partners. This podcast is sponsored by [BetterHelp](#). You guys, life can get overwhelming, right? I mean, I know how it feels at the end of the school year. Here we are at the beginning of summer and we are juggling a lot: home, family, friends, work, church, your physical health. Processing all this going on in the world, that can be a lot.

And when we don't deal with the things that feel overwhelming, it can cause us to feel burned out. When fatigue or feelings of helplessness or lack of motivation starts to creep up, those are good signals that we may need to ask for help.

One of the ways we can guard against burnout is with therapy. I'm so, so grateful for the ways my counselor has helped me process overwhelming seasons of my life. It's honestly something I want everyone to get to experience.

BetterHelp is customized online therapy that offers video, phone, and even live chat sessions with your therapist. So you don't have to see anyone on camera if you don't want to. It's much more affordable than in-person therapy and you can be matched with a therapist in under 48 hours.

That sounds fun friends get 10% off your first month at betterhelp.com/thatsoundsfun. That's betterhelp.com/thatsoundsfun better.

Intro: Today on the show I get to talk with my friend Tauren Wells. You know him. You've already heard him today. He sings that theme song of our podcast, and I'm so thankful for him. If you don't already know him from his hit singles all over Christian radio, his ten Grammy nominations, his six Dove Awards, his headlining tour, his hit podcast theme song for this very podcast, you can get to know him back on Episode 68 and on Episode 198 when he was with us before.

Tauren is one of the most magnetic performers I know, but he is the real deal offstage too y'all. We have been touring together since 2012. So I'm telling you he is the real deal. I'm so glad we get to catch up with him today and hear about his latest project called *Joy In The Morning*. Y'all, these songs are so good. They're so good. I cannot wait for you to hear more about them.

So here's my conversation with Tauren Wells.

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Annie: Oh, it's so dumb. I had like a little surgery on Friday to get a cyst removed. So here I'm coming, here I'm coming to K-Loves with this. Get out of here.

Tauren: You gonna have to hold the trophy with the arm like that.

Annie: Let's hope. Tauren Wells, let's talk about that trophy. People are gonna hear this episode after the K-Loves so they're going to know the truth. But you and I are going to talk about how you're hosting the K-Loves, I'm nominated for my third time. I'm "o-for" I'm "o-for".

Tauren: Oh. Oh, I know that feeling. I'm offor. Yeah. You heard the new artist Blessing "O-for" that... we were named that first.

Annie: Yes.

Tauren: I'm "o-for" on Grammys.

Annie: I mean, but ten-

Tauren: ...I don't even count K-Love Awards. It'd be too depressing.

Annie: I said to my team, I was like, "I'm afraid I'm about to be the Susan Lucci of the K-Loves, the person who loses 19 times before they win one." So I don't know. Listen, I almost texted you when I got nominated, then I was worried it would feel like bullying, where I was like, "Tauren, you have the power." You're the host of the show with Matthew West.

Tauren: If only we had power on the day of.

Annie: I know. I know.

Tauren: That's the problem.

Annie: So before the show has even happened, what made you say yes to hosting? Why was that the right yes for you?

Tauren: Well, anything I get to do with Matthew West is a yes.

Annie: Same!

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Tauren: So I just love him. I've known him for forever at this point. He was on the first legit tour that I went on with Casting Crowns team and Royal Tailor. We shared a bus.

Annie: Oh my gosh! In what year? Like '10? '11?

Tauren: Yeah, '11, '12.

Annie: Oh, my gosh.

Tauren: Yeah. So I got to be there. You know, he's obviously been very successful and has written songs that have touched so many people for a long time, but I also feel like I was able to see part of the beginning point of his trajectory and move upward and becoming a more influential voice. So I don't know, I love him. And it was an easy yes. I knew also that he would carry all the weight and I would just have to show up with the right suit on.

Annie: You probably just get to be funny, yeah, and wear a cool suit.

Tauren: Yes. So he'll make it easy.

Annie: One of the things I love about award shows like The K-Loves and the Doves is All of our friends that all do the same job, if we're all at work, we don't see each other-

Tauren: Right.

Annie: ...because we're all in different cities. If we're at work and we're on tour, we're in different cities, but there's this like moment a couple of times a year where everybody is in the same room.

Tauren: I love that. It's like a family reunion. I know everyone says that. But it really feels that way because I know you're the same way. Like, you're paying attention to what other people are doing. So I try to like stay connected and stuff on social media, but it doesn't replace being able to look in someone's eyes, give them a hug and say, "You're amazing. You're killing it. Thank you." And to receive that encouragement too, it goes a long way.

Annie: Yeah. One of the things I really appreciate about our contemporary group of creators in the Christian space is competition is really low. I mean, it's not absent. We recognize that a radio station can only play one song at a time, a person can only listen to one podcast at a time, they can only read one book at a time. So it's not invis... We'd be ridiculous to be like, "There's no feelings of competition." But it is really low. Why is that? Why is it so low compared to some other genres?

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Tauren: Well, I think that there is this mechanism called the Holy Spirit.

Annie: He speaks in.

Tauren: This body of believers that is constantly nudging at you saying, "It's not about you, bro. It's not about you."

Annie: That's it.

Tauren: And, you know, I am pretty professional at turning that part of the Holy Spirit's voice down because I am extremely competitive and I want to win, and I want to be the best. But it's completely irrelevant in this context because it's not about being the best, it's about being faithful to who God has called you to be and who God has called you to serve. And best looks different for every individual.

And because God is not choosing people on the ballot for the K-Love Fan Awards, we know that purpose is not evaluated by how many moments you get on a stage. It can actually be the opposite. So I just try to remind myself of that.

I have made a conscious effort, because I am so competitive, to be intentional about celebrating other people. Not just people who are behind me. That's easy to do. The people who don't have as many followers, the people who aren't quite, you know, at the place in their career that I am at, it's easy to celebrate them.

But to celebrate the people that you're running right alongside with, that's where the rub is for me. And I try to be intentional about. If they've got an album coming out, I'm celebrating that. You know, if something good happens for them, I just know that God is so big, that if something good can happen for them, something good can happen for me.

Annie: I think our friends listening need to hear that it's not that we don't feel the pull to be competitive, it's that we don't act on it most of the time. Sometimes I do because I'm very human. But most of the time, I feel it and go, "What's the opposite?" The opposite is sharing their book that's coming out. The opposite is sharing their album. The opposite is telling people to vote for their favorite podcast, whatever it is, right?

Tauren: Yes. Yes.

Annie: So it's not that we don't feel like. Because I think a lot of times when we talk about this stuff people are like, "Well, they just don't even feel competitive." I'm like, "Except always."

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Tauren: I don't even let my kids win games. I mean, I am the epitome of competitive, which is why I think I've had to be on my particular journey, which has been learning and growing in humility. Now I'm just so humble, Annie, and it's really remarkable.

Annie: I mean, parenthood will do that to you. Own it.

Tauren: Oh my gosh, when your kids are like, "Bro, you're not cool."

Annie: Okay, so your boys there's four of them. The oldest is 11?

Tauren: Close. Nine.

Annie: Nine. And the youngest is little. Banner is tiny.

Tauren: Yeah, don't put me in middle school yet. I'm not ready for that. Yes, Banner is one. Navy is four, Lawson is six, and Kanaan is nine.

Annie: This whole month we scheduled all of our shows with all of our friends, and then we looked at the calendar in June and the month of Father's Day we had all dads as guests.

Tauren: That's cool.

Annie: We're like, "Okay, Lord, we see you." So it's all dads this month. So my question for you is, what have you learned about God or what have you learned about yourself that God entrusted you with four men to raise?

Tauren: Oh, Jesus!

Annie: Right.

Tauren: You don't have the time.

Annie: We need Him.

Tauren: This episode isn't long enough. Man, there is so much. I don't know where to begin. I guess I would start with saying one of the greatest revelations I've had about parenting is that God loves my kids more than I do.

Annie: Wow.

Tauren: So a lot of your life as a parent is spent worrying and trying to plan how you're going to strategically prepare these human beings to be decent human beings, to be people who actually love Jesus, who appreciate the church.

And being in ministry in particular, I've wrestled with church being the thing that takes me away from my kids as opposed to being the thing that we all do together. So there's been a tension point in that. But in all of that, I have just realized that God really loves my kids. He really, really, really, really desperately loves them.

Now I have like a metric for that, because I love my kids and I can't even explain the depth of love and protection and what goes into, you know, how I think about them and how I feel about them. And that is imperfect and human.

So to know that this perfect, loving, omnipresent God is always with them, pursuing them is so important. And it takes a burden off of my shoulders to know I am not going to get it all right, but God's grace is going to be seen in that and found in them.

Annie: It sounds like you just had to wrestle to the point of release..

Tauren: Yes! Well, it came to a place where I was going out of town, and you know, I pray with the boys every night before bed. This was when Kanaan was little, and I was leaving, and I said, "Lord, while I'm gone..." And the Lord stopped me right there. And it was like, "They're mine when you're here."

Annie: Wow! Wow!

Tauren: Just because you're not in the house doesn't mean now I'm on duty.

Annie: It's not shared custody.

Tauren: No. "These are mine. These are mine. Not only do you need me when you're gone, you need me when you're here." And to know that it's not an indictment in that it's a promise, it's that God is really with them. I know as we move into the middle school, high school years, we're going to really need to be reminded of that truth.

Annie: And you get to go through the middle school, high school years for some time, for a bunch of years. You got those people spread out across a decade.

Tauren: Those people, yes, they're spread out. It's wild.

[00:12:57] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Ritual](#). The nutrition provided by the typical American food intake has got some serious gaps. Am I right? Okay, so over 97% of women between the ages of 19 and 50, that's most of us, aren't getting enough vitamin D and 95% are not getting their daily recommended intake of key Omega 3s.

Ritual's Essential for Women 18+ multivitamin was formulated based on exhaustive research so it can help fill nutrient gaps in the diets of women ages 18 plus. It's got nutrients to help support brain health, bone health, blood health, and to provide antioxidant support.

But Ritual didn't stop there. Of course they didn't. They invested in the gold standard University led clinical trial to prove the impact of Essential for Women 18+ multivitamin. The findings tell us that their Essential for Women 18+ increased vitamin D levels by 43%, that's no joke, and Omega 3 DHA levels by 41% in 12 weeks. Y'all, those are some dramatic increases.

Ritual is committed to third-party testing, and they include traceable and vegan-friendly ingredients. And they communicate that clearly. All things I want from the people who create my vitamins. My Ritual multivitamins are part of my daily morning routine. I love knowing that their clean ingredients are helping me make sure my body gets what it needs that I'm not guaranteed to get from what I eat.

And y'all know my favorite thing about Ritual: those minty tabs that are in there makes the vitamins smells so good, not weird and gross. Right now Ritual is offering my friends, that's you, 10% off your first three months. So visit ritual.com/thatsoundsfun and turn healthy habits into a ritual. That's 10% off at ritual.com/that Sounds fun.

And remember that the links to all of our sponsors are in the show notes below. But we'll email them to you on Friday as well if you sign up for the AFD Week in Review. That link is in the show notes as well.

Sponsor: And I've got one more amazing partner to tell you about, [ZocDoc](#). There are some amazing doctors out there but streamlining your doctor search to the ones who actually take your insurance is the way to go, right? With ZocDoc you can focus on doctors who are in network, putting you on the path to see doctors who are right for you.

No more wasting time hunting down recommendations that end up being out of your network anyway. Hand to heaven, 100% that just happened to me and I regret it so much. It makes me grateful that I'm using ZocDoc now, because ZocDoc is a

free app that shows you doctors who are patient-reviewed, take your insurance, and are available when you need them.

You can read up on local doctors, get verified patient reviews, and see what other real humans had to say about their visit. So when you walk into that doctor's office you're set up to see someone in your network who gets you.

So go to zocdoc.com, choose a time slot, and whether you want to see the doctor in person or do a video visit. And just like that you are booked. Find a doctor who is right for you and book an appointment that works for your schedule.

Every month, millions of people use ZocDoc. And I am one of them. I am very proud to be one of them. It's my go-to whenever I need to find and book a doctor. In the chaotic world of health care, let ZocDoc be your trusted guide to find a quality doctor in ways that are surprisingly pain-free.

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[Zocdoc.com/thatsoundsfun](https://zocdoc.com/thatsoundsfun).

And now back to our conversation with Tauren Wells.

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Annie: Okay, while we're talking about kids, you know our friends that get the AFD Weekend Review emails on Fridays get to ask you questions. We told them we were talking to you. And for starters, I told you about half the people said how much they love the theme song that you're singing on for That Sounds Fun.

Tauren: [singing] That sounds fun. Does that sound familiar, guys? That's me.

Annie: That's it. Thank you so much for doing that, again. That was such a kind thing for you to do.

Tauren: Oh, happy to do it. Are you kidding?

Annie: That was awesome. So one of our MiniBFFs, one of our six-year-old friends, Cadence, you were her first concert in October, and this is the question she submitted that you get to answer in an auditory way. How do you do the moonwalk? That's her question. How do you do the moonwalk, Tauren? That's what Cadence would like to know.

Tauren: With parental supervision, get on YouTube.

Annie: And that's it.

Tauren: They will teach you how to moonwalk. It's all about the shifting of weight from your toes to your heels and keeping your heel flat on the ground when you're pulling back.

Annie: Yeah, it's a pullback. It's not a pushback. You're pulling.

Tauren: You pull. You pull. It's a glide.

Annie: Yes. Okay, good. Thank you for handling that.

Tauren: When you're learning to moonwalk, you kind of started like you knew what you were doing.

Annie: I absolutely know the tech of moonwalking. I will make you this promise. If I win a K-Love Fan Award on Sunday, I'll do two steps of moonwalking.

Tauren: I have actual video and audio evidence that this girl, Annie-

Annie: I'll do it.

Tauren: ...passed with the 20 pound K-Love trophy is gonna moonwalk in some hot pink high heels.

Annie: That's it. That's it. I know. Let's talk for a second about church and traveling. I talk to a lot of parents, a lot of our friends who have jobs that take them out of town for one thing or another. And in our community obviously it's a lot of music and speakers, but there's tons of different jobs that take people out of town.

Tauren: Oh, yeah.

Annie: And you said an interesting thing about you don't want your kids to have feelings about church because of your job. And I bet every pastor listening and every pastor's wife or pastor's husband is hearing the same thing of like, yeah, how do we do that? So, Tauren, you and I love the local church. How do you instill that in your kids when it is ministry that has your family shaped a little differently schedule wise?

Tauren: Well, there are layers to that answer, Annie.

Annie: Okay.

Tauren: First of all, we can't have our identity wrapped up in our position or status in the local church. I think we have to do some honest evaluation of why we feel the need to be so busy and so involved in every single thing.

Annie: Wow.

Tauren: Now busyness is the badge of honor in Christianity. It's like if you're busy, if your marriage is on the verge of divorce and you're burnt out and your habits are unhealthy, but man, you're going and doing everything, you're at every volunteer thing, you're in the hospital, you know, then that's like the badge of honor. I don't believe that that's what God has called us to.

Annie: That's right.

Tauren: He has called us to fruitfulness not busyness. And the two are not the thing.

Annie: Fruitfulness not busyness. And fruitfulness takes time.

Tauren: Fruitfulness takes time and it takes rest. You know, a lot of things that grow are seasonal and there's a season that they take off. So I think it's very important that we evaluate our level of interaction. How much energy are we putting into it that's just frantic and busy versus what is really intentional and God-called?

Annie: Right.

Tauren: I think that clarifies a lot of it. The other thing to know is that church is not going to rise and fall on your involvement.

Annie: Wow.

Tauren: Like, yes, you can help, but it's God's church. Yes, you steward, but it's God's church. So to think you have to go down in a blaze of glory being the heroic pastor or volunteer that shows up for everything while your kids or your family or even your inner life is completely chaotic and unattended to, that's not what God has for us. And then I would just say, include your family as much as you can. Oh, man-

Annie: Do you bring up boys and Lorna on the road a lot?

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Tauren: As much as I can, yes. Now, I want them to have their own sense of identity and their own things happening. So if they're out on the road with me they can't play flag football.

Annie: Oh, right.

Tauren: You know, if they're on the road there are things they can't do. So I want them to be able to do those things. But we pick our moments and we make it an adventure. And that's the other part that I feel like we really have to get back to is, like, I read to my kids from the Adventure Bible.

Annie: I love that one. I think it's so fun.

Tauren: It's so fun. But then you grow up and you turn 30 in your life is not an adventure.

Annie: Yes, yes. That's exactly right.

Tauren: It's bills in the house and the cul de sac and all of that. How do we find ways to bring the wonder of what God is doing into our everyday lives? A lot of times that's through serving, it's through getting involved in the community, it's through giving back, you know, gifts at Christmas, things like that, where the wonder is alive in the hearts of our kids.

Annie: I mean, there's so many of our friends listening may feel this themselves about church, that they served like crazy in their 20s and now they're in their early 30s and they're exhausted with it. Or they grew up going to church every time the doors were open. And now they're like, "I live in a new city, and I haven't found a church, and I'm just not interested."

What's the why behind any of us go into church at this point when we can watch online? I can watch your pastor online. I can watch any pastor I love globally online. What's the why for getting into your church?

Tauren: Well, I think it's different for different people. But I just have to go back to the Scripture.

Annie: Oh, oh.

Tauren: Because I mean-

Annie: Let's go. You're right.

Tauren: There are a lot of feelings about it and there are cultural movements and trends toward attendance in a way. I understand all of that. I understand that you can be a Christian in isolation. You can. But if I go back to the Scripture, it says those that are planted in the house of the Lord flourish.

Annie: Tauren, that's it.

Tauren: There's a difference between being planted and visiting, you know?

Annie: Say it.

Tauren: I think if you look at church attendance trends, and this is, again, not an indictment, this is just an observation, church attendance trends say people who feel that they are committed members of their church attend once per month.

Annie: I think about that a lot with our teaching that you do, that I do, and it's like, "Y'all are here once a month?"

Tauren: Yes. You're not getting the songs, you're not getting the sermons, you're not getting the community. And the thing is, if we do not put ourselves in a place where we are planted and rooted in the house among the community of believers, you may have growth in a certain season of your life, but you're not going to flourish.

Annie: It's the fruitfulness thing, right?

Tauren: You produce fruit season after season, stage after stage, phase after phase. And eventually if those roots do not run deep, a storm comes, it's over; a flood comes, it's over.

Annie: Yeah, that's it.

Tauren: Something you don't expect happens... You need to have the roots you need to have the community. And I'll just leave this last scripture, which is "forsake not the assembling of yourselves together." This is the Bible. Either it has authority in our lives or it doesn't. So I understand the cultural trends, I understand we all got into a habit of being able to go out to a brunch on a Sunday. What?

Annie: Yes, that's right.

Tauren: Who gets to do that? There's a benefit to being planted in the house that far outweighs the convenience of watching online.

Annie: I said to a friend recently, I felt like the Lord... And this is just my story. So I'm not putting this on anybody else. But in a city, which a lot of us live in, in a city that has a lot of good churches. And when something goes sideways, one place it feels easy to switch to where your other friends are, or where your other friends are, or where your other friends are.

I just felt like the Lord did this reminder to me of like, "Hey, if it was 1850, there'd be one church. So I want you to pretend like there's one church in your city. And that's it." So that's how I'm living. I'm like, "There's one church in my city, and I go to it." Because I want that fruitfulness, Tauren. I want long obedience in the same direction even in just showing up on most Sundays. I'm not every Sunday, I'm most Sundays, you know?

Tauren: That's what I want too. And I think it's a great point. You can go wherever and get whatever. I think that there are valid reasons. And I think it would actually be a great podcast, like, valid reasons for changing your local assembly. I think that they exist. They exist.

Annie: That's right.

Tauren: But there is something so important. I think sometimes if... My wife and I talk about this all the time, because people come to us for advice and then we give them advice, and then they go to someone else and get advice because we didn't give them the advice that they wanted. What they wanted was someone to affirm all of the bad choices they were making, so they went and found a friend that would affirm it. And I think sometimes we want to put ourselves in contexts where we're less known because we're less accountable.

Annie: Yeah, yeah, that's exactly it. That's exactly it.

Tauren: If we can stay in one space I think it serves us well.

Annie: Yeah, 100%. I think it matters a ton.

[00:26:51] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about another amazing partner, [Raycon](#). Raycon is an innovative brand of earbuds that come in a range of fun colors and patterns. And unlike some of your other wireless options, Raycon earbuds come with a bunch of gel tips, so you can customize the fit to your ears, meaning they're comfortable to wear no matter how long you're listening.

And since they fit perfectly, y'all, I'm telling you mine fit perfectly, and they don't budge, there's no dropping or falling out when you're on a walk or dancing in the kitchen while you cook. Raycon earbuds are both stylish and discreet and they don't stick out of your ears with dangling wires or stems.

But the thing that really sets them apart is how good they sound. They provide the same quality audio as other premium audio brands but at like half the price. and they've got three different sound profiles to match what you're listening to. Plus noise isolation and awareness mode so you can choose to be immersed in sound, which I do in my house, or be able to hear your surroundings when you need to, which I do when I'm outside on a walk.

I love to use my Raycon to still listen to audiobooks and podcasts. Raycon gives you eight hours of playtime and 32-hour battery life. Then when you need to charge it's super easy. You can even do it wirelessly. Let me tell you, Raycon lasts. I've seen people talking about their Raycon falling three stories, getting lost in the rain and snow storms, and still working afterwards. What? It is no wonder Raycon's everyday earbuds have over 49,000 5-star reviews.

So check out Raycon's wireless earbuds. My guess is that you're going to want to leave them a five star review too as I do. Go to buyraycon.com/thatsoundsfun today and get 15% off your Raycon order. That's buyraycon.com/thatsoundsfun to score 15% off. Let's go! Buy buyraycon.com/thatsoundsfun.

Sponsor: And I've got one last amazing partner to share with you. Oh, y'all, how much do I love [Thrive Causemetics?](#) The more I learn about Thrive Causemetics the more I want every single one of their products in my makeup bag.

Beauty products made with clean skin-loving ingredients, no parabens, sulfates, or phthalates, yes, please. Thrive Causemetics delivers gorgeous non-creasing, long-lasting makeup that I know you guys are gonna love.

You've heard me rave about their liquid lash extensions mascara. 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. Like y'all keep thinking I have lash extensions, but I promise I don't. There's no damaging glue, no expensive salon prices. It's just a great mascara that stays put. I love that it stays put.

I hate when I'm trying to remove it and it ends up all over my face. You know, okay, not with Thrive. Y'all, literally warm water and a washcloth and it slides right off. No soap needed. It's actually magical. I don't understand it. I'm thankful.

And now that summertime has us outside in the sunshine more, Thrive's Sunproof 3-in-1 Invisible Priming Sunscreen is exactly what we need. It's a skincare makeup hybrid that protects skin with SPF 37, provides a perfectly smooth canvas for makeup, and helps prevent sun damage. And it's been proven to extend the wear of makeup up to 16 hours with a blurred velvet matte finish that looks freshly applied all day. Lightweight hydrating gel applies clear, so it's great for all skin tones.

Every purchase supports organizations that help women thrive, and that's why they put the word "cause" right in their name. I love this. I bet you will too. In 2021 they donated over \$200,000 to organizations combating racial inequality and supported over 10,000 military families. Let's go!

Those are just two examples among many. Isn't it fun when getting great products also helps bring about good in the world? Now is a great time to try Thrive Causemetics for yourself. 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 Tauren.

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Annie: Tauren, so speaking of the church, let me tell you who you serve is the whole global world of your music. But man, you make such good stuff for the church. And the new album comes out tomorrow.

Tauren: Woo!

Annie: Right. You feel so great.

Tauren: *Joy in the Morning*.

Annie: I mean, are you ready for *Joy In The Morning*? I mean, y'all put years behind these albums, and then here they come. Here they come.

Tauren: Crazy. That's the biggest thing is my little inner negative voice is always like, will anyone care?

Annie: Hmm.

Tauren: You know, it's the mother that's packing lunches endlessly, does anyone care? It's the dad who goes to work and his family has no clue what he goes through to provide, and it's, does anyone care? You know. I feel like it's the same even though

we get a lot of shine and we get a lot of spotlight, the investment on the artist's side, and everyone around me. My management team, my publicity team, the agencies that surround me, the labels, so many people invest so much. And there's always the question in the back of my mind, will anyone care?

Annie: Okay, but then you released the first single and it has millions of streams. Right?

Tauren: I think they're looking good.

Annie: I think it's gonna be all right. I think it's gonna be all right tomorrow when *Joy in the Morning* comes out. What's your-

Tauren: I hope that it hits people on multiple levels. I hope that there's the songs that they get that make them... You know, that they put on their workout playlist when they get to the gym, and they're just grinding. And then I hope that there are songs that they sit in their quiet time and just weep.

Annie: *Empty*, excuse you, excuse you is what I'd like to say about that song because that one messes me up. But what I think you've done, Tauren, whether on accident or on purpose, is our genre of Christian music doesn't do a lot of summer albums like country music does. But I feel like you've given us such a summer soundtrack with this one.

Tauren: I hope so. I hope people love it. I hope that they turn it up loud, rolled the windows down. I really hope, Annie, that this album readjusts our sight line that we look more toward the horizon, you know, than what's behind us, than what we've been dealing with in the dark. Because we've been through some dark years, we've been through some trying times. But what I'm really trying to remind people of is that now is not forever.

Annie: Oh, that's good.

Annie: That a lot of times we use what we know about now to frame what we know about forever. And so if I'm lonely now, I'll be lonely forever. If I'm depressed now, I'll be depressed forever. If my friends walked away from me now, people will always walk away.

And we believe these narratives and we carry them in two decades of our lives not knowing that as believers we get to flip perspectives. We get to take what we know about forever and allow it to inform how we feel about what's happening right now. I know that I have a forever coming where all I will know is peace. I have a forever coming, where all I will know is joy.

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And if we can get people's eyes lifted to that place, then I think we live with so much more hope and so much more purpose. And instead of living beneath the tide, we rise above it.

Annie: Wow. Okay. I mean, you're a preacher, you're a songwriter, you're all the things. You're all the things, Tauren Wells. Okay? Is there anything we didn't say that you want to make sure we cover?

Tauren: Well, I want people to know I'm going on tour.

Annie: I was about to ask, are you going on tour? How soon? When does the tour kick off?

Tauren: The tour sales have already started. Tickets went on sale a couple of weeks ago. So you can go get your tickets at taurenwells.com. I like to just take homies with me. So you know previous tours, Riley Clemens Andrew Ripp.

Annie: Andrew Ripp. You know, he's been my boy for like a decade. He's one of my dearest friends.

Tauren: He's the man.

Annie: He's the man.

Tauren: I just love keeping people close. So this tour is no different. The *Joy in the Morning* Tour will feature special guests: Aaron Cole-

Annie: Oh, come on. Oh, are y'all gonna do some remixes? There's gotta be some remixes coming.

Tauren: My favorite rapper. Yes, 100%.

Annie: I love Aaron Cole.

Tauren: And my home team Lakewood Music.

Annie: Oh, yeah. You're bringing your own people.

Tauren: Yeah, they're putting out an album in the fall. This will be their second album.

Annie: That's amazing.

Tauren: So I'm excited to have them. I think it's like 20 some cities all over the US.

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Annie: Oh, I love it.

Tauren: We're playing all like the dope rooms. Like in Nashville we're playing the Ryman.

Annie: I will be there.

Tauren: We are playing the Orpheum in LA.

Annie: Oh my gosh!

Tauren: We're playing a Town Hall in New York City. We're playing in Arena in Tampa.

Annie: Let's go! Let's go!

Tauren: It's gonna be wild. So I'm really excited about it.

Annie: So with Transparent Productions.

Tauren: Transparent. Premier AG.

Annie: Let's go!

Tauren: It's a game.

Annie: Great. Man, that makes me so happy for you. I will be at that Ryman show. I don't miss. A friend plus the Ryman is irresistible to me.

Tauren: Come on. Let's go!

Annie: Hey, the last question we always ask. Because the show is called That Sounds Fun, you know this, you're three peat, you know this goes, tell me what sounds fun to you?

Tauren: What sounds fun to me is playing golf. I have not played golf in probably two months now. And my soul aches.

Annie: You gotta get out there.

Tauren: I gotta get out there. I've been so busy, which I'm grateful.

Annie: That's right. I know.

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Tauren: Everything I feel like I'm doing is good but I love... If you've never... I know there are people who are outdoors, people who like to hike and that kind of stuff. That's not me. But I will spend time outside if I get to have an Arnold Palmer, which is laminated nice tea. Just so you know I'm not out there acting wild. And just spending some time on the golf course. It's refreshing. That sounds fun to me.

Annie: Do you get some of that coming up?

Tauren: I think once I go on tour-

Annie: So no. The answer is no.

Tauren: We'll see if we can get in.

Annie: I wish you well with that. Hey, thanks for joining us today. I love getting to chat with you. I'm so, so for everybody to hear your album.

Tauren: Oh, thank you so much. Thank you for the time. Thank you for how you steward your influence with so much grace, amplifying other people's dreams, lives, and bringing so much fun to all of us. We're grateful for you, Annie F.

Annie: You're kind. You're kind.

[00:38:03] <music>

Outro: Oh, you guys, don't you love him? Isn't he the best? I love that dude. I just think the absolute world of him. And by now you have been able to see the K-Love Fan Awards and see his performance. Y'all, my gracious!

By the way, this is a good moment for me to say thank you so much for voting for us. I'm very, very grateful. And we had such a fun night. Hey, be sure you're streaming Tauren's new album *Joy In The Morning* wherever you love to listen to music and follow him on social media, tell him thanks for being on the show.

And hey, listen, pass this episode along to someone who just needs a little Tauren in their life. Listen, he is a preacher and a musician. I love this dude. And listen, if you're raising dudes like he's raising dudes, share this conversation with other friends and family members who are raising young men. I thought his answers and thoughts on that were so, so good.

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

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me, that's how you can find me. And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same.

What sounds fun to me today? I don't know. I can't believe I don't know. Give me just a second. What sounds fun to me today? You know, I haven't been to Rodner Lake in a little bit. I think going to Radnor would be awesome. So I'm looking forward to doing that a lot this summer.

Y'all have a great weekend. We'll see you back... Oh, no, I have a better answer. I actually have a better answer. I just got my little brace off my wrist and I have been waiting to use my inflatable kayak. So actually what sounds fun to me is using my inflatable kayak with some friends this weekend. So that's my best answer. There we go.

Now, you can have a great weekend. And we'll see you back here on Monday with one of our favorite pastors of the pod, Pastor Scott Sauls. We'll see y'all then.