

[00:00:00] <music>

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

But before we dive into today's conversation, I want to tell you about one of our amazing partners, [Athletic Greens](#). We are interested in doing anything we can to support our health, right? I mean, especially when it can be done from the comfort of your own kitchen, and you don't have to break a sweat. I mean, sweating is good, but you get it.

"What is Athletic Greens?" you ask. Well, let me tell you. It's one scoop of Athletic Greens mixed into cold water will provide you with 75 high-quality, easily absorbed vitamins and minerals, and whole food source superfoods, probiotics, and adaptogens.

Their special blend of ingredients supports your gut health, your nervous system, your immune system, your energy recovery, and focus. Your whole bod. People, your whole bod.

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

It costs less than \$3 a day. I mean, y'all investing in our health and it's cheaper than a chai I'd like to get literally every day seems like a no-brainer to me. It's time to reclaim your health and arm your immune system with convenient daily nutrition especially as we head into that cold and flu season wamp. 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 one-year free supply of immune-supporting vitamin D and five free travel back with your first purchase. All you have to do is visit athleticgreens.com/soundsfun. Again, that's athleticgreens.com/soundsfun to take ownership over your health and pick up the ultimate daily nutritional insurance.

And friends, I know this can get confusing at times, but our episodes are numbered in the four hundreds but actually between all of our series and our Christmas episodes, we are getting close to 700 episodes of That Sounds Fun.

If you love the show, I would love for you to rate and review it on whichever platform you listen. It really helps to get the podcast in front of more new friends. And we appreciate you doing that so much.

Be sure to check out the show notes too for links to our sponsors, the transcripts of the show, and your chance to sign up for the AFD Week in Review email you get every Friday.

Intro: Today on the show, y'all, I get to talk to my friend Katy Nicole. This Arizona native is taking the Christian music community by storm with her incredible songwriting and powerful voice. Her breakout single *In Jesus Name (God of Possible)* has broken like all the records and gotten all the awards and nominations, including the K-LOVE Fan Award for worship song of the year.

In fact, that's the night that Katy Nicole and I became friends because we got to sit next to each other at the K-LOVES and I immediately knew we just had to get her to pop in the studio so we could catch up and y'all could get to know her as well. You're going to adore her and her self-titled debut album. So here's my conversation with Katy Nicole.

[00:03:16] <music>

Annie: Katy, welcome to That Sounds Fun.

Katy: Oh my gosh, I'm so excited.

Annie: Everyone is so excited. We are all so excited. The listeners... I need to tell you that we send an email on Fridays called the AFD Week in Review and we always say who's going to be on the next week so they can ask questions. They are beside themselves.

Katy: I'm so excited.

Annie: It's so fun. Okay, let's talk about the birth of our friendship. It's when I lost the K-LOVE Fan Award...again. It's tough. But we got to sit next to each other.

Katy: You won in my heart.

Annie: Oh, thank you.

Katy: You did.

Annie: You won in my heart too. You did actually win one though.

Katy: I did.

Annie: I saw you lose one, but I saw you win one.

Katy: I lost two.

Annie: Okay. Okay. Which one did you win?

Katy: I won the Worship Song of the Year.

Annie: Oh, my gosh. Worship Song of the Year. That is no joke. Tell your 10-year-old self that... Were you 21 at the time or were you already 22?

Katy: I was 22. Wait, no. I would have been 21. My birthday is in July. What am I saying?

Annie: What day?

Katy: Twenty nine.

Annie: Oh, mine is 7th? Yes.

Katy: But we're both July. Yay.

Annie: Yeah, July is the best. Except we never got balloons on our lockers or any of that stuff in high school because it was summer.

Katy: No. Well, okay. But here's the thing. I lived in Arizona, where they had year round school.

Annie: Oh.

Katy: So I actually did have one year where I went back to school on my birthday, but I didn't have a locker.

Annie: Okay, no lockers. But you still got to have your birthday at school with friends. Did this career start for you while you were still in school?

Katy: No.

Annie: Okay.

- Katy:** I mean, I don't want to say I was in school because I was in college. But I was in college for like two seconds and then I was like, "I quit this. This is not for me." But I never really was in school and doing music at the same time. I was kind of trying to figure out what I wanted to do, and God kind of just showed me.
- Annie:** I mean, tell that girl that's graduating high school and going to college that four years later you have the worship song of the year. The song that won obviously is your *In Jesus Name* that everybody like. Okay, so you write that. Will you back up? Because like four of the questions that came in were what is the backstory of *In Jesus Name*?
- Katy:** I mean, the backstory of *In Jesus Name* is quite the story. It's one big long story.
- Annie:** We've got all the time, girl. People are shopping, people are on their treadmill. You just tell us.
- Katy:** Yes. If you are working out right now, I'm so sorry this might get a little boring. You may have to turn on like some skillet again.
- Annie:** Just have that on in the background. Just tell your-
- Katy:** Alexa.
- Annie:** ...to do that and we will keep talking to you.
- Katy:** But *In Jesus Name* is actually... I mean, it is a prayer. It was a prayer that I once prayed over myself. But at the time of writing the song I had no idea. I was writing the song with two other writers and we just kind of discussed, "Okay, what do we want to write about today?" And I had said, "I have this idea." And I just was like, "I want to declare something over someone."
- Annie:** Wow.
- Katy:** So the original version of *In Jesus Name* was "let there be healing, let circumstances change." But then we were like, "No, there's power in prayer." And so because there was so much power in prayer, I was like, "This song has to have that incorporated somehow."
- The original song is called God of Possible. It's a completely different song.
- Annie:** Ain't that amazing?
- Katy:** Yeah.

Annie: People have no... I mean, I've never written a song. But with books, it starts out as one thing and by the time people hold it it's so different. So it was called God of Possible.

Katy: Yeah. So God of Possible was the original version of this, and then it later turned into *In Jesus Name*, parentheses God of Possible. Once I had finally finished writing the song... Now I'm telling you, every lyric, every word that was written was an encounter I had with the Lord. Like every moment that I spent with Jesus-

Annie: And who did you write it with? You wrote with Ethan-

Katy: Ethan Hulse.

Annie: And Jeff Pardo?

Katy: And David Spencer. But Jeff Pardo came in later. He's awesome.

Annie: He's awesome.

Katy: He's awesome. I mean, they're all awesome. I could talk about them for hours just being like, They're the greatest people to work with.

Annie: Yes. Jeff Pardo seems to keep ending up being the secret sauce behind every song everyone loves.

Katy: Okay, can we just talk about the fact that he's nominated for nine Dove Awards?

Annie: Nine?

Katy: None.

Annie: Oh, my gosh.

Katy: Nine.

Annie: How many are you nominated for one?

Katy: One.

Annie: That's awesome. Me, zero. Zero. I'm gonna be there but I'm not nominated for the Dove Awards.

- Katy:** Well, I know you're gonna be there. I have nomination and I'm-
- Annie:** Oh, you don't get to be there.
- Katy:** No, I'm gonna be out on tour.
- Annie:** Oh, that's a great place to be.
- Katy:** I'm happy about it.
- Annie:** Nine Dove Awards. Jeff Pardo!
- Katy:** I know.
- Annie:** Okay, sorry. Every line is like an actual experience for you with Jesus.
- Katy:** The original song was me in a writer's room with two other writers. But the song that you hear today, mostly it was me sitting at my piano and trying to figure out where the song needed to go. Because the song itself had actually already been heard through TikTok.
- Annie:** That's exactly right.
- Katy:** I had posted just a little clip and it was just that "I pray for your healing, the circumstances would change." That part of the song. And that's the part of the song that people know.
- Annie:** Because it was viral.
- Katy:** It was crazy.
- Annie:** Crazy.
- Katy:** It was like, "What are you doing, God?" I don't know. I can't tell you. I mean, obviously, I knew there was power in prayer, but I tell you, right before I posted the video, I prayed over it.
- Annie:** You did?
- Katy:** I've never done that before. I've never done that before. I don't know what prompted me to do it. I was going through a really difficult season of my life to where I was just like, "Lord, this gift is yours and I don't want to use it for my own gain when it's yours."

And I felt for a long time like if I'm doing this, I can't do it as a selfish thing. I was in that place for a long time, just feeling like I was doing it for selfish reasons. Because I would play gigs, usually secular songs and I would make money off of that.

Annie: What kind of stuff would you sing?

Katy: Country music.

Annie: Oh, great.

Katy: As in bars, coffee shops, all the places.

Annie: Were you covering like Shania?

Katy: You know, it was a lot of Dolly Parton.

Annie: Oh, my girl.

Katy: It was just a lot of Dolly Parton.

Annie: Did you see she's framed twice in my office?

Katy: Where? We have to find out. Right before I leave I have to go find your Dolly Parton photos.

Annie: Yes, yes.

Katy: But I spent a lot of time playing these gigs and just doing it for money. I mean, to be honest, it was my job and that was why I did it.

Annie: That's fine.

Katy: But when I became a worship leader, I realized how different music was for me and how different my songs were. When the name of Jesus was proclaimed, like very specifically when I'm talking I'm saying boldly the name of Jesus, not at all hiding what I believe in, who I worship,

So after I posted this video and after I had prayed over the video, I left it. And I said, "Lord, reach just one person, like one person with this-

Annie: Yes, because you couldn't have dreamed what it would do.

Katy: No. No.

Annie: You just thought, "Okay, I'm gonna sing this little chorus." And did you think maybe people will use it under their TikTok videos?

Katy: No. Here's the thing. At the time, I had never had a video go viral. I had videos do well. And what I would consider to be doing well is like you get about 50,000 views. And I mean, like that is-

Annie: That's a lot of people.

Katy: ...is a lot of people.

Annie: That's an arena.

Katy: So I posted the video, walked away, came back, I'm telling you, a million views.

Annie: Oh. And how much time you think? Like a day?

Katy: I mean, it wouldn't have to have been at least 24 hours. I know for a fact I came back around five hours later.

Annie: A million?

Katy: Because it was like I had done in the morning and then it was like the afternoon I came back and I was like, "I'm just gonna check on it. I doubt it's done anything." I'm not concerned. It wasn't going through my head. I came back and I looked at it and I was like, "Huh. What? This is not what... No. What?"

Annie: Oh, my gracious.

Katy: At first I was like, "Why is this resonating with people so much?"

Annie: Great.

Katy: That was my first question. And I then started to read the comments, which honestly, not a place you want to go.

Annie: Yeah, no, I was about to ask you.

Katy: Especially if you go viral. Especially if you go viral. People show mean on the internet. But I went to the comment section and I mean, there were hundreds of thousands of comments on this video. Not a single one was negative.

Annie: What?

Katy: Not a single one. I mean, people were saying, "This is what I needed. I'm praying this over my family. COVID was still very... it was affecting a lot of people. I mean, it's still affecting a lot of people. But really there were-

Annie: We knew less. It was the middle of it.

Katy: Yeah. And then that was the place that we were in and a lot of families were praying this over their loved one in that kind of circumstance. So what I realized was, you know, prayer has become this thing that we're like, "Hey, don't pray for me. I don't want your thoughts and prayers. I need action." But prayer is action.

And here's the thing. When we speak the name of Jesus, things change. And I can say that from my own life. I can say that from years of trials that I never thought I would go through in my 22 years of life. Things that no 22-year-old should ever see. But what I realized was after I had finished writing the song, which was months after I posted that video, took about five months to write-

Annie: Oh, my gosh. At this point, you're just doing it at home by yourself.

Katy: And there's tons of horrible versions that I'm sorry that my A&R had to hear. I apologize for the inconvenience. It was-

Annie: I think they're all right with it.

Katy: And here's the thing. Now we laugh about it.

Annie: Yes, yes, of course.

Katy: Because it's like, man, it took us a while to get to that place. So I go back into my prayer journal. I write in a prayer journal. It's my way of talking to God. It's so intimate and beautiful. I started in 2020 and just kept it going. And I have multiple journals that are just filled. I love writing too. It's just something that I've always been passionate about. I mean, I am a songwriter but I also just love writing just in general.

And so I go back into my prayer journal after the song is finally completed, I started highlighting, "I prayed for my healing. I prayed for circumstances to change."

Annie: Oh, my gosh.

Katy: I prayed for the fear and anxiety to flee in Jesus name. And here's the thing, it was over the span of one of the most difficult seasons of my life I would pray different things that were exact lyrics of the song.

Now, I have to say Ethan Hulse wrote a good majority of those like scenarios. So like the healing and circumstances to change, he was giving those ideas. Mine were different. So the fact that I had written that down in my prayer journal and I prayed it over myself, to get through some of the darkest seasons of my life, and now it is something I get to pray over others? That's unbelievable.

Annie: One of the questions that came in from one of our friends was, Do you get tired of singing it over and over?

Katy: No.

Annie: No.

Katy: But here's the thing. And I have never experienced this with any other song, so I really do think this song has something special about it that no one will ever be able to explain on earth. But when I sing the song, it's an encounter with Jesus every single time.

Annie: Every night.

Katy: Every single time. Because-

Annie: Katy!

Katy: ...I know what I'm praying and I've also heard people who have experienced change. I've heard people who have experienced miracles, healing in their life. Like people have found the words to pray. And that was not something I could have done on my own strength. So I know that was God and I don't take any credit for it. I'm just the vessel that carries it.

Annie: Man, will you tell the Red Rocks story, the video I saw? Oh my gosh.

Katy: Woo! That was a hard thing to get through because I was going to sob mid-song but I had to hold myself together. So I was told right before the show even began there was a little boy who had been singing my song in the hospital as he was fighting cancer and the family wanted to come meet me.

Annie: I bet people say that all the time.

Katy: All the time.

Annie: I mean, the boundary you'd have to draw so that you can be healthy as a person, which you should. Boundary lines fall in pleasant places. But there are so many people who are like, "I want to tell Katy that we sing this in the..." I mean, I have piles of them right here. "We sang this in the hospital. We sang this..."

Katy: Absolutely. Absolutely.

Annie: It's wild.

Katy: But what makes this story different is that this person contacted... the mother contacted every single person that could possibly know me.

Annie: Wow.

Katy: Being like, "My son needs to meet Katy. He needs to meet her." I mean, I'm thinking in the back of my head, I'm like, "I do meet a lot of people."

Annie: Yes, totally.

Katy: So I was like, "I'm gonna go meet this family. And I'm super excited to go have this one-on-one moment with them. But I didn't realize how that was going to impact my life. I had no idea.

So I go and I meet this family and we have such a sweet moment together. And by the end of it, they're just thankful that they got to meet me, and they're thankful that they're at Red Rocks, and they were able to make it.

And then the mother hands me this list of like stickers, it's just like a sticker card, and she was like, "Can you hand these out to people that you know just to like tell them our story? Because we need as many people praying." This type of cancer that this little boy has is so aggressive, it's a small percentage that will live through this. It's really scary.

Immediately I was like, "Absolutely, I will do that." And she's like, "And can you pray for him?" And I was like, "Absolutely." And I thought she meant like right now, like in that moment. And she was like, "Is there any way that you could pray with everyone?"

Annie: Geez.

Katy: And I was like-

Annie: This mom! This is like Mama Bear.

Katy: I mean, I'm thinking to myself, like, "I'm not gonna say no. I'm not."

Annie: Yeah. How could you?

Katy: "I am not going to say no. I don't want to say no," you know. My heart was saying, "I need to do this."

Annie: I mean, that's true because you probably... This happens to me too. But opportunities to come speak or opportunities to sing will come in and you'll go like, "I don't know why, that's a yes. I don't know. That's a yes." It's not a yes every time. That same offer could come tomorrow and it's a no. But the Holy Spirit is saying to me. So you were just in line.

Katy: Yeah. Well, and it didn't feel like a yes to her. It felt like a yes, Lord. That was all it really felt like to me. And so I decided, you know, I don't know exactly how I'm gonna incorporate it in. I had three songs. It was a short-

Annie: Because it was like a K-LOVE Big Red Rocks thing.

Katy: Yeah, like 14 minutes maybe. I don't know. So I get up there and... So they had told me what row they were in. And what they wanted was to place hands on him, but I just didn't feel comfortable saying that. You know, germs and things like that. I don't want to be responsible for saying like, "Put your hands on this little boy." I don't want to do that.

Annie: Very wise.

Katy: So I just said, "You know, put your hand out and we're gonna pray over Cody." I mean, it took everything in me to keep myself together. After meeting this little boy and some of the things that... Like he was precious. I was like, "So where does your strength come from? Does it come from Jesus?" And he goes, "Yes, it does." I think the craziest part of this story was that the mom was a Christian but the dad was not.

Annie: Wow.

Katy: And they came because of the song. I mean, truly, there were multiple things at play when I was like, "I want to pray over this little boy." But I really just wanted to pray for that family, and how hard it could be to fight this battle and just knowing that God is going to fight it for them.

And so I got up, I prayed. Like, I just said, "We're gonna dedicate this song to Cody, because I mean, those words were enough of a prayer. I didn't need to pray a prayer twice. I had a prayer to speak over him. And so after that... I mean, it was kind of just one of those moments where I realized, I think around 10,000 people just saying-

Annie: "I pray for your healing."

Katy: "I pray for your healing." Actually, I made a post after the fact and I said, "Continue to pray for him." Because I felt like, you know, you could do that and it can look like you're just doing that, you know? And I don't do that.

Annie: Right.

Katy: I don't just do it. I want to make sure that prayers are still coming in for this little boy. You know, the family knows that they were seen and heard in this situation too, because it's just like you are so loved and treasured by God. And I want you to know that and I want you to carry that with you when you leave this place too. Because you know, it's just that one moment and it can feel like a big high but they're gonna go back to that hospital. My prayer is that they eventually don't have to.

[00:20:26] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [StoryWorth](#). Okay, do you remember in my book, *That Sounds Fun*, when I wrote about when I found out that my dad loved to play chess as a kid? It was a discovery that led to some really fun and sweet memories getting to play chess together.

But it also led me to wonder what else is there. What great stories or memories are there of Mr. F. Downs that I just don't know because I haven't thought to ask? And that's why StoryWorth makes such an incredible gift for him. Literally, today is his birthday. Happy birthday Mr. F. Downs.

StoryWorth is an online service that helps you and your loved ones connect through sharing stories and memories and preserves them for years to come. Every week StoryWorth emails your loved one a thought provoking question of your choice from a big list of possible questions, and each unique prompt asks questions you've never thought. Like, what is a game you're really good at as a kid? Chess. Or what's the best advice you've ever received?

So you get to see the person's responses as they send them in each week, which is so fun. I mean, there are stories and memories I never heard before. And I'm finding out new details about stories that I thought I really knew, especially love stories about when my parents were younger. And as a writer reading the stories in my dad's voice is just the coolest.

After one year, StoryWorth compiles all those questions and stories, including photos into a beautiful keepsake book the whole family can share for generations. I can't wait to sit with my little nephew Sam and look at pictures and share stories about granddaddy with him.

So get to know your loved ones better and preserve those special moments forever with StoryWorth. Right now, for a limited time, you can save \$10 on your first purchase, when you go to storyworth.com/thatsoundsfun. That's storyworth.com/thatsoundsfun to save \$10 on your first purchase. [Storyworlds.com/thatsoundsfun](https://storyworlds.com/thatsoundsfun).

Sponsor: And one more amazing partner to tell you about who just followed me today on Instagram, [ZocDoc](#). Reflecting on my recent trip to Iowa, you guys, I'm trying out various fair foods has me thinking this: it's not enough to eat a corndog. You're going to need to eat the right corndog like the ones from the fair. Perhaps not the ones from the grocery store freezer that you have to heat up, right? Same goes with doctors. Enter ZocDoc.

With ZocDoc you can find the right doctor for you in your network and in your neighborhood. That makes you feel like you're in good hands, that you're supported, and you're heard even if you're talking to them about heartburn from all the fair food you ate. I get it.

ZocDoc is a free app that shows you doctors who are patient-reviewed, takes your insurance and are available when you need them. On ZocDoc, you can find every specialist under the sun, whether you're trying to straighten those teeth, or get that bum knee checked out or have some spots on your shoulder looked at or anything else but that is my list, ZocDoc has you covered.

ZocDoc mobile app is as easy as ordering a ride to a restaurant or getting delivery to your house. Search, find, and book a doctor appointment with a few clicks. You can read verified patient reviews from real people who made real appointments and use those to decide which one is right for you.

Now, when you walk into that doctor's office, you are all set to see someone in your network who gets you. So go to zocdoc.com, find the doctor that is right for you, and book an appointment, in-person or remotely that works for your schedule.

Every month, millions of people use ZocDoc. I am one of them. It's my go-to whenever I need to find and book a quality doctor. They'll help you get your docs in a row. I love that. That's my favorite part of this whole thing.

So go to zocdoc.com/thatsoundsfun and download the ZocDoc app for free and then start your search for a top-rated doctor today. Many are available within 24 hours. That's zocdoc.com/thatsoundsfun. [Zocdoc.com/thatsoundsfun](https://zocdoc.com/thatsoundsfun).

And now back to our conversation with Katy.

[00:24:12] <music>

Annie: That can happen in every show.

Katy: Oh, yeah, it so could.

Annie: There are people at every show that you hear their stories in VIP or someone DM'd you and this song is meeting them in their most painful moments. How do you release? How are you not holding all these stories? Do you and your friends do something really fun? It's like your crew on tour just like "We always go bowling." How do you eject out of and have good boundaries on everyone else's stories that are their stories?

Katy: I'll start with it's really hard to not carry that with you.

Annie: I can imagine.

Katy: It's really challenging to leave these shows and not be thinking about... I will give one example. There was this woman who showed me her dying husband. Like a photo.

Annie: Wow.

Katy: And immediately the heaviness was just weighing on me. I went into my bunk and I started sobbing.

Annie: Yeah, some people need to hear that, that you take their stories with you.

Katy: And so after that I had to take a break just from going out and talking to people, because I was like, "I need a moment to take a breather," not because I don't want to-

Annie: I'm so glad you did. You have to.

Katy: Well, it's not that I don't want to hear the stories. It's not that... And I think a lot of people took it as, "Oh, she's too mighty and just doesn't want to, you know, do that and doesn't want to take the time and thinks she's better than everyone else." That's not at all what it is.

Annie: No. No.

Katy: I genuinely just cannot carry that weight. If I did, I would just become the shell of a human and I wouldn't be able to do this anymore.

Annie: When my book, *Remember God*, came out, it's my most painful book. And there were shows where I was like, "I just can't do a meet and greet because I know what every story is and I already am sad" or "I've already got this thing going on. And I can't do my job and do this part."

Katy: No.

Annie: There are times where it is too much because we're humans and can only carry so much.

Katy: I know.

Annie: How do you get out of it? What do you do?

Katy: This is personally for me. I mean, I love going and hang out with my friends. But I am an introvert. So like, I love to be by myself.

Annie: You're like, "In my bunk." And you're only five foot nothing. So you can slide that bunk and have a full experience.

Katy: You'd be shocked them things are small.

Annie: They are so small.

Katy: I don't like that. So I have a Nintendo Switch that I just go play Mario Kart on.

Annie: Brilliant.

Katy: And that's how I release, you know.

Annie: Yes.

Katy: I also am a very active person. So I love going outside. I find that I'm the happiest when I'm in nature. I was actually just in Oregon.

Annie: Yes, I saw. Oh my gosh.

Katy: It was amazing. You can see the desert, you can see the forest, you can see the ocean. It's all in one place.

Annie: Hey, Oregon, why did you get everything?

Katy: Yeah. Why are you stealing it from the other states?

Annie: That is amazing. So you could stand in one place and see it all?

Katy: I mean, no.

Annie: Oh, got it. At some point you saw all three. I'm sorry.

Katy: So you go from desert to the forest to the ocean. It's one big drive. I mean, it's like three hours. In hour one you see the desert, hour two you see the forest and hour three you see the ocean.

Annie: I mean, this job and this opportunity, this song, this album, this career is sending you to every state.

Katy: It's amazing.

Annie: And probably around the world at some point, right? Are y'all doing global things yet?

Katy: I pray that I go to like Europe or something.

Annie: Come on Centricity. Let's book her out to Europe. Let's go. They need her in Germany and France and Italy and... Where else do you want to go? Let's just say all the name.

Katy: Australia.

Annie: Australia. Oh. Listen, Australia loves you. So yes.

Katy: I'm ready.

Annie: Okay, great.

Katy: If that's true, I'm ready.

Annie: Yes. K-LOVE Fan Awards, comma, Australia edition. We just need to go. We will sit by each other again.

Katy: Yes! I'm down.

Annie: You like bus life?

Katy: You know, like I said, I'm very introverted. I find myself to also seem extroverted. And so a lot of people think that I'm like, "Go, go go." And I'm like, "Actually, I'm gonna take a break. I'm gonna go breathe."

I mean, I love traveling. So I think I'm the happiest when I'm out on the road and I get to see new things. I'm also kind of a homebody, too. I love my house and so I'm cool just chilling there, too. I've never really done a full on bus tour. So I've been on people's buses, but I've never actually... My first bus tour will be with Jeremy Camp. And it starts in just a couple of weeks.

Annie: Oh, you're gonna love it.

Katy: So I'm pumped. I literally think this is gonna be life-changing. I truly believe that.

Annie: He's amazing. I absolutely think you're gonna love it. And he runs a... There are different artists who run tours differently. Everyone run tours differently. Then all of our friends talk about how headliners run their tours and everyone says very kind things about how he runs his tour and the way he leads because that is a no joke part of being a headliner-

Katy: So true.

- Annie:** ...is how the leader leads the whole thing. Bring your own pillow and blanket. That's the big secret for the bus touring.
- Katy:** I have put bedding in a box. Like this is my tour.
- Annie:** I did too have a box in my closet that is just like my tour things. And I'm like, "You just stay." It has a little kettle for my tea. All of that just stays at tour box.
- Katy:** I love that.
- Annie:** It's very important.
- Katy:** Well, I'm going to start adding things to it. Right now all it has is the pillow and blanket.
- Annie:** Literally every run we do I'm like, "Why have I never owned a (blank). And then it goes to the tour bus.
- Katy:** You're like, "Let me go get one."
- Annie:** Yeah. "I need one for next time."
- Katy:** "Can we stop at Walmart, guys?"
- Annie:** Yeah, that's exactly right. That's what I did. I got Birkenstocks. Like Target burks.
- Katy:** I love those.
- Annie:** I know. Because I had to end up showering at a church and I didn't have to blah blah blah. So I was like, "I need shoes." And now they live in the box. Who is pastoring you while you're pastoring all these people?
- Katy:** Oh my goodness. I go to Brentwood Baptist.
- Annie:** Great church.
- Katy:** I love Mike Glenn.
- Annie:** Yes, he's such a good teacher. Oh my gosh, he's such a good teacher.
- Katy:** So great. I mean, I get filled up by church, but I also find myself, you know... I love Louie Giglio. I could just sit and listen to him for hours. I really could get like lost in that tunnel, I don't know.

But I find that I'm also ministered to by music. So I listen to a lot of Christian artists as well as being a Christian artist. I listen to a lot of worship. I'm very into worship music. I love Brandon Lake. I mean, we were talking about him earlier-

Annie: He's so tall.

Katy: Brandon Lake, we love you. You're huge.

Katy: You're huge. You're giant. I mean, I also have mentors in my life. And honestly, that's something that's always been so important to me is that I have mentors. Because I can't pour out if I'm also not poured into. So I have really great mentors and they have given me some great advice along the way that has really helped me to stay grounded and keep moving forward and all of this. Because I think you can stay very stagnant if you're not in the right headspace or heartspace.

Annie: I don't know how I would be sitting here if I didn't have a mentor. Like I don't know how we-

Katy: I wouldn't.

Annie: Yeah, I just wouldn't. I don't think I'd be here if I would... And invoices throughout my history, but you know, mentors throughout. The Nancy that I meet with now and the... She sends me Bible verses every morning. I rise this morning and I was like, "I haven't responded in four days." She's just sent me Bible verses. I'm the monster of the relationship.

Katy: That's so true of me too. But also I think everyone in my life that is the closest to me understands that I won't text back for like three to five business days.

Annie: They know your life. Yes, yes. You may have been like this before this was your life, but now you have a reason. Now you have a reason.

Will you please tell the story of meeting Phil Wickham? Because I got to watch it... I was sitting, y'all were standing. I'm sitting on either side. So that was our row. It was you, me, Phil, Brandon at the K-LOVE. So I'm sitting and you and Phil are standing and he starts by telling you how amazing you are, which I thought, "Oh, my gosh, she's losing her mind." So will you tell the story of meeting Phil Wickham? I had front row seat.

Katy: I was losing my mind because I love Phil Wickham.

Annie: Me too. He's amazing.

Katy: Honestly, I mean, I didn't tell him this. But when I started Christian music, I wanted to be like the female version of Phil Wickham.

Annie: Wow.

Katy: That's like really what I wanted to be.

Annie: That's a great goal.

Katy: I think he's incredible. And I was like, "There's not really a female version." I mean, like any worship person is probably a female version. Like that's a worship.

Annie: I think that's great. I think you are in that line. I think that's a great idea. I do.

Katy: That's beautiful.

Annie: Yeah, I do. I think that makes sense.

Katy: But I just absolutely love his music. I also just love his presence when he leads worship. I've been, I think, to two of his concerts before. So I have always just been led to a place of worship that is powerful. And so he's really inspired me to do what I do. And also, again, to lead people well is so important. And so I think he's done a great job of that. And when we met, it was like, "I have to tell you everything that has impacted my life."

Annie: You did not. You did not. You were so cool.

Katy: Really? Okay.

Annie: My favorite line is you said, "Remember when you were at so and so in 2012?" And he was like, "Yeah, I'm sure I was there." And you're like, "You met my brother and sister but not me." I was like, "Katy, bless your heart. He already met your brother and sister and hadn't met you before." I thought that was so funny.

Katy: Same with Jeremy Camp.

Annie: Really?

Katy: It was a festival. I was like Jeremy Camp, Micah Tyler, Austin French, and Phil Wickham. And they all were doing a meet and greet. I don't even know how my siblings got to do it. Like I don't know where they got the meet-and-greet passes because I didn't give it to them.

- Annie:** Because it's so funny. Because now you're like, "Y'all are my co-workers now but my brother and sister had already met you as fans and now we're equal shequal as we say around here.
- Katy:** Oh goodness. No, it was like the most amazing moment of my life.
- Annie:** Yeah. And he was very kind. I just crossed my legs, just watched the whole thing. I was like, "This is so sweet. They're both being so sweet to each other."
- Katy:** I kind of wish it could be a fly on the wall when that happens though because like it's happened multiple times. I have to say the one that is hilarious was when I met Ellie Holcomb. I'm obsessed with Ellie Holcomb. I can tell her that. I could tell her I'm obsessed with her. And she probably already knows that because I still fun girl every time I'm around her. I'm like, I'm sweating. I love you.
- Annie:** She's unbelievable.
- Katy:** But I was actually in a hotel lobby and I turned around-
- Annie:** Like the Momentum or something or just a conference?
- Katy:** It was literally Momentum. And it was like a group. It was Riley Clemmons, Taya from Hillsong United, which she's... Is she in Hillsong United anymore? I don't know. I don't want to give wrong information.
- Annie:** I'm not sure either. But she's coming to the podcast. We'll ask her.
- Katy:** I don't know. Oh, yeah, ask her.
- Annie:** She'll be here tomorrow literally so I'll ask her.
- Katy:** And then Ellie Holcomb was there but I didn't see her. I didn't see her come out. Because I know Taya and Riley. So I was like, "Oh my gosh, hey, guys. It's good to see you again." And then I turned around and I literally go, "I love you." And she goes, "I love you too." And I was like, "How do you know me?"
- Annie:** "How do you know me?"
- Katy:** It was just so good. I literally will never forget that moment. And then I had a bag of snack because that's what our party gave us at Centricity. You know, we're cool like that. They got goodie bags. We got snacks.

- Annie:** Brilliant.
- Katy:** It was just a table of snacks and Chris Love said, "Put everything in the bag."
- Annie:** And you did.
- Katy:** Yes, I did. So I was like, "I have a bag of snacks if anyone wants anything." And she's like, "Well, I feel like I have to trade you something." So she goes, "Here's a Capitol t-shirt." And I was like, "I feel like I'm cheating on my label."
- Annie:** "I can't do it. Label t-shirts."
- Katy:** "But here are some Oreos."
- Annie:** For our friends listening, Momentum is a radio conference where it's all radio DJs and producers and behind-the-scenes people and then all the artists come in. I mean, all.
- Katy:** Everybody.
- Annie:** Everybody.
- Katy:** It's like a family reunion.
- Annie:** It is the most fun.
- Katy:** I love it.
- Annie:** I got to speak at it in '21. I've done it a couple times but I was down there in '21. And you stay in the lobby and you're like, "All my friends, all my friends." It is such a gift when y'all get to... the only time that artists are in the same place if they're not touring together is a fan awards or Momentum. That's about it.
- Katy:** So true. We're all over the place. And that's the thing. Being friends with an artist is hard. And I would just like to like give that disclaimer right here and now.
- Annie:** You're like, "Dear all my friends..."
- Katy:** Literally me and Riley Clemmons have talked about getting together and getting coffee, but she's either out on the road or I'm out on the road. It just doesn't work.

- Annie:** That's right. Unless you're like, "Can we go today?" There are random times where you go, "Hey, it's a Tuesday and I bet you're home, I'm home, let's go right now," that's the only time it works. She's wonderful.
- Katy:** She is.
- Annie:** I'm glad y'all are friends. Y'all have a really interesting class, for lack of a better word. A real interesting like the class of 2020 or whatever y'all would be. You, Riley, and Anne Wilson.
- Katy:** Yeah. We're literally all in the same like age group.
- Annie:** What does that tell you about what God's doing? What does that tell you about what's up in your world or the world of CCM that there's a three of y'all that are all like mega stars?
- Katy:** I mean, we're all so different, which I think makes it really cool. I had a whole conversation with one of my mentors at one point of just like how we're not competition with our peers but we're reaching towards the same goal.
- Annie:** That's right. Running your race.
- Katy:** And so one of the first things actually said to Riley, I think I even said this to Anne as well, I was like, "We're not competition. We're friends." And I honestly just want to say that here and now just to clear the air if there was ever any confusion.
- I just want everyone to know that I'm for them. I'm cheering them on. If anything... This is funny. I actually said this in an interview. I was like, "For the K-LOVE Fan Awards, I voted for Ann Wilson."
- Annie:** I voted for Annie Downs. But that's very nice of you to vote for Ann Wilson.
- Katy:** I was just kind of like, "I am cheering you on."
- Annie:** Sure.
- Katy:** Like I really am. And I meant that out of the most genuine places where I was like, "I listen to her music."
- Annie:** I know. I do too.
- Katy:** I love her music.

Annie: I think that's brilliant.

Katy: I do.

Annie: That was one of my thoughts last night when I was thinking about you coming in today is I was like, "I want to know how Katy..." Every person listening to this interview has someone that could be their competition if they chose to let them be their competition, right?

Katy: And we all have an ego. So it's not like I haven't had that ego.

Annie: Sure.

Katy: It's not like I haven't had envy, and it's not like I haven't been like, "Oh, why don't I have what they have?"

Annie: It's just the choice.

Katy: Yeah, I mean, it's exactly what your intentions are.

Annie: That's right.

Katy: Why do you do what you do?

Annie: That's good.

Katy: If you're doing it for the reasons that God is calling you to do it for, then you won't have that like, "Oh, I have to beat them." And then also, I think... I'm gonna say this and it might be a topic of discussion from now moving forward. But I think having these award shows kind of puts that competition aspect into play.

Annie: Sure.

Katy: Here's the thing. I don't go into the writing room thinking, "I'm gonna hit a number one."

Annie: Right.

Katy: But I do think in the back of my head maybe I could win a Dove Award or maybe I could win a K-LOVE Fan Award. But that shouldn't be our goal and that shouldn't be our drive. It was really cool to win a K-LOVE Fan Awards. Yeah. But right afterwards, I had to bring myself to a place of like, "But this isn't why I do what I do."

Annie: Wow.

Katy: And had I walked away with nothing, I would have been just as happy to just have been there.

Annie: I did walk away with nothing twice in a row. And I'm always there. Because the winner of these award shows for me is everyone's together, and I make friends like you.

Katy: I mean, it's so fun.

Annie: I mean, at some point, I would have called and said, "Please, someone get Katy Nicole on That Sounds Fun." But I'm like, well, first we sat beside each other. I think they are important. And it feels both like the K-LOVE and the Doves, every award show, every chart is going to list people. But they also are like, "But also come together and be together."

Katy: Yes. I love that.

Annie: Which is such a gift. I think the honesty of we all have egos, we all have envy, but what we do with that is what matters is the thing.

Katy: Well, and here's the thing. Ego in the right place can be okay. Here's the thing. There's such thing as drive versus being completely competitive and jealous. Your ego would need to be there for you to be driven. Because you would have to have some sort of self-confidence to be able to have that drive. So I feel like if you can find the balance, that's where you should sit.

Annie: Brilliant.

Katy: You should sit in the balance of that. Because it's like you can be driven, you can want to win that award. But the thing is, is that when your peers win that award, you need to be genuinely excited for them because they are doing the same thing you are, they're reaching towards the same goal. And in the end, it's about glorifying God.

Annie: Yeah, that's right. I think Paul was teaching us this long before there were award shows-

Katy: Absolutely.

Annie: ...and charts and number ones and tour ticket sales. I mean, the truth is, every time two tours go to the same city a month apart, it's a competition-

Katy: Yeah, true.

Annie: ...because people only have \$25 in the month of March to spend on a tour, right?

Katy: Exactly.

Annie: And so it's all set up that way. And then Paul was like, "No, no, run the race marked out for you." So you're right, you and Anne and Riley and all the... I mean, there's so many others that are doing this-

Katy: Oh, yeah.

Annie: ...but the three of y'all are the three closest to me. And I just go like, Man, you're singing and you're far more worship leader than the other two. Like your worship leaderly, and they each have their own strengths and their own lane.

Katy: Yes, yes. That's really cool to me because I think that there's a place, there's a space for all of us. You don't have to walk in my lane and I don't have to walk in yours. We have our own. And I think that's really cool. I think that's a really beautiful thing. If anything, I think God made us individually the way we are so that we can do that.

We also have different audiences. I've noticed that we all have the same like little girl audience. We all carry that same audience with us. But Anne has her country sound, so she's got a country audience. And Riley has a pop sound so she has a pop audience. I don't know what I have but I have something.

Annie: Katy, I mean, you have I think the worship leader audience but also-

Katy: I do, yeah.

Annie: But also you straddle both. All three of y'all kind of straddle into each other's lanes a little bit. Tell me what it looks like for you to finish this race well. What's it going to look like for you in 50 years, in 70 years if you decide this was a season and I'm only doing music for 10 years or two years? I don't know. What does it look like to finish well your race?

Katy: I have so many dreams and goals. This is like a funny thing. Maybe I shouldn't say this. Maybe you'll have to cut this out later. Okay, Craig? But someone gave me an

offer to write a book. And I do want to. That is a huge dream of mine. But the song that it would be based off of hasn't released yet.

Annie: Oh, wow.

Katy: And it's not-

Annie: Needing the book you want to write is a song that we don't know yet.

Katy: Yes.

Annie: And they want you to write a book about a song we already know.

Katy: Yeah, they want me to write *In Jesus Name*. I'm like, "I don't need to write *In Jesus Name*. *In Jesus Name* has already been written."

Annie: Girl, that is such good integrity.

Katy: For me, I just felt like there are so many things that I want to say but I'm only 22 years old. I need to wait a little while before I can do something like that. So here's the thing. I've got goals to write a book. I've got goals to create a podcast. I want to-

Annie: We have a podcast network. Do you know that?

Katy: I want to join that someday.

Annie: Come on. Let's go.

Katy: I do. I actually was gonna tell you about this after.

Annie: Okay, great.

Katy: Craig, you're gonna have a lot of things to cut out.

Annie: We'll talk about after. But that's another goal?

Katy: That's another goal of mine. I have Just this goal of creating music. Now I don't always want to be an artist.

Annie: Wow.

Katy: I don't always want to be a face. Because here's the thing. I think that's where the ego tends to come from anyways is the face. It's like, you know, I look beautiful on my EP cover.

Annie: You do. You do.

Katy: I get to look pretty. We got to take all these fun photos and things like that.

Annie: And takes a village.

Katy: It totally does. It totally does.

Annie: I always say that when people look at pictures or photoshoots or K-LOVEs, I'm like, "You know eight people got me ready."

Katy: Literally. Oh my gosh. Like all the makeup people that are involved.

Annie: Right.

Katy: But I also am like, "Why did I wear so much makeup? I don't even look like me anymore?"

Annie: No. I mean, on the cover of your AP you totally look like you.

Katy: Oh, thank you. Thank you so much. That's why we took that photo.

Annie: But yes, you don't always want to be the face. You were like, "This is me. This is really me."

Katy: Actually I was like, "People are gonna have no idea who I am with the cover of *In Jesus Name* because I have never worn my hair like that ever. It takes me forever to curl my thick hair. I don't have time for that. This is what I have time for.

What I think success really is is that I glorified God in every single thing that I did. So I have all these dreams and I have all these goals. In the end it doesn't matter what I did and it doesn't matter how many awards I won. It matters how I glorified God through all of those things. I don't know how long I'll be doing this. It's how long God wants me to do it.

Annie: That's right.

Katy: And you know, if I'm not an artist, I'll be a songwriter. I'll be writing songs. So there still may be like when you go to the credits, you'll be like, "Katy Nicole wrote

that song. That's crazy." Because I have something to say. And if somebody else is saying it, that's okay with me. I have something to say and I think that there are important things that need to be said, especially in Christian music.

The thing is, is that I've also had people ask me, they're like, "So would you ever want to cross over?" And I was like, "Okay, what does that mean-

Annie: For our friends listening, that means doing songs that go on mainstream radio as well as Christian radio?

Katy: Yes. Or you know, some other genre of music. It could be anything. But here's the thing. I'm not striving towards that. That's not what I'm striving towards. But if God allowed that to happen and he opened the door in that direction, I would not say no because that's God's will for the music that I'm creating. But what I want to do is I want to impact Christian music here and now.

Annie: Why?

Katy: Why?

Annie: Yeah.

Katy: Well, I think that we've come to a place now where we're in the transitional period. New artists are coming in. Like you said, we got three females that are just kind of owning the scene.

Annie: Killin it. Yes, for sure y'all are.

Katy: I'm taking on the world. I'm taking on the world. We're taking on the world together. So I love that so much. Because I think Christian music has been a certain way for a while and we need to come in and we need to turn it around to do the next season.

Annie: That's right.

Katy: The next 10 years.

Annie: Pass on the baton.

Katy: Exactly.

Annie: That's how it's supposed to be.

Katy: I actually watched an interview and I don't remember who it was but they were talking about female artists who opened the door for the next one. Started Amy Grant opened the door for Natalie Grant, opened the door for Francesca Battistelli, opened the door for Lauren Daigle. Lauren Daigle just flips that door wide open and we all started walking through it.

Annie: That's right. That's exactly right. Do people compare you to Lauren a lot?

Katy: Yes.

Annie: Because you look like her. I mean, you have a trajectory like hers. So I was not gonna be surprised if people are like just compare you to Lauren.

Katy: My hair is the same color.

Annie: Yes, your hair is the same color.

Katy: Do I need to go dye my hair purple?

Annie: No.

Katy: And we both sing. We do songs.

Annie: You're right. Your maturity and your integrity are really leading you. Because even you saying like, "Even though I'm just coming into the brightest spotlights of this genre, my job is to open the doors." You shouldn't have to think about that yet. Like a lot of people aren't thinking about that yet but you're choosing to.

Katy: Well, here's the thing. Actually, my mentor told me this. My mentor is Josh Havens from The Afters, which is really a cool thing.

Annie: A cool band.

Katy: They're amazing. And also Josh is one of the most down to earth human beings you'll ever meet. And here's the thing. One of the first things he said to me was that my heart is the important part. It doesn't matter what I do when I'm leading worship if my heart's not in the right place. So I carried that with me for a really long time.

And he helps me to lead well. Because leadership was was the most important thing if I was gonna do Christian music.

Annie: It's true.

Katy: Because no matter what, no matter what you're singing, no matter what Christian song, if you're saying the name of Jesus, you need to lead that well because Jesus has given you that authority.

So with that being said, he has always told me, you know, "I'm going to pour into you now. This season of life like I'm pouring into you, but someday you're going to carry that to the next person. You're going to see someone who you..." He has always said, he's like, "You kind of remind me of myself when I was that age of just the drive and moving in the direction that you're moving in in Christian music."

And his mentor was Bart Millard from Mercy Me. So he's kind of just passed that along. And I'm thinking, you know, one day I'm gonna be able to do that for someone else. I think that's just so incredible that we have that opportunity.

Like we're all supposed to walk in discipleship with our brothers and sisters. And we're also supposed to lead the next generation. So there's so many aspects of Christianity that I just love and that can be such beautiful things, especially if used in the right ways.

Annie: Yes, that's right. I mean, you're saying the thing that I've heard leaders like Steve Carter—I don't know if you know him. He's a pastor—say like God cares so much more about your character than your career.

Katy: Oh, absolutely.

Annie: And it's like, yeah, finishing well for you and for me doesn't mean doing this forever.

Katy: No.

Annie: The only way we define finishing well is not finishing in the career you're in right now. It's, can I be nearer to God till the end and listen to Him and follow Him?

Katy: Absolutely.

Annie: Though I do hope you're singing for a very long time because you're so good at it.

Katy: Oh, you're so sweet.

Annie: I mean it.

Katy: I love doing this. So I'm going to do it as long as the Lord wants me to and probably up until I have a family.

[00:51:24] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about another amazing partner, [Nutrafol](#). When you're done washing your hair, do you have a drain clogging sitch on your hands from all the shedding? It's not just you. You guys, 30 million women are impacted by weakened or thinning hair. It's so many of us, myself included.

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And now back to finishing up our convo with Katy Nicole.

[00:55:11] <music>

Annie: So the EP everybody needs to listen to is called Katy Nicole.

Katy: Yeah.

Annie: And then you're out on tour this fall with Jeremy Camp and then the K-LOVE Christmas, right?

Katy: Well, then Matthew West, and then the K-LOVE.

Annie: Oh, Matthew West. Friend of the show. He is on the network. We love Matthew. What do you hope you learn from these headliners? Because barring something wild happening, you'll probably end up being a headliner of a tour.

Katy: Hopefully.

Annie: And what do you hope you see in Jeremy and Matthew and in the headliners of the K-LOVE Christmas tour?

Katy: You know, I see, number one, integrity. It's just very clear to me that every single artist that's on these tours and that is headlining... And honestly, I feel like their hearts are in the right place. Like I have had conversations... Actually, I've not met Jeremy Camp. He's like the only one I haven't. I haven't met him yet.

But I know from what I've heard that he has a great heart and he loves to serve people, which I think is so important that we never lose that as artists. That we never lose the fact that we are serving people.

So good leadership. That's what I want to learn. I want to learn from really good leaders. That I can hopefully carry that. You know, when I eventually do that, if I do, I don't know, you know?

Annie: Yeah.

Katy: Maybe I just want to be an opener for the rest of my life.

Annie: It's little less pressure.

Katy: It is.

Annie: But no, you got it in you to lead. It's actually one of the things I love most about touring, is I love that when we are offstage, you and I, the headliner is not not working. When you're offstage, you're caring for the crew, you're checking in with your people. One of the things we say before we go out is I say, this tour is successful if we all come home healthier, not less healthy.

Katy: That's good.

Annie: Because you've seen it. People come home from shows or from runs and you're like, "Whoa, something was not right out there. Y'all are in a bad spot as people."

Katy: True.

- Annie:** And I'm like, "No, we can have bad days and we can have bad things happen, but no, my goal and my job that God's asked us to do as headliners is to bring our crews home healthier than when we got them."
- Katy:** No, that's so important.
- Annie:** So I think you're about to be on three tours this fall that are going to show you how that is done really well.
- Katy:** I'm so excited.
- Annie:** I'm inspired by both those guys and how they lead. And so I think you're gonna love it. Okay, what did we not say that we need to say?
- Katy:** Oh, gosh.
- Annie:** Please come back sometime. I mean, we were just getting started.
- Katy:** Please. I actually do need to come back because I want to create a podcast someday. So now I need to have these conversations.
- Annie:** Yes. Now, do you realize you're perfect for this medium? You're so good at this. Oh, my gosh.
- Katy:** Wait, really?
- Annie:** Yes, you're perfect for it. It's amazing. The way you do what God's called you to do is really impressive. So our mission around here is we say we bridge people, we bridge our audience to artists and creators that we think are really trustworthy and inspiring.
- Katy:** So good.
- Annie:** I wouldn't have had you here if I didn't already know that about you. But man, this hour has taught me some things about you.
- Katy:** Yay. Thanks for having me.
- Annie:** You're stuck being my friend for a long time. I'm sorry Katy Nicole.
- Katy:** I'm in it. I'm in it for the long haul.

Annie: Same.

Katy: I'm in it.

Annie: Please K-LOVE and Doves... Well, you'll be on tour. Please, K-LOVES always sit us beside each other.

Katy: For the K-LOVE Fan Awards 2023 that y'all keep talking about, Annie and I want to sit next to each other.

Annie: We'd like to sit next to each other.

Katy: We would like to...

Annie: I know we have to be nominated. I don't need the pressure again. But I would love to sit by Katy.

Katy: I just want to be there.

Annie: I just want to be there. I love being there. I love just seeing my friends. I want to co-host. That's what I want.

Katy: Same.

Annie: Me, Matthew, Tauren, and Katy.

Katy: I said that. I literally said that. As we were sitting there, to my manager, I was like, "What would it take for me to get up there and co-host?"

Annie: Okay. You heard us right here, K-LOVES. Breaking news: Annie and Katy would like to co-host with Tauren and Matthew.

Katy: That'd be so good.

Annie: The four of us. What a combo!

Katy: That could be fun.

Annie: That'd be really fun. Okay, well, you're gonna be best friends with Matthew by the end of the tour anyway, so let's just work it out. Katy, the last question we always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you. What do you do for fun?

Katy: Oh, my gosh. Well, I actually love bowling. I found that I love to-

Annie: Do you?

Katy: Yeah. I don't know why.

Annie: That's very easy to find on the road too. That's great.

Katy: That's what I'm saying. I think that for future reference, if Jeremy Camp is listening, I want to go bowling on the road. Or Matthew, if you're listening to it.

Annie: Why do you love bowling?

Katy: I don't know. Again, I kind of love being active and stuff. Actually, there's the smaller version of bowling and it's so much fun.

Annie: How do you do it?

Katy: I don't know.

Annie: Is it places? Like tiny bowling?

Katy: Yes, there's a place in The Gulch that has like arcade games.

Annie: Oh, the pins? Something pins?

Katy: Yeah. And it's small bowling. It's so fun.

Annie: Okay.

Katy: Go do it.

Annie: I haven't been there.

Katy: We can go together someday.

Annie: Listen, when you're off the road-

Katy: Yes, exactly.

Annie: ...and some break in between Jeremy, Matthew, and K-LOVE Christmas, girl, you know how to find me. I will go with you in a heartbeat.

Katy: We will do this.

Annie: We will do it.

Katy: I mean, I just love hanging out with my friends and going and doing fun things. I also love swimming. I don't know how random that could be-

Annie: I love that.

Katy: ...but I just love.

Annie: Like actually doing laps or just like getting to play in a pool or play in a lake or play in the ocean?

Katy: I just love water. I'm obsessed with waterfalls.

Annie: Really. You just love them so much?

Katy: Yes. I don't know what is so majestic about a waterfall, but it is so majestic.

Annie: It is. Listen, you're not wrong. I need you to know that I went to Scotland this summer and we went on a hike to see your waterfall and it had dried up. And it was quite a hike. And then we got there and they were like, "Oh, sorry." There was no water. It was just a hole of rocks and then a long way down.

Katy: Interesting.

Annie: Yeah, it was tough.

Katy: I don't know how to-

Annie: It was majestic question mark. It was hot was mainly what it was. It was hot.

Katy: I bet it was and you didn't even get to cool off.

Annie: No. There was no water.

Katy: That's not fair.

Annie: But waterfalls, I agree with you. Maybe there's a reason the Lord has you loving waterfalls, and maybe worth paying attention to.

Katy: I'll figure it out maybe.

Annie: Yeah, you can ask Him.

Katy: Maybe like when I get to heaven.

Annie: Oh, you're gonna wait that long? You can just talk to Him.

Katy: Yeah, I just wanna have that conversation.

Annie: Okay, face to face. I cannot tell how many times I say to the Lord, "Add that to the list of things we need to discuss." Because I'm like, "I can't remember all this but I know I want to talk to you about it in person."

Katy: I have a great question to ask Him one day.

Annie: Okay.

Katy: Why do rainbows follow me?

Annie: They do?

Katy: Yeah.

Annie: You just see them everywhere.

Katy: Everywhere. Everywhere. All the time. I have so many photos of rainbows in my phone that I have seen.

Annie: Okay.

Katy: But the first one... I mean, we haven't even really gone through like my medical journey.

Annie: Oh, sorry, we just end up talking about your life, but there's a real medical journey.

Katy: But there's enough interviews that talk about that. Just go listen to those. We talked about the other things.

Annie: Yes, yes.

Katy: But the first rainbow that I saw was like 2018. That was a significant symbol in my life. I've seen a lot of rainbows in my life, but this one was very significant in my

life. I saw it right before I was told that I was going to have a second back surgery that basically changed my entire life.

I don't know, there was something about that that God was saying, "I'm gonna keep my promise and there is hope on the other side of this." Like Dolly Parton: "If you want the rainbow, you have to put up with the rain."

Annie: That's right. So you see them all the time?

Katy: I do.

Annie: I mean, I feel like you know why He shows them to you but it's worth having on the list. I mean, I know it's promised. I know it's His promise. And I could just read the Bible to know that. But I also think that it has been very significant in my life that there have been so many rainbows because it usually is at a pivotal moment in my life too.

Annie: I think the secondary question you should ask... I mean, I don't like to should people. So do what you want. But what you could ask is, Which was Jesus's favorite rainbow. Of all the ones he showed you, which was his favorite? That's what I find interesting as well.

Katy: I bet it was the triple rainbow. There was three of them.

Annie: I would imagine. I will double check with Him when we get there.

Katy: He was like, Why don't we just-

Annie: Like, one, two, three, send them, send them all at the same time.

Katy: All the rainbows. They're just going different directions.

Annie: Katy, thanks for doing this. Thanks for being here.

Katy: Oh my goodness.

Annie: You're the best.

Katy: I'm so honored, seriously.

Annie: You're friend of the show, Girl. You just come back whenever you want to.

[01:03:32] <music>

Outro: Oh, you guys, don't you love her? I'm so sad it's over. I wanted to just keep talking to her and keep talking to her. I just think the world of that girl. Aren't you impressed with her? At her age and her experience in this industry, she is just so level-headed, so smart. We're gonna like being friends with her for a long time, you guys.

Be sure that Katy's self-titled EP is streaming wherever you love to listen to music. Get *In Jesus Name* going on repeat in your ears, you guys. And follow her on social media to get to our thanks for being on the show.

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

And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I'll do the same. Today what sounds fun to me is getting my stitches out of my knee for my surgery. I cannot wait. I'm like 90 minutes for that appointment. I can't wait.

Y'all have a great day. We'll see you back here tomorrow—What? Tuesday. Yeah, you heard me—with a fun little announcement for you guys. I want to say it right now so bad. I'm not going to. It'll be tomorrow. Just come back tomorrow and hear all about it. Okay, I can't wait. See y'all then.