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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.

Before we dive into today's conversation, I want to share about one of our amazing sponsors, [BetterHelp](#). When you're feeling at your best mentally and emotionally, you're more likely to feel empowered to show up to any circumstance you face as the YOU you want to be. But sometimes life gets you bogged down, me too, and you might feel overwhelmed, me too, or like you can't see a clear direction forward, I get it.

A helpful way to get closer to the mentally and emotionally healthiest version of yourself is to see a therapist. I love my counselor. Y'all know this. You've heard me say it a million times. She's been an extremely helpful voice in my life.

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If you want to live a more empowered life, therapy can get you there. Visit betterhelp.com/thatsoundsfun today to get 10% off your first month. That's betterhelp.com/thatsoundsfun.

Intro: Today on the show I get to talk with my friend Carlos Whittaker. Y'all know he's a dear friend of mine, you know, so much that we thought we'd catch a bus and come see on tour later this year. And he's been on the show a few times, back on Episode 55, on Episode 230, and he was part of our TSF Q&A on prayer, and he was one of our special guests on the That Sounds Fun tour last year.

So you can find links to those shows in the show notes below. He's the host of the Human Hope podcast on the That Sounds Fun Network as well. He's written four books, speaks all over the world, and rallies his incredibly enthusiastic social media community to do so many fun and kind things. It's unreal. They're called the Instant Familia, and we love them.

His latest book releases tomorrow. It's called *How to Human: Three Ways to Share Life Beyond What Distracts, Divides, and Disconnects Us*. You guys are absolutely going to love the book. I cannot wait for you to hear how it has come to life. We talk about all the things. So here's my conversation with one of our favorites and my tour mate, Carlos Whittaker.

[00:02:25] <music>

Annie: Carlos Whittaker, welcome back.

Carlos: We back.

Annie: Listen, one, two, three, four, five episodes. We're kind of in a five for this month. I need to give people jackets like an SNL.

Carlos: Seriously.

Annie: I know.

Carlos: Can we get like an award or a plaque maybe?

Annie: Yeah, something.

Carlos: A plaque on the wall.

Annie: We're gonna get on that. That's what we should do. We should have something good here that tells people who've been here five episodes.

Carlos: Absolutely.

Annie: That's a great idea. Thank you for being patient with us as your real-life friend of the show and sat here as we worked on technology for 18 minutes.

Carlos: Listen, we did that. But also, can we go back for just a second to the simple fact that I have been on the show five times? It means that you've been doing the show for 17 years.

Annie: Nine. Yeah, nine years.

Carlos: Okay. Wow, loud applause for you.

Annie: That's crazy. I know. I know. Don't you know me? We are already planning fall of 24 to do a 10 ten year thing.

Carlos: Let's go! Sell out the Ryman. Let's go!

Annie: Oh, yeah, let's fill out the Ryman.

Carlos: Let's do it. Let's do it.

Annie: Oh, that is what I want to do.

Carlos: Let us plan something. Okay.

Annie: All right, everybody, November 24, come on to Nashville.

Carlos: Craig is shaking his face and his hands?

Annie: Craig is like, "I'm not sure I'm prepared for that." Carlos, welcome back. Listen, the thing we're gonna start with because everybody knows, we're going on tour.

Carlos: We are going on tour. We were going on tour.

Annie: I'm so happy.

Carlos: Oh, my gosh.

Annie: I'm so happy to not have to keep a secret anymore.

Carlos: I know. I'll be honest, I told maybe three people before anyone else knew. But I made sure that they did not tell anybody else. But I've been dying to tell people. So I'm so excited.

Annie: You keep saying you've never toured before, but you've toured so much than I have.

Carlos: Yes. Listen, when I say that, I've never done a tour that is like this where I am the person that people are coming for.

Annie: Oh, right.

Carlos: See what I'm saying?

Annie: Yes.

Carlos: This is Carlos and Annie. We're onstage together, people are coming to hear what I have to say, my name is on the bill. I've toured a lot but I've toured, like, I was the opening, opening, opening, opening guy on The Newsboys Tour in 2010. I've been on tour buses when I've spoken for Compassion. I've been at conferences. But I've never been like the bill. So this is what I mean. I don't know. It makes me nervous. This is crazy. So if I was ever gonna do it, I was gonna make sure I got Annie on stage with me.

Annie: Oh, man. It's gonna be so fun. I'm really honored and excited that we get to do this together. I feel like so many of our friends listening to my show listen to your show, and then the part that's fun to me in the Venn diagram is the parts that don't overlap. That's gonna be so fun when they meet each other. I mean it is-

Carlos: I mean, who knows if That Sounds Fun listener and Insta Familia member-

Annie: Fall in love?

Carlos: Fall in love.

Annie: That's what I thought too. Oh my gosh. Oh my gosh. How are we gonna do this? We're gonna have to at some point get every night to be like, "Raise your hand if you're not married? And everybody look around, and at the end of the night-

Carlos: Let's do it.

Annie: ...introduce yourself to some. Carlos!

Carlos: Because I am. Listen, I'm putting it out on the fam, on the Instagram that, listen, I know I got a lot of female followers in the Insta Familia, I see the demographic. But I got dudes. And dudes, I need you to hear me. I need you to come to these shows. I need you to come to these shows.

Annie: Oh, yeah. This is family. This is couples.

Carlos: Let's go! Date night. Like we're all in.

Annie: Yes, yes. Okay. What is our rule about kids? I actually don't know if we've decided whether-

Carlos: I don't know.

Annie: We should probably talk about that.

Carlos: Have you had kid rules before?

Annie: Yeah.

Carlos: Oh, really?

Annie: Because the time of the show is too late. And if we want to have a conversation with a guest-

Carlos: That are not safe for little ears.

Annie: ...and a 6-year-old doesn't necessarily need to hear that. So we'll keep y'all updated on what the age bracket is.

Carlos: I am maybe a little bit more PG 13 than you are when it comes to things I say. So it's a good idea.

Annie: A little MiniBFF warning?

Carlos: Yeah.

Annie: Well, I'm really excited. Tell me what I don't know about you on a bus. Do you have a favorite bunk? I mean, you're a headliner. You get to pick your bunk.

Carlos: I know. This is so good. I'm on buses every year. I tour and I do have habits. I was literally talking to my son Losiah about this yesterday. I was like, "Lo, you know, this is a big tour. We're doing a few weeks." He's the one that asked me, "Well, dad, are you going to stay up late with everyone on the bus? Because I know you'd like to go to bed early."

And suddenly I thought, "Oh my gosh, what's Annie's vibe? What's the tour vibe? Am I going to be the grumpy old guy that goes to bed early? Am I going to..." And then I started thinking about that stuff, which make me even more excited. So here's my vibe. Here's my tour vibe. I am an early riser on tour. I'd say when I was touring in my late 30s, I was up till 3 a.m. and I'd sleep till noon because I didn't have to be on stage till 7 p.m..

Annie: That's right.

Carlos: But now, listen, I'm in my 49th year of life. I want to get up, I want to have my little juice cleanse, I wanted to go on my little walk, I wanna have my coffee and do other things. I'm definitely more introverted than probably my Insta Familia would think that I am. But tour life-

Annie: Meaning you recharge most when you're alone.

Carlos: Recharge most. Sometimes people will be like, "Where's Los?" and just peeking in my bunk and I'm there. I'm reading a book or whatever it is. But when I'm out, like I'm out. When I'm out of the bunk, I'm out and I'm ready to talk and all the things. I just can't wait.

Annie: I know.

Carlos: Like all of those little things. Here's the thing. I love peanut butter jelly sandwiches. I'm a big fan.

Annie: So we need to have peanut butter and jelly?

Carlos: Peanut butter and jelly.

Annie: What kind of bread?

Carlos: I'm just a white bread guy.

Annie: Okay, right.

Carlos: I want to feel like I'm seven.

Annie: We'll have all that.

Carlos: I love peanut butter jelly sandwiches. When you tour, do you normally have somebody that really loves coffee, that's into coffee, making coffee? Or are you like a Keurig kind of coffee person on the bus, Annie?

Annie: There's both usually because we don't have our crew locked down yet. But every tour we've had a coffee snob.

Carlos: Oh, yeah. I like to be with the coffee snobs because either they know what the good coffee is in the town we're going to or they're making their pourover in the morning and I'm just like, "Hey, can I put an order in?" I mean, gosh. I mean, I don't know. You know, it's a-

Annie: I'm not a late-night person either, just so you know. Sometimes the crew guys are. But my voice, the only way I shut up is if I sleep. And so they make me... I mean, usually tour manager, Ashley, says, "Hey, you have to go get in your bunk because you have to stop talking so your voice last for the whole show. But you know, what's great about June tours is everywhere we're going, we can work outside. We can go on walks.

Carlos: That's awesome.

Annie: We can go to coffee shops. There's nowhere that the weather will not allow. I mean, unless it's raining.

Carlos: Sure. Or like 110 degrees.

Annie: Yeah, right. Right. Like our whole last weekend-

Carlos: I'm talking to you Dallas.

Annie: We're looking at you Texas. And the interesting thing will be because there's a pre-party and a post-party, you will get back to the bus later than I will.

Carlos: That's true.

Annie: My problem is I get so... I call it people drunk, meaning that people light me up so much. It takes me probably 90 minutes to settle down enough to even consider going to sleep because I'm so high on the experience of being with all these people.

Carlos: Yep, yep, yep. I am doing a post-party. People are gonna be able to come hang out with you before, hang out with me afterwards. Hang out with both of us if they want.

Annie: That seems to be what people were enjoying is that ticket that gets them both the pre and the post, which is very fun.

Carlos: It's gonna be fun. I'm just excited to do this thing on purpose and for the Lord to give me and you a very specific assignment for what it is we're going to be diving into on those nights.

Annie: Each night. My plan is to prepare... I mean, we're gonna prepare an excellent show.

Carlos: Absolutely.

Annie: But also the thing I feel like you and I have permission that I'm not sure I've given myself permission in past tours is, what does God have tonight? Like what does he have tonight? I got to do that a little bit with the podcast tour, only because it was a different guest. So I didn't have to think about it because it was just going to naturally happen. But with you and I, it feels like, Man, what might the Holy Spirit do if our preparation meets ability and availability to what might He have tonight? Even if it's just a sentence different.

Carlos: Even if it's a sentence. Even if it's the community we're in. Every community we're in is going to have different needs to be seen, right?

Annie: Yeah.

Carlos: Everyone's going to... They all have their things that they're going through as a collective community. Maybe we can lean into that. I just feel like every night is set up to feel different.

Annie: I also love going to the movies. I try to take us all to the movies once.

Carlos: I like that.

Annie: Take everybody to the movies once. Also, I should tell you that two of our three weeks we are Thursday, Friday, Saturday, Sunday, one we are Wednesday, Thursday, Friday, Saturday.

Carlos: Okay.

Annie: Our friends listening have heard me say this. My goal is when we get home that everyone's healthier than when they left, emotionally, spiritually, and physically.

Carlos: I've heard you say that too.

Annie: So what that means is we don't eat trash most nights. But that last night of the week-

Carlos: Okay let's go!

Annie: Let's go! We ain't living by the rules. We're living by the spirit of the Lord. I mean, we do have post-show food, but we try to... I don't want people to feel bad. I want us all to be healthier because they were led by you and I, not feel like they suffered. As best we can.

Carlos: I agree. It's gonna be so fun.

Annie: Yeah, it's gonna be great. Okay, this week, tomorrow-

Carlos: Tomorrow.

Annie: ...How to Human releases.

Carlos: Oh, my gosh. I've got that day before. This is book number four in this genre for me, and it doesn't feel like I feel right now. Like I just like, "Okay, Lord. it's in your hands. There's nothing I can do." But it's a job for me to get there. Right?

Annie: Right. Right. Where are you coming from? Talk about where you're starting the journey that ends with God you put books in hand.

Carlos: I mean, you start the journey with writing it. I had the title before I had the book. I was like, "This is what I feel like I'm doing on social media every day, it's just helping people remember how to do this human thing well."

Annie: It's what you do on your podcast too, on Human Hope is you're like, "This is what human is like."

Carlos: Yes, yes. Literally, we're sitting here, there's someone mowing the grass outside. Craig, your wonderful engineer, he literally took a chapter out of the book and he's like, "We're about to record a podcast," it's like, gwegwegweiiii. And he kind of takes some deep breaths and he looks outside wondering when they're gonna finish. He's like, "Thank you for doing your job."

Annie: I know.

Carlos: And I'm like, there it is. That is how to human. That's what it's encompassing. So I'm excited about the message, of course, that I pour into the book. That's my favorite part. For me as an author-

Annie: Really is the writing part?

Carlos: It is the writing part. Oh my gosh.

Annie: Wow.

Carlos: Stick me in a... I don't care if it's a coffee shop or it's a hotel. I don't care where I am, on my sofa, put the *Chronicles of Narnia* soundtrack in my ears and let me just write.

Annie: Oh my gosh.

Carlos: It's like my favorite thing. And then when I turn it in, it becomes a horror show for my emotions.

Annie: I know. It's just like this is all in me and now... What happens is everybody starts telling you their opinion, because you've got an editor.

Annie: The editor. That's what they are supposed to do.

Carlos: That's what they are supposed to do.

Annie: It's terrible.

Carlos: So then they're editing and then your book reviewing and then your launch team reviewing and then you're seeing what somebody's disappointed with. "Well, his writing style just isn't..." And it's just for me, I'm way better now, but it's the scariest hardest part. And I'm getting better.

So that's the journey. That now the day before that this book is out into the world, it is a supernatural thing that has to happen inside of me because the natural will never allow me to just kind of brush it off. I don't care how much therapy I go to. It's got to be a supernatural thing. So I'm praying supernaturally, "Holy Spirit, allow the peace that really passes any understanding to really come in." And it's happened every single time. It's going to happen this time too. But you know, as a creative that puts there art into the world, it's always nerve-racking.

Annie: Will you talk about that? That's really interesting, the therapy meeting the Holy Spirit. Because I've heard people say, literally with my ears, I heard someone say, "Christians should not lean on therapy, they should just lean on scripture." And I've heard someone say, "Cognitive behavior is not a spiritual thing. It is just change your behavior and get your tools, and then you'll be able to move forward." There's a ton of therapy that has nothing to do outwardly with spiritual life, though. As John Mark Comer taught us, everything is spiritual formation. Where's your connection of therapy and the Holy Spirit?

Carlos: Holy Spirit is just, for me, 24/7. So when I'm in therapy with a therapist, Holy Spirit is there. When I'm out of therapy without a therapist, Holy Spirit is there. So therapy is just.... that's in the natural. So I allow the supernatural to impact that.

And then the natural can also, I believe, impact the supernatural. So I believe that when I am in therapy with a good therapist, and they're asking me, this could be a non-Christian therapist doing some version of therapy I've never heard of, they can ask me a question that can lead me supernaturally to a place. I just believe that they're so important. So, John Eldredge, I went to this conference, and he's only done it once.

Annie: Oh, John Eldredge.

Carlos: He's only done it one time. I can't believe he's only done it once. But luckily for everybody, if you're... I'm a member of his thing. He's got something that you've become a member of his club or whatever.

Annie: So you can join John Eldredge club. Now I understand. Is it a fan club?

Carlos: I mean, maybe it's fan club. But you get access to-

Annie: It is if it's you and me.

Carlos: That's right. You get access to all of his conferences that he's ever put on before so you can listen to them.

Annie: Oh, wow.

Carlos: And there's one conference that I actually flew to Colorado Springs, and it was John Eldridge and Dan Allender together on stage.

Annie: Oh, my gosh.

Carlos: So you've got this clinical psychologist. It was fascinating. And John came out the very first day and said, "Okay, now listen, there's two types of people in the room. There's my inner healing prayer people. You guys are here." Because they came to learn that part from John. "Then you've got your clinical psychology. You guys are in the room. You've come to hear from Dan. We're gonna figure out how to do this together."

Annie: Wow.

Carlos: And Annie, it was the greatest three days for me of understanding and learning how the two things go together. I can't remember what the name of the conference is. It's in the fan club. You can go find it.

Annie: Lillian will help with that. The challenge is now on.

Carlos: Yes. Anyway, all that to say I just believe both are very, very important. And I'm always going to press people to go to therapy and inner healing. Go to both. And guess what? One can maybe give you more healing than the other one. That doesn't mean the other one's not just as valuable.

Annie: Yeah, that's right. Put them together. It's a peanut butter and jelly sandwich. You get to decide whether you lean heavy on peanut butter or jelly.

Carlos: Absolutely.

Annie: But both of them make the better sandwich.

Carlos: Yes.

Annie: I think so too.

[00:18:00] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Shopify](#). Y'all know that when I get excited about something you are the friends I want to share with. I love bridging you to great resources and creators. And I do that here on the podcast and in our AFD Week in Review. But we also try to make sure that what we're doing in our shop is also bridging you to products like the Advent series or my books that will encourage you and help you to find fun and courage in your lives.

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Sponsor: And I want to tell you about another one of our incredible partners, [Ritual](#). Were y'all so proud of me when you saw meal prepping last week? I know. Me too. Here's what I know. I will not maintain a perfect record of doing that. But perfect record is not the goal. Being a good friend of myself is the goal. And Ritual wants us to give up on the illusion of perfection and simply focus on the small positive steps we can take.

Ritual knows it's basically impossible to get all the nutrients you need from your diet 100% of the time, so they made a multivitamin that helps you focus on what's important, like filling key nutrient gaps to support foundational health.

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Instead of striving for a perfect health, aim for supporting foundational health. Great news, Ritual is offering you guys 10% off during your first three months. So visit ritual.com/thatsoundsfun to start a ritual or add Essential for Women 18+ to your subscription today.

And now back to our conversation with Carlos.

[00:21:15] <music>

Annie: Do you think people who follow Jesus should have a therapist who follows Jesus?

Carlos: No.

Annie: Okay.

Carlos: I don't. Because again, if you are getting your... hopefully what I feel like is weekly spiritual formation from your community and church leadership, if you're involved in church in some way, shape, or form. And you can have a Christian counselor, like, counsel.

But the reason I say no is this is, my biggest breakthrough I've ever gotten was from a lady named Barb. Barb was in no way shape or form a Jesus follower. And through her work, and through her ability and skill set, and honestly, what I believe is a God-given skill set that maybe she hasn't realized yet, she was able to allow me to get a breakthrough that I never would have before.

If I would have just been looking for a Christian therapist, I may have gotten a good breakthrough. And that may have happened the same way. But I know that it also happened with her. That's part A of the answer.

Part B, the answer is I've always been very aware of in asking Holy Spirit to make sure that the root of something isn't based in—now, listen, I'm going all the way

there—isn't based in something... Like if there's a mode of therapy that a non-Christian therapist is doing that maybe has some roots and things that-

Annie: Some new agey, some demonic-

Carlos: Yeah, some stuff like that.

Annie: You can say all those things here.

Carlos: Okay, yeah, yeah. I'm just not gonna do it. I'm just not gonna touch it. I'm not going to just because I believe in the supernatural. I believe in spirits. I believe in all of these things that those are real, and I'm just not gonna invite that into my life.

Annie: What does that make you think about the Enneagram? Because there are really smart people who love Jesus they're landing on both sides of the Enneagram started in a demonic way and the Enneagram didn't. And we don't actually know. So you can talk about the Enneagram. Also, in a general sense, when we don't actually know, what do we do?

Carlos: Right, right. So we'll start there. When we don't actually know, we have access to ask God. We literally have access to-

Annie: What is right for you.

Carlos: "Holy Spirit, am I supposed to do this? Am I not supposed to do this?" When it comes to the Enneagram, you know, few weeks ago there was a little to do for 24 hours about somebody that talked about...

Annie: A little kerfuffle that filled my DMs, you mean?

Carlos: Oh, okay, I'm sure. I hadn't asked you about that yet. Here was the crazy thing is that the ker... What did you call it?

Annie: Kerfuffle.

Carlos: Yeah, that thing that happened, actually came from somebody that a lot of people are very into, trust a lot, maybe we're a little shocked-

Annie: And surely loves Jesus.

Carlos: Maybe we're a little bit shocked at, like, "Hey, this is what I've seen and what my research did." So I guess when those DMs happened to pop into my account as well, I was like, "Hey, listen, don't ever..." I've actually not answered this. I have a

whole bunch of questions in my inbox, in my DMs. Not in my DMs. I did a question box that same day, all the questions are about that.

I haven't answered it yet because I want to... Maybe I will by the time this podcast airs. But this is what I said in my answer, what I will say on Instagram is that, you know, a, I'm careful... A lot of people immediately say, "I've seen a tool really help a lot of people so it must be good." So immediately I always say, well, you got to be careful with that. So just because something can help somebody else doesn't mean it must be good.

Annie: Very good.

Carlos: I think we have to say that first. But then secondly, I just want everybody to never trust just one source and then throw it out. Like if you hear something that makes you question something that you believe in, hear it, take it in, and then go do your research, go do your study. That's what I did. So I heard her say that, and I was like, "Hmm, this is very interesting. So I went researched a little bit." And then gospel for Enneagram or somebody put out a great response. Even the way he worded it-

Annie: He was so generous and so kind.

Carlos: He was so generous. And then I heard that and I was like, "Huh, so I'm going to research a little bit more."

Annie: I called him because of that.

Carlos: Me too.

Annie: I hadn't listened to him before and didn't know who he was and I thought, "This is so beautifully, politely, thoughtfully done."

Carlos: Then I went to my pastor, who actually maybe leans a little bit more towards the first person because I've kind of known that already about their thoughts of it. And so what does that do? That informs me a lot more. I just think that's so important for us to... Just because you love something and you've seen it help a lot of people doesn't mean that you can't be like, "Oh, I wonder if this...? Maybe I should look into this a little bit more."

Because here's the other thing. When that came out, a lot of people they've in the last three years based their entire careers around Enneagram. Well, I think that's probably going to be scary for some people to think like, "Well, suddenly Christians is going to cancel the Enneagram because Megatron told somebody to start whatever."

And so it's like, yeah, listen, hear those things, do your research, ask Holy Spirit to guide you with it, and then make the decision for you. Same thing with yoga. Same thing with people that do yoga. It's like okay, you know, we can do the research, you can see things are based in certain ways. I know Christians that just won't do it because of where it came from. I know Christians that do Christian versions of yoga.

So it's like, okay, these are two people that have landed on two different areas. It's okay to land in those places. Just really make sure that you're asking Holy Spirit to lead you.

Annie: And trust that you can hear God for you. That's what matters. A couple of people that reached out to me, I got to say back like, "I 100% believe you've heard God for you." I have a friend too who literally heard God say to her, "I'm done with desserts. You're done with desserts." That does not mean we all stop eating dessert. That means for her spiritual development and for her walk with God, she had to walk away from a tool.

Carlos: Yes!

Annie: Great! I respect it so much. But when God tells her to walk away from dessert, she's not asking Dairy Queen to close.

Carlos: Right. Right. Right. It's true. It's true.

Annie: The yoga is such a good comparison.

Carlos: It is. And also realize this. When things like this happen, because there's going to be more things that you really love something-

Annie: Polarizing is popular.

Carlos: It is. You really love something. And this happens with individuals that we love and that we follow too. Like you love them for everything and then somebody else says something horrible about that person, and maybe brings to light something you never knew about that person. You get to make a decision at that point. "Okay, holistically, I follow this person for years, I've seen everything about that person for years holistically. This person comes along and for 24 hours says something that maybe made me think, you know, 'Oh, there's something different here.'"

But guess what? The person that talked about the Enneagram, they haven't talked about it since. They're not going to talk about it. And suddenly everyone that loves

it is still talking about it. And it's just like, remember that's not... They literally said for 24 hours. Guess what, you get a lot more-

Annie: You get to decide.

Carlos: You get to decide.

Annie: Yeah, that's right. That's really good. I mean, because what we're doing is what we're about to do on tour. Everybody, you just give us topics and we're gonna do this. Also in *How to Human* you say be human, see human, free human.

And so part of this whole thing, part of following anyone on the internet is like, first of all, you get to be a human. What is right for you? Then you get to see a human. What are you seeing in this person? And then one of the things we get to free them from is our expectations.

Carlos: Yes, come on.

Annie: We get to see them and then free them to be human. In our epiphany episode, one of the things I thanked the friends listening for is letting me be a human. Because I'm like, "You let me make mistakes and let me say things sideways and let me fix it as best I can. And you aren't asking me to be perfect. You're asking me to be growing human and rightly so.

Carlos: Yes, absolutely. That's the thing. So it's great. You have to read the book. Be human, see human, free humans. There it is. Literally seeing someone else is what everybody needs more than anything right now is to feel seen.

But once they're seen... the freedom that you got, Annie, in 2022 when you feel like people saw you but then also gave you freedom to be you and to make mistakes and me too, like people saw me and I said things sideways and I'm like, "Oh, that's it. I've said it."

But the overarching theme of who we are is constantly going to be like, I'm going to continue to grow as a human. And we're never going to achieve all the ultimate humaneness which was Jesus. He gets to be our example. But not one single person that's listening to this podcast right now, not one person is going to be able to get out of the fact that they're going to say something that will cancel them from maybe their friends, or a larger group of people. We're all going to say something at some point. But we can't be human if we're just expecting people to be perfect all the time.

Annie: I mean, I feel it in me, right, where someone that I really respect says something I don't agree with and I feel the inclination to be like, "Well, they aren't who I thought they were."

Carlos: "That's it. It's over. Game over."

Annie: Well, guess what? No one is who you think they are, for starters. Secondly, okay, I followed Pastor X for 10 years online and I don't like a sermon he does. I get to decide, "Do you want to stick around and see three more sermons and see, is this a change in his belief system that does not match my belief system? Or did he say something I don't like?" All right.

Carlos: Or did he vote for president I don't like?

Annie: Oh, Carlos, how are we going to do this? I'm telling you, I mean, how are we going to have another election and survive as the church?

Carlos: You know how we're gonna do it? If everybody buys a copy of my book, *How to Human*.

Annie: That's it

Carlos: And we remember, once again, what we were called to do is the hands and feet of Jesus and not make a decision off of who somebody votes for. Now, I like what you just said. If you suddenly see a difference, a change of heart in the way they treat people and the fruit of the Spirit beginning to sour and these things, yeah, at that point, you're seeing a shift in a change in somebody's ethos.

But just because they voted for somebody does not change who they are. It just doesn't. You didn't start following them because of who they voted for. Why would you stop?

Annie: Here's the problem is you liked him until you knew. You loved me until you know I voted for Trump or you love me too you know I voted for Biden. Then it makes you do this backlog of like, "Well, did I actually disagree with that? Did I actually disagree with that?"

Of course, the internet got unhappy with me last year. I saw a couple of times on Twitter people say, "Well, I've always thought Annie, bla bla bla," or "You know what? As long as we're talking about this, the other thing..." And I'm like, "Oh, you're just pulling up receipts that I didn't know you were holding." So I'm thoughtful, Carlos. As you're really actively teaching us how to human, how do we let go of receipts versus...? Because what I hear some of my friends saying back to

you and me is like, but we want to be wise and only be informed by voices that are wise.

Carlos: Sure.

Annie: So if that person didn't vote for who I agree with, then they might not be a good voice for me. Is that true?

Carlos: I mean, a good voice for you in what? In politics, maybe. But if they'd been a good voice for you, in your life in general, and then made you a good person before you find out who they voted for, yes, you still follow them, you still learn from them. I've seen it happen on my own socials. When people found out where I leaned, then I saw a bunch of people take off.

Annie: Wow.

Carlos: The most beautiful thing for me has been the DMs where I've seen them come back. They're like, "You know what, Carlos? I can't believe that you did vote for that person. I had to take a sabbatical from @loswhitt. And I've come back and guess what, you're still the same person."

Sometimes for our own mental health, sometimes for our own really healing and safety, we do have to take a break from some people for some time. But just know that... Because I say it all the time, even in the book. One of the big things I say is, don't stand on issues, walk with people. That's a big statement that I... It's a big part of the book. And people are always like-

Annie: Well, it's a big part of you.

Carlos: Well, it's a big part of me. But people are like, "What if the person that I'm walking with is hurting me?" I know you say, "Don't stand, just walk with people. But what if the person that I'm walking with is actively dehumanizing me?"

Annie: Wow.

Carlos: Well, okay, then you don't walk with them. Like tomorrow morning I'm not gonna go search for the next KKK rally and as a black man in Nashville, go to that KKK rally on a Friday night walking and be like, "Hey, guys, I'm ready to walk with you." No, because it's not smart.

Annie: "We're gonna be fine." It's not safe.

Carlos: It's not safe. We have to be smart and safe with who we are. But I still believe that there's a capacity inside of all of us to actually do this thing.

Annie: Because also the real kick in the pants is some of those KKK members may go to our church.

Carlos: Oh, my... They do. Not "may". They do.

Annie: And they would say to you, "When I talk to God..." And that is hard for me.

Carlos: Can I tell you a story?

Annie: Yeah.

Carlos: I feel like I need to tell you this. I don't know if this is for questions later. But I was preaching this message two days ago at a church in Florida and I use the Ethiopian eunuch as my teaching in a faith-based context.

Annie: From Acts. Is that where people can go read it?

Carlos: Act 8. You got Philip who's a follower of Jesus, and he is told by the Spirit to get up and go to a road. He goes to a road again. You're getting a 30-minute sermon in two minutes here. But he goes a road. And when he's off the road, he sees an Ethiopian eunuch in a chariot. Just so everyone knows what that means, that is a black, castrated man that is riding in luxury. So three things that automatically make this Ethiopian eunuch completely different than the crowd that Philip would ever hang out with. And the spirit not only told him to go to the road, but then the Spirit said, "Go up to the chariot."

So my whole message is you gotta go up to the chariot of the people that don't look like you, think like you, love like you, vote like you. And then not only that, but then when he got to the chariot, he had to get in the chariot. Like I go, I press in, I'm stepping on toes on the whole message. I'm like, "What's the chariot Eunuch?" You gotta go get in that chariot. Is that a Trump chariot? Is that a Biden chariot? Is that a Black Lives Matter chariot? Is that a Blue Lives Matter chariot? What's the chariot? you got to get in, and you gotta go to it and get in it? So like I'm stepping on toes, I'm feeling good. Then at the end of the service, people are coming up to-

Annie: "I'm stepping on toes. I'm feeling good." We're so different. I'm like, I'm hugging feeling good. No toes have been touched.

Carlos: I feel like I have been given a gift to step on toes and people want me to step on them more.

Annie: That's right. You're right.

Carlos: I don't know what that is but it just is. So I'm invited into that, I'm doing that, like people are being challenged. And after the service, I'm standing there, and you know, you got the people that are greeting you in line, and this probably like 65-year-old white man—This is very important. I said white man. People don't want to say this, but just keep going with me—he comes up to me, Annie. I'm still shocked by this because it's only a few weeks ago. He looks at me, his lip trembling and he looks so pissed. He looks like he's going to take a shot at me literally.

Annie: Oh gosh, Carlos!

Carlos: Literally, I've never felt like I needed to look to see where the security is. But I did. I turned and made eye contact with a security guy. And it's only because the man stood there for 10 seconds almost trembling, not saying anything to me.

And finally, this man looks at me in my eyes—and it was actually so cute the way he said it. Because the word that he used, he said, "I've been prejudice my whole life, and this is me coming up to your chariot. Can I please get in your chariot?"

Annie: Carlos!

Carlos: And he opened his arms... Oh, I'm not gonna cry on podcast. Hold on. He opened his arms and I just embraced him. And it felt like 10 minutes—that would have been awkward if it was—but it was probably 30 seconds. And not another word was spoken.

Annie: Wow.

Carlos: He let me go, looked me in the eyes, turned around, walked out the back door. And that is what I'm talking about.

Annie: That's it.

Carlos: That is it. Did he completely change every bit of his views? No. But what did he do? He didn't turn his back on his values. He turned his heart towards me. And that's the beginning. That's the goal: gets in the chariot. It's gonna feel impossible. And guess what? That probably wasn't possible for him because he was 65. But it was Holy Spirit that gave him the strength to do it.

So for those of you thinking like, "Well, Carlos, listen, my son or my daughter is struggling with this, their viewpoint of everything is completely opposite," guess

what? Get in their chariot. And it's not going to be through your strength. It's going to be through the power of Holy Spirit. That is the only way we can do it.

Annie: I mean, you said you change your heart even if your values don't change. But I think scripture would... Correct me on this, but where your treasure is is where your heart is. Where your treasure is is where your heart is. So that leads me to think that if we turn our hearts towards this, that our values will at some point align.

Carlos: Yes, absolutely.

Annie: So we can allow people to change their hearts in a way we will never know and see and hope that we see their values line up too.

Carlos: Yes, absolutely.

Annie: That's the thing, Carlos. Because I'm so scared that as we're going toward another election cycle that we are going to... Because I think one thing that has happened is in 2016 we had massive separations-

Carlos: Sure.

Annie: ...all the way up through 2020. And then it felt like people were like, "Oh, I can listen to someone who isn't like me. I'm settling. My blood pressure is going down. Or they went, "Forget it. I'm not even gonna try it." Either way it got calmer. My fear is it's gonna get uncalm again.

Carlos: Yeah, sure. And it is.

Annie: And what do we do when it's our next-door neighbor or the guy or the woman who sits next to us that we have our values and they are very woke if we don't agree? Or we have Our values and the person next to us is very traditional and doesn't agree with anything? How do we stay friends?

Carlos: Did your friendship start with their political view? Did it start there? Why would it end there? I just keep having that conversation with myself.

Annie: That's great. If it didn't start with your political views, it shouldn't end with your political views.

Carlos: It shouldn't end with your political views.

Annie: That is really good, Carlos.

Carlos: I know things are important to us. I know that these issues are... I've got very important issues that are important to me. I've got my best friend since I was 18 years old. 2020—the story is in the book—2020 he unfollowed me. He lives in Nashville. He unfollowed me, and I didn't know it until we invited him over for dinner a couple months into the year, maybe towards the end of the year and I realized he hasn't texted me, he hasn't... And all of a sudden, I was like, "Oh my gosh, he's unfollowed me. I know why. Because I know where he kind of politically lays and where I do.

And he comes to my house. Super long story short, we have the conversation and he tells me I'm not who he thought I was. I'm not all these things. I tell him, "Well, you're not who I thought you were." And I was immediately told the relationship was ending over politics.

And Holy Spirit was so loud going, "Stop. Stop. Listen, you have rooted for the same thing together, for a lot of same things. The Falcons, you've rooted for it together. Literally, the epitome of horribleness you've rooted for together since you were 18 years old. You've rooted for this together. You've rooted for all these things together. But there's one thing you're not rooting for together, and you're going to end everything with this?"

The next day, literally it was what I needed to do. And I didn't know this is what we needed to do to heal our relationship. I said, "Hey, we're not going to come to agreement on these things. But do you want to buy season tickets in Nashville and let's see together?"

Annie: Wow.

Carlos: Every home game we get to go sit next to each other and scream and high five and root for the same thing. He said, "Yeah." Annie, can I tell you? Finding something we could root for weekly together has healed our relationship in ways that-

Annie: What a great idea!

Carlos: ...a prayer never did, you know?

Annie: Yeah. Yeah.

Carlos: It just was something that I had to do.

Annie: You did a long conversation three times.

Carlos: Three times, never did. And yes, we are not talking about things that are important. But guess what? You're not supposed to talk about things that are... all the time.

Annie: Every time.

Carlos: You know?

Annie: Right. Right.

Carlos: Come on.

Annie: I got a quick Nashville SC. Did y'all renew your season tickets?

Carlos: I did.

Annie: Did you stay in the sunshine?

Carlos: I did.

Annie: Oh, you're so brave.

Carlos: Listen, listen.

Annie: It's so hot over there where you guys are.

Carlos: It's hot where we are. I'm right at midfield second row, but I feel like it's the best view.

Annie: It's a million degree.

Carlos: It's the best view for us. I'm a soccer fan that goes to a game and doesn't want to talk. I just want to watch the game. It's basically the TV view. So like the TV cameras that you watch, if you watch a soccer game on TV, it's that view.

Annie: Yes! Yes!

Carlos: Now, the only way I could get that view on the not sunny side is to pay a few thousands more dollars to be in the close range.

Annie: Oh, per game.

Carlos: Yeah.

Annie: Yeah, yeah. It's no joke.

Carlos: It's no joke over there.

Annie: So that's why we're in the end zone.

Carlos: Yes, totally.

Annie: Do you know when you bought tickets you could move the sun online?

Carlos: I did not know that. I wish I did.

Annie: One of the girls in our group, there's about 15 of us that bought together, and one of the girls in our group was like, "We have to be down here so we're in the shade."

Carlos: Can I tell you what's horrible is I've got my system. I show up 30 minutes early. I get in 30 minutes early, and I buy my first beer. And I get my home-style beer brewed here in Nashville and I sit there. But if it's a sunny day... Because then I'd like to buy my second beer at halftime. And if it's a super-hot day I can't do it because I'm literally lit. And I'm like, "My Bible tells me I can't be this." I like to just enjoy my drink without-

Annie: Because you're dehydrated.

Carlos: But I'm dehydrated, I'm sweating. It ruins everything when it's sunny.

Annie: We really had a system of like 30 minutes early and I would go because sprite is my beer of choice.

Carlos: Oh, there you go!

Annie: So I would go get my sprite and those cups are refillable. So then I am just making myself sick with so much sprite. But now they let you bring in water bottles, which is brilliant. I love Nashville SC. I think it needs spiritual gift.

Carlos: It is.

Annie: I know that sounds silly, but it is there, it has shifted something. That building is something. In 100 years we're going to know that that building mattered for the spirituality of our city.

Carlos: I think so. It's something beautiful there.

Annie: I don't know why. I think that's weird.

Carlos: Shout out to Fafà, our new winger who is from Houston, who's going to score more goals than people think. We became friends. I'm gonna put him on your podcast. He loves the Lord. He's new to Nashville and just moved here.

Annie: Shout out to Walker Zimmerman who we love.

Carlos: Walker Zimmerman and Jack Mayer. I've developed some friendships with like four the guys on the team that are just-

Annie: They're good dudes.

Carlos: They're good dudes and they love the city and they're bringing something new to Nashville. It's just so fun. And they're healing my relationship with my best friend. So keep playing soccer. You never know what the thing you're doing is healing for somebody else.

Annie: And what people... What I want to remind them is you're about to turn 50.

Carlos: I am.

Annie: So you're doing all of this thinking to yourself, you're not a young man who still has a life to decide how you want to be.

Carlos: Exactly.

Annie: You were like, "No, I am a middle aged person who is still open to change and open to conversations. I mean, I find myself being like, "Well, I'm not gonna learn that new technology because and I'm like, Annie, you are 42.

Carlos: No. No, exactly. It's been funny because this year, in 2023, I turn 50. It's been kind of crazy, because-

Annie: Was 40 when we did the double-decker bus?

Carlos: Yes. 40 was when we did the double-decker bus.

Annie: That was such a fun birthday party.

Carlos: I had an awesome, freaking birthday party. Double-decker bus.

Annie: To all your favorite places in town, we went to your counseling office. It was so fun.

Carlos: I literally took all my friends to my therapist's office-

Annie: Yes, you did.

Carlos: ...for my 40th birthday. I can't even believe that that happened.

Annie: So fun.

Carlos: Now, for 50, here I am. Again, I just think to myself, unless I got... Who knows? I don't want to live to be 110 years old because I don't want to watch everyone die that I love. So I know that there's probably less life in front of me than there is behind me, which for me is like... I think a lot of people may go through these midlife crises at this point. And I am so freaking excited about everything. Because here's the thing. Not until I was 48, Annie, did God give me the platform that I currently have.

I mean, I remember thinking at 30, like, "Lord, what do we do?" Even at 40 like, "I don't know." And then suddenly at 48. Listen to everyone listening to this podcast, it's like, "I don't know what to do with my life. I don't know..." listen, at 48 freaking years old was when God finally was like, "Here it is." And now you're in your sweet spot.

Annie: But you were already doing so much good work for us and for Him. So you were on a path. But then one day you go, "This is what I prayed for."

Carlos: This is it.

Annie: At 48.

Carlos: At 48.

Annie: That's so encouraging.

Carlos: Yeah. So here I am doing things, going on my first headlining tour with you at 50. At 49. I'll be 49 when it happens. So it's like, Man, I'm looking at the next 15 years of my life is like I'm going to have the biggest impact, the deepest impact, I'll be more trustworthy, wise. Man, this is a sweet spot. Now it's time to go. I've just been getting ready for this time.

Annie: And you're gonna learn 50 new things. 50 spheres. Why 50 spheres by 50 years?

Carlos: Because a) I've just been in like Rick Warren, Andy Stanley land for too long. So I was trying to find something that rhyme.

Annie: Got it. Got it. Got it.

Carlos: But like a sphere of influence. It's like a sphere of-

Annie: Got it.

Carlos: What are the spheres that I'm going to learn? I've made a decision that by the time I turn 50, I want to learn 50 new skills, 50 new things. And I'm gonna talk about like, you know... These things don't have to be massive, but they can be. They can be huge. The first thing that I learned to do when I decided to do this was to solve a Rubik's Cube.

Annie: I am dying to learn that. Maybe I need to learn on tour. I learned how to juggle two years ago on tour.

Carlos: I learned to solve a Rubik's Cube. I did it in four minutes and 20 seconds. And that was a month ago. And now I'm at one minute and 20 seconds-

Annie: Wow.

Carlos: ...I can solve a Rubik's Cube. And my goal is by 50 to solve it in under a minute.

Annie: I need you to let go of once you've learned them then move on to the next thing. You've got to get 50 things in 10 months.

Carlos: I know.

Annie: You spent months getting faster. That is not how you do this.

Carlos: That is true.

Annie: Annie, I need your help because I am a perfectionist when it comes to these things. We got to beehive. So in the spring I'm gonna learn to be a beekeeper. So listen, for some of your listeners, if they've got things that they think would be cool, you know, maybe on tour I can learn some of these things.

Annie: I was about to say, for our friends listening, if you have something quick you can teach Carlos, like how to juggle, or how to fix something, or an app on the phone

that he needs, teach him how to fix, you just reach out to us. Tell me more at anniefdowns.com. And tell us what you can teach Carlos on one of our tour cities.

Carlos: On tour.

Annie: We gotta get you 12. That's my goal. I'm gonna get you to 12 in June.

Carlos: That's amazing. I love that. I actually have a list of 30 right now-

Annie: Oh, wow.

Carlos: ...and I've left 20 open on purpose.

Annie: Okay. I'll take care of 12 of them.

Carlos: You can take care of 12 of them. And by the time I'm 50 years old, I'm going to know more than I did when I was 49. So I'm pretty excited about that.

Annie: That's awesome.

[00:49:31] <music>

Sponsor: Hey friends! Just taking a quick break from this conversation to tell you about another one of our amazing partners, [Rothy's](#). Will I be wearing my Rothy's Point or Camo Cat Sneaker when Carlos and I see you at one of our tour stops? Well, the only way to know is to find out, to show up. But I'll go ahead and say that the likelihood is high, quite high because they're so cute and so comfortable and pack so easily.

I mean, here's the thing. Here at the beginning of the year, we have the perfect opportunity for a little footwear refresh. And Rothy's sustainable shoes help us all bring our A game into 2023. They have tons of options for new wardrobe staples you can feel good about wearing, from flats to loafers to sneakers and more in dozens of colors and prints. And you got to watch their site because there are more launching soon. I got one eye over there.

Since they're 100% machine washable, you get versatile styles you can wear season after season. Okay, let's be real, 41,000 five-star reviews and counting cannot be wrong. Rothy's original slip-on sneaker won the Best slip-on sneaker from SELF Magazine's 2022 Sneaker Awards. I love their Sneaker Awards. I'd like to be a presenter at that award show. Is that possible, SELF magazine?

All of Rothy's products are designed with the planet in mind. Y'all know this is my favorite part. Rothy's shoes are sustainably made with their signature threads spun from recycled single-use plastic water bottles. Over 146 million and counting, you guys.

For stylish and comfortable shoes, shop Rothy's. Get \$20 off your first purchase at rothys.com/soundsfun. That's rothys.com/soundsfun.

Sponsor: And I want to tell you about one more incredible partner, [ThirdLove](https://thirdlove.com). Is it too much to ask that the bras we pay our hard-earned dollars for be supportive and comfortable and available in the sizes we need and maybe even a little pretty? I think not you, guys. And ThirdLove agrees.

ThirdLove spent years designing bras for real bodies. They make over 60 sizes and even invented half cups. You can always get the perfect fit, which means you'll always look and feel great. I'm sure you'll have the same horror stories. I do. Straps slipping off your shoulders, showing through your clothes, just plain uncomfortable. ThirdLove's 24/7 t-shirt bra is my actual favorite and takes care of all of those issues. I feel confident and comfortable and ready to do my day.

ThirdLove makes it easy to find your perfect bra size with their virtual fitting room. It's like a personal shopper but better. It looks at size and fit issues and your personal style to find the bra size and styles that are perfect for you. It's helped over 20 million women find their perfect bra size.

And because returns and exchanges are free for 60 days, you'll never get stuck with a bad bra taking up space in your drawer again. So Let's ditch bad bras, you guys. Get a better one that makes you look and feel great. Upgrade your bra and get 20% off your first order at thirdlove.com/soundsfun. That's 20% off your first order today at thirdlove.com/soundsfun.

And now back to finish up our conversation with Carlos.

[00:52:29] <music>

Annie: For our friends listening, they're gonna go out and get the book. Get *How to Human*. How can we pray for *How to Human*? What would you really want people to pray?

Carlos: This book was written for everybody, but not everybody is ready.

Annie: Okay.

Carlos: Some people may be ready as they start to read, maybe be ready halfway through. How to human is not a... Be human, see humans, free humans isn't a bumper sticker. I mean, it could be. It could be.

Annie: I hope it will be.

Carlos: But here's the thing, it's hard. I bring up issues in the book that may be difficult for people to digest. "Carlos, I don't know if I can think about this, or..." So the prayer is that when someone picks it up that Holy Spirit really gets them ready to do the hard work on seeing people. Because going up to chariots, again, that's one thing. Go up to the chariot.

I'm in front of the chariot that I don't agree with. But getting in the chariot, that's what I'm praying. Because if people can get in the chariot, 2024 when the election comes, it's going to be a lot better if we're in to the chariot.

Annie: The first thing I'm thinking through... I mean, I endorsed it. I've read it. But it's one of the things I'm thinking through is, okay, I need to even have a conversation with the Lord of who is my Ethiopian eunuch?

Carlos: Yes, yes.

Annie: Because I'm such a dated reference. I'm kind of a Pollyanna about something and so I'm kind of like, "We're okay. We're fine." But then I'm like, "Now there's probably people that I don't actually even pay attention to the bias in my heart and I need the Lord to open my eyes, which is... That's not a joy.

Carlos: Absolutely. And I go first in the book.

Annie: I'm not looking for that.

Carlos: Who is? Who is? I tried to go first.

Annie: It's beautiful.

Carlos: I tell people about my neighbor James and how I had bias. So just know we all have it, and we can all get over it.

Annie: That's right. Here's what is we all bring bias every day.

Carlos: Every single one.

Annie: So we can just think about it, and just work on them. I love it. Okay, what did we not say that you want to make sure we say?

Carlos: I mean, I don't know. I think that's it.

Annie: Go get the book tomorrow. Get your tour tickets.

Carlos: Get the book. Get tour tickets. I'm gonna talk about the book on the tour. Bring your books if you want to. Come on tour, I'll sign them.

Annie: Yeah, yeah. If you go to the post-party, you'll have an opportunity for Carlos to sign up if you want.

Carlos: Absolutely.

Annie: All right, buddy. Well, the last question we always ask. Because the show is called That Sounds Fun, tell me what sounds fun to you.

Carlos: Oh, my gosh. What sounds fun to me... I mean, if we're speaking on soccer-

Annie: Yes, talk to me. Talk to me.

Carlos: I've been really into soccer.

Annie: Talk soccer to me.

Carlos: I mean, listen, it's become my number one favorite sport. I'm crazy in the last two years.

Annie: Well not when the Falcons or the Falcons.

Carlos: I know. That's right.

Annie: Dear Arthur Blank, we respect you but you are breaking the hearts of the entire nation.

Carlos: Let's go. So what sounds fun to me is Nashville SC having deep playoff run this year and the US Men's National Team not being steeped in drama 24/7. That's what sounds fun to me.

Annie: I mean the last time we were in the office was big US Soccer trauma day.

Carlos: It was.

- Annie:** And we were like, "Hey, sorry everybody else. We know y'all care but Carlos and I have to process what is happening on the US Men's National Team.
- Carlos:** No, absolutely. It's been a long jump. But what sounds fun, I mean, the MLS season starting in like 19 days or so.
- Annie:** It starts so soon. I didn't realize. I was so happy we're gonna get to wear coats.
- Carlos:** What's fun is that it's been like kind of COVID-y. Like the schedule has been COVID-y when it comes to MLS. Things have been off as far-
- Annie:** Last year our first game was not in February.
- Carlos:** No. This is the first true MLS season again. So all the hot days in the stadium are going to be late season as opposed to having to suffer.
- Annie:** Yes, yeah. Well, you're gonna live it up in February and March while I'm shivering in the shade.
- Carlos:** That's right, in the shade. I'll be like, "What's up, Annie? You're doing a shady seat? What? Come on here in the sun."
- Annie:** I probably will. I'll be like, "I need to warm." Oh, I can't wait. I was so excited when I saw my season tickets that they started in February. I would love that too. US women play in the World Cup this summer.
- Carlos:** That's right. Let's go.
- Annie:** We have got a great year of soccer.
- Carlos:** Absolutely.
- Annie:** Oh, I can't wait.
- Carlos:** It'll be good.
- Annie:** Okay, friends, grab How to Human, grab your tickets and go to soccer.
- Carlos:** Let's go.
- Annie:** Oh, I love you, buddy. Thanks for doing this.

Carlos: I love you so much.

Annie: I'm so glad we get to tour.

Carlos: Let's go.

[00:56:41] <music>

Outro: Oh, he is just the best. So smart. I will think long and hard about the Enneagram and yoga and how those two are same. I mean, what a great analogy. And man his new book, y'all you have to get a copy of *How to Human*. It is so good. It's so good. And follow him on social media. Join the Insta Familia, so you can tell him thanks for being on the show today.

And be sure you've made plans and grabbed your tickets to come hang out with me and Carlos for the Here For You tour. You heard us. We absolutely cannot wait. Just go to hereforyoutour.com and get your tickets today.

So we heard what sounds fun to Carlos. Now let's hear what sounds fun to one of our friends who's listening just like you.

Annie: Okay, Kayla, because the show is called That Sounds Fun, tell me what sounds fun to you.

Kayla: I'm Kayla. I'm from St. Louis, Missouri. And the thing that sounds fun to me is starting to plan my church's resurrection party 2023.

Annie: What is that?

Kayla: Our resurrection party, we did this... We started this probably seven or eight years ago. The Sunday after Easter we throw essentially a wedding feast to celebrate the resurrection. It's open drinks, open food, DJ, dance party toast. It is essentially a wedding feast.

Annie: Oh my gosh. So you're planning a wedding reception pretty much?

Kayla: Yeah, for-

Annie: Oh my gosh.

Kayla: Weird. The bride is gonna show up, maybe the bridegroom will come as well. One could only hope. So we will be there. It's one of my top three favorite weekends of the year.

Annie: Oh, that's so cool. What are you in charge of? Are you on the committee? Are you the committee?

Kayla: I'm the committee.

Annie: Girl.

Kayla: We throw it down. But it's very easy. So it's great. We partner with a local brewery that loves Jesus as well and they donate their space to us. So we celebrate to the King.

Annie: That is so cool. Oh, okay, so when it happens this year, will you tag me in picture so I can see it?

Kayla: 100%. I will take my Instagram off of private for you.

Annie: For just a minute. And then I'll screenshot it and you go back and I'll share.

Kayla: Love it. Perfect.

Annie: Great answer. Thank you, Kayla.

Kayla: No problem. Thank you.

Annie: Oh, I love it. That's so fun. If you need anything else for me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that is how you can find me.

And I think that's it for me today, friends go out or stay home and do something that sounds fun to you. I'll do the same. Today what sounds fun to me, now this may not sound fun to you, y'all, but that's okay because we don't judge our fun. My dining room table is a mess. And what sounds fun to me today after work is cleaning it off. I've got to do it. I can't wait.

Y'all have a great week. Will see you back here on Thursday with a return visit from one of your favorite dudes and one of my favorite dudes, Micah Tyler. Y'all been asking for us to have him back since he made us all laugh till we literally cried on the That Sounds Fun tour. So here he is. And yes, I wrote the foreword to his new book. I love this dude. Okay, can't wait for y'all to hear this conversation. Will see you on Thursday.