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Annie: Hi Friends! Happy Monday! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs and I am a little beside myself to be here with you today with this episode we have in store for you today. Yeah, I can't wait for you to hear it.

Before we dive in, I want to tell you about one of our incredible partners [AG1 by Athletic Greens](#). Okay, I love sharing ideas with you on how to keep your mind, your body, and your soul healthy. And AG1 is not only one of those ideas, but it is also very easy.

It's hard to keep track of all the vitamins and supplements we need to take and I am always looking for life hacks, which is why I've come to love and trust AG1 by Athletic Greens. This is the healthiest thing you could do in under a minute. Just add a scoop of AG1 powder to really cold water. Every single scoop is packed with 75 vitamins, minerals, and Whole Foods-sourced ingredients. And this all-in-one formula makes it easy for us to cover our nutritional bases every day without having to take multiple products.

Plus, because none of us have time to remember to reorder more, AG1 is delivered like clockwork every month, so it's super easy to make it a daily habit. You can even take the single-serving travel packs with you when you're on vacation this summer or just running around on the go. AG1 gives you increased energy and Mood Support, yes, please, and helps us to live our best lives.

If you're looking for an easier way to take supplements, AG1 is giving you a free one-year supply of vitamin D and five free travel packs with your first purchase. That is convenient. So just go to athleticgreens.com/soundsfun. Y'all check it out.

And of course, all the links to all of our partners, all the sponsors, all the things we definitely think you need to know are in the show notes so you don't miss any of that. So if you ever can't remember a code, just look in the show notes.

Intro: Today on the show, you guys, today on the show I get to talk with the one and only CeCe Winans. Y'all, CeCe Winans. Like I need to tell you who CeCe Winans is. But here we go anyway. She is the best-selling and most-awarded female gospel artist of all time. She has, this is unbelievable, she has 15 Grammy Awards, 31 nominations, 23 Dove Awards, 15 Stellar Awards, y'all.

You may know one of her more recent Grammy-winning songs, *Believe For It*. And if you don't, you're gonna want to look it up and listen to it. Or maybe you picked

up her latest book which came out in November. It is also called *Believe For It*. Either way, she's just brilliant.

CeCe and her family live here in Nashville and she and her husband Alvin founded Nashville Life Church back in 2012. CeCe has just been like such a faithful voice pointing us to God for so many years now. I am so excited for you to get to know her better in this episode. Y'all, I can't believe it. Yeah, I just can't believe it. Here's my conversation with CeCe Winans.

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Annie: CeCe Winans, I cannot believe I'm welcoming you to That Sounds Fun Podcast. This is beyond what I knew I would ever get to do with my life, CeCe Winans. What are you doing here?

CeCe: I am honored to be here. I'm here to talk to you.

Annie: What kind of bet did you lose that made you have to do this today?

CeCe: Don't even try it. I won. I won the bet.

Annie: You're so kind. Thank you for being here.

CeCe: You're so welcome. Thanks for having me.

Annie: Of course. I gotta tell you, one of the legacies you have in this town is Nashville Life Church

CeCe: Yeah.

Annie: Will you talk about you and your husband planting a church in the middle of a ministry that was full? Your life was already full.

CeCe: Very full.

Annie: So why plant Nashville Life?

CeCe: It was God's idea. My husband and I were at our home church at the time, which is Born Again Church, and we were there for many years and loved our pastor, still love them. They're amazing blessings in our lives. And we were at a service and a woman was there speaking and she came over to my husband and said, "You're going to be a pastor. The Lord is saying you're going to pastor."

Annie: Wow.

CeCe: And Annie before I could even think, I just hollered out, "Oh, no."

Annie: The call of the Lord.

CeCe: Thank God the organ was playing. It was more of a loud celebrative service so everybody didn't hear me. And I don't even know why that happened but it did. It was just like, "What?" My husband, it didn't move him at all because he just said, "She's a wonderful person, but she missed it. It's not Him."

Annie: Wow.

CeCe: He actually made the statement, "I would probably walk on the moon before I would ever be a pastor."

Annie: So he's an astronaut now.

CeCe: And again, nothing against pastoring. We just never saw that in our picture, you know?

Annie: Sure.

CeCe: It's nothing we desired.

Annie: Especially with your travel.

CeCe: I've traveled always, been in ministry but just never thought that would be the call on our lives. And then we push forward a few years and everything was quiet for a while. Of course, I just tucked it in the back of my mind. I was like, "Lord if this is your will, then we just want your will, nothing else, you know."

Then a few years passed, and then people started coming up to us no matter where we were in the world, strangers, "You guys are pastors." And we're like, "Okay, we're not but okay." "Hey, did you start your church yet?" "No." Because we told the Lord, "Make it so crystal clear."

And push forward a few years later, my son went to Australia and he was trying to get away from God and us and everybody else and the Lord got a hold of him and transformed his life on the other side of the world. He came back to Nashville and asked us if we would hold a Bible study in our home for his friends.

And we were like, "Well, sure." What Christian parent turns down the opportunity to allow young people to come in and hear about the Lord? So when he asked us that, we said, "Sure." And we still, Annie, it still didn't hit us about pastoring.

He invited his friends, they came over, the Lord just did a work in their hearts. He invited actually the pastors from Australia where he experienced his transformation in Melbourne, Australia. And they came and ran a Bible study for about a week. And all I can say is that the lives of those young people were transformed in my living room.

And go forward another three months, we did it again. Because of the transformation in their lives, their parents wanted to come, their friends wanted to come. So we went from having... My son Alvin asked if he could have a few friends over. The first time was like 40 kids. The second time it was 80. And God did it again. And it was after that time, it's like the Lord just actually told my husband like, this is it. So we started Nashville Life Church in our living room 11 years ago.

Annie: I need to tell you, I'm a peer to all those people. So I was on the side of... Already been friends with Alvin and I was on the side of all my friends going, "Hey, do you want to go over to this Bible study? Have y'all heard about this Bible study?" And y'all called them-

CeCe: DMS.

Annie: DMS.

CeCe: Discipleship Ministry School. It's a wonderful ministry from Dianne and Bram Manusama out of Melbourne, Australia.

Annie: It was absolutely amazing to watch the transformation in so many of my friends. I have not traced this until we're having this conversation. But I can tell you that we all gathered at the same bar at M.L.Rose on Eighth for years, multiple nights a week and DMS switched that out of our culture.

CeCe: Wow.

Annie: I'm telling you, that is when we stopped to do... And there isn't a problem going to bar. But that was our gathering place. And when DMS started happening every month, every three months, our friend group started gathering in other ways and it just worked its way out of our life. It's so fascinating-

CeCe: It's amazing.

Annie: ...how DMS did that and how Nashville Life did that.

CeCe: Yeah.

Annie: I think people need to hear that there were years between the words.

CeCe: Oh, definitely.

Annie: Because everybody's like, "Oh, God said you're a pastor," well, then next week.

CeCe: It was years. It was probably at least 15 years.

Annie: That is amazing.

CeCe: And it wasn't until every time where God started stirring it up again, until we had to start actually praying into it. Because it was so far-fetched for us. And I don't know why but it was. Because that's a very serious calling. A lot of people don't understand the seriousness of pastoring and being a shepherd over the souls of people. We understood that. But God made it crystal clear. So we started. And when we started, He told my husband that we would be the founding pastors, but my son would be the successor.

Annie: And he's teaching some, right?

CeCe: Now he's the lead pastor. He's the lead pastor the last two years. We gave it to him two years ago.

Annie: I gotta come hear him preach.

CeCe: You gotta come hear him preach.

Annie: I saw some clips on the internet, and I was like, "My guy Alvin." That is so good.

CeCe: So powerful. And that's the thing. It's like when I see and hear what God has done, I know it's Him. It's so awesome that God moves in ways that there is no doubt. You know, that is Him.

Annie: So I lived in Scotland for a chunk of 2011.

CeCe: Wow.

Annie: So when y'all were having DMS a lot, I was overseas. I come home and a friend of mine who had gone through... I think he'd gone through two DMSs by the time I got back, says, "Can we go to Frothy Monkey? I want to tell you about this." I said, "Yeah, of course." We go and sit at Frothy back when they had those booths. I mean, I can tell you where I was sitting.

CeCe: Wow.

Annie: And he starts to tell me the whole story and he tells me about his life transformation and I can see it on him, CeCe. I mean, his face is different. And I've grown up in the church charismatic my whole life so I'm like watching this. He says, "And then I have this experience with the Holy Spirit."

You write about this in *Believe For It*. He says, "I had this experience with the Holy Spirit." He said, "Annie, do you know the Holy Spirit?" And I said, "Yes. Oh, my gosh, I can't believe this." And he says to me, I could get teary telling you this, "Why have you never told me?" And I said, "What?" And he said, "Wait, you're telling me you knew about the Holy Spirit and you knew this all along and you never told me?" And I said... I mean, I did what I'm doing now. I just got so choked up, said, "I'm so sorry. I'm so sorry."

And he said, "Well, now that I've learned, I want to tell everybody. Why don't you want to tell everybody?" I'm telling you, CeCe, it has marked me for my life that He was like... He thought he was sharing the Holy Spirit gospel with me like I didn't know because I had never told him.

CeCe: Right, right.

Annie: I mean, when I tell you Nashville Life has changed my community, I'm telling you it has changed me, because I got convicted like no other sitting at Frothy Monkey when he said, "Then why didn't you tell?"

CeCe: Wow. And I think he probably had that conversation with Alvin.

Annie: And he's a leader of the church.

CeCe: That's right. That's right. He's a leader now. But that's the thing. And this is so good we're having this conversation because we want young people to hear this. It's like when you've been exposed to the Holy Spirit, and you've been taught, don't ever let anything in the culture make you ashamed of that or make you forget how precious that is.

Annie: What is it about the Holy Spirit?

CeCe: What is it? Man, he changes everything. He empowers you, first of all, then he leads you in the ways of Christ, you begin to see things differently. He changes your whole life. The Holy Spirit is a game-changer. That's why God sent Him. That's why Jesus said, "You know what, hold on a minute. Let me..." It doesn't mean you're not saved without it but you definitely understand the difference in being empowered and allowing the enemy to just keep you in a place of weakness, you know?

Annie: Mm-hmm.

CeCe: So yeah. And when you talk about that young man who was transformed, it's just amazing to see how God has just continued to build him up in the spirit. And it's a beautiful thing. But during that time, that was really the main thing about what was happening at our home. And I was ignorant of the fact that so many people were in church, and in churches that didn't teach about the Holy Spirit. That was really the aha moment for everybody.

Annie: Yeah, because a lot of my friends who were coming were already saved.

CeCe: Yeah. They've been in church but they had never been taught about the Holy Spirit or either discouraged not to think about the Holy Spirit. Some people called the Holy Spirit demonic spirit and I was just like, What? And I had no idea that in this area here in Tennessee that so many churches did not embrace the Holy Spirit.

[00:13:14] <music>

Sponsor: Hey friends! Just interrupting this conversation to share about another amazing partner, [Mended](#). Okay, so have you figured out what you're getting your mom or one of the special mom-like figures in your life for Mother's Day? It is right around the corner.

Mended has some of the cutest table runners, center napkins, tea towels, and more. I was just using one of them in our office kitchen. Y'all, it is a cactus green tea towel and it is so cute and so beautiful. Plus, I love Mended's mission. Mended is a social impact company working to economically empower survivors of modern-day slavery in South Asia.

So the beautifully hand-block printed products have been made by one of their 23 survivor artists and partners that Mended partners with. Yes, y'all, Mended hand-block prints their products. Oh my gosh. It's just the most intentional touch. I love it so much.

Mended's mission, empowerment of their artisans, and their beautiful products make it an absolute win-win for all involved. It is why I love bringing my friends into their story. Y'all know I love when my friends meet my friends. So that's why I'm so happy to introduce you to Mended.

When you get products from Mended, you get a story card and the confidence that you're giving a true gift of impact. So go to www.mended.co or follow them on Instagram @mended_co, and use the code THATSOUNDSFUN for free shipping. No matter who you're buying gifts for this spring, graduation, Mother's Day, even Father's Day, I know they are going to love something from Mended.

Sponsor: And one more amazing partner to tell you about that looks good with your Mended Good stuff is [Brooklinen](http://Brooklinen.com). Y'all, it's Brooklinen's ninth birthday. So happy birthday Brooklinen. And it's their party and they'll have a sale if they want to. You know we love a party. So let's Celebrate the big day of the home of the internet's favorite sheets with their annual sale happening now.

Y'all, I love my Brooklinen sheets. I have three sets that I'm always rotating through and whenever I'm on the road, those sheets in my bed are definitely the thing I cannot wait to get back to, you know, and my people. Nothing is better than climbing into bed on to clean sheets the day after you have been out of town. Yes and amen.

Brooklinen's mission is to provide their customers with hotel-quality luxury bedding delivered directly to your door at a fair price. If you've never tried Brooklinen and their bestselling Luxe sateen sheets are the perfect place to start. They have an irresistible soft feel and buttery smooth finish. You guys, you have got to try them.

Do you have some spring or summer projects and want to upgrade your entire space? Well, here's the thing. Brooklinen has bundles, so you can choose bed, bath, or both. And of course, when you bundle you save time and money. So pick your favorite colors, weaves, and sizes because everything can be customized.

Okay, y'all, here's the birthday goodness you've been waiting for. Brooklinen's birthday sale is here. You get 25% off in-store or at Brooklinen.com. Don't miss out. It only happens once a year. But if you missed it, if you're listening to this later, then their ninth birthday, visit brooklinen.com and sign up for emails to be kept up to date on exclusive offers, new products, and much more. That's brooklinen.com.

And now back to continue our conversation with CeCe Winans.

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- Annie:** When you're out on tour, like you're going on a tour right now, one of the things I would love to learn from you is, what does it look like to teach well about the Holy Spirit in a concert? Because you're bringing him with you. So they're experiencing him whether you name it or not.
- CeCe:** Right.
- Annie:** How do we translate that well from stage?
- CeCe:** Well, you know, we preach the gospel. You know, you preach it in song and you, and you preach it through the word, through the spoken word. What's been so great about Believe For It tour, people are hungry and they're ready. They want to see a move of God. They want to see the authentic move of God.
- Annie:** Is that COVID, do you think? Did something switch in us of like, what we've been doing ain't working?
- CeCe:** You know, I think a lot happened during COVID. But I think within the last few years, you know, between COVID, all the political madness, and now we're dealing with all the mass shootings. It's like, we've got to get all the God has for us. You know what I'm saying? We don't need to leave anything on the table.
- Annie:** That's right.
- CeCe:** We need every gift that He's given us so that we can be strong in the faith and so that we can be effective in winning a lost world. And I think the body of Christ is waking up to that.
- Annie:** Who's out with you on the Believe for It tour?
- CeCe:** It's just me.
- Annie:** Oh, I love that.
- CeCe:** It's just me, singers, and band. We're having a good time. It's been so powerful because people come ready to praise God. They don't come to be entertained. They're coming and we're worshiping together on one accord. We're giving God all that we have. And even though I'm there to sing, it's amazing because they're coming in and they're singing every song with everything they have. So it's just been a real experience.

Annie: A song like that and a tour named after the song must draw people who are clinging to their faith. Like, this song carries me and therefore she's coming-

CeCe: Definitely.

Annie: ...then I'm gonna go sing that as loud as I can.

CeCe: Definitely.

Annie: So it's a desperation maybe, huh?

CeCe: It's a desperation. It's a desperation. Even when you talk about the song, the song is intended to encourage people to have faith in God.

Annie: Yes! Yes!

CeCe: We're living in a time where, Annie, either we believe or we don't.

Annie: Right, right.

CeCe: Either we're going to take the full word of God or we're not going to reap the benefits of what Jesus did on the cross. And that's the desperation. That's the wholeheartedness of "for God I live and for God I die." And that's where people... they're showing up with that desperation, with that love for God, ready to give Him all of their heart, all of their praise. And when we do that, God responds.

Annie: And there's something about gathering, right?

CeCe: Oh, yes.

Annie: There's something about taking that desperation and being surrounded by other people.

CeCe: Oh, yes. It's corporate worship. There's nothing more powerful than corporate worship. And I think I have a pretty good time worshiping all by myself.

Annie: Yeah, yeah, yeah. I can turn up in my house. Don't worry. *Believe For It* has done some work in my place.

CeCe: But there's nothing like coming together with other believers. It's been an amazing experience, the tour.

- Annie:** It's that feeling on Sunday mornings. It's that feeling at worship events of I can sing as loud as I want to because so are they.
- CeCe:** That's right.
- Annie:** They need it too. Dwan Hill who co-wrote *Believe For It* is the worship pastor at Cross Point where I am on the teaching team. He is just such a gifted man.
- CeCe:** Yes, he is.
- Annie:** He's just amazing.
- CeCe:** He is amazing young man. And you know, I get excited about seeing young people like yourself just being in position to be used by God because it's your turn.
- Annie:** Wow. Okay, well, listen, I don't know. I don't know.
- CeCe:** No, no, no, Annie, it is your turn.
- Annie:** That's what I'd love to talk to you about because you have the Generations LIVE conference coming up in a couple of weeks that they can still live stream. So we'll make sure we have a link to that for everybody to see.
- CeCe:** Great. Great.
- Annie:** I mean, this feels like something you're passionate about is helping those of us who are in our 20s, 30s, 40s that are getting ready to move into... I mean, most of the churches that I'm around when I travel, the pastors are my age. I spoke to the Cross Point staff yesterday, and I was like, "Well, I'm older than most of you, which shocks me more than it shocks you." But I mean, it really is our time in a lot of ways.
- CeCe:** It is.
- Annie:** I told you before we started, I was listening to a podcast this morning that said your best decades of ministry are your 60s, 70s, and then 50s. Has that rang true for you? Do you feel like you're coming into like-
- CeCe:** Oh, definitely. That's definitely true.
- Annie:** How come?

CeCe: You've lived long enough to learn, but yet you're young enough to still connect. You know, I am a strong woman of God, I am a strong woman of faith because of those who went before me.

Annie: Yes. You write about that beautifully in *Believe For It*.

CeCe: And it takes you a minute to kind of come into that realization that I wouldn't be here if it wasn't for them. And now I understand, you know, even though I started out in this public ministry of music when I was probably about 16, 17 years old, I'm now 58, and I realize that I'm the mother of the church now. I have the responsibility to impart everything that's been imparted into me. It's my turn to...

And when you get to that point, life cannot be about you. It's not about me anymore. You know what I'm saying? Everything that God has done for me up until this point I guess we'll say it's for such a time as this.

Annie: Right. As I'm hearing you, I'm thinking, for those of us in the generation behind you, the things that God is doing is still for us to build us.

CeCe: That's right.

Annie: But then once we become the mothers and fathers, then it's to pour it out.

CeCe: Exactly.

Annie: Wow.

CeCe: We're talking about legacy this month in Nashville Life. Legacy is all about something outliving you. You know what I'm saying?

Annie: Yes.

CeCe: So if I was to die today, yes, I'm going to heaven but what am I leaving on earth? Am I able to pass the baton to the next generation and know that Jesus will continue to be preached boldly, that they will not compromise, that they will understand the importance of prayer, holiness, salvation? Am I giving them at least with those before me gave me or have I compromised in my life? Do I think that my time is over?

I think a lot of times when I run into people my age or a little bit older they feel like their time is up. And I'm like, "Oh, no, no, no, your time is just starting. You're on the scene to share the wisdom. And we live in a culture, which I know is the plan of

the enemy, where they try to push aside the elderly. But that's where the wisdom lies.

Annie: And only honor youth.

CeCe: The youth. And it's like, Are you kidding?

Annie: Right. Listen, I'm thinking about that with my forehead wrinkle. And I'm like, "Who am I supposed to be here?" The Bible honors aging, our culture says, Stay as young as you can.

CeCe: As young as you can. And just like, Are you kidding me? No, it's totally backwards. So with the book and with the conference, I'm trying to really get us to understand that we're better together and that young people, you need to wake up and honor every older person you know, and especially those who know God. Honored them. Get as much as you can from them.

And then at the same time, the older generation, God is the part... He's imparting great things in this younger generation. Because the plan is always for you guys to do more than what we could. You know what I'm saying? The sooner Jesus comes, the more He wants to do. And He's doing new things. He's doing wonderful things. So we're here to encourage you, to cover you, to share wisdom with you, but to lift you up.

Annie: And then my job now is to receive and to give, right?

CeCe: That's right.

Annie: The 40s are kind of in-between. Like I need to listen to you but I can't ignore that 25-year-olds and 35-year-olds are listening to me.

CeCe: Exactly. Not at all. Every stage. Really no matter how young you are, somebody's looking at you. You have some type of sphere of influence. So that's why living a life for Christ. You know, I can remember pouring into people way back when I was a teenager. You understand what I'm saying? Because there's wisdom that comes with serving the Lord. Proverbs will tell you all about the wisdom that you gain when you just get the understanding of who Jesus is.

So yes, everyone has this responsibility. It's not "let me wait till I get to be 60 or 70." No, no, no, 20-year-olds, 30-year-olds. Get busy. You know, you're working on your legacy now.

- Annie:** Yes, yes. John Mark Comer says, you don't decide who you're going to be at 80 when you're 80.
- CeCe:** Oh, so true.
- Annie:** You're deciding the whole way through.
- CeCe:** You're right.
- Annie:** Will you teach us for a minute like, what do we need to do now in our 20s, 30s, 40s so that we persevere, so that we are faithful? It's hard to be a Christian on the internet. It just feels like there's constantly voices trying to take us out of the game. So how have you persevered? Your bio says you've been in ministry 40 years.
- CeCe:** Over 40 years.
- Annie:** So how do we not give up?
- CeCe:** It's so simple.
- Annie:** Okay, good.
- CeCe:** It's so simple. You said it. There's so many voices out here to stop you, but God has always told us to listen to one voice. So we have to shut out all the other voices. The thing I love about the gospel and living a holy life for the Lord, it's not always easy, but it's not complicated. We make it complicated because we will read the Word and for some reason, Annie, we think God really doesn't mean that.
- Annie:** Listen, we love Jeremiah 29:11. That one is always true.
- CeCe:** Right.
- Annie:** The pride comes before a fall. We'll see. We'll see. I know. Everything in darkness will come to light. I don't know about that but-
- CeCe:** I don't know about that one. Right.
- Annie:** ...He has a plan. He's got a plan for me.
- CeCe:** We love to embrace those scriptures that give us joy and things we agree with are things we don't have to give up. But you have to eat the whole word. So it's not hard, God is not nervous about 2023. He's not nervous about what's going on. He's

already made the plan. He's already made the way of escape. He's already paid the price for us to be victorious at every age.

So all you have to do is do the word. Like you said, the Holy Spirit, listen to the still small voice. Don't reason with Him. Listen to Him, obey it because He already knows. Do you understand what I'm saying? And that's the job of the enemy to make you feel like it's too hard or it's too complicated. But when you spend time with the Lord, you see Him for who He is, you fear Him and you reverence Him and He remains the most important person.

David said, "One thing have I desired..." When you clear everything else off your mind, and you focus on the one thing, then you're able to endure, you're able to continue. Because that's where we mess up. We all start... I mean, when you look at a race, everybody's ready to start.

Annie: Right. And finish. It's that middle.

CeCe: It's the middle. It's the perseverance. So how do you keep moving? You keep moving when you keep falling in love. My relationship with Jesus, I keep falling in love with Him. I'm not living on the love affair I had with Him 10 years ago but the love affair I have with Him today. Do you understand what I'm saying?

Annie: Yes.

CeCe: So it's a daily walk. And as you keep walking, when you continue in the ways of the Lord, you'll look back and say, "Oh, wow, it's been 20 years. Oh, man, it's been... He's kept me this long." You know what I'm saying?

Annie: Yes.

CeCe: Because I understand how bad I need Him every day.

Annie: Yeah, that's it. That's it.

[00:28:59] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [Indeed](#). Taking the time to scour the internet to try to find the right fit for your job opening doesn't need to become another job on your already full plate.

Y'all, our teams are growing around here at Downs Books and at the That Sounds Fun Network. While we aren't hiring currently, when we are, we always use Indeed.

They are the experts and helping us find the best fit for the roles we want to build our teams with.

If you're hiring, you need Indeed. They can help you attract, interview, and hire all in one place, so you don't have to spend your valuable hours digging through multiple job sites looking for candidates with the right skills. And so you can do it all and fast with Indeed.

You can save time and find top talent fast with Indeed. Their suite of powerful hiring tools like assessments and virtual interviews allows you to find top talent fast. Candidates you invite to apply are three times more likely to apply to your job than candidates who only see it in a search according to the US Indeed data. They get you one step closer to the hire by immediately matching you with quality candidates. It's awesome, y'all.

So start hiring now with a \$75 sponsored job credit to upgrade your job post at indeed.com/soundsfun. The offer is good for a limited time. So Claim Your \$75 credit now at indeed.com/soundsfun. Terms and conditions apply. If you need to hire, you need Indeed.

Sponsor: And I have one last amazing partner to share with you, the [Hallow App](#). Okay, when it comes to prayer, Pastor Kevin, pastor of the pod, he always says, Prayer isn't the only thing we do but it is the first thing we do. But I know sometimes we have so many things going on in our hearts to talk to God about we don't even know where to start. I get it. That's why I love Hallow.

It's a Catholic prayer app that's for actually all of us. And it's the number one prayer app in the world with over 10 million installs and 150 million prayers completed. If you feel like you're stuck when it comes to prayer or you're new to it, Hallow is an incredible way to help you connect with God.

It features thousands of prayers, meditations, and peaceful Christian music for you to pick from. Pick out what is best for you. I know so many people who've been having trouble sleeping lately and Hallow has sleeping meditations with Bible stories to help you fall asleep.

What's even cooler is they're read by the friends we've had on the pod, like Father Mike Schmitz, how much do we love Father Mike? And Jonathan Roumie from The Chosen, our dude. We love those guys. So start your day, end your day, or go about your day with the Hallow app.

Whether you want to dive into Scripture reading to kick off your day, or you need some peaceful music to keep you sane as you sit in rush hour traffic, Hallow has

options to meet you wherever you are. Guys, you can get an extended three-month trial of all 10,000-plus prayers and meditations at hallow.com/thatsoundsfun. Again, that's hallow.com/thatsoundsfun. You should really try it out. I think you're gonna love it.

And now back to finish up our conversation with CeCe.

[00:31:51] <music>

Annie: I'm 42, not married yet and I genuinely feel this probably for the first time in the last six months or so of like, I would not trade this. I want to be married, I hope it's part of my story, but Jesus... because I've had 20 years of ministry where I've had one partner-

CeCe: I like it. I know.

Annie: ...I go like, "Oh, man, I'm still in this because I've had one partner who is flawless in this ministry." And so I wouldn't do it different.

CeCe: No.

Annie: If I had the chance to do it again, I wouldn't do it different because it has made me.

CeCe: That's right. That's right. So that's right.

Annie: And I'm so thankful.

CeCe: Yeah, so grateful. I'm so grateful that I know the Lord and that He is more than enough. He is more than enough. So when we speak to young people, that's what I want us to grasp is like, so many times we worry about our weaknesses more than the answer. You understand what I'm saying?

Annie: Yeah.

CeCe: The enemy loves to magnify what we're not or what we're waiting on. And that's His trick so that He can keep your eyes off of who's already there. You know what I'm saying? All that you already have. And when you understand that that relationship with the Lord is more important, like you said, than a husband, than having kids, than having a career, when you understand how much better He is than all of that, that's when you can persevere. Because if this door opens, praise God. If it closes, praise God.

Annie: It's gonna be okay.

CeCe: If I live to be 80, praise God. If He calls me home at 40, praise God. Why? Because as a believer, you don't lose.

Annie: Yeah, we don't lose.

CeCe: Do you understand? Even the tragedy we've experienced, you know, within the last few weeks, so sad and hearts are broken, my heart is broken. But when you think about it, it's like, Lord, you saw this. You understand. No matter how dark it is, you have already made a way of escape. And as believers, we don't lose.

Annie: Yeah, that's right. I thought about that on Easter. I thought Katherine Koonce had Easter with Jesus. All those-

CeCe: Oh, my God.

Annie: All those Covenant kids.

CeCe: I know. Those precious babies. I know. No more sorrow. No more pain.

Annie: Right. They know what we don't know.

CeCe: That's right.

Annie: They know what we don't know.

CeCe: That's right. So they're in His arms and they're okay. We have to pray for those of us who are hurting and have. But again, every day it's just, "Lord, give me this day. Give me this day, and would you turn it around."

I remember when I lost my second eldest brother, my youngest sister said, "CeCe, how are we gonna make it without Ron?" I said, "I don't know. I don't know. But I know someone who does. So we're just going to take it one day at a time." And He carries because He's faithful. Annie, He can't lie. His Word is true. And if they just stand on the word, then I know God is going to carry them.

Annie: Someone yesterday said a thing about how I feel about Scripture they were relaying to a group. "Annie always brings up scripture." And I'm like, "What else do I have? What would you like me to talk about?"

CeCe: We have nothing else.

Annie: That is my only hope. I'm tied to that thing.

CeCe: That's it.

Annie: That's it. I gotta read it every day. Because if I don't, what hope do I have?

CeCe: You have none.

Annie: And I forget to quit. I gotta come back tomorrow because I already forgot today's.

CeCe: And that's what the word tells. We forget. Like a mirror, if you stay in the face of His word, you forget. And I love that. I love that. But that's what the body of Christ we have to understand that the word is... it's not optional.

Annie: Yeah, it's not. The Scripture is not optional.

CeCe: It is not optional.

Annie: Okay, I got two more questions for you.

CeCe: Okay.

Annie: Morning's like the day after Thanksgiving, you wake up and Oprah has sung *Goodness of God* at a table. Were you already friends with her?

CeCe: I know Oprah. I've been knowing Oprah for years.

Annie: Okay. So mornings like that, where you still have to say God's good no matter what, what do you do in mornings like that where suddenly your whole face life song is in a different stratosphere for just for...? I mean, you're a massive star.

CeCe: No, no, no, no. That blows my mind.

Annie: When Oprah passes that piece of paper and everybody sings *Goodness of God* on the table.

CeCe: It just reminds me that God has no restrictions.

Annie: Yeah, yeah. We don't have to position ourselves at all. Right.

CeCe: Exactly. He has everybody on His radar.

Annie: Because my guess is you didn't email her those lyrics.

CeCe: No, no, not at all. When somebody sent it to me, I didn't know. I was like, "What?" And then they show me her going up the mountain and just... I was like, "God be glorified. Be glorified. Be glorified." And that's what we all have to understand is that God is the Creator of all things. He's not nervous. He has all power. He still has all power. He loves everybody. He knows how to reach everybody.

I remember years ago, and I've told this story before, but Whitney and I sang on a Grammy Award.

Annie: Yes, I remember.

CeCe: And before we went out, my husband and I prayed-

Annie: Whitney Houston, for our friends listening.

CeCe: Whitney Houston. Ellen DeGeneres was hosting the show that night. And before we came out, my husband prayed and said, "Lord, take this few minutes because you only get a short time on those different shows, and do something that only you can do. Annie, the power of God came through that audience so quick.

Annie: Wow.

CeCe: People who I never thought would even relate, weeping.

Annie: Wow.

CeCe: Ellen DeGeneres said, "Jesus is in the house." She didn't say God, she didn't say anybody. Jesus is in... And God taught me that lesson. He said, If you just obey me, I know how to touch every heart. And I'll never forget it.

Annie: If you'll just obey me, I know how to touch every heart.

CeCe: "I created every heart and I know how to touch every person from every walk of life." Because a lot of times we look at people and say, "Oh, they wouldn't understand" or "I shouldn't share Jesus with this person." And God showed me in a matter of minutes, a couple of minutes, how He touched and moved in this place where I just thought they wouldn't even get it. Do you understand what I'm saying?

And I asked Him, "Lord, forgive me for ever thinking that You couldn't. And I will never make that mistake again." You know what I'm saying? So when you ask me about, you know, seeing Oprah singing, it's like, That's what He does.

- Annie:** That's what He does. Humble yourself in the sight of the Lord and He'll lift you up. I mean, I don't even want the verse to say that. I want it to say He'll lift Himself up. Right?
- CeCe:** Right.
- Annie:** I'll stay humble, you take Your word wherever you want. But He says, No, I'll put CeCe's song on the internet in front of millions of people while Oprah is singing it.
- CeCe:** And He does it in ways where I could never take the credit.
- Annie:** Somebody printed that off and passed it. They didn't even play your sound in the background. It was Oprah singing it.
- CeCe:** That wasn't because of my marketing team or it wasn't because of my management. It's like God just said, "This is what I'm going to do."
- Annie:** Yeah, that's right. Yeah, that's right. What a gift! Is there anything we didn't talk about you that you want to make sure we cover?
- CeCe:** No, we talked about the book, *Believe For It*. Which is again, about passing the baton of faith. So we want people to get that because I just feel like we got to wake up in this area. We got a lot to do. When you read the statistics of young people not going to church, it's like, okay, we're messing up somewhere.
- Annie:** Yes. Yes.
- CeCe:** We've got to learn how to spread the Gospel. Jesus poured into 12 and we're here today because of that.
- Annie:** And it's still around. That's right. And Caesar is a salad. I saw Mark Batterson say, They thought Caesar was very powerful. But Jesus is led to Christianity and Caesar is led to a salad.
- CeCe:** I've never heard that.
- Annie:** Neither I. I saw it on Instagram this weekend.
- CeCe:** That's funny. So we have to get busy. And then, of course, the conference is here in Nashville. Mother's Day weekend. We got some great speakers again, young and older. My mom's gonna be there.
- Annie:** Oh, I love it.

CeCe: Eight-six years old. And I'm just excited about women being refreshed, being renewed, connecting, and leaving out understanding who they are. I'm sorry. It's just nothing more powerful than a praying woman. And I think women have to understand that when we hide ourselves in the Lord, there's nothing that's impossible.

Annie: It's one of the reasons I don't want the enemy to steal fasting from women, is because I think Jesus said, there are things that only change when we pray and fast.

CeCe: Oh, pray and fast.

Annie: And grandmothers love to pray. I mean, I know women love to pray, but we got to pray and fast.

CeCe: Oh, we got to pray and fast. We gotta turn down our plates.

Annie: We cannot let the enemy steal it because of our body stuff.

CeCe: Oh, no, no, no, no. Fasting is definitely a powerful tool in breaking the enemy's back and breaking addiction. So prayer, fasting is-

Annie: That's the kind of women we want to be.

CeCe: It's going back to the fundamentals. It's going back to the simple things that will keep you strong. We were talking about perseverance. And that's being in His Word, obeying His word. And His Word tells us to pray, to fast, to humble ourselves, to be generous. The boundaries that the word of God gives you gives you freedom to excel in Him.

Annie: Wow. Boundary lines fall in pleasant places. Ideal, right? Yeah. To excel in Him. Would I be known for excelling in Him? I mean, if they put that on my tomb. "She excelled in Him."

CeCe: Come on. Come on

Annie: That is all I want. That is all I want. Thank you again for doing this today.

CeCe: You got it. Thanks for having me.

Annie: What an honor. The last question we always ask. I can't wait. CeCe Winans, because the show is called That Sounds Fun, tell me what sounds to you.

CeCe: What sounds fun to me, hanging out with my grandbabies.

Annie: Oh, they are cute.

CeCe: I got two grandbabies and one on the way. I wasn't expecting.

Annie: Oh, yeah. Oh, I'm so glad.

CeCe: So I'll have three grandbabies this Christmas. I'm so grateful.

Annie: That's great.

CeCe: So hanging out with them.

Annie: They're cute. The little girl is brand new, right?

CeCe: That's right.

Annie: Oh, she's cute.

CeCe: Little Rooney.

Annie: Okay, so we'll link to them on the internet so they can see them. They're cute.

CeCe: Okay, you got it.

Annie: Thank you again for doing this.

CeCe: You got it. Thank you.

Annie: What a gift!

[00:42:22] <music>

Annie: Oh, you guys! You guys! Are we all like floating? Are you floating or is it just made? I'm floating. She's unbelievable. I feel like I learned so much. And just so honored that we got to have her on the podcast. Y'all have got to go see her on tour this spring or check out the Generations LIVE event the weekend of Mother's Day, May 12th and the 13th.

Remember, it's hosted by CeCe but a bunch of our friends are there, like Jackie Hill Perry, Dawn Chere Wilkerson. And you can get tickets wherever you live for the

virtual experience. So make sure you check that out. We'll have the link in the show notes below.

And speaking of Mother's Day, a copy of CeCe's book *Believe For It* would make another great gift idea for any of the mother figures in your life.

Okay, so we heard what sounds fun to CeCe, and now we get to hear what sounds fun to one of our friends who is listening just like you.

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

Anne: Hey, Annie. My name is Anne. I live in Texas, North Carolina. And what sounds fun to me is a mountain getaway with some college friends in the North Carolina mountains.

Annie: Oh, I agree with you. What part of the mountains do you like going to? Where's apex by the way?

Anne: It's in the Raleigh area.

Annie: Okay. Okay. So where do you like going up there?

Anne: Well, Boone is really nice. This area that we're going to is kind of Asheville-ish in that area. But this group of friends, man, we have not physically been in the same place for over 15 years, I think. So we're long overdue.

Annie: And y'all are really doing it?

Anne: We are really doing it. And we've actually been in a virtual book club together since 2009. So we're just-

Annie: Oh, I love it.

Anne: I know. We were long overdue for some time to just sit on the couch and drink coffee or drinks and have good meals.

Annie: Oh, Anne, will you tag me in a picture so I could share it, if everybody's okay with that?

Anne: Absolutely.

Annie: I would love for us all to get to see what you'll all get together.

Anne: Right? After so long. It's going to be awesome.

Annie: That's awesome. Well done. I can't wait to see. I hope you'll have the best time and laugh a lot and maybe cry just a minute, watch some movies and eat good, live your best lives.

Anne: All the things.

Annie: I love it.

Anne: All the things. Thank you. We're excited. Yeah, for sure.

Annie: Oh, I love it. Okay.

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

And don't forget you can find the That Sounds Fun podcast on Instagram at That Sounds Fun podcast. You'll find it.

And I think that's it for today, friends. Go out or stay home, do something that sounds fun to you. I will do the same. Today what sounds fun to me is I've got to go get my nails painted. They are just all sorts of shambles. So sounds fun to me to make my hands look better than this. So headed out to do that.

Y'all have a great week. We'll see you back here on Thursday with our dear friend Rebekah Lyons. Cannot wait. We'll see y'all on Thursday.