

[00:00:00] <music>

**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 for you. It's not too late to join the big crew of friends going through my new devotional, *Chase the Fun*, together. We're called the Chase the Funers. I don't know. I don't know if that name is sticking, but I'm here for it.

We just got started this week, and we would love for you to join in. Just sign up at the link in the show notes, grab your copy of the book. You can pop over to Instagram to read days one through four if your book is not in your hand yet. I'm gonna post up till day five tomorrow in case anyone's book is still out for delivery. And then I'll also do some encouragement every 10 days along the journey so that we can finish together. Let's help each other get to day 100, okay?

**Sponsor:** Before we dive into today's conversation, a quick word from one of our amazing partners, [Jinjer](#). Our group of friends here at That Sounds Fun is the actual best. The way y'all came through to give so generously to Christian Appalachian project in July and the way that you shower podcast guests with gratitude when they come on the pod tells me you know how to take care of others.

Now one of the things I want to remind you of is you should also take care of yourself, right? Treat yourself. And one of my new favorite ways to do that recently is with Jinjer's rejuvenating self-care kit. That's Jinjer with two J's.

Jinjer is an all-natural, high quality essential oil made from ginger root and has so many amazing benefits. And Jinjer's rejuvenating self-care kit is perfect for doing just that—taking a little extra care of yourself.

The kit includes a bottle of Jinjer essential oil – it smells so good, you guys – plus tools to fit every need, like the gua sha stone to use with my Jinjer oil for a massage to help get the blood pumping and keep aches and pains away like in my poor injured knee. And a few drops of the Jinjer oil in the mini diffuser helps clear my mind and refresh any room that I use it in.

Not only does Jinjer smell amazing, but it's so easy to use. It's safe to apply directly on the skin. It has a little dropper cap that is so convenient. It means that no spills or messes. It's like they know how fast I move sometimes. I know you'll love Jinjer essential oil as much as I do. And you need to check out their rejuvenating self-care kit.

Right now my friends can get the special offer of 20% off your first purchase. Just visit my special URL, [Jinjer.us/thatsoundsfun](http://Jinjer.us/thatsoundsfun). Jinjer.us/thatsoundsfun. So don't wait. Go to Jinjer.us/thatsoundsfun.

**Intro:** Okay, today on the show, I get to talk with my new friend Laney Hayes. Back on Episode 379, country music star and new author Walker Hayes and his friend and co-author Craig Cooper were on the podcast. If you haven't listened to that episode, go back. It's so good. It was a great conversation.

We all got to hear more of Walker's story. And one of the things we came away with was that several of you wanted to hear from his wife Laney. So we reached out and she generously agreed to come into the studio and share her perspective.

Man, I was blown away by some of her thoughts and responses to some of y'all's questions. Y'all, she is such a gift. I cannot wait for y'all to get to know and love her as much as I do. So here is my conversation with my friend Laney Hayes.

[00:03:29] <music>

**Annie:** Laney Hayes, welcome to That Sounds Fun.

**Laney:** Thank you. Thanks for having me.

**Annie:** Listen, everyone thought Walker Hayes was who they wanted to hear until they heard Walker Hayes, and then they wanted to hear you, my friend.

**Laney:** Let's wait till I'm done and then we'll see.

**Annie:** Thank you for doing this today.

**Laney:** I'm happy to be here.

**Annie:** And y'all are home for like a minute and then you're back out on the road.

**Laney:** We are. We head out tonight. So exciting.

**Annie:** What year did you and Walker get married?

**Laney:** We got married in 2004.

**Annie:** Okay, so you're right at 20 almost?

**Laney:** We are.

**Annie:** I mean, tell your 2004 year old self that you live on a bus now and that his career has become this thing. I mean, maybe even tell your 2018 self that. Like how wild has this last two years been?

**Laney:** So crazy. It's one of those things that when we moved up here I just always said I would be more shocked if he didn't make it than if he did.

**Annie:** Wow.

**Laney:** And I always felt that way. But then, you know, 20 years almost passed before it really happened. And I would say I still felt like it was just around the corner, it was just around the corner. But it's funny now looking back going, "I felt like it was around the corner for 18 years."

**Annie:** Yes!

**Laney:** Honestly when we got married, we knew this was the dream. You know, we wanted our family to go on the road but we just didn't know we would have teenagers. In our heads, it was, "Oh, we have these little babies and you take them wherever," and all that. But that wasn't what the Lord had planned. So here we are now.

**Annie:** I was just with a family that has teenagers and their family is walking through some hard stuff. So a group of us were praying for the family. And I found myself praying like, "God help these teenagers remember whatever you need them to remember to know you more and let them forgive the stuff they don't need to remember.

**Laney:** Right.

**Annie:** Right. So when you're thinking about your teenagers on the road... I mean, I'm watching your kids grow up on the internet, a lot of people are.

**Laney:** Right.

**Annie:** How do you walk them toward Jesus? How do you let them experience this fame that they're experiencing while also encouraging them and their faith life?

**Laney:** The funny thing is I would have said I won't let my kids go on the road, I didn't want them in the public eye years ago when Walker didn't have any followers to

speaking of. We didn't post them, we didn't post their faces. You know, I was real anti the kids being involved.

And then fast forward to COVID, Lela and Walker just started dancing for fun. You know, he had 12 followers that were watching so I didn't really care. They just did that and-

**Annie:** And she was 14 at the time? 13?

**Laney:** She was, yeah, probably... somewhere around there. That sounds about right. So they were just doing this as an outlet. You know, over COVID we were all looking for things to do, and so that was a great way for them to bond.

They posted it and it was like, joke's on me, the Lord just used that. And that was what obviously went viral. And then I'm backpedaling going, "Wait, I didn't sign up for the kids, being part of this." And so it was a process of me even... not allowing them but just being okay with the fact that they were in the public eye. That was super nerve-wracking to me.

Obviously, it's tough enough being a preteen teenager, just all the ages that they are, and then to do it in the public eye. So honestly, we don't have it figured out. We're still learning all of those things as we go.

Our goal is to keep life as normal as possible even though it's not really, I guess, in some ways. But for the most part... I mean, they're with us a lot. They are in the public eye, but it's very small snippets. And then Lela doesn't have social media of her own. So she can't go in and... she can look at views and stuff like-

**Annie:** You're telling me that one of the most popular dancers on TikTok does not even have her on social media. She's amazing.

**Laney:** When she was 13, she begged for it a lot. Then she kind of got over it and she didn't even care anymore because we just kept saying no. Then now she has moments of wanting her own. But for me, it's always been a hard no because we just kind of talked about: what are the positive fruits that would come from this?

I mean, I know, it's been very vital to Walker's career, but I just can't name positive fruit, and nor can she for having socials in her life. So we just haven't bitten that bullet. And no judgment of people who have.

**Annie:** Sure.

**Laney:** It's just a different place where we are. But I don't really want her to go and read the comments for good or for bad. I feel like that's one of those conversations we have with her—her identity cannot be based on... it's all of us. I mean, it can't be based on the praises or the negatives. It's just, you know, she-

**Annie:** Because if you love the praises, you're gonna real die to the negatives.

**Laney:** Exactly, exactly. She is posted a lot. I'm seeing how the Lord is using that and using our family, though I'm reluctant at... The Lord gave me a song one time and I was listening to and it was about being a light and going out in the world and being a light. And I'm like, "No, Lord, that's not what I want to do. I just want to like hole up in our house and not share the kids."

**Laney:** But I see how the Lord is using it. And we're just... You know what? We're going to fail big on the public stage and hopefully... I don't know. People are going to get the goods and bads from us for sure.

**Annie:** I think the fruit thing God's really used that for me in the last couple of months of processing like, where online do I see good fruit? And I've said to everyone, like, "I'm done with Twitter." My accounts there, we're going to share about things but I'm done with Twitter. There's no good fruit.

**Laney:** Right.

**Annie:** But man, on Instagram, we can find friendship and we can find connection and growth. So for me, I see fruit there. So great. But even as a 42-year-old, I'm having the same conversation you're having with your daughter with myself.

**Laney:** Right. And it's not super black and white. One person may find a lot of positive fruit and another person may not.

**Annie:** That's right.

**Laney:** Again, no judgment to those out there. It's just for her personally it just did not seem like a great idea right now.

**Annie:** Will you back up and tell us a little bit... Well, I want our friends listening... this is a part two to a conversation we had with Walker and Craig in some ways. And so we'll link to that in the show notes. You can go back and hear Walker's side of this. But Laney, I would love for you to back up. Will you tell us a little about your faith? When did you start walking with God and when did that become important to you?

**Laney:** So I grew up in the church and not a diss to my church, I never heard the gospel per se. And I don't know whether I just didn't hear it or if it wasn't real outrightly preached. But I went to a early morning Bible study when I was in high school that one of my teachers was doing-

**Annie:** Oh, my gosh.

**Laney:** ...and I know my true motive was probably I loved this teacher, I just wanted to be there, you know, it looked great to go show up early with this teacher I loved. And I'm sure my motives were... I don't remember, but I can imagine they were not pure at all. But I really heard about a relationship with Jesus then and that was as a high schooler.

**Annie:** Wow.

**Laney:** So I would say that's when I truly became a believer. It's an up and down journey of course from there and ebbs and flows and mountains and valleys and all that throughout college and on after that.

And then of course, I would say losing Oakleigh... I know Walker would have obviously gone into that too, but losing Oakleigh was certainly another defining moment spiritually that was just the Lord pursuing us in a way that I wouldn't trade.

**Annie:** And in your stack of kids, where was Oakleigh?

**Laney:** Oakleigh is seven. She's the seventh. So we lost her... It was just four years ago in June. So just right over four years ago. She was the last baby of the family.

**Annie:** Wow. Okay. And that's just one of those like mark's you.

**Laney:** It does. It marks you. Obviously, you don't want to go back and live those moments, but the Lord has used them and redeemed them in such powerful ways that... You know, Walker and I actually were talking about this morning. If someone said, "Would you prefer to have *Fancy Like* or would you prefer to lose Oakleigh?" We would choose losing Oakleigh over and over.

The way the Lord used it, the way He's changed us, shaped us, it's just a defining moment in someone's life that you can't... Those lessons I'm just not sure we could have learned any other way. And just the reset, the we're not in control, just all the things, just what losing her has done for perspective for our family has been-

**Annie:** How do you talk to your other kids about that? I'm watching it happen with another friend of mine whose youngest is passing away and there's other kids. How did y'all do that? I mean, I guess you're probably still doing it. It's probably a never-ending processing.

**Laney:** Well, you don't know. And honestly I would go back and change some things. Lela's the only one that met her and held her. Again, we were so taken off guard. It was super shocking. You know, we didn't know it was coming and so we didn't know how to prepare. We were just doing the best we could in the moment.

So Lela was the oldest. She was... I can't remember how old. Early preteen. Then it was three boys and they just seemed younger, and they were boys. And we were like, "I don't know, maybe that's not good for them. But now looking back, I'm like, "Why didn't we have everyone up there?" The youngest was two. I would have them all there and holding her and stuff.

So you do the best you can, and you look back and you would change things, but somehow that's just the way the Lord played it out. And it is what it is. I would say we're certainly still walking through it. I mean, obviously we talk about her all the time. You know, the grief, just the intensity of it, obviously, it gets better over time, praise the Lord. I mean, only because of Him does that, you know, start to get better.

But it's like the... Anyway. Just going back. So they were so young. One of her birthdays, I think it was her third birthday that we started going through. We have a video that somebody had put together and pictures. And I started showing some of the younger kids. And they got super tearful. And it was like they were almost processing it for the first time because they were so young, they didn't have a capacity to process that then.

So yeah, it will continue to... You know, just communication, I guess. You know, what do you think? How do you feel? It's okay to feel sad. It's okay to feel happy on her birthday. If you're not sad, that's okay. If you want to go to her grave, go to her grave. If you don't, that's okay, too. You know what I mean? There's just no right and wrong way to go through it I guess.

**Annie:** Y'all's two little girls are the cutest. Oh my gosh, they're so fun to watch on the internet too. So, thinking about you processing all of that with them, I'm just like, "Man, that's another part of parenting that people don't like." So you're gonna have to teach your kids how to grieve.

**Laney:** Right. Right.

**Annie:** I just can't imagine.

**Laney:** You don't know how to do that. And it's funny I feel like the older half got... their upbringing is totally different than the younger half.

**Annie:** Oh, sure.

**Laney:** It just is what it is. We had no financial means. You know, at their ages, there was no Amazon so when we needed diapers, we packed up and we went to Walmart. That was just the way we did everything. We went to the grocery store.

The younger crew life is a little bit different. Bagels were a luxury item when the oldest ones were young.

**Annie:** Wow.

**Laney:** All we did was go to playgrounds and that sort of thing. And now life on the road is different. And so the challenges we have with the younger half are just very different from the ones that we have with the older half.

**Annie:** That is wild to think about.

**Laney:** Right. So when they're acting out or they need attention and they're really just being obnoxious, people laugh because we're in public and in the public eye, and we have to pull... It's a battle. We have to constantly pull them aside. "That's not cute and funny." I know people are laughing, you know, getting positive affirmation that way.

And they like to go on stage and dance. And I don't have a problem with it. I think it's a sweet moment. You know, it's just a celebration of family. And I love that. And it's great. And Walker's crowds are great. But teaching, especially the younger half, mostly the little girls, you know, you can't get affirmation that way. It's the same thing about socials. It's interesting.

**Annie:** It is unique parenting spot.

**Laney:** It is unique. It is unique. It is unique. It's like all parents, challenges sneak up and you learn as you go. There's no manual, apart from the Bible, to try to figure out what to do.



**Annie:** And based on Walker's story that he told us, the kids also have significantly different experiences with Walker.

**Laney:** Right.

**Annie:** Probably between the top half and the bottom half too, right?

**Laney:** For sure. So he quit drinking soon after the youngest was born. Not counting Oakleigh, but the youngest, Everly, was born. So they have no recollection of him drinking. The older kids do but in small doses, really. I mean, they have vague, vague memories.

**Annie:** So that part of y'all's story is one of the reasons we were hoping you'd come back because so many of our friends wrote in. I mean, I have an email printed here from someone who was like, "Can you please talk to Laney?" Because there are so many women mostly... we have a lot of initials versus names which is really interesting because people usually give us names. But I was like, "Oh, man, people are really spilling their hearts because they don't want to give us their names.

But people wanting to talk about this season of life that you were in where you were walking with God and Walker was not. And he was very open about that with us. So for starters, I mean, one of our friends asked, how did you remain hopeful that Walker would come to know God in deep and personal way? As y'all were going through your marriage, were you hopeful he would?

**Laney:** I was always hopeful he would, I think. And Walker and I have talked a lot about this. I've actually talked to a friend about this too. It's interesting. Sometimes I feel like it's easy when you're a believer to look at someone in your life and want them to know the Lord because you want the spiritual fruit of it.

**Annie:** That's interesting.

**Laney:** That's loaded because... it's the same as parenting... out kind of directed in a parenting sense. Do I want my kids to know Jesus and have a relationship with Him even if that's super messy and they fall into patterns that are not celebrated by the world, but they have a relationship with Jesus and Jesus pulls them in? Or do I want their lives to look nice and then make good choices and make good decisions and their life look really pretty but their heart is farther away from the Lord? It's just interesting.

Culturally speaking, sometimes I feel like we can want our spouse or our kids to know the Lord because we want them changed. And we're like, "Jesus, you can

change them, but I can't. So here, why don't you come into their life so you can change them?"

**Annie:** Because I want a better experience with this person.

**Laney:** Yeah, I want a better experience. The bottom line is even when your spouse that's not a believer becomes a believer, they're still the same person. Yes, they are a new creation and they are spiritually alive and they know Jesus, and they have a place to go. I'm not saying there's no positive fruit. Not at all am I saying that. But you're still married to the same person.

Again, not that that's the intent of whoever's writing letters or whatever, but it's an interesting concept.

**Annie:** Yeah, because you don't trade-in for a new person when they become a Christian.

**Laney:** Right. The same things that annoyed you before still annoy you. The same fights still happen. We used to fight over I wanted to teach the kids about the Lord, Walker didn't want me to. And now we just fight over spiritual concepts. You know, things don't just get fixed because someone becomes a believer. I feel like in a marriage that can sometimes be a misconception.

**Annie:** Yes, I think so too.

**Laney:** But am I so grateful he knows the Lord? Absolutely.

**Annie:** Is it different?

**Laney:** It is different but in a sense that, you know, I think you don't look to each other... you have more realistic expectations. Like you don't look to each other to fulfill you in a way that is not humanly possible. So in ways like that, yeah, for sure.

Walker's always been quick to apologize. I was a believer and he wasn't, and he was way more quick to apologize in our whole marriage than I was.

**Annie:** Wow.

**Laney:** So I mean, some-

**Annie:** You're like, "I may know Jesus but I'm stubborn."

**Laney:** Yes, exactly.

**Annie:** Me too, girl.

**Laney:** I mean, I can put up the proud wall with the best of them. I can... you know, all those things. And then too with drinking, I feel like it's just a coping mechanism for something bigger. So in Walker's case, he was always very communicative. So he's an emotional processor and I'm not. So he always would spill out the emotions behind it.

So all the women out there whose husbands are alcoholics or maybe even vice versa, the Lord can give us compassion for them knowing it's a coping mechanism for something deeper. And there's a hurt or something there.

And also the realization that even though maybe his coping mechanism drinking could have been destructive, driving the kids while he was drinking, you know, things like that could have been very just dangerous. The consequences could be very dangerous. I mean, I have coping mechanisms, too.

**Annie:** You're right. Me too. If you got pulled over for relationship with Oreos, I would be getting arrested too.

**Laney:** Exactly. Truly. Truly. This can be loaded. This just points to the sin and brokenness in our human heart. Church can be a coping mechanism for women.

**Annie:** Yes, say that, Laney.

**Laney:** And I don't mean that against the church at all. I mean that against the brokenness of my heart. And the more women I've talked to, it happens a lot. Especially with unbelieving husbands, they might be running to alcohol and women are running to church, and they can both be equally destructive. Again, I'm not saying alcohol is bad and I'm not saying churches bad, but the use of it as coping is just as-

**Annie:** A prank in the eye kind of thing. Right? Right.

**Laney:** It is. And I do think-

**Annie:** That's really good.

**Laney:** ...people look at our story, and they're like, "Oh, poor Laney, she was at home with all those kids, and you were drinking." That's not the reality of what it was. I mean, we were happy. I mean, broken messes, but we were so happy. I mean, we loved each other despite our junk.

**Annie:** I mean, there are a lot of kids, everybody. There are lots of kids.

**Laney:** Yeah, there are lots of kids. I mean, you know, we had all the messes of just normal, everyday life, but we were both coping, I mean.

**Annie:** Yes!

[00:22:49] <music>

**Sponsor:** Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, Prose. Raise your hand truly, raise your hand right now if you are interested in having healthier hair. Lilian raised her hand, we're in the room together. Correct? He raised his hand too. All three of us that are in the podcast studio, hands raised.

I mean, if you're driving, keep your hands at 10 and 2. But the rest of us we all agree that since we wear our hair every day we want it to look the best it can. Well, Prose is my go-to for personalized haircare. They take natural ingredients and combine them in innovative ways to bring us clean haircare with incredible results.

Their formulas offer answers to your individual hair needs not the same old solutions that target everyone's issues. So I use Prose's customized shampoo and conditioner and my hair is shinier and fuller and more manageable than I can ever remember.

I love the way their products smell. Y'all, they smell so good. And knowing they were formulated just for me is adorable. I love that part.

So to start, I took their online hair consultation—we love a quiz—and answered questions about my hair washing and styling habits, my hair's texture, and my goals for it, even the region where I live so that they could factor in the weather and environmental patterns.

They analyze over 85 personal factors from this quiz and then Prose determines a unique blend of ingredients to treat your exact concerns. A few days later, these amazing-smelling personalized products show up on my doorstep.

You can always adjust your formula using the "review and refine" feature which I think is a brilliant. And when things change in your life, you can also change how you take care of your hair.

As a carbon neutral certified B Corp, Prose is an industry leader in clean and responsible beauty with sustainably sourced, ethically gathered and cruelty free ingredients. They're also the first custom beauty brand to go carbon neutral which I think is so cool. It's good for our hair and good for our world. Double whammy. Let's go.

If you're not 100% positive Prose is the best haircare you've had, they'll take their products back with no questions asked. Prose is the healthy hair regimen with your name all over it. Literally, your name is on the bottle. I love that part. Mine says, "Annie F."

So take your free in-depth hair quiz and get 15% off your first order today. So go to [prose.com/thatsoundsfun](https://prose.com/thatsoundsfun). That's [prose.com/thatsoundsfun](https://prose.com/thatsoundsfun) for your free in-depth hair quiz and 15% off. Let's go. Prose has given over 1 million consultations with their in-depth hair quiz, and you can be next at [prose.com/thatsoundsfun](https://prose.com/thatsoundsfun).

**Sponsor:** And I have one more amazing partner to tell you about, [Chime](https://chime.com). Okay, what goes great with a summer vibe? How about a checking account with no monthly fees? Like a cool breeze, you guys.

Chime is a refreshing way to handle your money with no monthly fees, no maintenance fees or minimum balance fees. It's how banking should be. And when you need to access your money you can do so fee-free at more than 60,000 in-network ATMs, at many locations like most Walgreens, 7-Eleven, get your, and CVS.

You can also send money to anyone even if they aren't on Chime fee-free for you and no cash out fees for them. Chime no monthly fees, no vibe killing fees. So sign up for a Chime checking account. And it only takes like two minutes and it doesn't affect your credit score.

You can get started at [chime.com/thatsoundsfun](https://chime.com/thatsoundsfun). That's [chime.com/thatsoundsfun](https://chime.com/thatsoundsfun). Chime is a financial technology company, not a bank. Banking services provided by and debit card issued by the Bancorp Bank or Stride Bank N.A.; members FDIC.

Out-of-Network ATM withdrawal fees apply except at Moneypass ATMs in a 7-Eleven location, and any all point or Visa plus Alliance ATM. Other fees such as third party and cash deposit fees may apply.

And just a reminder that the show notes right below wherever you're listening on your device are your one stop for links to our sponsors, transcripts of shows, and

your chance to sign up for the AFD Week in Review email where we'll email all this to you too. It is all there for you. So that is where you find all that. It's always in the show notes.

And now back to our conversation with Laney.

[00:26:56] <music>

**Annie:** How do you pray for him differently now than you did before he was a believer?

**Laney:** I mean, well, one, I'm not praying for salvation anymore because I know that's secured. Just-

**Annie:** That's very secure.

**Laney:** It is.

**Annie:** When he talks about Jesus, I'm like, "This guy is not kidding."

**Laney:** He's not. He's not. He loves the Lord. He does. For us, especially with life now, it's praying against the busyness. Life just all of a sudden went from, you know... And again, we all went from COVID to not COVID life to speak of. But that was a drastic, drastic change.

**Annie:** Yeah, y'all went from COVID to *Fancy Like*, which is different.

**Laney:** Right. I mean, for six months, we were absolutely reeling. I mean, we were like, "Whatever this is, we do not want it. Send it back." It took a while before we could kind of acclimate to that. And then the family, touring with him and all that kind of helped.

But as far as praying for him, it's more the same things I would pray for myself. Just the ability to have time with the Lord. It feels like that's the thing that always gets... It's the first thing that gets pushed out. You know, you wake up and you might even have great intentions and you sit down, your phone starts dinging. Your Bible is in your lap, but your phone's dinging and your to-do list.

**Annie:** It's like you have been watching me this morning, Laney. I know. I know.

**Laney:** Me too. Me too. I mean, a kid comes downstairs and a need happens or you start running your to-do list in your head. I mean, I'm a tasker by nature, so I'm like, "No, no, I was reading this," and then I'm like, "But I need to do this. I need to do

this." It's just the same things I would pray for him I would pray for myself. Just that uninterrupted time. I don't know.

I wish I had this great war room where we really close the door and we had this quiet, peaceful place but-

**Annie:** I think you're telling us the whole... The truth is gonna free up so many people that like you don't have to have a back house for prayer for your life to change. Just do you have a chair?

**Laney:** A chair and just that... And I'm not good at this. I don't want anyone to think I even am. But the just constant communion throughout the day. It's the simple things. You look at the water, you look at the sun, you look at the rainbow, you know, just "Thank you, Lord." Just the heart of gratefulness over the small things.

The same interruptions as not interruptions. They're actually where the Lord wants you in that moment. The dumped-over cereal bowl. You know, these kids over here that I'm like, "Will you please just... just nobody talk." Nothing nice is coming at you. Just all those things are just part of where the Lord have me in that moment.

**Annie:** Okay, so speaking of your house, one of our friends asked this and I was thrilled to this question because it's one of my questions too. When Walker shows videos of y'all's home, there's scripture written all over your walls. I think it's scripture, right?

**Laney:** It's scripture, occasional song, hymns.

**Annie:** And you say, "Grab a marker, kids. Whatever you want."

**Laney:** Yeah, if there's a specific verse that they really, you know, just either want to commit to memory or just really meant something to them, they can write it. Walker does a lot of it too. He wrote some of them in Spanish because he put them to music—some Spanish lyrics or Bible verses. Yeah, it's helpful for putting it to memory, it's nice to just see around. Hopefully it's a good-

**Annie:** You just said, "Start writing on the walls"?

**Laney:** Well, when Walker... We always laughed. I always told actually Craig and Laura, "If Walker ever becomes a believer, we're selling it all and we're moving to Africa." That's just the way He works. There's no just, "Oh, I'm going to become believer and life's gonna look the same. It's gonna be a dramatic turn."

**Annie:** Wow.

**Laney:** And that was one of those things. He became a believer and it was, "I just want scripture everywhere." And the reality is that it becomes white noise. I wish every time I walked by it I read it and pondered it and looked at it and-

**Annie:** Put your hand on it.

**Laney:** Yeah. But the reality is it's like a picture on the wall. You know, it can become like everything else. But I love having it there. And even it's a talking point which is great. Unbelievers that come in the house, people that might come in, just whatever-

**Annie:** How did you let go the control of "don't do this in my beautiful house"?

**Laney:** Walker and I are both the babies of the families and our house just sort of operates that way. I don't guess I had a problem with it. We had a dartboard hanging on our old house walls and no backboard. And there were just holes everywhere. We had baseball holes. I mean, I think we just overcorrected. That's the truth of it.

**Annie:** You just like how you live in your house.

**Laney:** When we had a handful of young kids, maybe four or so and they were all young, I do remember consciously thinking, "I can either enjoy my kids or I can have a clean house. I can not do both." And some people can do it all. I'm not one of those people.

So it truly was a conscious effort of "this I have to let go. And this I'm going to... that's where my energy is going to have to go." And there are days where I'm like, "Oh, my goodness, I cannot see one surface in this out." But now they're old enough. And it's like, "everybody, it's a whole house cleaner."

**Annie:** Okay. Craig and Laura, so lovely.

**Laney:** Oh my goodness!

**Annie:** Next door neighbors. People, again, listen to Walker and Craig on the show. Talk to some of our friends who are the Craig and Laura, who have best friends who maybe even are walking with the Lord or one of them's walking with the Lord.

One of the things that Walker said that really moved me about you and Craig is he was like, "They never tried to fix me. I never felt like a project." How did Craig and Laura do that for you? How did you do that for Walker? How do you change from



this is a person that needs God and needs to be saved to like, "This isn't a project. This is just my partner and my friend"?

**Laney:** That made all the difference in the world because I think we all know when someone's trying to just help us, fix us, better us, we can all instinctually feel that. And it was never that way with the Coopers. They shared their brokenness. They told how they didn't try to put themselves on a pedestal like, "We're believers and our lives are a little more polished than yours." I mean, it might have been true, but they didn't treat us that way.

Like Laura was one of those instant friends where we both had young kids and she was homeschooling at the time also. And all we did was send pictures—this was before we were neighbors—send pictures of the just kitchen counter you could not see for all the filthy, filthy dishes.

And it'd be, "Hey, I'm going to bed. I'm too tired to even deal with this tonight." It's all gonna sit here." And it was a friend who could just live the trenches of life like that. "Here's another dumped-over cereal bowl. Look how nasty this is. Look at my pile of laundry." You know, just all the realities of life. And you just didn't feel alone. It was like you're just as messy as me.

That was how they did life with us. They weren't trying to help us be better people or teach us anything. I know Walker always says Craig didn't... he didn't quote... he will now, but he didn't quote Scripture. We knew where he stood. And he wasn't shy about that. But it was never a mission for them. They just truly did live with us and the messiness.

And, you know, them revealing their own struggles was more powerful than anything because that's one thing we can all relate to is someone going, "Hey, I'm messed up. This is how it shows up in my life." That was what they did and it was what the Lord used more than anything is their messedupness, not their togetherness.

**Annie:** It's one of the things I did really wrong in my 20s. I remember this one particular couple, they became believers while we were friends, not because of me. But I remember having this conversation of like, "Oh, now we can talk about bla bla bla bla bla." And now that I'm more of a grown-up, I'm like, "No, Annie, you could have always talked about that and it probably would have been helpful for them."

But I felt like... this is embarrassing to say, Laney, but I'll tell you. I felt like, "Oh, now they've joined the team. Now we can talk about the game plan because now they've joined the team."

**Laney:** Right.

**Annie:** So I feel like I harmed... I mean, the Lord can fix anything, but I feel like that wasn't the best Annie for them as a believing friend because I accidentally treated them more like a project than friends.

**Laney:** Well, we've all done that. I mean, I think believers can become a club. Again, it's not bad intentions. It's just our hearts can kind of do that. And you go, "Well, I don't really want to lead them astray. They're not a believer. I don't want to..."

So you feel like you don't want to expose things, but the reality is, they're watching how you... You know, people were watching how we coped with grief. People are watching how you do things, how you live life as a believer. And it doesn't mean you don't mess up, it just means hopefully you have a place to go with it. But that is what the Cooper's did for us.

**Annie:** Craig Cooper, maybe one of the kindest people I've ever met.

**Laney:** We love some Craig and Laura. We do.

**Annie:** It's just amazing. He'll just send an encouraging text. I've been really moved by him and Walker love each other and love kind of everyone. It's inspired me a lot.

**Laney:** We do. Walker and I always talk about how Craig can find the reflection of the Lord in everyone. And it is a true gift. It really is a gift. Like where we might go, "Oh, that person is really annoying about whatever," he can find... It's like Walker's songwriting. You know, his lyrics weren't always honoring to the Lord. And of course, he wasn't a believer. But Craig could go, "Man, the Lord's given you this gift of songwriting." And it was true. I mean, that is from the Lord even though he wasn't a believer. And Craig has a gift at finding those things in people.

**Annie:** There were a couple stories that Walker told when he was here of like, "Well, and Laney could have left then. And this could have been when, but she didn't." And some of our friends wrote in and their questions are, why did you stay? When the days where it was so dark, when the drinking was really bad, before Walker was walking with the Lord or maybe even after, I don't know, but how do you choose to stay?

**Laney:** Honestly, it was never an option to leave. I don't remember ever thinking, "Man, if he doesn't bla bla bla, then I'm out." I mean, that was just never... And again, that's not like noble of me. Like, "Yay, me. I just was so into this." I guess that was just

the Lord putting it there. I'm not sure. And again, people forget we really were happy. I mean, did we have troubles? Absolutely. But we loved each other.

**Annie:** You weren't suffering every day.

**Laney:** Yeah. It wasn't abusive, or it wasn't... I mean, I'll say that. We all abuse each other because we live life messy when we're in close relationship with somebody.

**Annie:** Shrapnel, I call it. Everybody gets shrapnel by everybody else.

**Laney:** That's a good way to put it. Absolutely. Now there was one time where—we laugh—we were at a restaurant called Drake's. We always go, "You're gonna take me to Drakes" because we got a knock-down drag out. And I said something about, you know, I need to take the kids to go stay with my parents for a minute to give him some space. And it wasn't I'm moving out, it wasn't I'm leaving, but that is what he heard.

**Annie:** Wow.

**Laney:** That was probably the worst moment we had. But it truly wasn't "Hey, let's separate." It was like, "You need some help. You need some help or I'm not sure how to help encourage you."

And honestly the bottom line is I did nothing. I did nothing. There is no, "Follow these steps. Pray these bullet points." I did nothing. The Lord just saved him. I mean, it had nothing to do with me. Absolutely nothing. It's not my powerful prayers. It's not... And I know that that can feel frustrating because we want to be able to control it and we want to be able to go, "Hey, if I just do this..."

**Annie:** "If I do these things."

**Laney:** And I remember thinking, "Lord, if I can just be so transformed that he sees how powerful you are, then you'll save him." And praise the Lord He didn't do it like that because then I could brag in myself and-

**Annie:** Or then you have to maintain it.

**Laney:** Yes. Right. Or that I would have to be this little perfect standard.

**Annie:** Yes! Yes.

**Laney:** I was just as messed up as he was; I just knew Jesus. And so praise the Lord He didn't use me more than He did. I don't know whether that offers encouragement or it feels discouraging.

**Annie:** No, I think it's encouraging.

**Laney:** Again, with losing Oakleigh, the control we think we have is just a fallacy... on everything. And it actually allows you to live with a freedom to go, "I'm not in control of this anyway." Like all these people who are believers who have unbelieving spouses, or kids or whoever, you know, live in the joy of the Lord and let Him take care of it. I don't know any other way.

You can still be joyful in the Lord even if the people around you aren't believers. I still have people I love dearly that are not believers. And there's no guarantee that the Lord is going to save them. And I didn't know the Lord was gonna say Walker. We could have died married at 80 and he could have still been an unbeliever. I don't know. But praise the Lord that ain't what happened. But we don't have guarantees. But the Lord is bigger than we are and His plans are bigger. I don't know.

**Annie:** That's good. Something that my girlfriend and I talk about, because I'm not married yet, is we talk about, like, whatever you have to do to get him is what you have to do to keep him.

**Laney:** Right.

**Annie:** I think about that a lot with prayer, of I think that I am doing, if I've prayed these things that made this thing work, then it's going to be up to me to keep praying these things to make sure it still works.

**Laney:** It's true.

**Annie:** You know, if we think we control it to get it, then your brain is going to say, then you better control it to keep it too. And I think you're releasing a lot of pressure for a lot of us of like, Oh, yeah, I actually don't want to control God going after someone because I don't want to have to control God keeping them.

**Laney:** Right.

**Annie:** So that's really good, Laney.

**Laney:** And though it's scary, it is a freedom for sure.

**Annie:** So why pray then?

**Laney:** Well, because God tells us to. I don't know. I think the Lord just wants to give us a joy. And, you know, praying for people somehow gives us the joy that we would miss out on otherwise.

And believe me, I'm speaking to myself as I say this, because all of my kids are not necessarily believers at this point, and I don't know what the Lord's plan is for them but I know I'm not in control of it. And that is the one thing as a parent, or as a spouse you want to control. And you have zero, zero control over their spiritual life.

**Annie:** Right.

**Laney:** It's not in my hands. So I'm preaching to myself too, for sure.

**Annie:** Well, you're preaching to me because I'm like, Man, it almost feels like maybe one of the ways that Walker's faith story was a gift to you from the beginning was because you couldn't control Walker you can't control your kids. Like you've already practiced this like-

**Laney:** True.

**Annie:** ...I'm out of control of what God does with the people that I love. I can pray and walk with them but I can't control them getting saved.

**Laney:** Right.

**Annie:** And we want to.

**Laney:** Right. And you don't want to control their externals and their hearts be far. I don't want to fill them with religion and their hearts be super far. So I don't know.

**Annie:** Which is so easy. It's easy for me to do to me.

**Laney:** Oh, me too. Walker's a four which is an individual, you know. And so he is so good for me because I'm a peacemaker. And that's just my personality by nature. So I go with the flow. I don't really buck the system, I mean, for a lot of things. And he's great at really provoking me in those ways and going, "Why'd you do that? Just because that's just what you're supposed to do?" It's good. It's healthy for me.

The bottom line is it's about Jesus. It's not about everything else. And it's hard to remember. Especially living in the south, you can get wrapped up in all the other things. And not to say... community is great. I mean, I think we're called to community, but community can become the God. For me, the social can become the God, and that's not Jesus.

[00:43:53] <music>

**Sponsor:** Hey friends! Just interrupting one more time to tell you about another amazing partner, [Athletic Greens](#). "So what is Athletic Greens?" you ask. In one scoop of Athletic Greens mixed in cold water you're absorbing 75 high quality vitamins, minerals, Whole Foods source superfoods, probiotics, and adaptogens.

Here are all the things their special blend of ingredients supports. Are you ready? Count with me. Your gut health, your nervous system, your immune system, your energy, recovery, and focus. That's six, you guys. Six things right off the top of the bat that we know they help with.

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

Athletic Greens has over 7,000 five-star reviews and it's recommended by professional athletes like me. Okay, no, I'm not. But I am a professional, Annie and I say go for it. It's time to reclaim your health and arm your immune system with convenient daily nutrition, especially as we finish up this flu and cold season. It's just one scoop in a cup of cold water every day. That's 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](https://athleticgreens.com/soundsfun). Again, that is [athleticgreens.com/soundsfun](https://athleticgreens.com/soundsfun) to take ownership over your health and pick up the ultimate daily nutritional insurance.

**Sponsor:** And I've got one last incredible partner to share with you. And that is [Indeed](#). Okay, in *Chase the Fun*, there is a whole section about the joys of being an amateur.

We put all this pressure on ourselves but we shouldn't be good at stuff that we don't have a lot of practice at. Like hiring for your business. The more you practice, the better you get at it. And then you hire great people faster, your business grows, and you get to keep on hiring.

So how do you get better at hiring? You need Indeed. Indeed is the hiring platform where you can attract, interview, and hire all in one place. Instead of spending hours on multiple job sites searching for candidates with the right skills, Indeed's a powerful hiring partner that can help you do it all.

Find great talent faster through time-saving tools like Indeed instant match, assessments, and virtual interviews. With Indeed instant match, over 80% of employers get quality candidates whose resume on Indeed matches their job description the moment they sponsor a job. You guys! That's according to Indeed data in the US.

One of the things I love about indeed is the selection of assessments they have available to you. There are over 135 assessment tools, from like coding to cooking, which we should have done and we could have had a chef here at Downs Books, but we didn't. But if you select the skills that matter to you most for the position you're hiring, it helps you so, so much with that process.

Indeed assessments can give you a great window into how candidates will be on the job. It's brilliant. Even better, Indeed is the only job site where you only pay for applications that meet your must-have requirements. Indeed is an unbelievably powerful hiring partner delivering four times more hires than all other job sites combined, according to Talent Nest in 2019.

So join more than 3 million businesses worldwide, including Downs Books and That Sounds Fun Network, that use Indeed to hire great talent fast. Start hiring now with a \$75 sponsor job credit to upgrade your job post and [indeed.com/soundsfun](https://www.indeed.com/soundsfun).

The offer is good for a limited time, so Claim Your \$75 Credit right now at [indeed.com/soundsfun](https://www.indeed.com/soundsfun). [indeed.com/soundsfun](https://www.indeed.com/soundsfun). Terms and conditions apply. If you need to hire, you need Indeed. And now back to finish up our conversation with Laney.

[00:47:40] <music>

**Annie:** How do you see what's going on in Walker's career which then is in your life because y'all are always on the road and the kids' lives? What's God doing? What's the zoom out thing here?

**Laney:** That is a great question.

**Annie:** I want to know. I'm watching.

**Laney:** Well, when you find out, you let me know because I don't know. I don't know. I really don't know. I mean, there have been a billion times Walker struggles with "My job is so silly. Why do I do this? Why do I do this? Why do we not move to Africa? Why do we not do something that's a lot more radical?"

And for some reason, the Lord has him here. This job and this dream and whatever it's so far-fetched that the Lord had to open that door or it would not have opened. It's just that crazy. But I don't know. All I can guess is the Lord's just increasing the platform only so that people can hear about him. And that's the only reason we're here as far as I know.

And whether the crowd is 30,000 or the crowd is two people that are neighbors that come over, it doesn't really matter. I mean, the Lord is gonna speak to who he's going to speak to. But I don't know. I really don't know why we're here.

**Annie:** I mean, I love what you're saying to us because when you said that the open doors set for Walker's career show that only God could do that, I mean, my guess is and other places besides the self that is how people feel when people get saved too. Like, only God can... Down here we're like, "Everybody? Everybody in? This is what we do." But it's more religion often than actual relationship.

But I'm going, "Oh, yeah. Walker and Laney story, if I'm zooming out," you can correct me if I'm wrong, for sure.

**Laney:** Yeah.

**Annie:** "Walker and Laney's story says God's gonna do miraculous things if you want Him to, if you're open to it and open to seeing it. He's ready to do miraculous in your life." Does that feel true?

**Laney:** Yeah. Also, I think people have a misconception that if you achieve your dream and you meet your goals that it's better. And it's just not. It's kind of like it's a fallacy. Life got more complicated. It didn't make anything better. We were happy. Walker was a believer, life was simple, things were great.

Honestly, the success was more scary than it was, "Oh, this is a blessing from the Lord." We're like, "Lord, is this a blessing? Because this doesn't really feel like it in more ways than..." I don't know. Success and dreams coming true and all that it's just not all it's cracked up to be. It's just not-

**Annie:** Being famous has nothing to change.



**Laney:** It's not.

**Annie:** That is true.

**Laney:** It's really not. It creates a lot of other challenges. But I think it's just... I hate to be rude, Ecclesiastes but it's all meaningless. It just really is. And I think we have an even greater front row seat because he has achieved his dream that he set out to. He has achieved fame or success or whatever, and it doesn't matter. It's meaningless.

**Annie:** It's meaningless.

**Laney:** It is an absolutely meaningless. You have to enjoy the journey of life where the Lord has you. And I feel like in that way, you can't go wrong. Like if *Fancy Like* it never happened and we were still scraping by but we were living in the joy of the Lord, I mean, I would prefer that to where we are now.

But again not to say I'm not grateful for where we are. Clearly, this is where the Lord has us. And viewing it from that perspective is different because you're like, "Okay, Lord, I guess this is where..." It's like losing Oakleigh. Walker and I always say *Fancy Like* coming out and losing Oakleigh felt very much the same.

**Annie:** Wow.

**Laney:** And I know that sounds crazy but they were both just dramatic events in a family life that created tons of ripples and a lot of adjustment.

**Annie:** Wow.

**Laney:** So it's a huge grief moment and a huge success moment actually feel a lot the same. And so you just have to go to the Lord and go, "Lord, this is where you want me, good or bad. Just help me walk through it with joy and just in your presence."

**Annie:** Is that thing of when you want to be like, God is good because he healed someone the way we wanted Him to?

**Laney:** Right.

**Annie:** But God is also good-

**Laney:** When you lose a baby.

- Annie:** Yes. It almost makes it harder. The longer I've been a person, it makes it harder to say, Look what God did. I just read a book where they talk about a person being healed. And they were like, "Ain't that amazing." I want to be like, I mean, yes AND that's hard to say sometimes because God is just as amazing if the person is not healed. That's so hard to reconcile. *Fancy Like* and Oakleigh teach us that. Right? That God's goodness did not change true because of those two stories.
- Laney:** And honestly it's sometimes easier to see God's goodness in losing Oakleigh as crazy as that sounds because He loved us enough to pursue us and to pursue Walker and to... You know, He cares enough to do what it takes for our eternity. *Fancy Like* isn't an eternal. It's not.
- Annie:** Yes. I mean, God cares more about our character than our career, which is something people say in your field and in my field a lot people. Behind the scenes are telling all of us: "It's not your career He cares the most about. It's your character He cares the most about."
- Laney:** Right.
- Annie:** And you see that play out when somebody goes sideways. You see that play out. I love you brought up Ecclesiastes because my birthday was in July and I kind of-
- Laney:** Me too. When's your birthday?
- Annie:** The 7th. What's yours?
- Laney:** The 19th.
- Annie:** Oh, yes. My whole life revolves around my birthday. Like I start a new year in July versus in January.
- Laney:** Love it.
- Annie:** I'm like, "No, no, this is when Annie started." But the scripture the Lord really led me to is in Ecclesiastes at the end where Solomon just says, in the Message version, "Fear God, do what He says." And I was like, "You know what? That's it. Fear God and do what He says." If we walk out our lives doing those two things, no matter a career, family, all of that, those are the ripples of fearing God, doing what He says. Right?
- Laney:** Right.

**Annie:** Does that feel true?

**Laney:** Yeah. Lela and I were talking about that last night. Just some of the things the Bible says they did at youth camp. And it was on Proverbs. So we were kind of talking through some of those. For a teenager it feels real rosy. The bottom line is I'm like, "Lela, I don't know. I don't know why He says this but He just does. So I mean, all we know to do is obey because he says it."

And it's easy to go, "I just don't think God really cares about that. That just doesn't really feel like a big deal. But for some reason He says it." And if it's in the word, then-

**Annie:** Go with it.

**Laney:** ...I guess it matters. That's all I can say. I'm not sure. I don't have answers.

**Annie:** That's right. So when our friends listening think... When they hear a walker Hayes song on the radio, or they see a TikTok dance or they see y'all on Instagram, what would you want them to pray for your family?

**Laney:** Oh, that the Lord would just grab us and hold us and keep us and all my kids who are not believers just that they would know the Lord in a real, real way. Whatever that looks like for them. And it would likely be different for each of them. But yeah, this is all gonna go away in a heartbeat, and I know it, but I just pray for the eternal things that actually do matter.

The people that come in and out of our lives, our relationship individually with the Lord and collectively as a family. Just that.

**Annie:** I mean, you're just so open-handed to God.

**Laney:** Well, I don't know. Honestly, I have to hit a reset button or the Lord pulls me to hit a reset button all the time because this life is alluring. I mean, life gets busy, to-do lists get longer, life has gotten a lot more complicated. There are a lot more moving parts now. Every day we're packing or unpacking. You know, the laundry pile is higher and the to-do's get longer.

**Annie:** I can't imagine how you do enough laundry with a tour bus. I can't imagine how you do laundry.

**Laney:** Well, that stores up while we're on the road and then... I do have helpers now so that's-

**Annie:** Yes, that's awesome.

**Laney:** They all know how to fold their own laundry so that helps. We live just like everybody else. Quiet time, you know, feeling like you're really present with the Lord can just get starved out so easily. And the Lord is gracious enough to bring us back.

And you know, every year, every school year, every day, I'm like, "Okay, Lord, the kids... we're gonna memorize this. We're gonna..." You know, we set these great goals. And do we ever achieve them? No. Does the Lord delight in us and love us regardless? Yes. I have to rest in that.

That was the verse from this morning, just like how much we think we delight in time with Him, but He loves time with us. And that's just crazy to imagine, because I'm like, Lord, "I don't know why you delight in time with me." But He does. And that's just crazy.

**Annie:** I think that when I see airplanes when I'm at airports, I'm like, "He knows every person on that plane. How in the world is He capable to enjoy me and enjoy all of us that would walk toward Him?" That'll mess up your brain.

**Laney:** Miraculous.

**Annie:** It's miraculous.

**Laney:** It is. But yeah, we don't have it together. We're not like these spiritually lofty on a mountain people. We truly are just living like everybody else, trying our best, falling really severely short, going back. "I'm sorry, I'm an idiot again, Lord. I'm an idiot again, and again, and again." Welker makes me mad and I ignore him. I mean, just all the realities of life, we do it just like everybody else. Praise the Lord, Jesus loves us anyway.

**Annie:** Right. Right. How lucky we are! I'm so thankful for your honesty because I think what helps me, what helps so many of us is going like, "Oh, there aren't 12 steps to 15 steps to 35 steps I need to do. I don't need to be a better person before it God's going to save my spouse or save my kids." You're just reminding us that humans are supposed to be part of the story.

**Laney:** Crazy.

**Annie:** I know. Okay, is there anything we didn't say that you want to say?

**Laney:** Not that I can... I'll think of something later.

**Annie:** People will text me later and they are like, "Annie, add this."

**Laney:** "I forgot such and such."

**Annie:** No, I think you did perfect. When you get in your car and you think about the things, let it go because we prayed before we started that the Lord would guide us. And so we trust that that is this.

**Laney:** Man, I just hope the Lord speaks to someone.

**Annie:** Yeah. Well, He did to me. So if that helps you, you've got one down. So if one was all you wanted, you got your one.

**Laney:** That's more than enough.

**Annie:** But there's a lot more. Okay, the last question we always ask, Laney, is because the show is called That Sounds Fun, tell me what sounds fun to you.

**Laney:** Ooh, you know, I would say... Well, today what sounds fun is getting on a bus with everybody and headed out because that is the agenda today.

**Annie:** Do you have a midnight bus out or what time do they come?

**Laney:** We leave at nine tonight.

**Annie:** Okay.

**Laney:** So it's early because we're going to New York. So we got a longer drive ahead. But two things. One, I love being on the water. The lake it's truly decompression time. There's something about being on the water that... to me that sounds fun. That's a reset button for sure.

**Annie:** Are y'all like pontoon people?

**Laney:** We know for ski boat people.

**Annie:** Yes. Okay. Ski.

**Laney:** So Walker and I grew up coastal skiing and that was just kind of culture of where we're from. So that is what we love. I don't know what it is about enjoying the Lord's presence, but it feels so much easier on the water. I don't know why. It just feels so amazing. So that sounds fun.

But on a different note, the other thing that sounds fun is just appreciating today for what it has to offer. And that is going home, wrangling my people to get packed and to hit the road.

**Annie:** You're like, "Y'all, I'm going to Annie. Do laundry while I'm gone."

**Laney:** Exactly, exactly. And just being grateful for what is ahead today and trying. Even for the million things that are going to come up that are not in my plan, you're gonna have to hold me accountable to have those things sound fun to my interruption.

**Annie:** I turned in a rental car two days ago. And as I'm walking through the airport, there's a sign that the people at the rental car thing had hung up and it said, "Don't look ahead of today or you'll end up missing your whole life."

**Laney:** Wow.

**Annie:** I said to my friend who was with me, "Are we being inspired by national rental car?"

**Laney:** Inflation everywhere.

**Annie:** It was handwritten. Just one of the people who weren't there just put it up like, don't look ahead of today or you'll actually miss your life. So that does sound fun.

**Laney:** It's true.

**Annie:** What does today hold that we can enjoy and be thankful for? Laney, thanks for doing this.

**Laney:** Till we get to heaven, there's no destination.

**Annie:** That's good.

**Laney:** There is none.

**Annie:** That's it. Thanks for doing this.

**Laney:** Absolutely.

**Annie:** I'm really grateful. You're such a gift. That was awesome.

[01:01:31] <music>

**Outro:** Oh, you guys! Isn't she just the best? My gracious! I'm so thankful for her thoughts, for her honest answers, for the way she just really invited us into her process and her life. I just love her.

She doesn't have social media, she doesn't have a book or an album or anything for me to tell you about. But you can do like me and head over to Walker Hayes' Instagram, make sure you're following Walker, and just drop in his comments how much you love Laney because me too.

Hey, don't forget to get in on our big group of Chase the Funers. Just sign up at the link in the show notes below.

And if you need anything else from me, you know I'm embarrassingly easy to find. Any F. Downs on Instagram, Facebook. All the places you may need me, that's how you can find me. 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.

And today what sounds fun to me... Oh man, what would be fun today? I have not had like a night sitting on my couch watching TV working on my cross stitch. And I would love to because I'm working on the skyline of Edinburgh, Scotland, and I love, love, love the pattern. So that's what sounds really fun to me is just a night on the couch working on my cross stitch.

Y'all have a great weekend. We will see you back here on Monday talking big and small transitions with one of all of our favorite pastors, Jeff Henderson. We'll see you guys then.