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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've got a great show in store.

But first, but first, I've been dying to tell you that we are doing an Advent devotional series here on the podcast. It will start on the first Sunday of Advent and we have a podcast episode. It's short, 8 to 10 minutes every Monday through Friday of Advent. It's really a devotional you'll be able to listen to every morning.

It's me telling you stories and sharing scripture around the four candles of Advent: hope, peace, love, and joy. I think you're gonna really enjoy this. We have built this for you and for me. And after the year we have all had, hope, peace, love, and joy are what I need the most.

So you can get all the information, get involved, get in our private Facebook group, get the Advent series guidebook, all the information is at anniefdowns.com/advent. Okay, let's go, you guys. We are going to share Advent together in a way we never have before this year, and I don't want you to miss it. So [Anniefdowns.com/advent](http://anniefdowns.com/advent).

Before we dive in today's conversation, I want to tell you about one of our amazing partners, [Cru](http://Cru.org). Y'all know this, but the Bible is the most important book in my life and I know so many of you feel the same. But imagine for a second that you couldn't get a Bible, that you couldn't hop on Amazon and get one sent to your house or even afford one.

Take it one step further and imagine you weren't even allowed to have one. Honestly, sometimes we forget that there are so many people around the world who simply can't get a Bible. And that's why we're thrilled to partner with Cru.

Cru is one of the largest evangelical organizations with over 25,000 missionaries in almost every country. And Cru is giving Bibles around the world to people in their own heart language, and sharing the hope of Jesus.

Here's where they need your help. For only \$21 a month, you can provide three people with Bibles each and every month. When you sign up to provide three Bibles with a monthly gift of \$21, you're also helping Cru provide meals to five hungry families through their humanitarian aid ministry. And you'll receive a free copy of my new book *Chase the Fun* as a thank you.

Simply text FUN to 71326 to help today. Imagine just how much this gift could change someone's life. So text fun to 71326. That's FUN to 71326 to help now or visit give.cru.org/thatsoundsfun. Message and data rates may apply.

Intro: Today on the show I get to talk with my friend Anne Wilson. You may remember her from when she was with us on Episode 336. If not, you can go back and listen to that one. It was so fun. Anne is an amazing Christian artist and songwriter.

Her debut single *My Jesus* became the number one Christian song of 2021 and it won the breakout Single of the Year at the 2022 Klove Fan Awards. Anne also won Female Artist of the Year. So if you're counting, that is exactly two more Klove Fan Awards than I've ever won. But we're just counting for Anne, right? Just Anne.

But you can add Author to her long list of accomplishments because her first book release is in just five days. It's called *My Jesus: From Heartache to Hope*. And y'all it is beautiful. It's a beautiful book. We talk all about it. So here is my conversation with my friend Anne Wilson.

[00:03:29] <music>

Annie: Anne, welcome back to That Sounds fun.

Anne: Thank you. I'm so glad to be here.

Annie: Happy one year friendiversary to us.

Anne: Yes, so sweet.

Annie: What a friendiversary we are getting to have! But the last time we weren't in person because you were at home in Franklin because your life had exploded.

Anne: It was insane. It was crazy.

Annie: How different do you feel as a person a year later?

Anne: I feel a lot more put together.

Annie: Really?

Anne: I feel like I've been able to find the things that keep me going, I've been able to set the boundaries I need to set for myself. So I feel a lot better a year later.

Annie: Man, and it's funny that you almost have to like run into the edges of what you can do before you realize what the middle is, right?

Anne: Yeah, absolutely.

Annie: Was there a moment last year where you're like, "Hey, everybody, stop. I have to stop"?

Anne: You know, we did the podcast in October and we talked a lot about anxiety. I remember telling you about that. But then in December I had a pretty big life change. And that was kind of the moment... It was December 1st that a lot of stuff changed for me in my career.

And I just remember kind of realizing like I've got to set boundaries for myself, I have to put Jesus above all. I remember one of my good friends telling me that God cares more about who I am as a person than what I do and that He's delighted in just me being His child.

So that kind of reminded me like yes, my work is important, sharing the love of Jesus is important, but more than that is my relationship with Him. So I started to set boundaries for myself.

Annie: I mean, you wrote about it in your new book, *My Jesus*. You transcribe some of your journal entry from the beginning of December.

Anne: It was rough.

Annie: Yeah. If I'm remembering correctly, when you're writing about it, you're writing from the tour bus and going like, "Jesus, this isn't working for the way this is all." And that is so opposite of what the outside world would look at you and go like, "Dude, you're on a tour or you're on a tour bus and you have the number one song of 2021. And you're in the back of the tour... I'm assuming back. Maybe front. I did have my quiet times at the back. But wherever you have your journaling time on the bus, that you're having this moment of going like, "This isn't it."

Anne: Yeah, absolutely.

Annie: That's wild.

Anne: It was just such a moment of... You know, you think you want something and you think you have a picture of what it is, and then you get in the moment, you're like, "This is not what I thought it'd be."

Annie: Isn't it?

Anne: And I love what I get to do.

Annie: Totally.

Anne: It's an honor and a privilege, but there's parts of it that you definitely don't expect.

Annie: When was your album release party that I got to come to?

Anne: April 25th.

Annie: April. Okay. Here's exactly what I'm saying.

Anne: I remember that.

Annie: It was April 25th. So then you spend the spring still out touring, your album comes out in April, you win Kloves in May. After December, did it start to feel better? Did your behavior change and your feelings caught up? Are your feelings still waiting to catch up?

Anne: So I would say it was pretty crazy because it was like December Christmas, which Christmas is really hard for me and my family just from the loss of my brother. And then we played 65 shows in 99 days in the start of the new year, and that's not including travel days.

Annie: Anne!

Anne: It was crazy. So I was like-

Annie: I'm like, Anne Louise Wilson... And that's not even her real name. I'm like, How are you touring that much?

Anne: It was really bad. It was rough. But we got through that and kind of I was able to have some time in May, which was really nice. So that's kind of when I was able to really process the change and everything.

And since then, it's actually been really amazing. I've had a lot of time this summer to process things and catch up with everything and feel like I'm really ready to step into this fall because it's gonna be another crazy busy fall with Casting Crowns.

Annie: Yes, we will talk about it.

Anne: It'll be awesome.

Annie: Yes. 65 shows in 99 days. How do you keep your voice? Tell me the process.

Anne: I lost it in the very end of it.

Annie: Did you?

Anne: I did. It was bad. I've never been that sick. I remember walking off stage and just like weeping. And Zach Williams was backstage and he just gave me a big bear hug. I was like, "I couldn't even say anything. I didn't have a voice."

It feels so hopeless as a singer because that's literally your art and your craft and that's the way that you communicate Jesus with people. But when you lose that, it just feels like it's just so defeating. So that was really hard for me. But I was able to keep my health mostly throughout the tour. I just lost it the end the tour.

Annie: I mean, it's real funny no one thinks about you and I having to treat our voices like muscles that we maintain.

Anne: It's so true.

Annie: I came off... I can tell you that in Grand Rapids and the promoter rep was standing there and I was bawling when I came off the stage because I was like, "My throat hurts so much." And the thing that happened to my brain—tell me if this happened in your brain—the thing that happened in my brain is if I lose this, this is the whole thing.

Anne: I've had that thought so many times.

Annie: So it hurts and I'm also having a tiny panic attack that the instrument that my job depends on is not working. That is so scary.

Anne: It's such a scary feeling.

Annie: So do you come home and go to a doctor? What did you do?

Anne: I was able to get on some medicine. And then I took off the whole month of May, which was amazing. Other than the Klove at the end, which was so fun. But that was my time to kind of just chill. And everything after that crazy long season.

Annie: Do you have some exercises to do?

Anne: I do. I work with a really good vocal coach that gives me-

Annie: Who is yours?

Anne: Jeff Mathena.

Annie: Okay. Mine is Jenny McCullough. She's wonderful.

Anne: Oh, awesome.

Annie: Same. This thing we're recording next week, Ashley just yesterday, and me said we need straws because Anne has to blow bubbles in a cup of water. Like here we go again. We're back to-

Anne: That's a good technique. I love that.

Annie: We're back to it.

Anne: Even talking voice you can lose it so quickly. Because I always overstrained my voice and I'll end up horse. So even just talking, not just singing.

Annie: Have we in real life talked about Nate Bedingfield?

Anne: Yes.

Annie: Do you know he's one of my like-

Anne: Yes.

Annie: So I did tell you.

Anne: That's so sweet.

Annie: He's in your band. For our friends listening, he's in your band and he's one of my lifelong friends. We grew up together. Your band looks like the nicest group of guys.

Anne: They are the sweetest. I love them so much. And they're so cute in their cowboy outfits.

Annie: They are so fun.

Anne: They all wear cowboy hats and cowboy boots. It's a great, great setup.

Annie: Tell me how you maintain good friendships when you have to live on a bus with four or five dudes.

Anne: You know, what's really important for me when hiring band members, which they're only kind of my first official band, they've been my band for a while now, but it's always about finding chill people. We can't do the people that are going to cause division and strife and all that.

So actually all four of us are very chill people just separately. And so we come together and we respect each other's boundaries, which is really nice. But it's fun because we love being around each other. We get to go on stage and play together. And that comes out of the friendships we have off of the stage, which is really awesome.

And then when we're on the bus, we kind of just like... if we need our alone time, we just understand it for each other, which is awesome.

Annie: Do you have a star coach? Do you have like a room in the back or do you just have a bunk?

Anne: No, we just have a bunk.

Annie: And like when you're out with Casting Crowns in the fall, will it just be your bus or will y'all share?

Anne: No, we're sharing with CAIN band members, because CAIN will have their own bus for their baby.

Annie: They have so many babies.

Anne: Three.

Annie: That is gonna be the loudest bus.

Anne: I know.

Annie: You're like, "Y'all have a good time. We will happily take your bus."

Anne: I'm so proud of them.

Annie: I love them so much.

Anne: I love them so much and I'm so proud of them. I don't know if I could ever do that though.

Annie: Annie, whole three babies. How are they going to do that?

Anne: I know. But it'll be cute because there'll be three little babies you can just go grab.

Annie: Yes, that's exactly right. It's gonna be like the most fun for y'all on tour to hug it and hand it back.

Anne: Yes.

Annie: "Take your baby back, y'all go sleep on your bus. I'll take your bed." Okay, so it'll be you, your band and tour manager, and their-

Anne: Yes, I know.

Annie: That's brilliant.

Anne: It'll be fun.

Annie: I love it.

Anne: I'm excited about it.

Annie: I was out with Kailey and Russell Dickerson-

Anne: Oh, awesome.

Annie: ...and Kailey had all the baby stuff for—Rem dog is what we call him—for Rem dog. And so I was taking all the pictures and sending him to Madison.

Anne: That's so cute

Annie: And I was like, "Here's a crate you need to get as long as I'm over here. Here's this..." Oh, that whole bus. That's a great tour. Casting Crowns and you and CAIN for the fall?

Anne: Mm-hmm.

Annie: How many days?

Anne: 35.

Annie: Oh my gosh.

Anne: Yes. But you know what's really bad is we're gone on the west coast for 21 days straight. And I've never been gone that long so I'm preparing myself beforehand.

Annie: How many off days?

Anne: We have like seven off days.

Annie: Oh, good. Here's what the world does not know if they don't live in the west coast or try to tour the west coast. Everything is so far apart.

Anne: So far. It's like we'll have a show and then off day; a show, off day.

Annie: I mean, you just have to.

Anne: Because you have to get to the next place.

Annie: It is the wildest thing you did.

Anne: I know, it is.

Annie: It is so bizarre because you're over here or you're in Texas. You're like winging to two shows in a day.

Anne: Yeah.

Annie: And then when you're like, "I'm trying to get from Portland to wherever-

Anne: It takes forever.

Annie: "We'll be there in two days, everybody."

Anne: So true.

Annie: What are you most excited about going out west?

Anne: I love out west. I Love California. I love Colorado. That's my favorite places. But when I was really little girl, which is just so cool how God gives you the desires of your heart, I've always loved traveling. And so my biggest goal as a little, little goal was to go to all 50 states.

Annie: Oh, brilliant. So by the end of this year, I'll have like three states left or something.

Annie: Do you know what you have left?

Anne: Yes, it's Alaska, Vermont, and Hawaii.

Annie: Ma'am. I have two left.

Anne: Really?

Annie: Iowa and Vermont. Dear Vermont-

Anne: Seriously?

Annie: ...do you need Anne and Annie? Does anyone want to do a conference? I will speak for cheap, Anne will sing for full price. She's not making any deals, I am. But Vermont, we need you.

Anne: That would be amazing.

Annie: All you have is Alaska and then Hawaii?

Anne: Yeah. And then Vermont.

Annie: I'm going to Iowa tomorrow to knock it off. I'm literally going tomorrow.

Anne: Literally just to knock it off or you have...?

Annie: Well, I mean, Russell and Kailey have a show. And so a friend and I are going out because neither of us have been to Iowa and we were like, "We've got to go to Iowa this summer.

Anne: I've been there so many times.

Annie: They have a lot of fairs.

Anne: They have a lot of fairs.

Annie: Actually, you are-

Anne: I was just there a couple of weeks ago.

Annie: I was like, you were on a poster that I saw. So I'm going to a state fair.

Anne: Oh, that'll be fun.

Annie: So then all I have left is Vermont. You have Alaska and Hawaii. We need to get Tiffany Thurston to bring you out for the Bloom Conference in Hawaii.

Anne: And my sister's going to Vermont in like two weeks. And I'm like, "That's the one I need but I can't go."

Annie: We need to do like a leaf tour you and we like, "Hey, everybody, Anne and Annie are doing three shows." And we just have to get to Vermont and then we're flying home.

Anne: Isn't that cute, Anne and Annie?

Annie: We're doing it. Dear everyone-

Anne: We have to do it. That's so cute.

Annie: ...next fall. I'm gonna call Jeff Pardo. I feel like he's the one who can make this happen for us. Matthew West. Matthew, we would like to see Vermont next fall.

[00:14:13] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Indeed](#). You know, there's a fantastic person out there who will improve your business. The key is finding them.

For a hiring partner that helps you reach new heights, you need Indeed. Indeed is the hiring platform where you can attract, interview, and hire all in one place. We all want to use our time wisely, so don't spend hours on multiple job sites looking for candidates with the right skills when you can do it all with Indeed.

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And remember, the show notes are your one stop shop for all the links to our partners if you can't remember those URLs, the transcripts of our shows, and to sign up for the AFD Week in Review email. I do not want you to be missing that on Fridays.

And now back to our conversation with Anne.

[00:17:36] <music>

Annie: So you get to work with Matthew West a lot.

Anne: Yes.

Annie: I do too. Isn't he the best?

Anne: I love him so much.

Annie: He's so smart. He's so funny.

Anne: And so kind.

Annie: So kind. I did an event with him last night, like I hosted his book launch, and he sang a song and I said, "I'm sorry, I forget how very good you are in singing."

Anne: Yes. Same all the time. We actually just got out of a wright together tonight-

Annie: Oh my gosh.

Anne: ...right down the road. And he was just singing and I'm just like, I can't even... I forget how good of a singer he is-

Annie: I know.

Anne: ...and then a phenomenal songwriter and everything else that he does.

Annie: And he's so funny. Like when he hosts the Kloves he's so funny. And I hear his podcasts all the time. I listen to his podcasts. I hear him talk. And then when he's sitting there across the table from me singing I'm like, "Wow, you are very good."

Anne: Yes, he's amazing.

Annie: I was like, "That's why this is the bread and butter of your career. Now I understand. Now I understand." Okay, so when people are coming out to see your shows in the fall, are you going to have the new book like at the merch table too? Is this the second new part of the thing?

Anne: Yes. We have been selling the book now for a month and a half.

Annie: Really?

Anne: Yeah. Because it's the keepsake edition. And so there's only so many copies that have been made with this.

Annie: Brilliant.

Anne: And then they'll get the actual copy in the fall when it comes out.

Annie: Oh my gosh. So what has been happening on tour is you've had this one that's a presale?

Anne: Yes.

Annie: Pretty much they just printed-

Anne: So you go get it on Amazon, they give you that at the merch table, but then you also get shipped the actual copy when it comes out in the fall.

Annie: You are brilliant.

Anne: So it's been fun.

Annie: You are brilliant.

Anne: It's been great.

Annie: Okay, so when your book comes out on Tuesday, everyone who's already read it can leave their reviews already because it's-

Anne: Yes.

Annie: Anne Wilson,-

Anne: It's gonna be amazing.

Annie: ...you are too smart. That is really smart. That is really smart. What's been the feedback so far as people are reading *My Jesus*?

Anne: It's been, I mean, amazing. I think one of my favorite messages I've received so far has been there was a lady that lost her son and she has been lost for so many years, and she just resented God, turned away from Him, completely blocked Him out of her life, as well as her family. And kind of shared her story of... I won't go into it, but just an awful broken life and that she read my book and it completely changed

her life and reminded her of what God does, how He moves and the miracles that He does.

I think the book *My Jesus* is like there's so many miracles from the Lord in it that I am able to kind of show everyone like, "Look what God's done in my life and He can do the same for you." Because it's so cool we get to share our testimonies and go in detail. And that's what I've been so excited to do through this book. Because I can only share a portion of my testimony on interviews or podcasts or whatever. But in a book, I get to share every detail and people get to see like, "Wow, God has done so much in her life. For me, it's to show you that He can do that for you, too. And that's who we serve.

Annie: Did you ever dream of writing a book?

Anne: No.

Annie: No.

Anne: Listen, I hated English class and writing class in school. So it's just so weird what God's done in my life because, you know, I grew up wanting to be an astronaut and work for NASA so I was very in the math and science. So now that I write songs, and that I just wrote a book at 20 years old, it's crazy. I did not dream of it, but it makes sense. It's totally God. And I'm so excited about it.

Annie: It's beautiful that you've taken your family story, Jacob story, and it just as impacted so many people.

Anne: Thank you.

Annie: But do you like... this is a maybe a dumb question. Do you miss him every day?

Anne: Oh, absolutely.

Annie: Is it harder because you have to talk about him every day?

Anne: Sometimes it is. I think, for me, it kind of helps me face the tragedy talking about Jacob. And because my natural self is to push feelings away. I'm a number two on the Enneagram. I love enneagram and I love what that means.

So I think, for me, I'm very used to pushing my feelings away and trying to be helpful for other people. So when Jacob first passed away, I was the strength for my family. I was not gonna let them fall. I wanted to be there for them.

Annie: And you were an 11, 12?

Anne: I was 15.

Annie: No, 15, it turns out.

Anne: So I had to take my pain and put it on the side. I didn't deal with it until about a year ago. I started going to counseling at Porter's Call in the fall of 2021. And that was when I really faced it for the first time. So I think for me being able to go on stage and talk about Jacob helps me a lot. But it's hard sometimes at shows. Like I was laying on Jacob's birthday on August 21 and I was at the Iowa State Fair, which just talked about.

Annie: Yes.

Anne: That was probably the hardest show I've done in a while because I was sharing with everyone that it was his birthday. And then I had to go straight back to my bus. And I didn't get to meet any fans or anything I wanted to. But I was like, I can't... I just couldn't do it.

It was so hard to get up on a stage and celebrate when it was Jacob's birthday and remember, you know, just how much he was so special to me. And so I deal with it in different ways and definitely can get really sad. But I try to surround myself with people on the road that can really pray for me and can really hold me up when I'm not doing well and stuff like that.

Annie: Yes. I mean, it really does sound like you are thoughtful about the boundaries you need to be able to do the most ministry to the most people.

Anne: Yes, absolutely.

Annie: Because sometimes those conversations, you might be able to help two people, but it knocks you out of being able to do the show. So that takes a ton of wisdom, Anne.

Anne: And that's the thing. My biggest job when I'm on the road is to go on stage and tell all of those people about Jesus and His love and not just a few. And so that has to be the priority for me. And so sometimes I can't go meet people, as bad as I want to, I can't go love on people or I can do this and that because I have to be so focused on getting through the show giving them Jesus.

And then, you know, for a while I wasn't filling myself up, so I was going on stage empty. And then I realized pretty quick you can't do that. In Christian music, if

you're serving God, if you're worshiping Him through your music, you have to allow Him to fill you up first before you can go on.

Annie: So what does that look like?

Anne: For me, it's every day in the word. Like no excuses. I will cancel anything on the schedule if I have to make sure that God is first priority.

Annie: Wow. Does that have to be an hour? Do you have a certain amount of time?

Anne: It's not really a certain amount of time, it's more just kind of a connection point with Him. And so I always, you know, pull out the Bible in the morning, talk to Him. But then what I really do that's helped me over the past year is staying connected with Him throughout the day. So I will just like talk to Him. Like I'll go in the bathroom for a second and just chat with Him. If I can't find a private place, just find wherever on the bus or wherever to just talk to Him and just communicate with Him.

And I talk to Him like I would my father on earth because He is that close, and He is that intimate. And that really helps me get through those really busy days and, you know, craziness. And then by the time we get on stage, I'm filled up with Him and so I can pour all that out back to the people.

Annie: I think it is amazing that you started counseling in the fall of '21 and then had such a shift in December. It's like the Lord set you up-

Anne: It's so crazy.

Annie: ...knowing that was the next season that was coming. The help you were getting for the current season, God was like, Yes... And it'll be in place

Anne: And even more than that... So November of 2021 was when we started writing this book, *My Jesus*.

Annie: Oh, wow.

Anne: So I was going to counseling in November same month and we were walking through the cycle of grief. Never done that before—facing the loss. And then on tour, I was writing my book with a writer. And so we were like writing the book-

Annie: Was she out with you?

Anne: She was out with me.

Annie: Oh my gosh, they're like, "Put her on the bus."

Anne: "Put her on the bus." We wrote the book in six and a half weeks, I think.

Annie: Oh, my gosh.

Anne: It was insane.

Annie: That was so fast.

Anne: It was so fast. So it was perfect timing. It was such a God thing. Because I was walking through counseling with the grief cycle as I was facing this book, going through all the memories of my brother. It took forever to dig those memories in my brain and find all of that. And then December hit and all that happened with my life. So it was like everything was just like back to back to back. But then we turned a corner in January. And that's when everything kind of started to become fresh again. God was just restoring a lot in my life.

Annie: So with your parents and your sister... I mean, when I read the book, I mean, you tell us like... I can't wait for people to read *My Jesus*. I think it was so good. But like you walk through the night y'all found out... I mean, you tell the details of where everyone was sitting when you found out that Jacob had been killed.

Anne: Yeah.

Annie: What's the conversation with your mom and your dad and your sister of like, "Hey, I'm gonna write a book about this and this is my memory of that moment. Is that okay with y'all? Is that not okay with y'all?" Did y'all all kind of process it together?

Anne: We did a lot. And what's kind of sad is my family doesn't remember a whole lot, especially my mom. My mom has kind of really suffered with just memory loss after losing Jacob. It's been really hard for her to remember certain things.

Annie: She's so sweet, by the way.

Anne: Oh, thank you. I love my mom.

Annie: Every place I see her, she always hugs everybody. She's just so lovely.

Anne: She's very kind. She's super kind. I love my mom. So that was really hard. But when I told them about the book, they were so excited because they're the only people that have seen every moment of miracles that God has done.

And so like I said, you know, I can talk about it on interviews or podcast or on stage, but I can't share the full story other than in a book. So they were like, "We can't wait for this book to just be out there for people to read it, for people to be able to experience the goodness of God and the miracles He did in our life."

It is my story but it's also my family's story, which is cool. And so sharing, you know, some perspectives from my mom, from my dad, from my sister through the whole tragedy. So that was really incredible to be able to process that together.

What I love is that we talked about Jacob very openly. And so we talked about that night, almost, you know, a week or whatever after he passed away and really processed it and was able to kind of fully remember what happened.

So those are scenes that I can't get out of my mind is like when he first passed away, the moment I found out, the funeral, the graveside service, all of that. And everything else is kind of just like can't really remember, I had to dig a lot of it out for this book. I had to really sit with the Lord and be like, "God, would you reveal to me like what it was you said here, and here and here."

And you know, because trauma... losing someone does a lot to your brain. It really affects your brain in a negative way. So that was really hard to get all that out. But yeah, I'm glad I did because now I have it in a book, and I'll have it for the rest of my life.

Annie: Think about Jacob and the Anne he knew that day before he drove away and Anne you are now and your life.

Anne: Very different.

Annie: Right? Like what does Jacob think about this?

Anne: I know.

Annie: When he's looking down from heaven, what do you imagine Jacob's sister and who... what the career that has happened because of his death in a lot of ways?

Anne: I think Jacob would be really blown away about what God has done. I really think he would be like, "This isn't..."

Annie: I think he is. I think he knows.

Anne: Yes, I do too. And I believe that he's with me. I was doing something yesterday that was about him and I can feel him a lot, which is weird to say for some but like, I feel Jacob. I feel him in the room. I know he's with me and I know he's so proud.

I wish he was here because I know he would like to be on the road with me as my security guard and would not be leaving my side. But I'm just so grateful for the fact that he is in the great cloud of witnesses and that, as a Christian, as a believer, I have that promise that he is with me.

And so I know he sees it all. I know he is a part of it all. And there's a lot of times where like something will happen outside or there'll be like a duck that comes by or just like little hints to what meant a lot to Jacob. And that's kind of my reminder that like he's with me, he's watching me and he's seeing me.

Annie: Would you ever try this career? Would it have been possible to do this?

Anne: No.

Annie: No.

Anne: Not at all. I had no desire-

Annie: Ain't that wild.

Anne: It's so crazy. I had no desire to be a songwriter, to be on a stage, to be singing. You know, I loved Christian music. I loved Lauren Daigle, Matthew West. I was just looking at a picture earlier that me and Lauren Daigle took when I was like... It was like six, seven years ago.

Annie: Oh my gosh.

Anne: It's so sweet. I was 13 or something and she was just starting in her career. But I loved Christian music but I had no desire to be in the music industry. I didn't even know what that was.

Annie: Right.

Anne: So It's really crazy to see what God's done. Now He's given me the desires of my heart that I didn't realize were in there and replaced what I thought I wanted with what I actually needed and what I have now. And so it's been really special.

Annie: I was just talking with another friend of ours a minute ago before you walked in and we were talking about how nothing's wasted. How really like... I don't know if I got to tell you the story, but my sister had a baby this summer that died.

Anne: I saw that. I saw that through... Because remember you told me you're going. That we weren't gonna hang up that day, that you were gonna go to Georgia.

Annie: You're exactly right and I'm so sorry.

Anne: I saw that through your Instagram. And I'm so sorry. I am so, so sorry.

Annie: I forgot that was the day we were hanging out and I was like, "Anne, I gotta go to Atlanta. We need to reschedule that. Can we do that today while we're both here in the room, by the way? Let's put that back on the calendar."

And so I have been processing this, like, what does loss give you? Because before TJ, my nephew, I think I thought last took everything. I didn't realize that it gave as well.

Anne: It does. Yeah.

Annie: It does, doesn't it?

Anne: It's so special.

Annie: It's like God bamboozles the whole system. I just didn't know that. But then when you look at your life, and when you read *My Jesus*, you're like, "Oh, yeah, the next door for Anne was only on the other side of loss." That's wild.

Anne: It's so true. And it's so beautiful to think that God would do that for us. And it's like, you know, there's so much beauty in loss. For me, what I found in it is it's a new perspective. I'm so grateful for the way I live my life now compared to how I used to live it because I have a new perspective.

When Jacob passed away, I was like, "I no longer cared about the things of this world or what I was doing or whatever. It was like, "No, I'm gonna set my eyes on heaven." And I really don't think... I mean, I knew Jesus, I was a strong Christian but I never learned that from church. No one really ever tells you to truly fix your eyes on heaven. But that really is the whole point that this life is a vapor and that's where our focus needs to be.

And so, you know, loss gave me a whole new perspective on life that has now caused me to live my life in so much more of a valuable way. Every day I wake up,

and I'm reminded that my goal is to tell as many people about Jesus as possible, so that we can all go up together so that the next person that passes away their family doesn't have to deal with the grief of them not being in heaven.

Annie: Yeah, that's it.

Anne: They're going to be reunited with them again. And to me, that's the point is like loving people on earth well and serving Jesus and telling others about Him, and then heaven is our final home. And I never thought about it that way.

And even my parents. You know, my parents have been strong Christians, believers, but they even said before losing Jacob they never once thought, like fully thought that that's our final home. Because you're always still focused on here and now. But when you lose someone you love, it's like your perspective just shifts. And it's so beautiful

Annie: Yeah. It's an expensive gift that you're giving.

Anne: It is. It's so hard.

Annie: It's so hard. The idea of heaven being our final home... I mean, you actually write about this some in the book, but this idea of like, how do we picture this place that we aren't, how do we look beyond the life that we have? And I think that perspective only comes when we are people who grieve with hope.

Anne: Absolutely.

Annie: Right?

Anne: Yeah. We have the hope that we're gonna see them again

Annie: When you imagine where this goes next, when you keep watching this life, the further you get from Jacob being here, what do you write next? Do you still keep writing about heaven or will it always point back to this? Is this the Ebenezer stone in your life or do you predict there will be... are there already other things that you're like? Well, actually, that impacted me too and that shifted things and that impacted me? I'm thinking about friends who have a fresh loss and wondering if that will forever be their thing.

Anne: That's really, really good. I was just thinking about that a couple days ago. I'm starting to write for my new record, which is crazy. It's super quick and fast but-

Annie: I'm so glad.

Anne: You know, I've thought about that a lot. I'm like asking God, you know, "Obviously, Lord, you did this in my life. Jacob passed away, you used it for good." This is why I'm literally sitting here doing a podcast with you is because of the loss of my brother. But what do you want me to do next? Does this next record... Is it going to be about the loss? Is it still going to be about heaven or it's gonna be about other things in my life, other things that He's speaking?

So I kind of feel like I'm in the middle of that now where it's like I will always talk about Jacob. That will always be my focus, because I remember the fresh pain of losing Jacob and I remember the deep, deep pain. I felt like I had no one to go to, no music to listen to that talked about it. And that was my biggest goal in creating a record was I want to write songs that help people through loss.

Now that's still one of my biggest passions, but now I feel like the Lord's also speaking to me about so many other things. Like just released the *Hey Girl* song a little while ago. And that whole movement of like helping girls and starting to partner with organizations that help girls, you know, whatever it is and sex trafficking and helping women. And that's another part of my heart.

So there's a lot of things that I feel like God is doing and this next record will talk about and this next season of my life just as an artist. But Jacob will always be the center of everything. It reminds me it's my roots. It shows me where I came from, where I'm going, and then it's my kind of initial calling is to walk people and help people through loss and point them back to Jesus.

Annie: Wow.

Anne: I'll obviously do other things, you know, that God puts on my heart, but that's still my calling.

Annie: So for our friends listening, I'm just thinking, somebody has hit play on this because they just lost a sibling, or a parent, or a friend. And they're like, "Maybe Anne Wilson can say the thing that's going to fix this." And we can't. We can't say the thing that's gonna fix it. What do you say to someone who's a week out who thinks, "I will never have another thought except about the person that we just lost"?

Anne: Yeah. You know, first of all, for anyone listening, I'm so sorry for your loss. Death is so painful. And I always remind myself that we weren't designed to walk through death and pain and loss any time. But because of Adam and Eve sinning in the garden. That's why we deal with this. So that's not God's intent. And God didn't design us to have to deal with that-

Annie: Which is why it feels so sideways.

Anne: Exactly.

Annie: Even though it's every single person dies.

Anne: Every person dies.

Annie: And it still feels-

Anne: It feels awful. It's like doesn't make sense because it doesn't make sense.

Annie: That's right. Old or young, it does not matter. It feels like this wasn't supposed to happen. It's so weird.

Anne: It's so weird and it's so hard. I think the first thing to remember when you've just lost someone is, first of all, allow yourself a lot of grace. It's going to be really hard. It's going to be a hard journey. And there's no way to sugarcoat it, there's no way to make it better. But there is someone who's going to get you through the pain and care for you. And that's Jesus. We lost a lot of close friends and family right around the time that Jacob passed away. It was like one death after the other-

Annie: No.

Anne: ...in our community in Lexington, Kentucky. You know, we watched some families completely departed from God, and then the ones that turned towards. And you see the difference. It's not to shame them or anything, it's just to say that you have a choice when you've lost someone that you love. And so you either choose to grow closer to God, or you choose to do it on your own. And then you'll eventually find that nothing in this world can satisfy, and you have to go back to God. He's the only one that can get you through it.

Annie: That's right.

Anne: And so I would just highly encourage you guys to trust the Lord right now more than you ever have. Surrender it at all because He knows the pain you're feeling. And I also remind myself that He lost His Son.

Annie: Wow.

Anne: And so God feels that pain. So God can relate with us, that He watched his Son die on the cross and give up His life. And not only that but carry the weight of the sins of the world, which God couldn't even look upon. He had to turn His face away.

And so it's like God is going to be able to relate with us through this pain. But I will say that it does get better. And people used to tell me that and I would not believe them for a second. I'd be like, "No, it'll never get better. People would say that time heals. And time doesn't necessarily heal, but it will get better eventually. You will find a time where you're laughing again, where you're having joy again. But I don't know if I could say that if I didn't have God. Like I had to have God to get to that point. He was my strength.

Annie: That's right. It's God and time.

Anne: Yes, yeah. And I think you know, just clinging to the people around you, constantly reminding yourself that we are going to see them again one day. And there's a heavenly perspective there that is so vital to have. Because if you're living on this earth and oh, we're never gonna see them again, you know, it's all about this earth... and it's like your years on earth are so small compared to eternity in heaven that you're going to be with them.

Annie: That's right. The thing I write in my journal a lot is this is the short part. The long part's coming. This is the short part of the story.

Anne: So true.

[00:39:06] <music>

Sponsor: Hey friends! Just interrupting one more time to tell you about another amazing partner, [Prose](#). Okay, raise your hand if you're interested in having healthier hair. I mean, if you're driving keep the hands at 10 and 2, you guys. But I think we'd all agree that since we wear our hair every day we want it to look the best we can.

Well, Prose is my go-to for personalized haircare. They take natural ingredients and combine them in innovative ways to bring us clean haircare with incredible results. Their formulas offer answers to your individual hair needs not the same old solutions that target everyone else's issues.

So I use Prose customized shampoo and conditioner and my hair is shinier, fuller and more manageable than I can ever remember. I love the way the products smell and knowing they were formulated just for me, I like it.

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

They analyze over 85 personal factors from this quiz and then Prose determines a unique blend of ingredients to treat your exact concerns. And then a few days later, these amazing-smelling personalized products show up on my doorstep. You can always adjust your formula using the "review and refine" feature which I think is brilliant. And when things change in your life, you can also change how you take care of your hair.

And as a carbon-neutral certified B Corp, Prose is an industry leader in clean and responsible beauty with sustainably sourced, ethically gathered, and cruelty-free ingredients. They're also the first custom beauty brand to go carbon neutral, good for our hair, and good for our world—win-win. If you're not 100% positive Prose is the best hair care you've had, they will take the products back no questions asked.

Prose is healthy hair regimen with your name all over it. Literally, your name is on the bottle. You guys, your name's on the bottle right there on the front. I love it. It's one of my favorite parts.

So take your free in-depth air quiz and get 15% off your first order today. Go to prose.com/thatsoundsfun. That's prose.com/thatsoundsfun for your free in-depth pair quiz and 15% off. Prose has given over a million consultations with their in-depth hair quiz and you should be next at prose.com/thatsoundsfun.

Sponsor: So I've been podcasting since 2014. And let me tell you, things are definitely changing and have definitely changed and grown in the podcast world from the technology to the variety of options to the number of people listening to podcast. It's part of the reason we grew from the That Sounds Fun podcast to the That Sounds Fun Network.

All that growth, experience, and learning leads us to refine the tools we use for bringing you all of these great shows. And one that we absolutely cannot live without is Anchor.

You've probably heard me say it before, but Anchor is seriously the easiest way to make a podcast. It's free, as in it cost you zero doll-hairs, but it has simple-to-use creation tools that allow you to record and edit your podcast right from your phone or computer.

Anchor will distribute your podcast for you as well, helping you get your content to so many people on Spotify, Apple Podcasts, and all the other platforms where people love to listen to shows. Anchor even has ways that you can monetize your podcast with no minimum number of listeners. It's everything you need to create a podcast all in one place.

We hear from people all the time who have great ideas and are looking for how to get their podcast started. Well, Anchor is what we use across the That Sounds Fun Network. And we are just huge fans of how easy they make it to create great-sounding, far-reaching podcast episodes.

Just download the free Anchor app or go to anchor.fm to get started. Again, that's anchor.fm or you can download the free Anchor app today.

And now back to finish up our conversation with Anne.

[00:42:54] <music>

Annie: One of our friends when they wrote in questions from our AFD Week in Review email asked about your song Mamas with Hillary.

Anne: Aww, yeah.

Annie: Oh my gosh. Will you please talk about that video? Those girls are so cute.

Anne: Those girls are adorable. I love Hillary Scott so much.

Annie: I know. She's the best.

Anne: She's become a friend. I'm blown away that I even can call her friends because I grew up listening to Lady A, which is crazy.

Annie: But yeah. I wrote that song Mamas with Matthew West and Jeff Pardo. We write together a lot. And-

Annie: Jeff Pardo who is the most nominated person for the Dove Awards.

Anne: Nine Dove nominations.

Annie: Oh my gosh, I love that guy.

Anne: He's so amazing. But we wrote that song together. And I wrote it for my mom. My mom is one of my best friends. Just love her to death. She's always been such an incredible, godly role model for me.

But I also have a lot of people in my life that don't have moms, a lot of people that grew up without one, they were adopted, their mom passed away, their mom wasn't in the picture. There's a lot of brokenness. So I wanted to really write a song that was able to resonate with those people as well and point to just a mother figure in general and remind them how loved and appreciated they are the beauty of a mom.

I'm not a mom, obviously yet. So this was for my mom. But then Hillary Scott decided to feature on it. We were honored that she would want to. So she was writing it and really singing it from the perspective for her daughters, which was really, really sweet. So we got to put together a music video, which was a dream.

And so in the music video, it's me and my mom and then her and her three daughters. It's the sweetest thing. And it is really cool how it all worked out. She sings the second verse, which is perfect for kind of her season right now with like raising her little girls.

And then my first verse was talking about me moving out and me transitioning with that, which is what I was just going through a few years ago. So the music video is so fun to create. And just to be able to come together and talk about just like the power of moms and how special moms are. And it's impacted a lot of people which has been really incredible to see.

Annie: Oh my gosh, are you kidding?

Anne: It did what I was praying for it to do is impacting people that didn't have a mom or didn't grow up with one. And so that's been something really sweet to see.

Annie: What is your prayer life like?

Anne: I pray all the time. I can't not pray. I have to have communion with God. I have to have communication with Him. I have to, you know, speak to Him. That's how I stay connected with Him. I just have found that I am better in friendships and relationships at work, all of it-

Anne: Me too.

Annie: ...if there's like a conversation in the back of my head all the time.

Anne: It's so true. And when I don't have that conversation, when I lose touch with the Lord, everything else just like falls apart.

Annie: Oh, that's right.

Anne: I can't go be my best self, I can't go on stage and be my best self or whatever unless I've had that time with the Lord and connected with Him.

Annie: It is so important. For people who work for God like we do where He is our boss and our God, but also people who are doing mainstream jobs, I'm like, I don't know how you do it if you don't go there first. Are your mom and dad and sister still in Lexington or have they moved down here?

Anne: They're in Kentucky.

Annie: Okay. Are you thinking they're gonna come down?

Anne: No.

Annie: No.

Anne: They love their life there. It's fun. My mom and dad are on the road with me. They switch in and out. And then next year we'll have more of a full team on the road with me as I'm, you know, growing and everything as an artist. We're able to bring on more people which is going to be great.

So my parents are on the road with me. My mom runs a Christian school in Kentucky, my sister owns a clothing company and my dad works for both me and my sister. It's so fun. So we're just like a family, you know, that work together and everything but they love living in Kentucky. But my mom and dad do come out on the road. So they're in Nashville quite a bit.

Annie: Have you already announced your tours for '23? Does anybody know what you're doing?

Anne: We have not. Very excited.

Annie: Okay. Besides Vermont. We have announced Vermont.

Anne: We have announced Vermont.

Annie: Fall of '23, everyone, we do an announcement, we will be in Vermont. But you'll be touring again next year.

Anne: I will be.

Annie: And a new album next year at some point.

Anne: Yeah. I'm very excited.

Annie: Oh, that's great.

Anne: It's gonna be great.

Annie: Do you feel at home here in Nashville yet?

Anne: I do. I didn't for a while. Had to go through a lot of counseling about that. It was kind of a moving out-of-the-house childhood home thing. Because I moved out while I was still kind of in my senior year of high school with COVID in 2020 and then moved back to Kentucky and then came back to Nashville.

Annie: Jeez.

Anne: So I basically moved out, I mean, just like you would if you're going to college right after high school, but instead of going to college I moved into like a full-time career.

Annie: Right.

Anne: So that was like a big shift that I had to work through. But I love it here. It feels so homey and I love the people.

Annie: I was gonna say, have you made good friends, except few like me who cancel on you?

Anne: Yeah.

Annie: All right. We're rescheduling today.

Anne: Yes, we're gonna do it. I've actually been able to really make some sweet connections, which has been great, and just surround myself with people. And my road people are kind of the most important for me. Like I have to have those friends but they're also friends off the road. So we also hang off the road which is great.

Annie: So here's the other thing that we have to talk about while we're here. The way you use highlighter has really inspired me.

Anne: Oh my gosh, I saw it on Instagram.

Annie: It has been very inspirational in my life.

Anne: Oh, I love it.

Annie: That you just do a little bit on your nose and it-

Anne: I don't know if I have any on right now. But I always put a little bit on my nose and then the cheekbone.

Annie: You have changed my makeup life.

Anne: Aw, that's so sweet.

Annie: Because I saw you doing that and I was like, "Wait, she's doing something that I would like to learn how to do." So then I just really studied your face.

Anne: Wait, when did I do that? Was it a video?

Annie: No, it was... Okay, let me think back because I bought this little highlighter palette in the spring but I was still wearing long sleeves but it was after I was off tour, so it was April. I saw something on the internet. Because I was on tour February-March, and I came home and bought this little palette.

Anne: It's probably some videos.

Annie: Yes.

Anne: That's amazing. And I thought, "What is she doing that I haven't thought? So I went to Ulta and I think I showed your picture. I think I asked someone and they were like, "It's highlighter." And I was like, "Point me. Let me purchase."

Anne: I love that. I'm big into makeup.

Annie: I love it so much.

Anne: Fun fact: When I was eight years old, that's when I got like my first iPhone tablet or whatever. I was really young. I would watch YouTube videos and I would only watch makeup videos. I studied like the craft of putting on makeup my whole childhood and then like literally up until I basically graduated high school. And

then now it comes in handy because I don't have to get a makeup artist as much except for special events.

Annie: That's right.

Anne: But I love makeup. I have so much makeup at my house. I'm into makeup. I know all the little tricks and stuff. I just love it. I think-

Annie: What's your brand of choice?

Anne: Right now it's been NARS. I love it.

Annie: Oh, listen, it. It says it doesn't go anywhere.

Anne: And a highlighter you need to get is MAKEUP BY MARIO. It's okay to brand at Sephora. They have the best highlighter. I just got it a few weeks ago and I've been loving it. You gotta get it.

Annie: I feel like we need to get you a sponsorship, a makeup sponsorship.

Anne: I know. I love that.

Annie: Dear NARS, sponsor our tour de Vermont.

Anne: Please.

Annie: The leaf and makeup tour with Anne and Annie brought to you by NARS. We will teach you how to do your highlighter. Is there like a lipstick that you don't show up without? Is there like... Like when you're on the road if you've forgotten your makeup bag, what are you buying?

Anne: Oh gosh.

Annie: I would never do it. I understand it's impossible.

Anne: I use so much makeup so I don't know how I would only get one thing.

Annie: Same. When people are like, "I just put on mascara today," I'm like, "I have six layers on." And I'm so happy with it. I love it.

Anne: I love a full face.

Annie: Anne, me too.

Anne: I'm not doing natural. It's either no makeup or a full face for me.

Annie: I just am so proud of us right now because there's a world where people say less makeup is better. And I salute you if for-

Anne: That's amazing for them but not for me.

Annie: Not for you, not for me. Full face or no face.

Anne: Full face.

Annie: Full face or no face. Yes. Almost every day of the pandemic I put makeup on. I was also on Insta Story all the time, but I'm like-

Anne: I would do that too in practicing a person skills, my eye looks, all of that.

Annie: I tried to wear a different shade of lipstick as many days in a row as I could, switching shades. So I looked insane for most of Covid.

Anne: Do you have one lipstick you wear?

Annie: I try to lean on bareMinerals the most. I find I really like that. But there is a new mat Maybelline that I saw-

Anne: Maybelline has good lip products.

Annie: Right. A girl from Hamilton showed that that's what she used it and it stays for the whole show. And it's very good.

Anne: Oh, wow.

Annie: So that's what I tend to... I mean, that video shoot yesterday with Matthew West, the girl put Matt Maybelline on and I washed my face when I got home and I woke up this morning and it still was on.

Anne: Wow.

Annie: I was like, "This stuff is impressive." I gave it my all.

Anne: That's amazing.

Annie: I gave it my all.

Anne: Have you tried Charlotte Tilbury?

Annie: No. Do you love it?

Anne: It's the best brand. Okay, it's kind of my favorite all over brand. NARS is too but Charlotte's they have like best lipsticks, lip liners. I use their foundation.

Annie: Where do you get it? Sephora?

Anne: Sephora.

Annie: Okay.

Anne: It's really good.

Annie: Yeah, Sephora, it is.

Anne: I love we're talking about makeup.

Annie: Listen, this is what matters to the world. It's what matters to the world. When we reschedule our hang, maybe part of it is at Sephora. If you need us, we're at Greenhills Mall. We're getting a pretzel and some Sephora.

Anne, the last question we always ask. Because the show is called That Sounds Fun, besides makeup, tell me what sounds fun to you. What do you do for fun?

Anne: Man, I've recently been loving shopping, which I know that sounds basic. But I have been so busy the past couple of years that I haven't gotten to go shopping. So I was in Kentucky this past weekend with my family, which was really sweet to catch up. And me and my sister went shopping for like eight hours.

Annie: Oh my gosh.

Anne: We didn't buy a ton of stuff. I just love to go look and see what's happening. And it's either stuff like stage clothe-

Annie: Do you just go to one mall and just keep going?

Anne: Multiple.

Annie: Multiple.

Anne: And I normally like I'm not a big shopper but you don't realize what-

Annie: That is marathon level.

Anne: Yeah. And you know how like you don't really appreciate something until it's taken away?

Annie: Yeah.

Anne: For me. I grew up going shopping like just whatever with my friends, right? But then when I get on the road and stuff you're not near malls, you don't have time, you just lose that. Yes. And so now it's like if I can go shopping, that's like the biggest gift of all, because I can actually go and shop for a day.

Annie: People think you have all day on the road. When they're like, "You don't have show till seven," you're like, "Well, that is true but I woke up at nine because we were up until midnight or whatever. I read my Bible, I ate some breakfast. I worked out, I took a shower, I ate lunch, and now I have two hours."

Anne: Yeah, literally. Gotta get ready, got to warm up my voice and now I'm on stage.

Annie: And now here we are. And I didn't get to see one thing in this town and I was here all day.

Anne: No.

Annie: I know. So now shopping came about. You and Elizabeth did eight hours.

Anne: Something like that.

Annie: That is so impressive.

Anne: Yeah.

Annie: Did you at least get a couple of things that you love?

Anne: Yes. Got a couple of things for the stage, which I'm excited about.

Annie: Oh, yeah.

Anne: I have kind of two different styles. I love my stage clothes. I love what I wear when I perform. I love being able to really step into who I am. When I'm off the road I don't like to wear that because I just want to be comfy. So like dresses or whatever.

Annie: So what is this? Today your dress is?

Anne: This is Madewell. Madewell is my favorite brand.

Annie: Is this off?

Anne: This is off the road.

Annie: Okay. Yeah. Because that's so cute.

Anne: Super comfortable. Yeah, it's not tight. It's just like flowy and-

Annie: Got it.

Anne: I love kind of doing different vibes off the road. But then on the road I love to stick with my country southern.

Annie: Yes. I mean, I have two different bank accounts for that. Like I have a budget for stage clothes but that means I don't get to wear those at home.

Anne: Same with me. I do not wear those at home now.

Annie: Those are only... If you're buying those with sage money, the stage gets them for a whole season. And then I can either give them away or retire them to my normal life.

Anne: I love that. That's a good idea.

Annie: I usually try to do... especially when I'm doing conferences, I like wearing the same two or three things. Because then when pictures get posted on the internet, who cares? It's the same shirt. Who cares?

Anne: Absolutely.

Annie: And if it works on stage, let it be. Because your red dress and your white dress, we don't care. We wear the same ones all the time. They're perfect. And your little belt and your boots, let's do it.

Anne: So sweet.

Annie: Anne, I can't wait for people to get *My Jesus*. I'm so glad they already have been able to...

Anne: I'm excited.

Annie: It's very good.

Anne: Thank you.

Annie: It's a great first book. I hope it's not your last one.

Anne: Oh, same. I wanna write more.

Annie: I really, really enjoy it. So keep writing. Thanks for doing this.

Anne: Thank you so much for having me, Annie. It's always so good to be here.

Annie: I know. I like it.

Anne: I know.

Annie: Vermont, we're coming. I just can't wait to see which church reaches out to us first. You guys.

Anne: I know.

Annie: Vermont, it's a race. You gotta hurry.

Anne: Please, we wanna come.

Annie: Yeah, you know we want to come, you know what time of year. We will work in your budget maybe.

Anne: So sweet.

Annie: We will do the best we can.

[00:55:14] <music>

Outro: Oh, friends, don't you love her? Anne is just the best. She's so sweet. Oh gosh, I am so proud of her and the way she is sharing her story and sharing her pain. And especially in this book, you guys, it is so personal. So make sure you grab a copy of *My Jesus*.

Follow Anne on social media and tell her thanks for being on the show. And you got to see her live, you guys. You've got to see her live.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, or 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 will do the same. Today what sounds fun to me is flying to Israel. You guys, I leave for Israel today. And I cannot wait for a couple of days in one of my very, very favorite places.

So y'all have a great weekend. We'll see you back here on Monday to kick off a very special week of shows hosted by one of my best dear friend and pastor and teacher. I can't wait to see what he has planned for us. I mean, I know and it's unbelievable.

Yes, it is that time again, you guys. The Pastor Mike Kelsey takeover of That Sounds Fun. So starts on Monday. You're gonna love, love, love these episodes. So we'll see you back here on Monday with me and Pastor Mike Kelsey. See y'all then.