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**Annie:** Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm really happy to be here with you today. We have got a great show in store. Let's talk about prayer. Oh, I'm so stoked.

Before we dive into today's conversation, a word from one of our amazing sponsors, [BetterHelp](#). When I'm in work mode, I kind of specialize in problem-solving. The puzzles we get to put together every day at work are energizing and fun for me. But sometimes, those same problem-solving skills don't tag along the challenges I'm facing in my personal life.

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**Intro:** And today on the show, I get to talk with my friend and one of my favorite pastors, Chad Veach. Chad Veach is the founder and lead pastor of Zoe Church in Los Angeles, but he's also an international speaker and author and the host of Leadership Lean In, an awesome leadership podcast.

His latest book, *Worried about Everything Because I Pray about Nothing* is about the true peace that comes from spending time with God in prayer. You know we love talking about prayer around here. And Pastor Chad has such an accessible approach. I think we've got so much to learn from him, y'all. I cannot wait. So here's my conversation with Chad Veach.

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**Annie:** Chad Veach, welcome to That Sounds Fun. It's taken too long. I'm so glad you're here. Thanks for making time to do this today.

**Chad:** Well, I'm so pumped to be here. Let's go.

**Annie:** Listen, the book's been out a couple of weeks. Has it been just an insane amount of interviews and chatting? I mean, what's it been like?

**Chad:** You know what's crazy is just like it's one of those things that you can't talk about enough. Because ultimately, you know, you use the word "prayer," but it's like, we're talking about being with God, we're talking about God's presence. So it's just such a fun topic to talk about.

I will say this last Monday I did the 700 Club on Monday morning, 5:30 a.m. to 6-

**Annie:** Yes. I was gonna say it's 7:30 for me. So it's 5:30 for you.

**Chad:** How did we schedule [inaudible 00:03:07] all day, you know? And you got so much adrenaline going through your body, so you party. You know, you're all the volunteers and staff on Sunday. So I will get up I don't know what time. I was on TV and like this, "I think God is good."

**Annie:** Listen, do you get that same thing? I call it a get people drunk at church on Sundays because I'm just like, "Hey, everybody. Hey, everybody. Hey, everybody." Especially the Sundays when I teach at Cross Point, I get home and I'm lit for another three hours.

**Chad:** Three hours?

**Annie:** Yes.

**Chad:** My favorite thing... You know, church to me, I love the services. Yeah, but I run around to the front so I can say hi to everybody when they leave because the best part about churches, the people.

**Annie:** Yeah, that's it. Okay. So in the book, you talked about your wife, Julia, being an Enneagram one. What do you most closely identify as?

**Chad:** Okay. So she says, "Everyone thinks you're a seven but you're all three."

**Annie:** Oh.

**Chad:** I'm a three. I want to achieve so desperately. What are you?

**Annie:** Oh, I'm a seven.

**Chad:** Seven, okay.

**Annie:** Born and bred. But threes and sevens are so good together because you want to have fun because you just want to win. And I want to have fun because I want to have fun. So when we partner, it's like the volume is up, the governor's off. We're outta here. That's it.

So you've been writing in the leadership space. Is it a switch to write in the prayer space?

**Chad:** Well, no, because, you know, I've been a pastor for two decades. My first two books were spiritual books, faith books. I wrote about hope first and faith. And then I went leadership. And I was like, I know what... You know, the thing about writing a book, I mean, you know, you write books, it's like, you got to really believe this could be a book, this could be a message that I could flesh out.

You know what changed everything for me was Max Lucado, he said, "You'll never have an audience more captive than when they're reading your writing."

**Annie:** Oh, interesting.

**Chad:** So when I say that I go, "I'm an orator, I talk, but if I really want to hold people captive right, okay, this is worth writing about because I want to teach. This is life changing stuff, I want to teach about it."

**Annie:** I have never heard anyone say that. When I'm processing what I'm writing next or whatever the book dream is next, you're like, "That short conversation is a whole thing."

**Chad:** It's a whole thing.

**Annie:** Wow. And listen if Max Lucado says it, interesting.

**Chad:** He's kind of like our John Grisham.

**Annie:** That's right. He's our John Grisham. So 20 years you've been serving the church. Have you been in vocational ministry for 20 years?

**Chad:** Yeah. So I graduated high school in 1998. I moved to LA.

**Annie:** Same. Class of '98. We great.

**Chad:** We sevens, we threes, we '98.

**Annie:** That's right.

**Chad:** Yes, I graduated, I moved Straight to LA, went to Bible college. In the beginning of my sophomore year in 1999, I got hired at a church in East LA, kind of like in the hood. So I've been in ministry ever since.

**Annie:** So as we're even thinking about prayer and thinking about long-term ministry, I know we got friends listening who've been doing ministry and they're in their 40s like us, they've been doing this for 20 years. Why haven't you quit when people around you have fallen off for good and bad reasons, when the struggles you faced personally have been worth walking away from, maybe not even from faith, but just from your vocational ministry? Why stay?

**Chad:** That's a great question. So my father just retired this last year as a pastor.

**Annie:** Wow.

**Chad:** I went to his ceremony. He pastored forever and then he became a district supervisor in the denomination. I grew up in Foursquare. So at his ceremony, all these pastors are getting up, and they can't even get the words out to honor him. They're crying. They're just like... You know, so I watched my parents finish well.

And then this Sunday, I'll fly up my father-in-law, Julia's dad, he's passing his church on to the successor, and it'll be the same kind of spirit and honor and vibe. So I watched my parents and my in-laws finish well. And I just thought, you know, you gotta have a model in front of you to see what's attainable.

So I just watched them for years stay kind, stay generous, stay sweet, stay faithful. People come and go. Things change. They're up in the morning reading their Bible. They got people in the house. I just go, "Okay, I want to be like them. They win. They win. I'm not getting out. They win."

**Annie:** I don't know if you know this but I'm on a teaching team for a church here. And so I was sitting with some of the staff members a couple of weeks ago and we were talking about someone in our atmosphere who has quit working at a church. And one of the guys says, "Chad," he says, "Is this the only way you leave pastoring is if you fall out?"

And we were all like, "Oh, we aren't looking for models to show that are 60 and 70." We need to see your parents, we need to see your in-laws, because the generation behind us that's starting to pastor is saying, "I'm only seeing people exit through one door and it looks like it throws their family away, and it throws their ministry away and it throws their own souls away." And that's the only exit door some of these people are seeing right now, which is often.

**Chad:** That's it. It's the whole thing about vision, right? Like, if you can see it, you can have it. If you can see it, you can achieve it.

**Annie:** Wow.

**Chad:** So I'm really grateful for, you know, I had a front row seat into watch faithfulness in ministry. And so that helps me go, Oh, you know, I don't have to get swept up into the current reality of what's... And by the way, let's just be honest, falling or failure or quitting, this is told throughout the Bible. This is the whole Old Testament.

There's a guy I really love, Archibald Hart. In the early 2000s, he was really big on in our field of work, pastoral leadership. Adrenal glands were getting zapped and serotonin levels and blah, blah. And he was saying, "Hey, remember, only 25% of people in the ministry succeed in the end. 75% fall or fail." And this is also reflected in the Bible.

It's amazing though. My dad told me this last year because, you know, I was getting frustrated with some of our friends and blah, blah. And he says, "When you start out in ministry, it's all stats." He said, "But the further you serve in ministry, your friends become statistics." And I go, "God, it's so true."

But I love what you're saying. We got to model it, and we need to find models. That's why I think we need multi-generational ministries. We don't need one group. We need Abraham, Isaac, Jacob. We need multiple generations together.

**Annie:** That's one of the conversations our pastor and I had that night is like, we got to get in front of our staff and in front of our congregation. We've got to get some of these men and women who are serving in other kinds of ministries, or even in our own staff, like we got to get them in front. You got to see the 60, 70, 80-year-olds who haven't quit.

**Chad:** That's huge.

**Annie:** Because they can watch you and me because I'm not going anywhere. I got more accountability than anybody ever wants. It's an embarrassing amount of accountability.

**Chad:** There's something about wisdom. This is a great example. When everything happened here in LA with George Floyd and it was sweeping across America, I reached out to some of the older African American people in our church and just to check in, how are you doing?

And all the older African Americans in our church were so calm. Young 20s were like mad. "We're not doing enough, blah, blah." You know, just there was... All that energy's got to go somewhere. But I've noticed all the older African Americans at our church were like, "Hey, we've lived through this. We've seen this. We're praying. We love you. We love our church. We love our city."

There was just such a resolve as opposed to inexperience was just didn't know what to do. And I just think we need that when it comes to politics, when it comes to spirituality, when it comes to life, when it comes to finance. We need wisdom.

**Annie:** We're just going here now, Chad. One of the things the Lord did this summer, the big push on me that I felt from Him was "you need wisdom and courage." Because one without the other... Wisdom without courage means you know the right thing to do, you just aren't willing to do it. But courage without wisdom is you can go you know what's to the wall. But if you don't have any wisdom, what are you doing? What a foolish way to live.

So that's the thing that I've been... In my prayer time, I'm saying to the Lord, "Wisdom and courage, wisdom and courage." And just like your book says, the Lord saying back to me, "Then get up and go do something." Because that's not something that gets injected into your veins, that's a muscle you build.

**Chad:** That's exactly right. That's exactly right. And I think a lot of times, we would love for God to solve all of our problems for us. I just never seen Him move that way. I'm always like, "God, fix it." And He's like, "Yeah, I will, and I'm gonna use you to be a part of the solution." And I love that.

**Annie:** That's it. Okay, let's talk about *Worried about Everything Because I Pray about Nothing*, as we're going to keep going on this prayer thing. I already showed you this. Our friends listening can't see it but I have taken your book and there's about 12 sticky notes on pages that I want to talk to you about.

**Chad:** Oh my gosh.

**Annie:** This is it. 35, if prayer rarely leads to action, you're doing it wrong.

**Chad:** Think about this. Writing that section, I was trying to explain most of my whining sessions have resulted in creative session.

**Annie:** Wow.

**Chad:** So I come with my complaints, and I'm like, "Well, you know, why this, that, them, bah? It's usually about like, sin, me, others, enemies, family. And then God's like, "Okay, I hear that. What we're going to do about that..." He's so practical.

"So we're going to set up a coffee or we're going to make a budget..." There's got to be action items. And even in David... I love David.

**Annie:** Oh, yes.

**Chad:** What I love about prayer so much is that it's such an invitation into intimacy. It's such an opportunity to be raw and authentic and genuine. You see David's like, "My bed is drenched with tears and all through the night I'm crying. And why have you forsaken me?"

So it's not like God can't handle my whine. It's not that he's put off by my grumbling. It's that He just doesn't let it just sit there. He always points me to like what you were saying, practical wisdom. Okay, we got to do something about it. Lead me to the rock that is higher than I. When I get to the rock that's higher than I, He's got some for me to do.

**Annie:** Your process of separating David's pain, processing prayer, proclamation, peace sounds like the George Floyd story you just told, of like we still want movement and change but it starts with pain and it ends with peace. That's it.

**Chad:** That's it. Every time. I think a lot of times people are like, "Well, I want to pray but God didn't answer my prayer."

**Annie:** Oh, I know.

**Chad:** "God doesn't answer prayer." I have a lot of sympathy for that because what we're really saying is "I didn't see God moving the way I thought or wanted Him to move." God always answer. He always answers prayer. It just probably doesn't look like or sound like the way we wanted it to be, and so that's why we're frustrated. It's like I went to complain and I left with a creative idea on how to solve it. So God answers our prayers.

**Annie:** I mean, in the section where you talk about what could be getting in the way, I was like, "It's rude you read my journal, but I appreciate the list, sir. I wish you wouldn't tell everybody."

**Chad:** "I don't know why you did that."

**Annie:** But I mean, for everyone listening, there's something that they want that they don't have, and most likely they have asked God for it. And so what do we do when we feel disappointed in prayer? When do we give up? The person who wants to have a kid, the person who wants to get married, the person who wants a new job, the person who wants to move cities and doesn't hear what God's saying, when do we give up? Or do we never?

**Chad:** Well, I think it's so important, you know, like, this whole thing, like persistent prayer, really believe in this. You know, we just announced on Sunday we're so excited we just bought our first building as a church. We turned seven and we got a building.

**Annie:** Oh, my gosh.

**Chad:** So we're so excited. For seven years, really eight, we were praying. And that to me is that whole like keep asking, keep seeking, keep knocking. You know, God is faithful. I love that story. He's like, "Listen, if you think this guy that opened up the door finally for this girl that wouldn't leave him alone, you don't think I don't work the same way. That's an evil guy and he's doing that. You just keep being persistent.

I think the thing about prayer is keep praying until you get a no.

**Annie:** Wow.

**Chad:** Because sometimes God's like, "No, we're not doing that." Think about Paul. Paul's like, "Three times I pleaded with the Lord, 'Please take this away.'" And God's like, "No." Or Jesus in the garden of Gethsemane, He's like, "I don't want to do this. Please don't make me do this." And God's like, "No, you're gonna do it." So if you get to know you got a no, you gotta accept that no. But I would pray until you get a no.

**Annie:** The interesting thing about Paul that I'm thinking the first time when you're teaching us that story is he prayed three times, and then God said, "My strength..." So the first few times, He's just like, "I'm going again. I'm going again, because I'm asking God to get rid of this thing." And after the third time we don't hear Paul asking God to get rid of it again. Wow.



**Chad:** I think one of my favorite stories, you know, and I use it in the book, but that story about Elijah. He's called for no rain. And then here we go, we're getting ready for the rain to start again. We know Ahab and Jezebel. If you don't know the Bible, you got to look up that story.

**Annie:** It's weirder than any movie anybody could ever write.

**Chad:** Truly. Truly. James Cameron got nothing on it.

**Annie:** That's it. That's it.

**Chad:** He feels in his spirit, "I hear the sound of a heavy rain." A lot of times when we're praying, we can sense and feel things before they're actually in the natural.

**Annie:** Oh, say that. Yeah.

**Chad:** And I think that that's really important for us to understand is like, we start to feel things about ourselves, about others, relationships, our kids, because we're spiritual. He's like, "I hear something. What is that? That's the Holy Spirit. I hear it. I can't see it yet, but I can feel it." He's like, "I hear the sound of heavy rain."

Long story short, he sends his servant to go look on the cliff to see if there's any clouds because he can hear rain, but can't see it yet. So he sends him seven times. I always laugh, like, could you imagine being the servant? Because it says that Elijah is like yoga position prayer. I love prayer postures by the way. I could do a whole bit on that. I love that. Well, a good prayer bit... What is it about a prayer face?

**Annie:** Oh, yeah. Right.

**Chad:** It's like the more contorted your faces, the more spiritual you are.

**Annie:** Right. Right.

**Chad:** Like what in the world? If you stoke in prayer, you're actually crazy. You scare me. So anyways, every time this servant comes back, he's like, "Sir, I'm sorry to interrupt your prayer sesh, there's nothing."

**Annie:** "Still nothing."

**Chad:** Elijah is like, "Go again. Go again." Seven times. "Go again." I think when I read that story, I go, "You know what? I gotta keep going. I gotta keep praying. I gotta keep believing, even though I don't have a building year one, year two, year three, year four."

We just got on the call today with our kingdom builders, kind of like our top givers. We had zoom call. We meet every other Wednesday. And I was saying, "Guys, we got the building. How many calls do we have?" We're like Okay, and before we go, "Let's pray for a building."

I was like, how many of us... Did you think like, "I don't know if we're ever gonna get one." But it's like, shout out to the ones that were faithful with prayer. But we just weren't praying. So I just think, listen, a day is like a thousand years to the Lord, and a thousand years is like a day to the Lord.

So His ways are above our ways, His thoughts are above our thoughts. My job is to keep trusting and believing until I get a no.

**Annie:** And telling yourself the truth when you get that no. Because that's the other thing, right? It's like you gotta hear it. In my life,—Tell me if this is true for you—when I get that no or when I get the yes, my next stop is my faith community. Of like, "Y'all agree? Everybody feels this?"

**Chad:** It's exactly right. There's wisdom in the multitude of counselors. I like the word "counselors" not "peers."

**Annie:** Same.

**Chad:** I need counsel. I need Godly counsel. I do not need more people that tell me what I want to hear. I need more people in my life that tell me what I need to hear. And so you gotta mark in your life who are the godly counselors.

Maybe they're brothers or sisters. A lot of times they're fathers or mothers. Because again, going back to what we were talking with my parents is like they've tested the scriptures. They've tested, they've failed, they've gone through life, and they can go, "I think this is..." To me, I gotta have people around me that can discern good and evil and they practice it.

**Annie:** And then practice it. Don't just show me. Show me in your life too. Right.

[00:21:47] <music>

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And now back to our conversation with Pastor Chad.

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**Annie:** So, okay, I'm thinking about a bunch of our friends listening who are parents. How did you grow up seeing your mom and dad interact with the Bible? How are your kids seeing you interact with the Bible? Like what does it look like at home on a Tuesday?

**Chad:** So funny. I was joking around the other day. I was like, You know, in the morning time when my Bible is open and I've got my coffee and I'm reading the Word of God, their mother is making breakfast and putting things together and making sure they're good.

They're gonna have this image. Dad was sitting at the breakfast before the Lord's presents and mom was making breakfast. I'm like, I don't know if this is good picture. It's just our reality. I'm turning red. It's so funny. It should not be this way. We got to make some changes.

But I think I'm always trying to like ask my guys like, "Hey, what was Sunday School about? What did you guys learn today? How does that apply?" or "Hey, come here, come here. What I'm reading about today is this." I'm just always trying to find opportunities to sneak scripture into the narrative of their life.

**Annie:** How tightly do you tie together scripture in prayer?

**Chad:** Oh, man. Think about prayer times. Like if you're a parent, think about the opportunities we have to pray. So meals, given. We can pray over breakfast, lunch, dinner. We could pray over meals. It's easy. Bedtime, it's easy.

But I love like when we're driving by a car accident and I'm like, "Hey, guys, right now that's somebody's daughter right there. Hey, which one of you want to pray?" Or I love like, "Hey, we're believing for this one thing. Let's all come together right now. Let's pray together as a family for..." It could be a sickness, or it could be something that we want to achieve as a family.

We even prayed over the book. When the book was coming out, I put all my guys together, "Hey, get your hands on this book and let's believe that people that don't know how to pray will learn how to pray. Which one of you wants to pray?"

Just trying to find opportunities. That's what my parents did. It was not a Sunday thing. It was all the time. It was a part of the narrative of our life.

**Annie:** I was on the phone yesterday with an older brother in the faith to me, and I said, Tell me... Because he's kind of like having a new level, new levels conversation with me. And I said, "Tell me what my prayer life should look like that it doesn't look like?" And he said, "It's just all the time." He said, "You don't get to live in a life anymore where you're not praying." Does that feel true to you?

**Chad:** Yeah. Think about Jesus. In John 15, what does He say? Seven times he's like, "Remain in me. Remain in me." Or another translation, "Abide in me. Abide in me." I translate that as "let's stay connected." I think people are so intimidated by prayer.

We have these misnomers and misconceptions, and you got to have a southern accent or a British accent, or you got to pray for a really long time. I always think if you're new to prayer, the best thing you could do, set an alarm. 9, 12, 6. 9 a.m., 12 p.m., 6 p.m. And three times a day when the alarm goes off, just say the name "Jesus."

You don't have to pray long prayers. Just by saying His name, you're bringing an awareness God is good, God is for me, God is in control, God loves me. Just say His name. So I think it's exactly what you're saying. It's constantly talking to Jesus.

**Annie:** That was one of my favorite chapters in the book, Chad, where you're like, Here's the things you don't have to pray about because here's what God has already said. So here's who Jesus already is and here's what... You are already safe. You are already loved. So what made you write that? Why did you put that in there?

**Chad:** Well, I think, you know, part of my faith journey was for a while that church I got hired at 19, I didn't realize that at the time later, I got out of it and I go, "Oh, okay. So what they were doing was all the onus was on the believer."

**Annie:** Wow.

**Chad:** So very legalistic. I didn't understand at the time. And I actually got swept into it. I really loved it because I'm legalistic by nature.

**Annie:** It feels good, man.

**Chad:** I'm a three. I'm a three. I'm an achiever. "Wait, wait, wait, you're saying if I live holy and act holy and read and pray, well, then I can produce this? Wow, then I'm all the way in. I didn't realize it until years later I had a revelation of Jesus and grace. And it was not by my works. It was all that I am the righteousness of God in Christ Jesus. I can't earn that stuff.

So there's no more striving. There's no more earning. There's only receiving. I'm already seated in heavenly place. Don't get me started.

Anyways, I put that in because our English teacher was right. Prepositions matters. It is not for, it is from. And I try to say this—I wish it could be bigger and bolder in the text—but nothing determines our approach to God like our view of God.

So the way I see Him determines the way I approach Him. So if I already think I'm already loved, I'm already blessed, I'm already graced, I'm already forgiven, I'm already accepted, I'm already approved, now when I come to prayer, I'm coming with confidence.

Instead of my tail between my legs, kind of like, "I know I've not been that good. I know I haven't been around in a while. I've missed you. I'm just hoping maybe..." What child begs for bread like that? We've got to know identity in Christ. And that changes the way we pray.

**Annie:** I like that you're not even saying, "When you walk to God confidently, it means you get everything you want." Or when you walk to God confidently, it means you know the best thing." You just go like, "Hey, I'm just coming in asking because I know you want to be with me, and talk with me and be in this relationship."

**Chad:** That's it. And I think just how much of a better quality time will you have with the Father if you can approach Him out of that relationship as opposed to trying to work through the dysfunction of what you think is there that's not.

**Annie:** Okay, okay. Someone pulled over and wrote that down, and I respect it. I respect it. I respect it. Just back up, hit the minus 15, and listen to that again. Where's fasting plan?

**Chad:** Ah, some miracles-

**Annie:** Only happen.

**Chad:** ...will fasting and praying. So right now I'm on 21 day...

**Annie:** Are you doing straight water for 21 days?

**Chad:** No, no, no, no, no. But I'm doing a Daniel fast. You know, which no meats, no sweets, no treats, that kind of vibe. I try to do it twice a year. But I just think that fasting is so good.

**Annie:** I love it and hate it. Love it and hate it.

**Chad:** Love and hate it. Of course, of course. Everyone needs to read another great book by Jensen Franklin called *Fasting*.

**Annie:** Oh, I haven't read that one.

**Chad:** This is very good. I want to recommend it. Everyone, go read this book. Fasting is so good because, you know, I'm starving my flesh but I'm feeding my spirit. You know, Rick Warren is... Papa Rick. Shout to Papa Rick. He's just the best.

So when COVID was just like a thing that was happening somewhere else in the world, right when it was about to happen, I got to go spend time with him. He's got this library-

**Annie:** I've seen pictures. It's so cool.

**Chad:** Papa Rick. He said, the secret sauce... Think about this. He said, "The secret sauce to Saddleback Church has been campaigns." And I go, "What do you mean campaigns?" He goes, "People cannot grow spiritually like this. They don't just grow, grow, grow, grow, grow, grow, grow." All of us grow nooks, valleys, cracks, creeks, ups, downs, highs, lows, mountains, valleys, right? So where do we really grow? We grow in these spurts.

**Annie:** Wow.

**Chad:** And he go, "So 40 days of Purpose Driven Life. 40 days in the desert." So have times where it's like, you know, for 40 days I'm doing this. For 21 days I'm doing this. For 10 days, I'm doing this because there's something about consecrating yourself and denying those flesh.

So like get off social media, get off screens, get off... You know, whatever your vice is, whatever your candy is, whatever your flesh wants that, fast from it. The problem for a lot of faith people is we know exactly what we're saying no to but rarely do we know what we're saying yes to.

**Annie:** Wow.

**Chad:** So it's not that I'm just saying, No, I'm gonna deprive myself of X. I'm also supplementing with this. So I'm not going to do this, but for these 21 days or these, I'm going to do this. And I think that's so bold.

**Annie:** That increase. That's the part I can forget. I'm with you. I'm the one who I can be like, "Well, that was a good seven day," or "Oh, I didn't pray one extra dinner. I mainly was hungry" versus actually moving things.

**Chad:** All I did was be mad for seven days.

**Annie:** That's it. That's it. That's it. For our friends listening, you can go back because we have an episode, a Q&A episode on fasting that we did with a bunch of teachers. Because also women and fasting is such a different thing because of how women feel about bodies and food. It is just different than men. Men have different things about fasting and prayer.

So what does it mean? This is making you dig into some theology with me. What does it mean that some miracles only happen, some things... Jesus said, "Some things can only be done by prayer and fasting."

**Chad:** You know, I need to study it out probably a little bit more. But what I take it as face value when I hear that, I think what he's saying is that there's going to be a little bit of digging here. There's going to be a little bit more of like... I start to really look kind of lean over towards that intercessory prayer. I think, by the way, a lot of people are bored in prayer because how boring is it just to pray for yourself?

**Annie:** Right.

**Chad:** It's like, I would like to pray but it's like he's just done them all." It's like, Well, the better you get at prayer, the more you just start praying for people and things. What I take that as when He says some miracles will take fast and prayers, that some of the strongholds, some of these things, you know, they're deeply rooted. And we need to get a hold of God. We need some authority here. We need to ask God.



And so this isn't going to be just this, you know, "Okay, God do it." It's going to be some cost. That's how I interpret it. I probably should study it out more, but that's kind of what it feels like. When I read that it's kind of like, "Hey, this one, for your children or for your business or for this breakthrough, or to get this attic some help or for this building or whatever, fill in the blank, I take this like, Okay, this is big stuff. I'm not living in the physical realm. There's some spiritual things swirling and I gotta really get a hold of them.

**Annie:** I mean, that's the fun thing about Daniel is when he's been praying for this thing and pressing in for 21 days or whatever. And then the angel says, "The Lord sent me. I just had to fight my whole way down. It took me 21 days." You're like, "What do we not know Chad?"

**Chad:** That just reminds me there's some bigger things going on and so I need to be in tune with... Fasting gets me in tune.

**Annie:** Yes, Yes. I'm with you that it's the bigger things. Because there are times in prayer where I'm like, "This isn't moving. I can feel this ain't move in," or "I can feel that I'm disconnected from God." It's probably how I feel about food. It's probably Oreos. And if it's not, it's something going on spiritually that either way the turbo button is the day of fasting or two days of fasting or whatever.

**Chad:** Right. By the way, this is just a side note. Can we stop with the whole "I don't want to be weird right now but can we pray?" or "I don't want to be spiritual." Who started that? Who brought that up? I don't like that.

I think people are begging to be prayed for.

**Annie:** Wow.

**Chad:** People are asking, "Will you please pray for me? Will you please stop and pray?" We had someone this morning that she's talking to me about what's going on and I just said, "Stop right now. Let's pray right now. In Jesus name we just declare blah, blah." There's nothing weird about that. Who told you that was weird?

**Annie:** Yesterday we had it happen here that a friend of ours in the workspace was having a really tough day, and my Chief Annie Officer said, "We should pray for her." And I was like, "We actually should pray for her. Everybody." We circled up. I mean, we do not do that enough. We don't do it enough.

**Chad:** I think we should be known for being quick to it. You know, it's so funny. When you go through hell but you gotta go to the hospital, who is your first phone call? It's the people that I know pray. Well, how do I know that they pray? Because it's

not in a service that it has been modeled for me. It is in the lifestyle that when the opportunity came to pray, they were like, "Let's go. Let's jump on it. Let's pray right now. Let's lay hands. Let's come on. Let's come together. Let's hold hands. Let's come in agreement."

Just follow up. "Hey, we were praying yesterday. Give me the update. How are they doing? How are they doing?" It's a lifestyle. I think people are begging for prayer. I'll never forget one time I sat down with this one guy, you know, kind of a known person, blah, blah, blah, and he said to me, "How come you never laid hands on me? We are hanging out, we're you know, going out having fun, but how come... think about this. What I really wanted you to do was lay hands on me and pray."

**Annie:** Wow.

**Chad:** Craig Groeschel says this. He says, "I've seen normal, I want no part of it. I'm not normal. I'm a three, I'm a seven. There's nothing normal about us. We should be no... I mean. like bro, they recognize... These guys are untrained, uneducated but my god, they've been with Jesus."

**Annie:** Yes!

[00:40:15] <music>

**Sponsor:** Hey friends! Just interrupting one more time to tell you about another amazing partner, [Shopify](#). You know what that sound means. That's the sound of another sale going through on Shopify, the all in one ecommerce platform that will help you start, run, and grow your business. Every 28 seconds an entrepreneur like you make their first sale on Shopify. And you aren't next.

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And now back to finish up our conversation with Chad Veach.

[00:42:13] <music>

**Annie:** One of my most convicting conversations I've ever been in is I hadn't seen a friend in a while and we went to coffee and he had had this resurgence with God. And he was like, "I mean, Annie, I've had this experience with the Holy Spirit. Do you know the Holy Spirit?" I was like, "Yes, this is amazing." And he said, "Why did you never tell me?" And I was like, "Oh..." I mean, I cried at the table. He was like, "This could have been my life before now."

And Chad, I was like... There isn't a world of apologizing enough. But then you just go, "Okay, the next person I say the Holy Spirit did this. And the Lord's about that." You know, like it just moves you and how you act different. So we're going to be fast prayers. I want to be a fast prayer.

**Chad:** I want to be that.

**Annie:** Okay. When you can't think of what else to pray, we pray the Lord's Prayer. It should actually be one of the first things we do because Jesus law outlined it. You did a whole chapter on the Lord's Prayer. Why does it matter so much to pray the way Jesus taught us to pray?

**Chad:** I think I use the illustration of, you know, when you first go bowling or when I take my little boys bowling, you have those guardrails. So Jesus never says like, "Hey, guys, every time you pray, you must... Don't you dare miss a word. You better... This is it?"

He's so great. He's just like, "Okay, so when you pray... This is just like... I think this is good stuff here. We should probably just... let's start with relationship. Let's start with our Father. By the way, before we ask for anything, can we just thank God for everything? Can we start with..." So He's just modeling. Let's do praise before petition.

**Annie:** Wow.

**Chad:** Then He's like, "Hey, guys, I just think it's a good idea. When you pray, let's acknowledge that God is your provider. He's your source, not you. So say stuff like, 'give me my bread, my daily bread,' because that will condition your heart to go, 'oh, yeah, I'm not making all this happen.' You should also say, 'God, forgive me.'" Because if you realize that you need forgiveness, it's going to be a lot easier to forgive others."

**Annie:** That's it.

**Chad:** That's just a good one to like... Oh, you should acknowledge that you're tempted because you're just like a dude. You're just a person. So you should just put that in your prayer life. "Help me with my temptations. I don't want to be. You should put it in your prayers." It's all about your kingdom, not my kingdom. I look for your reality and my reality. And it's about you, not about me.

So I just love the Lord's Prayer. Because he's touching on stuff that we need to pray about. Our ego is so big.

**Annie:** I know.

**Chad:** Our self-preservation and self-made ideas and self... Just like, what? The Lord's Prayer is like, "Nope, you need forgiveness, you need provision, you need to praise God, you need to make it about God. I look at that ago, I'm all the way in.

**Annie:** If I journal my way through the Lord's Prayer, it didn't take three minutes. That's a half hour. If you're actually going like, "You're my heavenly Father, and hallowed be your name," like, yes, everything else... I mean, all of a sudden you're like, "Whoa, classic Jesus. Classic Jesus." What is five lines takes up three journal pages. Right?

**Chad:** And I just loved that they didn't see Him raise the dead and go like, "Hey, man, can you... we would love to do that one." Or they didn't see Him turn water into wine and be like, "You got to teach us that one." They only said that about His prayer life. I think we could do that. Can you show us how to connect with God the way you connect with God?"

**Annie:** You bring that back around in the book. It was very moving to me when I read the part where you go back and quote 1 John, where you're like, "John sat with Jesus. John may have been the one who said, 'teach us how to pray,' and then in 1 John he says, "We can approach the throne with confidence." You're like, Oh, yeah, he was a learner. He just learned from Jesus.

**Chad:** He saw it modeled. Jesus taught him and then he went and did it. And I think that's what we got to keep remembering is like Jesus had a prayer life. So if Jesus needed a prayer life, I need a prayer life.

**Annie:** Dotcom. That is the truth.

**Chad:** The guy who was perfect, saved us from our sins, needed time alone with the Father. I need time alone with the Father.

**Annie:** When I'm thinking about our friends, listen, when they pick up the book, when they think about you, when they see you on Instagram, what do you want us praying for you?

**Chad:** Oh, please pray for my kids. What's the old saying? You're only as happy as you're satisfied.

**Annie:** Oh, wow.

**Chad:** I want my kids to love God and serve God and know God. I want them full of confidence and courage. I want my ceiling to be their floor. You know, all that stuff. Selfishly, I ask

**Annie:** That's beautiful.

**Chad:** ...please pray for my kids.

**Annie:** It is four of them, right? Will you talk about each of them for a minute? Because people may not know all about your family?

**Chad:** Yes. I have four kids: 10, 8, 6, 4.

**Annie:** That's a tough math. That's a tough math on Julia.

**Chad:** The oldest is a girl. Her name is Georgia and she has a special needs. She has severe special needs. She's a miracle story. The first book is about her really. She's amazing. And then I got three boys, Winston, Maverick, and Clive.

**Annie:** Love it.

**Chad:** And they are out of control. They are wild. They're savages and I love them. They're just the best.

**Annie:** You and Rich Wilkerson do this really well, where I'll see pictures or videos or be watching a sermon and one of the kids runs up. And y'all just pick them up. I mean, y'all are just like letting your voice be part of every part of your life, it seems like. It's really beautiful.

**Chad:** And you know what? Like, for my wife, the same thing for me, we never had a season where we didn't like the church or we were offended by the church or we thought it was bad, or the people were evil. Like we always had a healthy view of it. And I think it's because our parents just brought us along.

And so we have a saying we say what we do we do together. So it's not like dad's doing this thing and then we stay at home. I saw this great... Do you know who Tim Ross is?

**Annie:** No.

**Chad:** He's got this great podcast. Check him out. It's called The Basement. I keep talking about that. I think he's really smart. It's a perfect platform for his genius.

**Annie:** Okay, good.

**Chad:** He was talking about some pastors. He's really smart. But he's talking about how... yeah, I could regurgitate all of his content. But this is a great one. He said, a lot of pastors come home and they treat their spouse and their children like armor bearers.

**Annie:** And they just drop it off.

**Chad:** Like their employees. Like, "You better serve me. I'm the man of God. I'm the preacher. I'm this. I do blah, blah, blah." And I was thinking, I'm so grateful I grew up in a house where my dad treated us like, you know, not just children, but even friends. And I want to model that for my kids. I want them to be along the journey, and I want them to love what we get to do together. I feel privileged and honored and blessed of what we get to do together.

**Annie:** How's it shaping your boys to grow up with a special needs older sister?

**Chad:** Oh, I mean, it has to be doing so much for them. Right?

**Annie:** Yeah. Making them so tender-hearted.

**Chad:** Has to be. My eight-year-old shares a room with her. That has to be shaping them. That other kids at school that aren't normal, he's like, "Oh, that's not a big deal."

**Annie:** Right.

**Chad:** "My sister like..."

**Annie:** Right.

**Chad:** That empathy, that compassionate I hope it's getting baked in there.

**Annie:** I think that I want people to go back and read the book on hope and about Georgia, only because I think it adds such an element to your prayer life to be like, "Everybody has stuff. Everybody has things that break your heart and bring you joy. And the Lord gave her to y'all. Right?"

**Chad:** Man, one of my favorite sayings. I heard Bishop Jakes say one time, he said, "Right now, currently, all of your heroes are getting punched in the face right now."

**Annie:** Wow.

**Chad:** And that helps me realize I'm not the only one with problems. Sometimes that victim mentality can come on us and we're like, "It only happens to me." Life happens to everyone.

**Annie:** Yes, yes. It's why we got to have those older brothers and sisters and mothers and fathers in the faith to go like, "Hey, Annie, you're gonna get punched in the face. You're getting punched in the face. So did I." We're all here with busted up noses, we'll be all right."

**Chad:** And I think it's why we can't fall in love with this world. This world has nothing for us. This is not our home. You want perfect? Get excited about heaven. It's gonna be good there. It will not be good here.

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

**Chad:** Jesus goes, He's like, "Hey, guys. They hate me. They're going to hate you." This is part of it.

**Annie:** John Eldredge says, "Christianity is a love story set amid war." That's it. We're in a war. We're in a war.

**Chad:** Why do we act surprised?

**Annie:** Why do we act surprised, Chad? Why am I still surprised? We're classic '98. We have done this. Come on.

**Chad:** They want to kill Him. They're like, "We would rather... give us Barabbas. We want that guy out of here."

**Annie:** And we expect to be like the darlings of the ball. I do.

**Chad:** Listen, the moment you get canceled, you realize, "Oh, yeah. I don't want any part of it." My bad. That's on me.

**Annie:** "That's on me."

**Chad:** I thought I was above it. That's on me. That's my bad.

**Annie:** I had a little run-in with it once. This summer I had a moment where I went, "Oh, you know what? I'm loving the wrong thing too much. I'm loving the wrong thing too much."

**Chad:** Getting canceled will change you for the better.

**Annie:** I mean, Beth Moore called me, Chad, and she said, "Your first one is your worst one, but it's not your last one."

**Chad:** No.

**Annie:** And I was like, "No."

**Chad:** And then after that, it's always like, Oh, yeah, I got perspective on it.

**Annie:** That's it. She said it's muscles we build.

**Chad:** That's it. And I think when you get canceled, you start to realize, Oh, maybe that old saying was true for me: if you live by their praise, you'll die by their criticism. And maybe I was living and I was probably floating on praise.

And thank God, thank God that I get a little sobriety in my mind. Thank God, I get checked and realized, "Hey..." He goes, "Hey, you guys. You guys call me the



master, right?" And they're like, "Yes." He's like, "Okay, so if I washed your feet, you should go do the same. No servant is greater than the master." What's He saying? "Hey, guys, we're all servants. There is no Rockstar here."

**Annie:** My other big thought about getting canceled along those lines... and I was a contributor, right? It's not like I was all the way in. You know, I deserve some of the feedback I got. But they live by their praise. I mean, Jesus didn't do that. He didn't live for people's praise. He lived for being loved and for loving.

But I'll tell you why. After you get canceled-ish one time, you got all the guts in the world? Because I'm like, "Oh, you're already gonna be mad. Well, then let me actually tell you about Jesus." So I feel like I got a new piece of armor, honestly, Chad.

**Chad:** Well, I think you know, the flip side of that is to understand. I don't need people's praise. Why did Jesus say... They would praise him and He would go, "I'm good." Because what's in you, I don't need.

**Annie:** Yeah. Yeah.

**Chad:** And I think we have to arrive there somehow somehow, like, Man's approval cannot fill my tank. It does not move the needle.

**Annie:** That's it.

**Chad:** I don't crave your attention. I don't need your feedback. I live for the approval of one. That is a journey that we're all in. We're all in process to get there. By the way, not just land there. Hello. Stay there.

**Annie:** Yeah, that's right. That's right. I don't want to have a good week and then be right back at it. Some of us just get to do that on the internet in front of other people. And other people are having the same experience. It's just the other moms at the pool. You know, we all have the opportunity to be canceled by our community. Sometimes your community is online, and sometimes it's offline.

**Chad:** You just never know.

**Annie:** And I think going back to the whole point of prayer, why is Jesus so humble? Is because He's always connecting with the Father. I think we slip into ego when we stop praying because we stop realizing what we're about, what God's about, what all of this is about. And we can get too swayed we stop being anchored.

I've never been more passionate about prayer because I've never needed it more. I've never needed this more.

**Annie:** Same. Same. Okay, is there anything we didn't talk about that you want to make sure we say?

**Chad:** No. Just you're so awesome. And I'm so thankful to finally connect with you. I can't wait to do this in person again.

**Annie:** Oh, we got to do it in person. Next time you're in Nashville, I don't even care if there's a book out, we'll go retro back and we'll get one of the old ones. Or we'll just talk about Jesus over and over and we'll sort it out.

**Chad:** Let's talk about Jesus.

**Annie:** Let's just talk about Jesus. Hey, the last question we always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you. What do the Veaches do for fun?

**Chad:** Pickleball.

**Annie:** Oh, I've heard. The New York Times had a whole article about new pickleball injuries.

**Chad:** Are you serious? I gotta look that up. That's so good. I just read an article because, you know, I'm from Washington and it was in our PE. So I've been playing pickleball forever.

**Annie:** Oh, my gosh.

**Chad:** I just read an article this last week about the guy that invented it. He was on vacation, his kids were bored and he came up with this game. And I just love it. My kids love pickleball. All of our team and staff here play pickleball. So that sounds fun to me.

**Annie:** That does sound fun. Hey, next time you're in Nashville, holla. Let's go play pickleball.

**Chad:** Absolutely. I'm in.

[00:56:33] <music>

**Outro:** Oh, you guys, isn't Chad the best? Gracious, I'm so thankful for this conversation. And listen, anytime someone wants to come on and talk about prayer, we are all ears. Note takers. I know.

So grab your copy of *Worried about Everything Because I Pray about Nothing*. And follow Chad on social media, tell him thanks so much for being on the show.

If you want to talk more about prayer, jump back to April. We have the entire series on prayer. They are all worth a listen. Like binge-able. So head back to April, you'll see the prayer series there. Or if you're on Spotify, we actually have a prayer series playlist. So we can give you all those links down in the show notes below.

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

And I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same. Today what sounds fun to me is going on a walk. I know I've said it but I get to do it again. My knee is feeling better. I'm going on a walk.

Y'all have a great weekend. We'll see you back here on Monday with my friend Nona Jones. See y'all then.