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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today. Listen, y'all loved CeCe Winans on Monday as much as I did. I knew you would. And if you have not heard that episode, you gotta go back and listen on Monday. Share it with your friends. It is one that y'all cannot quit talking about. And we have got another great show in store for you today. What a week you guys!

And before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This episode is sponsored by [BetterHelp](#). Okay, our friend Rebekah Lyons, who is on the show today is a huge advocate for mental health. We're going to talk about it. And y'all know I love counseling. It matters so much to us that you have accessible resources to help you navigate your emotional, spiritual, and mental health. And therapy is a great avenue for that.

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Intro: Today on the show I get to talk with my friend Rebekah Lyons. You may remember Becca from Episode 25. She is way back in the early days and Episode 172. We've been really friends for a long time, and I just love her. And y'all do too.

She's back to talk about her brand new book *Building a Resilient Life: How Adversity Awakens Strength, Hope, and Meaning*. It just came out on Tuesday. We've all had to figure out how to be resilient in the last couple of years, whether we wanted to or not. And Rebekah has such a unique way of blending story and psychology and theology and biblical teaching together to help us navigate the hard

things in front of us. This is a good one y'all and one that I think we all need to hear.

So here is my conversation with Rebekah Lyons.

[00:02:37] <music>

Annie: Rebekah Lyons, welcome back to That Sounds Fun.

Rebekah: Oh, girl, this is my favorite. I love you.

Annie: It's your third time.

Rebekah: Yeah, third time is a charm.

Annie: Listen, get ready for number five because we're about to have a five-timers plaque in the studio.

Rebekah: Oh, it's like SNL but fancier.

Annie: Yes! If they got a jacket at five, we should do something at five.

Rebekah: Yeah, 100%.

Annie: And so we are. We're doing.

Rebekah: Come on!

Annie: So you're getting there. Okay, the thing you just said a minute ago is something that we have talked about maybe four times on the show in the last couple of weeks because it's what I'm thinking about. The next step after this, what are you doing after this?

Rebekah: Getting my hair done.

Annie: Exactly.

Rebekah: Yeah, my roots. It's exciting.

Annie: Well, here's what we're talking about, and people on the internet are talking with me about it, too, about what it looks like to age well and how do we determine what is right for us. It doesn't actually matter what's right for anybody else. It's none of our

business. How do we determine what's right for us when the Bible honors aging and our culture does not.

Rebekah: I love that I get to be the person that you're bringing this up with, which shows that you see me as one who is beginning to age.

Annie: Listen, the reason I'm talking about it is because my forehead has like 111 lines.

Rebekah: I know. I am there. I told my kids, I'm just gonna say it here, you heard it here first, I'm gonna be 49 in two weeks, and I was like, Okay, that's not 50 yet, but we're-

Annie: That's crazy because I remember your 40th birthday.

Rebekah: Yeah, yeah. We've known each other a long time.

Annie: I'm like, Wow.

Rebekah: I know. And kind of what's cool is that I don't feel that aged. I don't even know what you're supposed to feel like. Maybe I just need to rebrand 50-

Annie: Yeah, that's right.

Rebekah: ...in my brain. But I mean, I've watched other people do it beautifully. And I'm inspired. I mean, remember Chris Caine, she's like scaling mountains in her 50s.

Annie: Right. Right.

Rebekah: I was like, Okay, that feels good. There's this book called Younger Next Year.

Annie: You write about it in your book.

Rebekah: Yes, yes.

Annie: Younger Next Year.

Rebekah: Younger Next Year, where you can trick your body at 50 to thinking it's the same age till you're 80.

Annie: What?

Rebekah: Come on. And it's all about just how your rhythmic life of like strength training, adversity training. My third rule in the book is embrace adversity and so much

about resistance training and elevating that heart rate. So Gabe just jumped way into that. So I'm kind of catching up.

Annie: Did he read it first?

Rebekah: Yeah, he did.

Annie: Okay.

Rebekah: And then they have one for women too. And it's just great because-

Annie: Can I start at 42?

Rebekah: Yes!

Annie: Do I have to wait till 50?

Rebekah: No, no, no, no.

Annie: Okay.

Rebekah: No, you're just gonna be ahead of us.

Annie: Wow, our friends listening know this, but I've heard John Tyson recently say that the three best decades of your ministry are your 60s and your 70s, and then your 50s.

Rebekah: Wow.

Annie: So what you're saying is we can treat our bodies in a way that our three best decades of ministry, our bodies are healthy too as much as we can control.

Rebekah: And I just claim scripture, right? You know, it says, I forget where exactly, but while our bodies are aging, the Spirit makes us younger by the day. I really do think age is a mindset. If you're a lifelong learner, you're always growing. So that's the opposite of dying. So that's a good thing.

You are very curious about life, Annie, so you're gonna just be continuing to grow and learn. That's in aging well. So I think maybe there's different versions of aging well. There might be an outward version. But I also think there's a mental version of aging well, and a relational version of investing in the people and reading books and being curious about life and always learning, honestly.

And then I guess on the outward piece, I mean, good grief, I have not got it mastered at all because I'm going to get my roots done. But-

Annie: I don't know that that's wrong. I'm not saying that's wrong. I'm watching all of us do it and figuring it out.

Rebekah: Yeah. I think for me, for starters, it's more about... I started first with like, what clean am I eating? You know, like, what am I putting in my body that it's having a hard time breaking down? So that started years ago with whole 30 that only lasted 30 days. I never did it again. But it did change the way I saw food and processed food.

Somebody finally joked when they would come to my house, they're like, "You don't have any food at your house." And then they finally realize, like, you don't have a snack house, you have an ingredient house, which is not very fun for teens when they want instant gratification.

Annie: You are very good at charcuterie boards.

Rebekah: Yeah.

Annie: Do you always have the ingredients?

Rebekah: I have the element.

Annie: Yes, yes.

Rebekah: But you might have to chop some things.

Annie: Yeah. Yeah. I think one of the interesting things that, I may be exaggerating this, but I feel like hasn't ever happened before, is a generation of female leaders aging on the internet. So all these women are watching us. And what we do is not what matters, it's what we say about what we do and what we say about our faces and our hair and our bodies, as our bodies change and as we age.

But I jokingly said to the Barnes the other day, I was like, I feel like I have to have a quiet time every time I'm trying to decide if I'm going to dye my hair. Like it just feels like way too big of a decision.

Rebekah: I know. I know. And what does gradual look like? And when you said aging well, I was thinking even aging and honoring well. I want to be that as your friend online. I think aging to me well is like being settled in your skin, like being comfortable in

who you are and honoring your body and giving thanks for like, you know, waking up and having breath in your lungs. But then also doing that for one another.

Like on the days one of us might feel insecure about whatever it is, like physically or mentally or emotionally, going like, Hey, you're doing a great thing. Keep going. You keep running. And I just think even that posture of honoring just always keeps you in this place of gratitude and celebrating what is good. I love that verse "cling to what is good".

Annie: Yeah, run from evil.

Rebekah: It's like, cling.

Annie: Cling to what is good. Yeah, that's right.

Rebekah: And maybe, you know, wrinkles are part of what we cling to. I don't know.

Annie: I think the dichotomy of what culture tells us to do and what the Bible tells us to do makes me feel very Stretch Armstrong where I'm kind of pulled by both sides.

Rebekah: Yeah, you're holding that tension and you're holding the space. But I really think that's kind of what the Christian life looks like. When you are in this world, but not of it and you're just walking that balance and you're walking in step with the Spirit, so much is about "just show me today. Show me today what obedience and faithfulness looks like. And give me conviction if I'm kind of veering here or there. Autocorrect me, God."

Annie: Yeah, that's right. I mean, that's the good news about anything we would do aging-wise, just about any Botox, any hair dye is, if we decide we don't want to do it again, we don't do it again.

Rebekah: Right.

Annie: That is almost the problem for me is that every time I go to change my hair color, I'm like, "Lord, but are you okay with it?" And the Lord is like, "Annie, do you know what I have to deal with? I care about-

Rebekah: I've got a lot of things.

Annie: "Your hairs are counted, Sis. Just go do what you want."

Rebekah: No matter what color they are, they're still-

Annie: I mean, that part in the Gospels where it says, "You don't have the power to make your hair white or black, I'm like, I mean, "Do we? Do we? Jesus, you didn't quite know." He did know.

Rebekah: He's like, "There will be so many ways that you'll be tempted to play God."

Annie: That's right. That's right.

Rebekah: Even at the salon.

Annie: That's right. I mean, you write so beautifully. Your book that came out this week, *Building a Resilient Life*, you write so beautifully, about the process of handling hard things coming towards you and how you engage and the kids have all changed over the last four years thinking back. I mean, your book kind of picks up right before COVID kicked in.

So even when I think about the last four years and how we've aged, John Mark Comer says, it's not about the years, it's about the mileage.

Rebekah: Yeah, for sure.

Annie: Will you talk a little bit about that? How has the mileage been different? When you're writing about resiliency, how has the mileage been different than the mileage of your late 30s, early 40s?

Rebekah: Yeah, I think we did a few extra laps this last season. Not that we were planning on it or even expecting it but that's what adversity does, it just awakens something in you. And I think the good thing about adversity is it awakens you to what you're made of and it awakens you to what's worth fighting for.

I have always found in seasons of adversity, I've grown the most. You know, like my whole career launched in New York with panic disorder. And if that's not adversity, I'm not sure what it was. You know, I left the comfort of the South and went to Manhattan and God used that pain to become purpose. And He always does if we let Him do that, you know, if we kind of just surrender it.

Rebekah: And I would say, He invited us to do that again, adopting Joy, our youngest with Down syndrome, and that was displacing everyone else, you know, especially Cade, who was our other older kid with Down Syndrome. He was used to getting all the attention and then Joy came in and that girl stole the show and he's like, "Wait a minute."

So that even displaced him a little. And then with COVID, Cade being so largely nonverbal and also very much need EQ strong, like needs to be friends all the time, and then lost all that, his window of tolerance went so small, and he began to just take that out on himself and us. And it was just one of the most traumatic years as a mother that I'd had in 22 years. So in some ways, like that lower part of the brain can't tell time and it took me right back to year one.

Annie: Wow.

Rebekah: But yet I grew in year one, and I grew in your 10.

Annie: To year one of parenting Cade or year one in New York?

Rebekah: Year one of parenting Cade.

Annie: Wow.

Rebekah: Then moving to New York nine years later, then this happening about 11 years after that.

Annie: I mean, when you talk in the book about tracing back your anxiety on brains to when you are birthing Cade, will you talk a little bit about the work like that that we have to do?

Rebekah: Yes, yes.

Annie: That was unbelievable, Rebekah. I don't know that in friendship I've heard you talk about that.

Rebekah: It has come out slowly. It's slowly revealed. Because there's always a route to our body physiologically manifesting anxiety, acute depression, panic, whatever it is, like something is inside us that has to get out and it will find any way necessary to do that. And New York became the pressure cooker that squeezed it out. You know, in comfortville, you know, it's a little harder to find. You're like, "I'm okay," kind of numbing or distracting or staying busy. But when things get harder, adversity faces you head-on, you can't avoid it.

So the root of my panic disorder I realized much later in life was that on the table, you know, it was emergency C-section, do I get to thrive? He was four and a half pounds full term. All my fluid was gone, I didn't even know until 39 when I asked for "Hey, do you guys do ultrasounds at the end?" And they're like, "No, not unless you're usually large or small." And I was really small and my face was swollen.

And they realized at 39 weeks there was no fluid. So they sent me straight to the hospital and said we're doing a level two ultrasound. I was awake for an hour in the waiting room. I had a sense, I was like, "I'm not gonna be coming back," I was feeling.

Annie: Wow.

Rebekah: And so they measured him four pounds eight ounces. His heart rate was in the 60s. They're like, "You're having this baby today for you to thrive." So quickly gave me an epidural, tried to do emergency C-section, wheel me in. I can still feel them tapping my stomach.

Annie: Oh my gosh, Rebekah.

Rebekah: Yeah. Yeah, it's exciting.

Annie: I can feel that. I can feel that.

Rebekah: I was like, "Wait, are you about to cut me open because I just... did you just stab my stomach?" You know, it's kind of like those-

Annie: "Either he's kicking from the inside or y'all are tapping from the outside, but I feel it."

Rebekah: "And you're telling me he's not that active, so I'm thinking that's you?" And then they said, "Oh, yeah, let's give you a second epidural, which I don't recommend." It's a second version of what you just had 20 minutes later. So by the time we get in, and they are pulling Cade out, that second one kicks in and goes up in my lungs and I started slurring all my words.

And Gabe, God bless him, you know, like there's a blue curtain and he's petting my head, you know, like a dog reading Psalm 91 over me. And then all of a sudden I'm like, "I'm dying." I thought I was dying but I didn't want to be negative. I'm not gonna speak that out. But I was like, "No, I should probably say something since I am in OR with a bunch of doctors around me. And I was like, "I'm dying." And that's when the doctor leaned over me and he said, "If you stopped breathing we can breathe for you." And I was like, "That's not quite the assurance I was looking for." So they did. They put me on oxygen and they got him out.

Annie: So it just feel like your lungs were full?

Rebekah: Yeah.

Annie: Sorry, I don't want to do this to there but-

Rebekah: I'm like, Excuse me, guys.

Annie: I'm like, I don't want to do this to you, Rebekah. That's not what I'm trying to do.

Rebekah: Oh, don't worry. Jesus has met me here now since then. But it did feel like an elephant on my chest and I couldn't get a breath. I just couldn't get a breath. So there's a smothering there that's attached to that. Basically, the metaphor for me for tight spaces or claustrophobia was this sense of feeling trapped and powerless. Because you are, you're laying on a table, you're trapped and powerless.

And I remember years later in therapy, the clinician saying, "Why is feeling trapped and powerless so terrifying?" I'm like, "Well, wouldn't that be for everybody?"

Annie: I'm not bringing you like, Why is McDonald's scary? I'm asking you why being trapped is scary.

Rebekah: And then I had to remember, like, when did I feel that completely trapped and powerless on the brink of death, and God, you know, six hours later, you know, start to sleep it off. And the doctor says six hours after that, "We see signs of Down syndrome in your baby. So it was a full 30 hours of trauma. And that was my onset to motherhood.

Annie: Jesus.

Rebekah: Welcome to motherhood in your 20s. But now I go, Okay, when that smothering feeling... You know, you know, acute symptoms of anxiety are very much shallow breathing. We know that now. I know how to regulate my brain now. I know how to calm down. But it's taken 12 years.

Annie: I mean, just the beauty in the book you write about your daughter, Kennedy, even in her own anxiety troubles, how you've taught her how to breathe and how now she stays in her room-

Rebekah: I know.

Annie: ...and says, "I've got to be able to do this without getting in mom and dad's bed."

Rebekah: Yeah.

Annie: ...after a season of doing that. After y'all been directly... That is such growth. That's so beautiful.

Rebekah: That's my piece of advice for every parent. Like, let your kids... be there cheering for them, like encourage them to be present in their pain. But at some point, while they're still under your roof, give them a chance to find their own legs.

Annie: Wow.

Rebekah: And she knows I'm still downstairs, she can come in the middle of the night like she had so many times before. But let her test the waters with God alone, and see how that grows her resilience. And she would come, she'd be like, "Well, I knew last night I needed to just stay in my bed and figure it out with God. And I did and I was okay." I'm like, "Yay, that's a win. You just grew resilience."

Annie: That's right. One of the things you and I get to do in our seats in this world is y'all have a podcast, you get to talk to a lot of people who have books, you read a lot of books. I read all the books with you. There are a lot of books about resiliency and a lot of books about American Christians getting it together. There are multiple books. Russell Moore is coming out with one, David Platt. KB. I mean, they have books that are like, Y'all, it is now or never, get it together. And they're great. The other theme I've seen this year has been resiliency.

Rebekah: Interesting.

Annie: Why is that? What's the Holy Spirit doing?

Rebekah: You know, I was thinking about this and praying through this. So *Rhythms* was so much about regulating rhythms again and again, and again. That calms the brain, that keeps stress and anxiety at bay. It keeps us healthy. Resiliency is about regulating rhythms again and again and again in the face of adversity.

Annie: Oh, wow.

Rebekah: Because the reason why we lack resilience is we haven't built the foundation before the moment, and then all of a sudden, we just experienced three years of a moment.

Annie: Yes, yes, yes.

Rebekah: And what happens when you're in the acute phase of trauma, all adrenaline is pumping, you're in fight, flight, or freeze. You're actually pretty good. You're able to disassociate enough to just manage and brace yourself for impact. The problem is when the moment passes, that's when your body lets down and the tears flow. That happens to me every time after a panic attack. I can brace myself for impact but when it's done, I let down.

And I think this year, in particular, 2023 is we're all letting down. Like we're crying. We're kind of lamenting what just happened and how do we make sense of it, and how do we now move forward. Because I think we all thought that when it was done, we just bounce back. That's the popular culture view of resilience. Like you just bounce back. And then as we all know, that's actually not real.

Rebekah: Yeah. So, 2023 is so pivotal, I think, for us going, "Oh, no, we actually need to find our legs again and we need to stand back up.

Annie: That makes so much sense, Rebekah. I hadn't thought about it like that. When John Eldredge talks about it and he talks about even our reserves are empty. Have you heard him talk about this, where he asked his team, "How are you?" And they all said, "Oh, we're okay. You know, we're recovering dah dah dah." And he said, "What if I told you a pandemic was starting again tomorrow?" And they're like, "Nope.

Rebekah: Nope.

Annie: "Can't do. Cannot do." And he's like, "That is how you know your reserves are empty."

Rebekah: Yes.

Annie: So why was it right for you to write this after *Rhythms*? Why is resiliency the next thing you want to talk about?

Rebekah: Well, because I think every book has been progression of where God has taken me in this mental health journey. I do think *Rhythms* was so much about putting the guardrails in your life so that you can keep that unrest at bay, like anxiety or depression or whatever it is the stress level. Those regulating rhythms are actually historically one of the primary ways of healing from trauma. The problem is you have to do that when adversity keeps coming.

I think the way I define resilience now is that it's this idea of doing hard things where you're compressed without an end date. And that is scriptural. There's a holiness around that. There's a perseverance. And we could replace that with exhaustion and fatigue and duty and God's going, "No, let me actually do this on your behalf. Let me carry you in ways."

And that's how God met me. And now I am finding my legs and I now have words. Even in the letdown, even in the tears, it's like, Wow, thank you God for letting me know you were there the whole time, you never left, but also you have given me a

greater strength and a greater resilience because I wouldn't have known I was this strong before this.

[00:20:57] <music>

Sponsor: Hey friends! Just interrupting this conversation real quick to share about one of our amazing partners, [Earth Breeze](#). I'm all about finding ways to be friendlier to the earth. And if I can do that while doing my laundry, I call that a win-win.

Do you know that 91% of those awkward heavy laundry detergent jugs end up in a landfill or in oceans? Oh no, there has to be a better way, right? And it's not like you can just stop doing laundry. Please don't stop doing your laundry. This is where Earth Breeze comes in.

I need to do some laundry tonight. And my new Earth Breeze laundry detergent eco sheets, they look like dryer sheets but they are not. It is the coolest thing, liquidless laundry detergent that dissolves 100% in any wash cycle, hot or cold. There's no measuring, no accidental spilling, and no heavy plastic jugs. Just toss the sheet in and you are good to go.

Plus you're not giving up on the quality either. Earth Breeze gives you a powerful clean every time. It smells so good too. Oh, I think it smells so good. It's great for all laundry lifestyles, even sensitive skin. Their eco sheets are hypoallergenic and dermatologist tested. Earth Breeze is compatible with high-efficiency washers, greywater systems and is septic-safe.

They offer flexible subscriptions that can be adjusted, paused, or canceled by you at any time, no contracts or fees. So what that means is they will get them delivered to your house so you don't have one of those experiences where you need to do laundry tonight and there is no soap. And you know what else? As travel picks up for all of us over the summer, it is way easier to pack Earth Breeze than a giant jug of detergent if you want to do some laundry on vacation, or for me on tour. Better for the planet, better for your suitcase, better for your clothes, better for your life.

Give Earth Breeze a try with their risk-free and 100% percent satisfaction guarantee. If you don't like it, Earth Breeze will give you a full refund, no questions asked, and no return necessary. Switch from the old-fashioned goo to something new.

Right now my friends can subscribe to Earth Breeze and save 40%. You guys, four-zero. So go to earthbreeze.com/thatsoundsfun to get started. That's earthbreeze.com/thatsoundsfun for 40% off.

And just a reminder, if you can't ever remember a code or you need to know what the link is again, we put all those in the show notes below. To the AFD Week in Review, to Hear For You tour tickets, to all these links to our partners, those are all in the show notes below.

Sponsor: And one more amazing partner to tell you about, [Mended](#). Okay, Mother's Day is next weekend, graduations are around the corner, and my birthday is in July. And Mended's beautiful products make such great gifts. They have the cutest tea towels, dinner napkins, table runners, and more. Whether you want to buy one for your mom or send a loved one off to college with the cutest details or napkins for her dorm or apartment, Mended has you covered.

Plus Have you seen anything that's blocked printed? We love it, you guys. We love a block print. Mended hand-block prints their products and oh my gosh, it just feels like the most personal touch. But what's so much better than how beautiful Mended's products are is its mission.

Mended is a social impact company working to economically empower survivors of modern-day slavery in South Asia. So the beautifully printed products have been made by one of their 23 survivor artists and partners that Mended partners with. It's an absolute win-win for all of us involved and why I love bringing my friends into the Mended story.

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And now back to our conversation with Rebekah.

[00:24:41] <music>

Annie: I'd like for you to talk about what resilience isn't because I think there is a time where people just assume every time you have to keep going is resilience.

Rebekah: The first definition in the Oxford English Dictionary in the 1600s was to rebound a recoil. It was like resiliere, the Latin word. And that's where we've gotten this bounce back.

Annie: Right.

Rebekah: But then there was a new version added to that, a second definition in 1800s that was to resume the original shape after a season of being compressed and bent.

Annie: Wow.

Rebekah: And I was like, okay, that feels more true, right?

Annie: Yeah.

Rebekah: Like, I might not look the same exactly after three C sections but I'm still the same Rebekah. But there's a little more weathering, there's a little more maturing, there's a little like scar tissue actually stronger than the original tissue. You know, you do come back stronger, but it's in a seasoned way. And you decide to stay when it would have been easier to leave and you realize you're stronger, not despite the resistance, but because of the resistance.

So now I look at resilience, and I talked about in the book, but I love that Aesop's Fable about the oak and the reed, and how the oak tree is so big and strong, and this tiny little reed on the ground. And they're having this conversation and he says, "Don't you wish you were like me? I'm just so strong." And the reed, I think is kind of mocking the oak, which cracks me up, just says, "I think I'm okay. I'm good with my life. I'm happier." And then all of a sudden, the storm rages, the oak tree is upturned by the ball root up on the ground, and the reed just bends low and then slowly stands back up.

And I was thinking about how many times we've walked through weathering seasons in our life that didn't seem to have an end date in the moment or caught us off guard like COVID and we just bent into it. We didn't like run from it or have brute's strength, like, come get me, am woman hear me roar, but this more like, there's something here for me and I know God is with me, and I can kind of lean in. And that when it's done, when it passes, I'll rise back up again. And I'll do it not just alone, I'll do it with my other friend, my reeds that are friends, and we'll do this together.

And there's something sweet about being humble in it. And scriptures talk about Christ being the bruised reed prophesied in Isaiah.

Annie: Right.

Rebekah: And he bent low and he took death, and then he hadn't resurrection life and gave it to us. So to me, there's something really holy about that kind of resilience.

Annie: Man thinking about being like a reed, that feels like a really powerful small metaphor. Like a little something you can tuck away.

Rebekah: Yeah. Well, that's Jesus. He kind of came in different than what everyone thought was power.

Annie: Right. Right.

Rebekah: And yet, in the end, He's the one that we're still talking about.

Annie: Right. You do a beautiful job in the book of honoring a friend of ours that I want to talk about, talking about Bill and Laurie Lokey.

Rebekah: Oh, my goodness.

Annie: I mean, can you believe you wrote like half a chapter about Bill Lokey while he was still living-

Rebekah: I know.

Annie: ...and now he's with the Lord.

Rebekah: It's wild. In fact, the day of his funeral was a day he and Laurie, and I and Gabe were scheduled to have a conversation.

Annie: No.

Rebekah: So of course, Lauri's like, "We're supposed to be recording right now." And I'm like, "No."

Annie: Were you gonna have Bill on the podcast?

Rebekah: Uh-huh. I mean he's been a part-

Annie: Man, the episode with him and Bob... Did you listen to him and Bob Goff?

Rebekah: I haven't.

Annie: It's beautiful. It's on Bob's show. And it's Bill talking about "I'm dying, so what?". And you just don't ever get to hear people talk from there. So I'm sorry you didn't get to have that recorded.

Rebekah: No. Well, we've had a lot. He's been a part of nine of our... We've done nine emotional health retreats over the last three years since COVID. I think I needed as much as the people who came. And Bill would always just drop these nuggets. So we have a lot of that. And I'm so thankful. And I'll be with Laurie next week again.

I'm just so inspired because getting to know them as friends, not just therapists, which they were, just they lived it. They lived it so beautifully. One of my favorite parts about the funeral was when... I think it was their eldest son stood up and he goes, "Man, I just had no idea like all these people I loved them so much, because we just thought we were it." Like, they gave them so much attention and presence that everyone thought like they were the most important to Bill and Laurie. And then there's like thousands, I mean, like a roomful of people, hundreds that are all going, "No, they were like that with us too." It was like crazy. Like talking about multiplication, that was wild.

Annie: When we're thinking about resiliency, I mean, so many of our friends listening, everyone, has lost someone that they love. Up close, I mean, we just went through a school shooting here in Nashville where a lot of our neighbors lost people that they love dearly. What does resilience look like in the face of death?

Well, one, I would say this was modeled that day. So there was a service that morning, started at 10. Then, I don't know, a couple of hundred of us then went to graveside. Then we went back to the church and had lunch. Then it turned into storytelling.

Annie: That's what I heard.

Rebekah: I mean, I actually had... I think it was just like seven hours, six hours, and I finally had to scoot to get Joy off the bus, but I didn't want to leave. One thing I've learned about death, the best response to that loss is honor. What happens is... I feel like the Jewish culture gets us right. Like there's a whole long thing you know. We don't just have a quick funeral and we move on. Loss, even Chip Dodd talks about this, that emotion of loss, the redemptive form of loss is honor.

So remember, talk about all the things, grieve, make room for that. Because it's when we don't acknowledge loss that we turn sick. We just store that inside acting as if we're fine and maybe we're just sad. But honoring what that person meant. So my dad passed five years ago in April-

Annie: I cannot believe it's been five years.

Rebekah: It's been five years. And so the timing-

Annie: And two years since Gabe's, huh?

Rebekah: Well, last January, so about 15 months. But I was thinking about that in time with Bill's death, and just how important it is in the moment with all the family to honor

and to remember. God, always through the Old Covenant was saying, Remember, remember, remember. And then we have the Eucharist now, remember, remember.

Like we so easily forget just the power and honor of the person that we love. I don't want to lose that. I would say the best thing to do to heal your heart is to talk about that person and cry when the tears come naturally. If you're not crying, you're not healing. Tears are sacred. And God wants to meet you in that place of pain because He wants you to know that all of this was very appropriate. That's an appropriate response. Jesus was a man of sorrows well acquainted with grief, and He physically grieved and cried.

We all of a sudden see that as weakness, and I don't think that's the case at all. I think it actually really does honor how much that person meant and it helps us heal.

Annie: You say in the book healed bodies and souls become resilient bodies and souls.

Rebekah: Yeah, yeah.

Annie: And that just feels like part of it. It isn't just about not having diseases or how you eat. It is, are you letting yourself cry?

Rebekah: Yeah, yeah. Because the healing isn't just physical, it's mental and spiritual, it's emotional. And if you want to have a congruent life, your insides have to match your outsides.

Annie: Oh, boy, listen.

Rebekah: We could go on and on on that one.

Annie: We could talk about that a long time. People need to hear that, that who you are in the secret should be who you are. And I don't like to "should" people, but who you are in the secret should be who you are in public.

Rebekah: Well, and honestly, that's why there's a lot of unrest because we've built platforms and we've got these, you know, temptations to make everything be presented well. There's just days that's just not the case. And yes, there are appropriate ways to share that but at least the people in your life, your real life, flesh and bones people in the room need to know the whole thing, need to know parts of the whole thing.

I found the more I invited people in about my shame, starting with the Lord first, because if I'm free to tell God then I'm a little more free to tell Gabe. And if I'm free to tell Gabe...

- Annie:** That's great. That works out great with Gs. If I'm free with God, I could be free with Gabe.
- Rebekah:** God and then Gabe. Then I can start to tell my girlfriends, you know, my kind of that like close friend group. And then I can start to maybe dip my toe into writing about it. But it's taken some time to get to that point. In the middle of it, you keep that sacred. But God does use your pain to become purpose if you let it and so it will become some form of a story about His glory and how it's revealed in me. But it's honoring even the process of the healing by taking time with that.
- Annie:** I think it's so interesting you write in the book about confession and about how it's kind of the foundation of all of this. But what I want to say to you... I didn't text you this yesterday, because I wanted this recorded for you to hear whenever you want. I have learned confession from you. I don't feel like I've been on a journey with you of you not being a confessor to being a confessor. I feel like you have always been someone that modeled for me. When we're sitting at a table we can say what's really going on. That's beautiful-
- Rebekah:** I used to be told that was called chronic oversharing. But God's okay with it.
- Annie:** Yeah. And so is Annie. I just want to tell you that I'm better at confessing not just sin, but sin but I'm better at confessing where I am because of my friendship with you.
- Rebekah:** Oh, thank you.
- Annie:** So I'm really grateful. I'm glad you wrote about it. But if I was an editor and I could put in the AFD edits, I'd have been like, You're actually better than you think you are at this. Do what you want with that edit.
- Rebekah:** Yeah, there you go. I love that.
- Annie:** Okay, so what you think is what you become. You write that in the book. What we think we are is what we become. That feels scary to me because that feels like I have a ton of power.
- Rebekah:** Well, it's really how I've informed my thinking, you know, even... Like say, for example, Kennedy. Let's just give that up for any parents listening.
- Annie:** And she's 17.
- Rebekah:** She's going to be 18 in a couple of months. So yes, she's launching. She's graduating the same week this book comes out.

Annie: Yeah.

Rebekah: So launching two babies in four days.

Annie: Crazy

Rebekah: One's more important than the other, let's be honest. But one thing about her for example, when she was young, she was strong willed and she would just be like, "I'll do it myself." At 15 months, 18 months, like with her five-point harness, I'd be like, "Okay, go for it." And then I remember we would butt heads because I met my match when she was like eight or 10 and I'd be like, "Oh, this is going to be hard."

And so I kind of made agreement with this narrative and we'll get into shift the narrative, that life's gonna always be hard with her. Right? So I was thinking kind of a future that was predetermined with some outcome because they're based on my current moment or my past moment.

And then one day, I think, probably when she was 12, we were in a really hard season and I just said, "God, will you show me what you see in her?" And I'm not kidding, Annie, I immediately had a vision of her in her 20s thriving, throwing a toddler up in the air. I'm not saying anything. I'm not trying to speak anything. Maybe she was babysitting, maybe with my grandbaby. But she was vibrant. And she was throwing this toddler in the air. And she was so full of joy and laughter and health. But I was like, Okay, God, I'm going to now rewrite this narrative with the way that I think and believe into something.

Annie: Wow.

Rebekah: It wasn't anything I saw different in the moment. It wasn't like a profound... but I keep coming back to that because now I'm seeing it. I'm seeing it in her. And I remember, like, when I started to see it break, I was like for this child I prayed. But even more so God gave me a vision of something that was the change the way I think.

So I think it's less about my power to like will like a different future. But going, "God, what do you see?" So maybe as a faithful Christian to go like, "I don't want to be in charge of my future. God, you see what I can't see. That's the whole point of faith. And so whatever adversity I'm facing right now, will you show me what you see? Is there something you want me to hold on to or cling to that you're working for good? And it might not be today, tomorrow, next decade, but help me rethink, reframe what I think that way.

And it did. It did. It lifted... It was still hard for sure but I started to go, "Okay, I'm going to hold on to that. I'm going to write it down in my journal. I'm going to put a date on it. I'm going to tell Gabe. I'm going to tell Kennedy eventually, which I did. I did. And I think it honestly even gave her faith. So that's what I mean by our brain runs the show but we get to ask God, what do you want us...? He gives us desires, right? He says He gives us the desires of our heart. But the way I read that is like He gives us His desires-

Annie: The desires that we feel. Yes.

Rebekah: Yes. So when I'm starting to desire that, He's giving me that, yeah. So I want to hold on to that and think towards that.

Annie: So that's how we shift it. Is that what you're saying?

Rebekah: Yeah.

Annie: If we were doing an assessment of our brains today, what's the first question we ask to even identify what needs to be shifted?

Rebekah: I would just say whatever lie you're making an agreement with, right? So in the shame chapter, I talk about how I had made agreement with, for as long as I knew, I'm broken, and I believe I can never actually change. I can put all these practices into place, I can write all these books, but fundamentally, inherently, I feel broken. So then I say it out loud in the first row named the pain to Gabe, and with his grace, he says, "We're all broken, you're just more aware of it." I was like, "Thanks, Gabe."

Annie: I love that part. The Leiper's Fork.

Rebekah: And that even just kind of put the air out of the balloon. Because all of a sudden, I was like, "Oh, that's my big, deep, dark secret that I'm broken. And it didn't jar you at all. In fact, you're like, "We all are."

Annie: Right.

Rebekah: So then all of a sudden, I go, Okay, maybe I just need to unpack shame. Now I understand why I run and hide. Oh, I'd never really felt like I had words or even the tools to go like, No, it's not that there's something inherently wrong with me, it's just that I've never been given the bandwidth to know how to stay in a hard conversation without feeling completely overcome.

Annie: Wow.

Rebekah: So the more I learned, the more I was allowed to say to my brain. Hey, the reason why you want to run with Gabe is because you don't really have words to say, "Hey, when you said this, whether or not was your intention, I feel small." So then I started to say it, I was like, "Maybe I could just say it without character assassination because I don't know if he really means to do it but I'm certainly reading it that way. So when I have the strength to say it, then all of a sudden, I have agency, I'm no longer buried in shame. But it was because I began to learn.

So I would say whatever lie that we've kind of been buried by, "I'm unlovable, I'm not worthy of love unless I earn it," whatever it looks like, we can say, Okay, instead God, what do you see? Where do you see this going? What do you see in me? Where are you leading me? And what do you want me to know? And that has helped me go, Okay, God will just prompt me with a memory or a phrase or a word in my spirit.

And I think He wants to rewire our brains. Like he's the master scientist who made our brains. And neuroscience and faith overlap. They have to. So as a result of going that... Like one great thing I talked about in the book was I was waking up just sad in the winter. January is not my best month because of being a Florida Florida girl. Or any person.

And I just remember hearing Dr. Amen on Sadie's podcast saying, "Wake up and say 'it's gonna be a great day'." And I laughed out loud and I'm like, "I could never see myself doing that right now." And then the next day I'm like, "It's gonna be a great day." And I was like, "I don't even buy this, but I'm gonna keep saying it." And I just started laughing about it. And it's like, Yes, I was just telling my brain, okay, predict a different future here. Go ahead and shift the narrative. And then you're going to retrain your brain.

Annie: You know, I have a line from *Sleeping At Last*, Enneagram seven song. It is the biggest piece of art in my house. He gave us permission to do this. And it says, "I feel hope deep in my bones tomorrow will be beautiful." And it is the last thing I say to myself every night.

Rebekah: Come on.

Annie: I go, "You know what? I do feel hopeful that tomorrow is going to be beautiful."

Rebekah: When did you start saying that? How long?

Annie: I mean, probably as long as I've had the piece of art in my house, because it's the last thing I pass. So probably two or three years. Wow. And I've had tear... I mean,

you know, you've walked with me through a brutal breakup and through hard things with God and through my nephew dying. That never stopped being true. I always believed tomorrow was gonna be beautiful. So there just always ended up being beauty in it maybe.

Rebekah: Sorry turning the mic. How do you see you saying that for two years impacting these last two years for you?

Annie: I think it helps me sleep better. It shapes what I think about as I'm going to bed.

Rebekah: That's good.

Annie: Because I kind of go like, "Yeah, what am I doing tomorrow? I bet that will be..." So last night I was like... A friend of mine is staying with me. Last night, she went to the guest room and I was walking back to my room and I said it to myself, I thought, "Oh, yeah, what happens tomorrow?" And I was like, "Oh, I do this and this, and I can see Rebekah and gosh, I love that book. That will be so fun to get to see Rebekah tomorrow because I haven't seen you since January. It gets my brain doing that before I go to bed versus "I should have said that differently today. And I should have..." which is what I can do is replay my dumb things I say.

Rebekah: Right. So you are doing this. It's like your brain does run the show and you get to decide what you agree with. You get to decide what you say to yourself. I quote Sadie there. You get to decide what you say to yourself. And God said it first, right? "You're chosen and beloved and appointed and set apart. I've entrusted you with birthright gifts. I've called Destiny out over your future." I mean, there's so much beauty and goodness God gives us first that we can just draw from if we asked Him to remind us to remember.

Annie: That's right. That's exactly right. Have you read Chris Caine's new book that's all about Remember Lot's wife? The whole book is about remember Lot's wife.

Rebekah: I want to read it.

Annie: I mean, God tells us to remember all the time. He's like, Just remember. Just remember. Just remember."

Rebekah: I know.

Annie: When Jesus said every time you eat this, like you said, Every time you eat this, remember me, I'm like, "Did you think we'd forget?" I guess He thought we'd forget.

Rebekah: We did.

Annie: And we don't get to forget because we're [inaudible 00:42:49] all the time.

Rebekah: It's like that meme. I'm sure you've seen it of like, "This isn't me when she keeps trying to rescue me, and that like the sheep just keeps jumping right back in the golly and breaking its leg. I'm like, wow.

Annie: I know. They rescue but then they boo right back in.

Rebekah: I know. I'm like, He didn't even remember for like two seconds. That feels real sometimes.

Annie: Oh, that is very real to me.

[00:43:12] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [Sundays for Dogs](#). I know you put time into thinking about what to feed yourself and your family. So don't forget your dogs. They're part of your family too, right?

Sundays for Dogs is a healthy dog food that's actually easy to store and serve your little guy or gal so they get a meal that both tastes good to them and keeps them around for a long time. Okay, Fallon has a cute dog named Teddy. You know Fallon, she runs the That Sounds Fun Network and is the co-host of our favorite snack podcast The Snack Show. And Teddy is a big fan of Sundays for Dogs.

Listen to this list of ingredients and tell me who wouldn't be. Sundays is air-dried dog food containing 90% meat, 10% vegetables, and zero synthetic nutrients. Besides USDA beef and all-natural chicken, it has digestive aids like pumpkin and ginger plus disease-fighting antioxidants. I mean, sounds good to me.

And those dog moms and dads out there report noticeable health improvements in their pups. Plus every order shipped right to your door, so you never worry about running out of dog food again. And get this, Sundays cost 40% less than other healthy dog food brands because Sundays doesn't waste money shipping frozen packages. And they spend money on sourcing the best all-natural ingredients for your pup. More affordable and better for the dogs? Sign us up.

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the code THATSOUNDSFUN at checkout. Upgrade your pup to Sundays and feel good about the food you feed your dog.

Sponsor: And I have one last amazing partner to share with you, [Prose](#). Okay, instead of just browsing the shampoo and conditioner out of the store, I switch to a custom routine from Prose. It is truly one of the best things I've ever done for my hair. And the results I'm seeing just keep getting better, and you guys are telling me, thank you very much for your kind words about my hair.

Prose is the world's most personalized haircare. And I'm telling you Prose is the reason y'all love how my hair looks. It is their custom shampoo and conditioner. My hair is shinier, thicker and more manageable than it has ever been. They took my answers to their in-depth hair quiz, we love a quiz, and created a unique formula from my answers.

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As a carbon neutral certified B Corp, Prose is an industry leader in clean and responsible beauty. All their ingredients are sustainably-sourced, ethically-gathered and cruelty-free. They're also the first custom beauty brand to go carbon neutral. If you're not 100% positive Prose is the best haircare you've had, they will take the products back no questions asked.

Custom-made-to-order haircare from Prose has your name all over it. Literally, your name is on the bottle. It's adorable. So take your free in-depth hair consultation and get 15% off your first order today. Go to prose.com/thatsoundsfun. That's prose.com/thatsoundsfun for your free in-depth hair consultation and 15% off.

And now back to finish up our conversation with Rebekah.

[00:46:44] <music>

Annie: I don't even know if this is possible but I'm just going to see what you say to it. Can you outline for us a path of what life could look like in a year if we are resilient and what life could look like in a year if we aren't?

Rebekah: Oh, my goodness. Yeah. Okay. Well, I wanted to put the book in a framework have five rules that are building blocks. Because if you don't put them in place in advance, when that moment comes, right, you know, just hard, life does happen all the time, then you are reeling.

So the goal is, I would say, if you do do these things in advance, and you do the work, you know, we always talk about doing the work, but that feels a little ambiguous. So I was trying to be a little more prescriptive and practical. And so I'm going like, "Who are the people that I can name the pain to regularly?" And this isn't a one-and-done. It's like, Annie, you've had a lot. But it's some form of rhythm of confession with your people, right? Like maybe that's once a month or every two weeks or whatever that looks like where you're able to check in and go like, "Here's what was hard. Here's where I was tempted. Here's where God drew near. Just get in a rhythm of confession. That's one name, the pain.

The second one would be: shift the narrative. Like we're talking about, how do we retrain our brain? Because of now what we've done, and how we now have other people speaking into us, like Gabe saying, Wait a minute, you're all like this. You're not alone. This is not the end of your stories. And so with shifting the narrative, we always go God, what do you say? Yeah, what is the truth that sets us free?

And then that third rule is, then embrace adversity. And that feels like, what? Why would we do that? But what I learned with anxiety when I turned towards the anxiety when I like, let it kind of roll through my body and realize, Oh, now it's done. Like an average panic attack only lasts five to eight minutes, and I'm still okay now on the other side of it, then that grew my resilience. I used to be terrified of anxiety. Now I consider a friend that's the barometer telling me what's... It's like the check engine light.

Annie: That's how I feel about loneliness. I'm like, it's not gonna go away. Just ask it what it's telling me, what it actually need.

Rebekah: Yeah, anxiety symptoms, for me are a check engine light going like, either you need it, like brake pads, fuel-

Annie: It's your dash.

Rebekah: It's air in your tires. Like you've been running too much and pause and ask God what needs to shift. It's not the shaming thing. I think we all feel some shame

attached to anxiety, like something inherently wrong with us. Well, it's more that we are human and we're fragile, and we're finite. Like, we're not infinite. We can't just do whatever we want as long as we want. We get to age gracefully, to bring it back around.

And then that fourth rule is make meaning because God will always use our stories. He's just so kind like that. And I love Revelation 12:11 where it says the enemy is bound by two things: Christ's blood and our story. And it's just like, well, I don't know guys, this is why I'm a chronic oversharer. He gave a story of like I once was blind and now I see. I once was lost and now I'm found. I once was sad and now He's given me a joy. Like, we don't have a whole lot to do with that other than making ourselves available to Him.

And then that fifth rule indoor together to me it's just kind of this end cap because we can't build resilient lives alone. Annie, you know, you need people, I need people. We all need each other. And when we do invite people into that pain, it's like, you know, we become this communal people made by a communal God. And all of a sudden we start to build resilient communities. It's not even just my family or yours. It starts to span into a whole city. It becomes kind of the air we breathe a little bit. Like, how do we love one another well for the long haul?

Annie: You've done that really beautifully. One of the things you say that I'd love for you to finish on is you talk about how beauty is the anecdote to scarcity.

Rebekah: Oh, yeah.

Annie: Like when it comes to community, when it comes to our homes, when it comes to what we see, how is that true that beauty is the anecdote for scarcity?

Rebekah: I think when we're sick, we only see lack, we only look inward, we only see what's broken and we always think we're the only ones, and all of a sudden that adversity just is looming, and dark and feels endless. I was just reminded of COVID, right, those early weeks, it was spring, right?

Annie: Yeah.

Rebekah: While the world is sitting at home and wringing its hands, nature is still doing what it does. I remember sitting on my porch and the birds were chirping, and the flowers were blooming, and I was like, "This is kind of wild God is still on the throne and beauty is emerging all around us. It was a grace. It was a comfort. It was like a soul-filling kind of thing. And I found the beauty and just real honesty. Like there's a real beauty and intimacy that comes with honesty. And I find that as a writer you don't have to be the most skilled writer, but you need to tell the truth.

Annie: Yeah, that's right.

Rebekah: That's the same in my family life and my personal life. It's like the integrity of the inside, like we said, matching the outside of us. And that's beautiful. When my kids will come to me and confess and they've been afraid to do it and they kind of beat around the bush but then finally just came out with it, I just can't... they're not more beautiful than in that moment. It's like, this is the purity. This is like the fullness of what God imagines and once for all of us. And then spaces, Annie.

Annie: Oh, I love what you write about that. The spaces in your house.

Rebekah: Well, I mean, your studio, like you guys work hard to create flourishing spaces where beauty can just emerge. And I believe so much that outer order helps create inner order. So when you really care about cultivating and tending, because that was the biblical mandate right, to take care of the earth. A lot of us in Nashville are replanting like all of our landscaping right now because most of it died.

Annie: Yes, they died.

Rebekah: So just-

Annie: It's supposed to be like 30-something this weekend?

Rebekah: Oh, oh.

Annie: I know.

Rebekah: Oh, no.

Annie: Thoughtful.

Rebekah: It's a long-ish winter.

Annie: That's right.

Rebekah: I went to the nursery last night and I was like a kid in a candy store picking all the beautiful things. I don't know. I think beauty represents resurrection. And death always precedes resurrection. So in the moment of death, we're like, Oh, man, is this gonna lift? And God's like, Yeah, it sure will. And there's a beauty there that keeps me from going back to the scarcity of what's hard, what's wrong, what's broken, what's wounded and going, "There's a new mercy come in tomorrow morning with a sunrise."

Annie: Oh, I love it. Okay, what did we not say that we need to say?

Rebekah: I don't know.

Annie: Okay. I have something to tell you that I haven't said on the internet and I don't think I've told you this. Do you know I'm moving to New York this fall?

Rebekah: No. You're gonna say this on the air?

Annie: Yeah. I'm not moving for my whole life. I'm just moving for a couple of months.

Rebekah: Stop. Because I was gonna say, "Can we be roommates? Can we double time?"

Annie: Yeah.

Rebekah: I've been dreaming about this with Gabe for six months. He's like, "Wait a minute.

Annie: I'm really doing it. You're like-

Rebekah: Stop it.

Annie: You're like one of the inspos for me doing it.

Rebekah: Ahh, come on!

Annie: I know. Because I didn't think I had decided for sure when I saw you last in January. So I was like, "Oh, I'm gonna tell her."

Rebekah: Yes. Okay. So for the summer?

Annie: No, for the fall.

Rebekah: For the fall. Annie, I'm going to be there in May.

Annie: Are you?

Rebekah: On GMA.

Annie: Are you really?

Rebekah: Yes!

Annie: Oh my gosh. What day? Do you know?

Rebekah: The 19th?

Annie: Oh, that's amazing.

Rebekah: Yes. And then, of course, you know me, that was when I was up... So the last part of the book, I do want to talk about that, is called Awake. And I tell the story of going back to New York last May-

Annie: Yes, I loved it.

Rebekah: ...and going down memory lane and going to my church there, Church of the City, New York and just watching their hunger for God and their resilience after living in the city. For everyone. But it especially was hard there and just being so revived in my spirit there. So we're going back the same literal weekend that we were there a year ago. It's just how God timed it. And we're bringing Pierce and Kennedy and Cade. Oh, not Cade. Not Cade and Joy. Just Dad, Mom, Pierce, and Kennedy so that we can kind of do that quick, do all the fun things together.

And in my secret world, well, it's now public, that I definitely love the city. I have a heart for the city. I believe God's gonna bring revival in that city. And I just want to be there as much as I can, in and out, whatever that looks like. You know, it's kind of what I was just saying, like it's always darkest before the dawn.

Annie: Right.

Rebekah: And maybe time historically in centuries Gods moved mountains. It's been horrible right before that. Yeah. And that's where we sit right now as a globe. We're groaning. It stinks. And God's like, "I see you. I see you and I'm coming for you." I hold that. It's sacred and it's true and it's good. I'm just gonna lean in. And I love that you're going there.

Annie: I know.

Rebekah: I'm gonna come see you.

Annie: Tyson said... When I told him, he said, "What can I do?" And I said, "Just save me a seat of prayer. That's all you can do. Just save me a seat so I'm gonna pray with y'all."

Rebekah: Oh, so excited.

Annie: I'm just going for a couple of months. Ain't that fun?

Rebekah: You do it. Oh, it's gonna be the best. It's the best.

Annie: Okay, because the show is called That Sounds Fun, Rebekah Lyons, is the last question was ask, what sounds fun to you right now?

Rebekah: A walk with you at Lake Radnor. 100%

Annie: I wish we could. You want to in May?

Rebekah: Yeah, go do it.

Annie: Me too.

Rebekah: And hopefully it won't still be freezing by then.

Annie: I know. It'll warm up. I would love to do that. Let's schedule it today before you leave.

Rebekah: Yeah.

Annie: I love you. Thanks for doing this. Thanks for writing this book. There were a couple of times Easter and lots of out there, just a couple of times I thought, "What an honor to have lived that with you."

Rebekah: Well, thank you. Thanks for being my friend.

Annie: Oh man, mutual. You're welcome.

Rebekah: And you let me be yours. You're the best.

Annie: So grateful.

Rebekah: Love you.

Annie: Oh, you guys. Isn't she the best? Man, I... oh. I just am so thankful for everything she thinks through to teach us and to lead us through. And the honesty in this book, my gosh. Be sure to grab your copy of *Building a Resilient Life* this week. And if you're not already, follow Rebekah on Instagram, thank her for being on the show.

And guys, the Here for You Tour is a month away. I cannot believe I'm saying that. It is only a month away. I saw a picture of the stage today. I'm losing my actual

mind. I'm so happy. While you're trying to think of fun gift ideas for the mom in your life or for someone graduating or for your girlfriends, grab a ticket for the two of you and come on out and hang with me and Carlos. Y'all it is going to be a blast. Get your tickets for the Here For You Tour at hereforyoutour.com.

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

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

Devin: Hi, I'm Devin. I'm from Chesapeake, Virginia, and what sounds fun to me is going out with my friend for a good meal after she finishes her Cox's speech test.

Annie: Oh, yes. Okay, where's the best meal?

Devin: Amedeo's Italian Restaurant.

Annie: Yes, Italian. Tell me what you're eating at your Italian restaurant.

Devin: Alfredo.

Annie: Yes, girl. Yes. Garlic bread too?

Devin: No.

Annie: No.

Devin: They don't do garlic bread, I don't believe.

Annie: So Alfredo. Fettuccine Alfredo is the math. That's plenty.

Devin: Yes.

Annie: Are you putting chicken on it or any kind of meat or you just noodles and cheese?

Devin: Noodles and Alfredo sauce.

Annie: Yeah, girls. That is a good way to live. I like that answer. 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 and 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 what sounds fun to you. I will do the same. Today what sounds fun to me, oh man, I'm getting to go to a Nashville SC match tomorrow, watch our dude Walker Zimmerman and all the other players that I adore. I haven't been in a couple of weeks. So I am excited to be back at Geodis Park.

If you haven't heard the episode with Sally and Walker Zimmerman, just go back a couple. It is there and it is so good. I mean, he's our favorite MLS player, you guys. Y'all have a great weekend. We'll see you back here on Monday with J. D. Greear. You're gonna love him. Y'all have a great weekend.