

[00:00:00] <music>

Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be with you today. We are in a new series, and I've got a great show for you. In the month of July, we're calling this the TSF Hall of Fun series. We're bringing back some of our favorite episodes from over the years for you to listen to.

Some of you have been around since day one, my OGs, I love y'all, since day one of the podcast back in 2014 and will remember these. Maybe they are some of your favorite episodes too. But there are lots of you who are new around here, so we thought this month will be a great opportunity to highlight some episodes that we hope you won't miss.

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](#). Do you ever find yourself needing help making a big decision, whether you're dealing with decisions around your job or dating or family dynamics, or anything else in your life?

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When you're needing help, better understanding yourself, and navigating decisions, try BetterHelp. Visit betterhelp.com/thatsoundsfun today to get 10% off your first month. That's betterhelp.com/thatsoundsfun.

Intro: Today on this TSF Hall of Fun episode, you get to hear my conversation from Episode 260 with Christine D'Clario. A few years back, Christine and I went on a trip to Ecuador with Compassion International and immediately hit it off. Like

sisters from different misters. I love how she loves God, how she loves to worship, and how she talks about both in this episode.

This one was definitely a note-taking episode for sure. I cried, but like duh. And it was a truly spiritual hour. So prepare yourself, friends. It's why I wanted to be sure that we brought this one back. It is really special. I cannot wait to listen again and to hear what you get out of it.

So here's my TSF Hall of Fun conversation from November 12th of 2020 with Christine D'Clario.

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Annie: Christine, I'm so happy to have you on the podcast.

Christine: Oh, my goodness, Annie Downs. Well, we should make this episode like three or four hours long so we can really catch up.

Annie: That is the truth. Listen, when I... I just told you this, that when my team was like, "Have you thought about Christine D'Clario?" I was like, well, I mean, literally, we went to Ecuador together. So like we've known each other for years. You're the reason I ever even practice my Spanish. Because I promised you and your husband.

Christine: You're the reason I actually wrapped my head around what writing a book is like. Goodness.

Annie: And your book did so well and people read it all the time.

Christine: Mm-hmm. It's been really a beauty to see how brokenness could just be somebody else's lighthouse.

Annie: Yes. Oh, that's a good line.

Christine: Hey, let's tweet that one.

Annie: That's really good. Will you tell me the title of it again?

Christine: *Prodigal Heart*. That's right.

Annie: And it's in English and in Spanish.

Christine: Yes. And soon will be in Portuguese.

Annie: When did you start adding Portuguese? Do you speak fluent English...? I mean, I know your English is very fluent. Are you three languages fluent?

Christine: I am. I learned the term for that. I thought it was trilingual in my simple mind, and I learned that it's actually called polyglot when you speak more than two languages.

Annie: Oh my gosh, I would have said trilingual too

Christine: Me too.

Annie: Polyglot.

Christine: All the time.

Annie: That's brilliant.

Christine: It's just a call of the Lord. About five years ago, something really supernatural started happening to me, where I would be leading worship in English or Spanish and I would hear a voice—and I know it was the voice of the Holy Spirit—just speaking into my ear singing my songs back to me in Portuguese.

Annie: You are kidding.

Christine: It was like, why is this so significant that God would make such a big show of interest so supernatural on it? And I just started seeking the Lord and just praying and fasting about it, and He started instilling upon my heart that there would come a time where I would expand into other languages. He wanted Portuguese to be the first that I expanded into because He wanted me to tell the people what the Lord had done to me and connect what's going on in my heart to other people's hearts in the languages of their hearts to avoid losing in translation type thing.

So I've started with Portuguese. I've been learning it for five years now. But it's been awesome to see actually how that is happening. The connection is deeper when you put in the work and start trying to communicate with people in the language that they best understand. There's a cultural aspect to it that's just greater.

Annie: Back me up to when... which one did you learn as your first language?

Christine: That is a very tough question. Because since I can remember, I've always remembered speaking both.

Annie: Okay.

Christine: My father spoke no Spanish at all and my mother spoke very broken English. So I learned from word one to say English and Spanish so that I could communicate with both of them. I don't know what it's like to not know one of those two languages.

Annie: How did they communicate to each other?

Christine: Well, I guess, you know, you put in a little TLC and then hormones and then "I love you, I do", get married.

Annie: That is impressive. Okay, so you've always spoken English and Spanish?

Christine: Mm-hmm. Yes.

Annie: Before we do more of your history, I want everyone to know that we're the kind of friends that when I was throwing up in Ecuador, you were holding my hair.

Christine: Yes. It makes a really special bond when you hold your friend's hair when she's puking all over the place.

Annie: That's right. I mean, I would say very, very, really, and truly, you and your husband were highlights to me of people that we were on that trip with, through Compassion International, when we get to go see our sponsor kids in Ecuador. Y'all were the ones that I was like, "Oh, these are my people." I just am so thankful.

Christine: I think from when we met at the airport, it was like, Huh, where have you been all my life since I feel like I know you?

Annie: That's exactly right. That's exactly right. So now back me up and tell me your history. Now that people know that I've thrown up and you've held my hair in a foreign country, when we met I knew you're a worship leader. I did not know that as we walked around Ecuador people would be treating you like a Kardashian. People wanted your autograph everywhere we went.

Christine: Oh boy.

Annie: So when you started leading worship... will you back me up to the beginning of this? What's the start of this story?

Christine: Wow. I'm going to try my best to condense it because it's loaded with great stuff. I grew up in the church. Everything I know is Bible-centered, church-centered but I didn't really have a relationship with God until I had a massive crisis as a college teenager. I lost my father to alcoholism when I was six and a half. I also am a

sexual abuse survivor, episodes that happen between the ages of five, five and a half, six.

And growing up without any of that trauma being taken care of because we simply didn't know how, it just exploded at one point when I started becoming a woman. I still remained in the church. At that point, I had become the worship leader of my church, which was a fairly large, very relevant church in my area.

Annie: And y'all are in Dallas, right?

Christine: I'm in Dallas now but that happened when I lived in Puerto Rico.

Annie: Oh, got it, okay.

Christine: Mm-hmm. I just started lashing out at God and everything good because I was just so hurt and angry. I was very passive-aggressively rebellious towards anything good because in my mind, I thought, "Well, maybe if God had done something for my dad or healed or delivered him miraculously, he would still be alive and I wouldn't be going through all the things that I'm going through as a result of that one event. But God has this wonderful way of turning everything we curse into a blessing when we just place our brokenness at His hands.

So I did hit rock bottom. During that time, I led a double life of very covert sin. I should say I was going really, really fast down the deep end, and He came to my rescue and I crashed right into Him. After having that encounter of grace and that show of the way He loves us insistently and the way He's very consistent and the way He repeats over and over and over again how much He wants us and I felt very unwanted, it was very empathetic to me. I understood that I was not alone, that I was loved, that I was seen, and that, wow, this God is actually the dad that I always needed.

Annie: Oh, wow.

Christine: And He's better than the dad that I thought I lost. So in that walking with him, I had always done since I was a very young kid, but it was for the first time that I decided to take my talents and my artistic creativity and just place it at His feet as an offering of thanks for literally saving my life because I was going through depression and suicide, and all those wonderful things that just bring out the best and the worst in us.

It was August of 2003 when I had that encounter with the Lord that changed my life forever. And that day, I decided if I'm going to do anything at all, I'm going to

do it for Him because at this point, my life was nothing and He gave it back to me. So that was the beginning of it.

Annie: And how old were you?

Christine: I was about 19.

Annie: Wow. Okay.

Christine: I'm 38 now. So all of y'all mental mathematicians go ahead and do the math because I can't.

Annie: That's a full 20 years. I mean, almost literally half your life.

Christine: Yes, exactly.

Annie: You've had two halves of your life at this point.

Christine: Yeah.

Annie: Wow.

Christine: And it's been such a beautiful journey of surrender again and again and again. And then fast forward to now, my belief in that surrender is stronger than ever because I've lived through several processes and restoration and inner healing. And in my last season, I actually went through the miraculous conception of my kids because I had infertility.

Annie: Yes, we are, for sure, gonna talk about that story. I love that story.

Christine: Time and time and time again, God continues showing me that He is there. and when hope gets attacked, which is something that happens every other day in this world, He's always there to remind us, "Hey, I'm here. I haven't gone. I'm steady. I'm not leaving you. You're gonna be okay."

Annie: Oh, my gosh, there's just so many paths I want to go down. Let's talk about-

Christine: I told you I need three hours.

Annie: I love it. I know. I mean, there are so many miracle stories wrapped up in your story. I mean, you might not say this, but I'd like to say. I think you're probably the most famous Spanish-speaking worship leader. I mean, you're known in every

country... every country probably. And you're the first artists to take Compassion to Latin American audiences.

Christine: Wow.

Annie: So did you come to Nashville and record an album? How did you go from like, Okay, this is God calling me to do this? Because there's got to be friends of ours listening who are like, Yes, I'm on the precipice of doing the thing I'm supposed to do, and what's the next move?

Christine: For me, it's been a very long time ago I learned to wake up every day with diligent hands, but allowing the blueprints of my plans to be filled by what the Lord wants. Just the fact that I wake up in the morning, to me, I count as a miracle. I have my professional plans and my artistic plans and my production schedules, but I do have to remind myself every single morning to say, Okay, Holy Spirit, what are we doing today? What life are you breathing onto this? Is this what you actually want? Do you want me to shift anything? And just allow myself to go that way.

Because when you've suffered so much loss and so much pain, and so much trauma, there is a tendency, like psychologically speaking, there's a tendency to want to be a control freak and to want to have everything spelled out, drawn out, all the i's dotted all the T's crossed the way you want it to be crossed.

Annie: So that you feel safe.

Christine: So that you can have that sense of safety. But to me, it's been a great expression of worship to surrender that tendency and to just let the Holy Spirit take the driver's seat, and me just come along for the ride and do whatever He says. So I would say to those people that are on the brink of fulfilling so much in their lives and in their callings, and in their professions, we would save ourselves a lot of heartaches if we just let God be in the driver's seat, and just listen and cultivate that relationship with Him that even with the gesture or movement or silence or speaking, we know where He's going, and we're ready to follow.

Annie: Let's talk about the spiritual disciplines of this too, because right at the beginning, I wrote it down as soon as you said it. You said, so I was hearing the Holy Spirit in my head and in my heart, so I started fasting and praying to figure out what I was supposed to do about Portuguese. Talk to me about fasting and talk to me about prayer. How are those two disciplines specifically important in your faith life?

Christine: Well, I'll start with fasting because it's the one that raises a lot of question marks. We all know that praying is having conversations with God.

Annie: Right.

Christine: Emphasis on conversations. It's not a monologue. It's not a petition list. It's actually sitting down and putting in the time to talk with God and listen.

Annie: Do you think everybody can hear God for themselves?

Christine: Absolutely.

Annie: Yeah, me too.

Christine: When He dwells in us, He speaks to us, through us. It's pretty awesome the way He doesn't limit Himself to like actual sound waves to be able to communicate to our hearts.

Annie: Right. That's right.

Christine: So with fasting, it's a discipline that actually... It balances out the plain. It submits your flesh, which is the enemy of the spirit, submits your flesh so that the spirit could take a break to grow. So imagine that you have wheat and shaft growing together and one is trying to overpower the other, which in this case, we could see that allegorically as the flesh.

So fasting kind of shuts the flesh up and submits it to the will of God. And it's an act of surrender and an act of worship saying, Okay, God, I really, really want to grow closer to You spiritually. So I am intentionally submitting my earthly desires and my flesh and my human needs to make that possible.

And every single time I've fasted, and when I do prolonged fast... I like to do the Daniel fast a lot. Or sometimes I'll just fast something that's not food. I've had to go on social media fast or entertainment fast. I could junk out on TV series for days. And I have.

Annie: I was about to say the hardest... I mean, fasting is always hard but the hardest fast I've ever done was a TV when I did a season without TV.

Christine: It's really difficult, but actually it submits your will and your desire for earthly pleasures to cultivating your spiritual relationship with God. And I have always had major breakthrough every time I have set out to like, "Okay, this is praying and fasting time." Putting it on my calendar. Take my phones away. I'm gonna just kind of only use my computer without Wi-Fi.

Annie: Right, right. Right.

Christine: Massive ADHD, and I'll go all over the place and totally forget that I'm fasting. But make myself focus on how can I better connect with God? How can I cultivate my spiritual strength in this season?

Annie: Do you see a difference in your connection with God, your ability to hear? Do you see things changed because you fasted?

Christine: Absolutely. Absolutely. It's like when you're not a runner and you decide to set out to train for a 5k. The first couple of days, you feel like you're about to die and you've only ran for 60 seconds.

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

Christine: But as you continue strengthening your body and your resistance, there comes a point where you're like, Hey, I can run for a steady mile in just a little bit, and with a little bit of stamina, I'm creating that resistance. It's the same principle that applies to the Spirit. And fasting is one of those training tools that we have to become stronger spiritually.

Annie: I sometimes think of fasting... This is such a silly analogy. But I sometimes think of fasting like in *Mario Brothers* where he jumps up and bumps his head and the mushroom comes out and it doubles him in size. Like when there is something I feel like I'm in a rut about what the Lord or I can't figure out the right decision or I need something to change, I will fast because it feels like the kind of the extra power we need sometimes to move the heart of God to hear more clearly. I mean, it doesn't have to be 40 days. It can be a day. But man, it sure changes my connection to step into that discipline.

Christine: I must say something about fasting that my former pastor when I lived in Orlando, Sam Han, taught me. We were doing a prolonged fast, I was in the middle of tour, it was really hard to be selective with my food items and I'm getting up on platform about to pass out. So I called him up and I'm like, "I don't know how we're gonna complete this phase of the fast. I really want to be involved, but it's so hard. And he said, "Christine, just stop." And I said, "But if I stop I'm gonna fail God." He's like, "No, you're not. You cannot impress God."

Annie: Wow.

Christine: You can't. Whatever you do, Jesus already did it better.

Annie: Right. That's right.

Christine: Fasting is not for God. Yes, it's an act of you submitting your will to get closer to Him, but it's really for you. It's for you to get close to God because He's eternally drawing nearer to you. Fasting is just an act of you doing the other part and drawing nearer to Him and strengthening that ability to do that. So it's not about, Oh fasted 40 days so I should get an award. No, you should not. Your award is you're closer to God now. That is the best reward.

Annie: Yeah. One of the things I love... I mean, I'm sure you've read this. But so many times in the gospels they'll talk about how the Pharisees fasted two days a week. It's just such a normal... and not everything they did was terrible. They were very devout. Fasting was just such a normal part of their rhythms.

So I like having it as a normal part of my rhythm, but also as a tool in my back pocket of like, oh, if I need something extra, if I need more connection, if I need more focus, I know I've got this tool. It is very helpful.

So since you did that, how have you seen your ministry change now that you're into Portuguese and not just English and Spanish?

Christine: Well, it's amazing that when you set out purposely to seek God's will and make the human sacrifices that you must to surrender your will to His and do His, it's amazing how you learn, more than anything, what He wants. I've heard that question so many times, Annie. People are like, "I don't know what God's love is for me. I don't know what God's will is for me. I don't know what His purpose is for me."

Well, the more you cultivate relationship with Him, through prayer, through fasting of absolutely through reading His word, and just taking the time and discipline daily to do it, you figure out, like a friend who spends a lot of time with their BFF, that... I don't know if it's happened with you and your best friends that they'll just like, look at you a certain way, and you know exactly what's going through their mind. Or they'll make a little thing hehe, little sound or something and you're like, "Oh, I know what you're thinking."

It's the same way with the Holy Spirit. It's the same way with God, He becomes our BFF. And sometimes it's not necessary for a supernatural show of what He wants for you to understand where it is that He wants you to go and what He wants you to do. So that's what happens with my ministry. Like, at this point, my biggest barometer I've learned that God has given me His peace. So when I feel His peace on something, even if there's a lot of uncertainty in different areas, I know that He's in it. And in the same way, when everything seems to be falling perfectly into place, but I don't feel peace, I know He's not in it.

Annie: Wow.

Christine: Not because it's a good or a bad thing but just because it's not what He wants for me in that moment.

Annie: Right. Right.

Christine: And that's the way He'll tell me. You either have peace or you don't have peace. And I'll always follow my barometer of peace. So that's what I've been doing since... the 16 years that I've been, you know, doing music ministry and speaking. If a big door opens like, wow, tremendous opportunity, but I don't have peace, I'm like, mm, I'm gonna have to pass on this one.

Annie: Girl, it is-

Christine: And sometimes my managers go a little crazy. I know they're listening now. They're gonna be like, "Yeah, she does it all the time. But you know, top manager, top dog is Jesus and He don't want me to do it.

Annie: That's right. I was about to say, will you talk about that for a minute? Because all of our friends listening, have these doors open or these moments come to them where they go, This looks like it should be good but my gut is saying no. Or this money would be great for our family but something feels sideways. Or that guy seemed really nice, but I don't feel peace about going out with him again. Kind of talk about the power of trusting your gut when you're in relationship with the Holy Spirit.

Christine: Well, I read a meme the other day-

Annie: Yes, man.

Christine: ...that it really did touch me down deep. It wasn't a funny meme. It was one of these inspirational ones. It says, Sometimes God takes people out of your life because He can hear conversations that you can't.

Annie: Oh, girl. Listen, that is good.

Christine: And I was like, mh mm mh, that just preached to me. Because He can see all perspectives of every aspect of every human's life. Think about it. He knows every single person in the Spirit, in the soul, in the mind, and in the body. So He is privy to information that we will never be privy to. And He knows how convenient or inconvenient our relationship with certain people and certain things and certain places is going to fire or backfire in our lives.

So I've learned to not ask too many questions about real relationships. And I have learned also that God just puts you through a sifter sometimes. When He's about to promote you to another level of depth in His presence... I don't like to say higher level, because I don't think we're, we're meant to go up. I think we're just meant to go deeper and down. And the deeper we go, the more He's glorified and alive.

So when He's ready to propel you into a new level of depth in Him and in your spiritual life, sometimes He'll put you through a sifter and He will separate what's fine from what's not fine. And sometimes that means that there are relationships with people or location and places or things in our life that are kind of held back and won't go with you to that next level because either they're not ready to go there with you, or it's just not the moment in time for them to be a participant of what the Lord wants to do with you.

But what I've learned with that is, whatever God sipped to you, from friends, from people, from places, from things, that space and that void that is left and that grief that we have to go through every single time that happens is replaced with other people in other places and other things that are going to fortify you to be able to fulfill God's will in this new level.

I've been through that process many, many times and I have learned to be like, Oh, yeah, God's just sifting me. He's getting ready to pour something new on me and He's just making me ready for it. It's gonna be okay and when we all get to him and we'll be able to talk about it.

Annie: Yeah, yeah.

[00:26:38] <music>

Sponsor: Yeah. Hey, friends, just interrupted this conversation to share about our amazing partner, [Athletic Greens](#). Even though it's summer, that does not mean we have to let all of our healthy rhythms go out the window. When I travel, I still want to make sure I'm getting the daily nutrients I need.

So AG1 by athletic greens is packed in my bag. In fact, I take their travel packs with me which makes it so easy. It made it so easy on tour. AG1 is such an incredibly simple way to incorporate healthy habits even when you're busy or on the go. It's as easy as adding one scoop of AG1 powder to cold water instead of keeping up with multiple different products. AG1 was designed with ease in mind so you can live healthier and better without having to do it a lot.

Every scoop is filled with 75 vitamins, minerals, and Whole Foods-sourced ingredients of the highest quality that gives us major benefits like gut and mood

support, boosted energy, and even healthier-looking skin, hair, and nails. And it supports your immune system.

You don't have to set a reminder to order it or worry about running out because AG1 is delivered like clockwork every month. So it's super easy to make it a daily habit. And their single-serving travel packs can be thrown in your purse or carry on when you are on the go. It is what got me through tour. I'm telling y'all every day.

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. Go to athleticgreens.com/soundsfun. That's athleticgreens.com/soundsfun. Check it out.

That link and pretty much every other link you could ever hope for are in the show notes or in Friday's AFD Week in Review. So be sure to check those out.

Sponsor: And I have one more amazing partner to tell you about, Simple Modern. Okay, you guys, when it is time to start shopping for back-to-school stuff, how are we even talking about this, but it is true. For some of you, it's very soon. You have got to check out Simple Modern.

You've probably seen their super popular 40-ounce trek tumbler with the handle on social media. Yes. Which it's so perfect for the summer and also for your car. They're actually one of the top drinkware providers to Target, Walmart, and Amazon. But did you know they also have backpacks, drinkware, lunch bags and so much more. And they even have these fun designs and partners like Disney and Marvel, y'all get this, I just ordered their reusable zip-up snack bags that have unicorns on them. Y'all I am dying about this. I cannot believe I'm about to have zip-up snack bags with unicorns on them.

And here's what I also love. Simple Modern gifts 10% of their profits to nonprofits that are committed to causes like solving the water crisis and fighting human trafficking, education, ending homelessness, and helping underprivileged communities. I love that.

So if you go to simplemodern.com/thatsoundsfun and share your email you'll get a unique discount code just for you. Or you can bundle and save for back to school. This can be your go-to brand for your family. Y'all, they have the cutest stuff. You've got to go check it out. Again simplemodern.com/thatsoundsfun.

Okay, now back to our TSF Hall of Fun conversation with my friend Christine.

[00:29:39] <music>

Annie: You're right, we need three hours because I'm like, I have so many things I want you to say about this. But even when you say that, the idea of there these nos that we're feeling in our spirit, in our guts, they're going, this is a no. You want to turn left but you need to turn right. Like trust it because you never know what God's bringing.

And you're saying, even in those moments where I feel like I'm being sifted, where I feel like I'm being pruned back, I know it is for a bigger thing. So those days, I felt like I'm in one of those. It's why I'm asking you this, Christine. I feel like I'm in this place where there are some places where I keep going, like, Lord, it's never been this much of a desert. We've never had this much where I feel like I'm up on a shelf, or I'm, you know?

So in these moments when we're praying right here, are you thanking God for knowing you're being pruned back because He's about to do something? Or are you asking Him to stop pruning? What does your prayer life look like when you're in the middle of the pruning?

Christine: When I'm in the middle of the pruning, there's a whole lot of whining. Oh, yeah.

Annie: Okay, great.

Christine: Like if I said, I'm forever thankful because my Lord... No, I'm not gonna be hypocritical with you, Annie Downs.

Annie: I love you so much.

Christine: I whine at God like my little girl whines at me when she's sick and tired of something. It's just a dad-daughter thing that I know He can take it. And He's told me time and time again, There's nothing you can do that's gonna get Me offended. So if you have to lay your burden down on Me, just lay it down. That's what I've been asking you to do since the beginning of time.

Come to me you heavy laden, just lay your burden at My feet, however way you need to. And sometimes that means just saying, "I don't understand what you're doing, God. Why won't you let me do this or that? I would feel so much comfortable if I didn't have to go through this process again, and again and again." But other times, it's just like quiet. And other times, it's like, okay, I can smile, because I see the ray of light at the end of the tunnel. God can take it is what I want to say.

When you just said what you said, that, you know, you were there and you want to know... you want to know what my answer was? I got this vision just now. So I can just feel the Holy Spirit telling me, well, maybe she's carrying a trailer. And I'm like, He reminded me of the last time my husband Carlos and I hooked up a U-haul trailer to our truck. We were trying to transport it somewhere and we followed a faulty GPS and got a little bit lost in a neighborhood that had small streets.

We were trying to back up with this big trailer, and it wasn't working out. Whenever we wanted to go right, the trailer would do whatever it wanted. And we got so stuck in this dead end. And then-

Annie: And Carlos is so calm. So I can imagine.

Christine: Girl, these people started coming out and looking out their window. Like, what is going on? It was so embarrassing. And then I remember someone saying, I don't know who said it, if it was Google, or if it was one of those neighbors, like, You need to steer in the opposite direction. So sometimes in our lives we have baggage and we're going through seasons where we have to carry our cross. And sometimes our cross looks like a big old trailer that we're not used to carrying, that we're being trained and strengthened and fortified in carrying it. But we don't have a clue sometimes how we're going to do that.

So sometimes, the best way to get out of a bind when you're carrying that heavy old cross is to steer in the opposite direction. Because there are things that don't come second nature to us, but that are second nature of the Spirit. And His logic is not necessarily our logic. His math doesn't amount to our math. He's infinite.

So sometimes the Holy Spirit will be there like, Go the opposite direction, do the opposite thing that your gut is telling you to do. Just go follow what I'm trying to tell you. It might not seem like much, but it's going to work and you're going to get out of this dead end. So I feel that there's a lot of people that are listening right now they're like, "I don't understand why I'm so stuck." Well, maybe you're carrying a trailer and the size of your cross is demanding that you go in the opposite direction.

Annie: I was about to say, and what you're feeling from the Holy Spirit, the trailer is not the problem. It's not a bad trailer. It's that what you are bringing into the space you're bringing it into is going to take some maneuvering.

Christine: Right. Absolutely.

Annie: And steer in the opposite direction.

Christine: We need to learn to let Him lead. Not lead our own lives but just let Him lead. And sometimes He'll lead us in an opposite direction than where we want to go and it's okay. You know why? Because in the end when we delight in the Lord, He does grant us to the desires of our heart. It's just in His timing, which is always perfect.

Annie: Yeah. Okay, that leads good segue, my friend because can we please talk about Ian and Kinsey?

Christine: Yeah.

Annie: I mean, your children-

Christine: My sweets.

Annie: ...are so cute. I remember when we were in Ecuador... Did we go in '15 or '16?

Christine: I think it was '15.

Annie: Okay. So '15 because y'all weren't thinking about... You and Carlos were thinking about starting a family. You had done some things, but you were saying to me even then y'all were really struggling with getting pregnant.

Christine: We had at that point already started and we were... I'm not sure if we had visited a doctor yet. But we were following recommendations of "well, try for a year because sometimes, you know, when you try to have a baby it doesn't happen right away, especially when you've lived and done birth control for a long time, as I had.

After that, it was a two-year thing where the doctor sat me down after checking me out and said, You exhibit all of the symptoms of a chronic endometriosis. And by the symptoms you're describing, it sounds severe. The phenomenon that happens, it's very unpredictable type of condition. With some women, you're fine. With other women, it renders your womb completely dead.

Annie: Right.

Christine: And the way he explained it was, it seems like you've had it for your entire womanhood, since puberty, because you've had these symptoms since then. And that's over 20 years. And such a long chronic condition of endometriosis almost always renders the womb inactive. And I'm like, Wait, are you saying what I think you're saying? He's like, "Yes. We can go in for surgery, let's schedule surgery. It's really the only way that we're going to be able to counteract. And even after surgery, you need to be prepared that you might never have children."

Annie: Wow.

Christine: And it was a big blow because I remember when I met Carlos and God spoke to my heart that he was the one, the way He said it was, Behold the father of your children. And I'm like, I know there's a promise on me to have kids. The Bible is full of miracles and promises about childbearing. So why am I going through this? So that was two years of me... It was like my masterclass on surrender because I had to literally surrender everything.

And when I did, there was prayer meeting at church. I had people pray for me and I felt like somebody was, in that moment, pouring hot liquid into my womb. It was like burning me from the inside out for about 30 minutes.

Annie: Oh my gosh.

Christine: It was like a living, squashing, oscillating whew whew whe going on inside of me. And I'm like, "I know you're healing me, Lord. I know you're up to something because this is physically tangible." And I could feel fire inside of me, and this has never really happened before.

Annie: Wow.

Christine: So a couple months later, I went in for the surgery that was scheduled. The doctor went in and came out. Carlos said he was literally scratching his head. And he was nonbeliever. Scratching his head, and he said, "Mr. Caban, I'm really, really confused because I was certain that it was going to take us hours to clear out all that weird dead tissue from your wife's womb and abdomen. And we went in and..." He was carrying a bunch of pictures. "And I took pictures of all of her internal organs and I couldn't find anything. Not a lesion, not an adhesion. Every time this condition is there, it leaves a mark behind. And there's nothing. All I can see is brand-new organs. Like all of her organs are in perfect... She has the womb of a teenager. She's good."

After I recovered from that surgery, I had a little more surrendering to do. So there was four months of me trying again and the Lord not granting it because there was still... My objective of getting pregnant and having a kid had become an idol to me.

Annie: Wow.

Christine: I was obsessed with it. And it wasn't until I surrendered that and literally had a heart-to-heart with God and said, You know what, God? I am really desperate to have a kid but if you don't want to give me one I would understand and I would be content just knowing that You healed me from this debilitating condition and that

that doctor that didn't serve You actually had to say the only way I can explain this is it's divine intervention. This was a miracle. There's no other way to justify it. And he put it on the record. Like divine intervention.

Annie: That's cool.

Christine: It was pretty cool to watch. So after that happened and I surrendered the last bit of it, I got pregnant the next month, and it was a total surprise because I had already thrown everything out and like, nah, I'm not going to do the whole pregnancy test again. I was cleaning my bathroom, it was spring cleaning in the middle of summer as we do and I found an old pregnancy test and I was gonna throw it away. And then I could hear my mom's voice in the back of my head, You don't throw away things that are perfectly good. So I'm like, Well, let me open it up and do the little test a favor and fulfill its purpose before I throw it in the garbage.

Annie: Sure. Sure.

Christine: And lo and behold, pregnant.

Annie: Wow.

Christine: Very pregnant. And it was the most celebratory thing. So we had Ian. The birth was traumatic. It was very difficult. He was born with his lungs filled with fluid and I ruptured a lot too. I almost bled out. So we both almost died. It was hard. Though the pregnancy was perfect. I mean, I had moms hating on me-

Annie: Really?

Christine: ...because I was doing so good with that pregnancy. I was joyful and glowing. I had strength. I was on platform jumping and worshiping. And everyone's like, oh look at her. And then when I had Ian, the trauma of his birth took a toll on me. And then when he was seven months old, I got pregnant again with my little confirmation which is Miss Kinsey. You know, when you get your miracle you always have to look out for the overabundance because it's coming somewhere. She is very extra. She is overly abundantly everything.

Annie: Oh, she's perfect.

Christine: I think it's magnifying.

Annie: She's so cute.

Christine: Oh, you and her would be two peas in a pod.

Annie: I believe it.

Christine: She's got sass, she's got talent, she loves words and lyrics and reading and preaching at people. But when Kenzie was born, though, the birth was very redeeming, I started suffering from postpartum depression. And it was very aggressive, very dark. I had all of the signs-

Annie: Were you surprised?

Christine: I was very surprised. Because I mean, you've met me and know me well enough to see that my personality is exact opposite of anything depressive.

Annie: That's right.

Christine: I'm full of life. I love injecting hope into other people and I'm super bubbly and super positive. My strengths are positivity, connectedness. Yeah, yeah, yeah, we can take on the world. And then to start feeling that there was a sadness that was so deep within me that I couldn't shake it while I had these two miracle babies that I should be happy about, yet, I don't feel the strength in me to even muster up a smile. And the sense of inadequacy, and of feeling like there's no way that I'll be able to fulfill being a mother right, I'm not going to be a good wife anymore because I'm just as broken shadow of what I was. And the person that I loved to be is no more. So I was heavily attacked by suicide during that season.

Annie: Wow.

Christine: And it was so difficult to get up on platform and proclaim life out of just pure faith because what you're feeling is opposite to what you're living in the spirit.

Annie: Yeah, that's right.

Christine: That was such a battle. I had already faced suicidal thoughts when I was younger, and Lord delivered me from that. So to be back there, and also to be a public figure, and also that the center of my message was life and hope. And to feel like my life was ending as I knew it, and there was a risk of my life ending in my own hand brought so much shame and so much guilt to me that it made me a prisoner of my silence. I just couldn't muster up the courage.

Annie: I mean, were you telling Carlos or anybody?

Christine: No one. The only person who was able to get it out of me was my midwife.

Annie: Oh my gosh. She was like, "I gotta keep birthing here. We're not done. Something gotta get out."

Christine: Uh-huh. Yeah. Actually, it was my last appointment with her and my body healed miraculously. I was leading worship two weeks after I had Kinsey, above platform like nothing ever happened. Super strong physically. And then, on my discharge appointment, she checked everything and is like, "You are good to go. But I have one question to ask you." And she sat eye level with me and said, "What's going on in your heart? What's happening inside of you? Tell me what's going on."

Annie: Wow.

Christine: I felt so confronted and so safe to be vulnerable with her and I broke down.

Annie: Wow.

Christine: And I told her everything I was facing, the inadequacy, the sadness, the lingering hopelessness. I told her, "This is really hard for me to say but I feel like I don't want to live anymore." So she gave me a card and she said, This is a woman of God. She's a therapist. I need you to call her, make an appointment with her. And I am going to be calling and texting you every hour until you have told me that you made that appointment with her."

And she did every hour. "Have you found her? Have you made an appointment? Have you made the appointment? Have you made the appointment? I'm praying for you. Have you made the appointment?" And until I said, "Yes, I made the appointment for so and so day," she said, "Okay, I'm gonna check on you tomorrow." And that was my lifeline. That saved my life literally because at this point, I couldn't trust myself with my safety. And it was the best thing I ever did.

After I submitted myself to counseling and therapy, I recommend it to every single person on this planet.

Annie: Oh, me too, girl. I do too.

Christine: It's amazing how we never cultivate the mind as we should until it's too late. And the same way we take care of our bodies, we need to take care of our minds.

Annie: Yes, yes. I mean, I think it is so important for people to hear you say this, because you also... because when God answers your prayer, when you get the miracle you've been waiting on, it is okay if you are not happy every day for the rest of your life.

Christine: Exactly.

Annie: I think there's a lot of self... or a lot of misunderstanding that, like, I'm not allowed to suffer like that, I'm not allowed to feel depressed, I'm not allowed to feel disappointed or frustrated or anything because I finally got the miracle I've been waiting or I'm finally healed, or finally have the kids or whatever the thing is. So I love that you're kind of dispelling that and dispelling the thing in Christendom that says we can't talk about suicidal thoughts. Because we should.

Christine: If we are attacked by it... I mean, pastors are amongst the people that most committed suicide in the world.

Annie: Really?

Christine: Yes. And those statistics were alarming to me. When I went into my deep rabbit hole of research, I'm like, "Okay, I'm depressed. How do we get out of this?" So I started investigating on it and I found a book... I'm not going to mention the author's name because he does not believe in God. But He wrote a book on depression and the root causes of depression. And he comes to the conclusion that depression is... it is a symptom of depression to have chemical imbalance, and not the cause.

The cause of depression is a combination of two things mainly. Number one its unmet needs, and number two, its lack of good community. To not have a family of people surrounding you with which you would feel safe to be yourself in and to not have basic needs, intricate needs of your humanity met. Things like companionship, to love and be loved, to fulfill your life's passions and your work, and to feel valuable and useful. The lack of all of those main things starts building up over time, creating reactions in your body that later we call depression.

And that was huge to me because I realized that yes, there was a lot of things that I was doing right. But when it came to cultivating myself, I was doing so many things wrong. One of the things being that I was putting everybody else in my life first.

Annie: That's a Christian woman thing. That happens.

Christine: Very much so. I was forgetting that Christine the person needed Christine's grace-

Annie: Wow.

Christine: ...as much as I was extending grace to other people. The internal dialogue that I had with myself was very tyrannical and very condemning. I had a question asked to

me that just broke me down. It's like, Okay, think about your internal dialogue, the way you speak to yourself, the way you hold yourself accountable, the words you choose to use against yourself in your mind. Would you speak to a five-year-old that way?

Annie: Oh, wow.

Christine: And I was just shocked by it. I was like, Absolutely not. I would speak in the most kind, loving way to a five-year-old. And my therapist said, Well, inside of you, there is a still five-year-old Christine. And whenever you speak to yourself in an aggressive way and you don't extend grace to yourself, that is who you're speaking to. You're not speaking to Christine the adult, you're speaking to the wounded child that is still in you.

And that was a huge perspective for me. It's like, Oh, well, no wonder I'm so depressed. I'm the one beating myself off the top of the head with my own words. So let's start with that. And let's start with not wrestling myself so aggressively. And then that will help heal an area that will strengthen me to be able to tackle all the other things that I need to heal.

I mean, I'm still undergoing my process. It's been little over two years now that I've been healing from postpartum depression. I feel like I'm way on the other side of it. But you know, you have your good days,, you have your bad days. On your bad days, you just need to use the tools that you've learned primary, knowing that the anchor of our hope is Christ and His word is what continues breathing hope when we simply feel like we're losing track of it.

Annie: That's right.

[00:50:24] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to tell you about another amazing partner, [Hiya Health](#). I always want my MiniBFFs to stay healthy. That is a dream in my heart. But I know getting them to take their vitamins can be a struggle. They want something that tastes like candy, I respect that, and their parents want something that is actually good for them. I respect that too.

That's where Hiya comes in. Typical children's vitamins contain sugar, unhealthy chemicals, and other gooey junk growing kids just don't need. But Hiya is pediatrician-approved and a super-powered chewable vitamin. Hiya is made with zero sugar and zero gummy junk but it tastes great and is perfect for those picky eaters. It fills in the most common gaps in kids' diets to provide the full body nourishment they all need. Plus they taste good.

Formulated with the help of nutritional experts, Hiya is pressed with a blend of 12 organic fruits and veggies, then filled with 15 essential vitamins and minerals to help my MiniBFF support their immunity, energy, mood, concentration, and more. And get this. Your first order comes in this really cute glass bottle that includes stickers that your kids can use to decorate and then your refills are delivered each month in plastic-free pouches.

We've worked out a special deal with Hiya for their bestselling children's vitamin. You get 50% off your first order. That is unbelievable. Five-zero percent off. To claim this deal, you must go to hiyahealth.com/thatsoundsfun. This deal is not available on a regular website. It is just for our friends. So go to hiyahealth.com/thatsoundsfun and get your kids the full body nourishment they need to grow into healthy adults.

Sponsor: And one last amazing partner I get to share with you, [Kiwico](https://kiwico.com). Kiwico is the perfect idea for something fun for your kids when they start talking about getting bored this summer. I'm telling you Kiwico will end up being the shipment in the mail that they are always looking forward to.

Each month Kiwico delivers crates packed with fun and sparks creativity with kid-friendly topics and activities. Kiwico has subscription lines for infants and preschoolers up to teens and beyond like you and me. Kids are discovering everything from the science of magic to engineering a domino machine and more.

There's no commitment so you can pause or cancel anytime. We love Kiwico around here and they literally think of everything. All the supplies are included and the instructions are simple to follow so the kids will feel so proud of themselves when they're done making it and the thing actually works.

Redefine learning with play. Explore hands-on projects that build creative confidence and problem-solving skills with Kiwico. Get 50% off your first month plus free shipping on any crate line at kiwico.com/thatsoundsfun. That's 50% off your first month at kiwico.com/thatsoundsfun.

And now let's go back and finish up our TSF Hall of Fun conversation with Christine D'Clario.

[00:53:21] <music>

Annie: I want you to talk to two different groups real quick. Will you talk to men or women who are feeling that depression right now and are having suicidal thoughts or are having any of that ideation? What's their next move?

Christine: First of all, you need to tell someone. But don't just tell anyone. If there is someone in your life that you can trust to be vulnerable with and you hold in high esteem that they have wisdom, especially if there's somebody maybe it's a spiritual leader that you know is connected with God or a therapy center or counseling center, someone you can trust enough to talk about it. It's amazing how much power we take away from the enemy when we bring what is hidden in darkness into the light.

Annie: Right.

Christine: So that's the first thing. If you confess, then you have someone who can check on you and hold you accountable. Second, know that this will not last forever, it's just a season. It will pass. Many people told me that when I was in the thick of it. And I was like, "Yeah, right. That sounds pretty, but my life feels like it's over. Everything I loved about my life is done, why do I keep living it?" But believe me, I have a renewal of hope because I chose to believe that it would just be a season despite all the very convincing arguments that I was getting in my head that it wasn't.

Third, I would say let your family know. And try not to let them know in a moment of lash out. Because I know if your personality is like mine, it's like, somebody might push you to the limit that you'll just lash it out. "I just want to kill myself." It loses validity when it comes with anger.

But if you sit down and choose to be vulnerable, which I think there's nothing more empowering in our lives than choosing to be vulnerable and expose what's going on inside, sit down with the people you most love and the people that most show their affection towards you by being there with you even when you're not very nice. Sit down with them and speak heart to heart with them and just explain, "I'm feeling this. I don't know what to do. I feel like I need help." It's surprising how the people that are closest to you that you're most afraid to confess to, it's so amazing how they will surround you when you're hurting the most. Don't be afraid to confess.

And if you do confess, and it's not well received, because there are people that are going through other stuff that might disable them to understand, then move on to a professional. See a professional. Do whatever you have to do to get healthy again. And know that, I'll say it again, this will not last forever. It will not. Hear me. It will pass. I promise you it is a guarantee that this too shall pass.

Annie: Yes! That is right. That's a good word. Now that the other group I'm thinking of, Christine, is the women who are either they're in the middle of grieving a miscarriage or they want to be moms and haven't had the opportunity yet, or they and their husband are trying and it's just not working yet but they feel that same like

promise, that like, I think this is what God has for me. What would you say to them today?

Christine: You know when David said, Though I walked through the valley of the shadow of death, I will fear no evil? This is just an example of what going through the valley of the shadow of death means. But one thing that I like to imagine that David meant with that, if I were to like create a story about the valley of the shadow of death, if I were to create a novel about it, I would see it as the big, dark woods that's super creepy and has a whole bunch of red eyes looking at you and you don't want to go in there but it's the only way to get to the other side. And the only way out is through. That's what the valley of the shadow of death means to me, especially after what I've been through.

So there is a secret in that valley of shadow. And it's that in the dead center of it where it's darkest, where it's scariest, where it's coldest there is a key that is up for grabbing if you would only allow the Holy Spirit to guide you into and through it. And that key is called authority.

Annie: Okay, keep going.

Christine: It's an authority that you can only get by going through that valley of shadows.

Annie: Wow.

Christine: And that authority and that key can open doors for anyone that crosses your path that is entering into that valley of shadows. Do you follow?

Annie: Yeah.

Christine: Do you see what I'm trying to say?

Annie: Yeah.

Christine: It's an authority that only you can have because you've experienced it. If you have overcome, survived, if you have had victory over a specific area of healing, it's like there's a mark on your spirit, like a badge like a promotion, like a military increase that makes you have all authority and speak and take dominion over the spirits that surround those areas of struggle.

For instance, I know now that I have absolute authority to speak unto women that are going through infertility because I have already been baptized in the anointing of that healing. And it's already run through my body for my healing, but it continues because anointing and healing is eternal. We have the power to walk back

into those moments of manifestation. I have already prayed for countless women after that has happened and they have received their healing. Not because of me. It's because I have that authority, God-given key that I could only find in the valley of shadow.

Annie: Oh, that's good. I mean, that's true for anybody persevering through anything. When you get to the other side, you have a key that you did not have before. So if your kids have graduated high school and you're an empty nester, you have a key that people with elementary school kids do not have. And you can pray.

Christine: And you can speak. You have authority over it. Then whatever spirits are attached to it, because we do know that there are certain things as physical conditions and infirmity... we live in a world that is broken that way. But we also know that our battle is not against flesh and blood. We war with spirits of darkness that move in the heavenly realm and in the eternal realm that are out to get us. And most of those spirits attach themselves and disguise themselves as physical conditions.

So someone with the authority that has already survived that, had been through that can speak into those spirits and be like, "You know what? You have got to go. I know you, I recognize you-

Annie: I recognize you.

Christine: ... you got no power here. I've seen you before. I've smelled your stench, so you need to leave. This is not a place for you. It's a greater tool of agreement. Because where two or more are gathered in His name, where two or more agree for a purpose, the Lord grants His presence and His will over that thing that you agree upon.

And now imagine if you were agreeing with like... if there's a war out there and your dad is the top chief of the military in the entire nation, whatever he says goes. Now imagine if your dad was President of the United States, whatever he says goes. Well, that's the kind of authority you want to partner with. The higher you grow in your trials and tribulations brings a greater weight and depth of God's glory unto us. So it's a greater understanding of how faithful God is but it's also greater level of authority.

So I would say, don't ask, why am I going through this? Don't ask to go through it fast, though I know that's our tendency. We want to get through pain quickly. Start asking the Holy Spirit "for what?" For what I am going through this, Lord? What is the authority you want to give me? How do you want me to minister to others in this process? Because that's, at the end of the day, what it's all about—building others as we build ourselves.

Annie: That's so good to say. "Okay, I'm not asking you to rush me through this, Lord. I'm not asking You to leave me here a day longer than You have to. I'm not asking You to rush me through this." But tell me what is the key you have for me while we're in here.

Christine: My biggest key has been surrender. And it's what God just pulls me back to. Because I can easily take a tendency to take charge of my life again.

Annie: Go girl.

Christine: I was wired that way through trauma when I was a kid. So now I need to understand that that's just a defense mechanism. It's just a way for me to feel safe. But when I find my safety in the arms of the Almighty God and the Most High, who when He surrounds me nothing else can ever touch me or harm me, I learn to surrender. I just got an image. I don't know who this is for.

Annie: Let's go.

Christine: But I see a very tightly clenched fist and I know that there are especially a lot of women that have been leading their lives with a very tightly clenched fist. And it's easy for us as women to do because even in today's modern age, women suffer through so much oppression and so much stigma. And it's very easy for us to grasp on to the past and grasp onto our pain and grasp onto our resentment and even grasp onto our future with a really tight hand. But what God is asking us to do is to release. To just let go.

And it's not something that usually happens from night today. When you have grown for so long with a clenched fist, the muscles surrounding that action start to atrophy and takes them force to unclench. And I learned that with my son, with Ian. When he was born, he was in the NICU for eight days. I had to practice some touch therapy on him because every couple hours they were coming to stick him with a needle or something. Wow.

Christine: So he developed a little bit of a trauma with letting anybody touch his feet or his hands. And he had a very, very clenched fist all the time when I brought him home. And it took me a very soothing kind amount of just reassurance but force to be able to open up his little fist, because he didn't want anybody to touch it.

But it wasn't until he understood and saying over and over again, "Honey, this is love. This is Grace. This is not pain. Mommy's not going to hurt you. You're never going to be in that situation again. We are safe. Everything's fine." It was a week of

that before he let me touch his hand and he unclenched his fist. Because his little baby muscles were already starting to form and grow around that clenching.

So there are people that are watching us whose spiritual and soul muscles have been forming in an atrophied way over them holding on this so hard to their past. So I challenge you today, as a strong woman that you are, as a strong man that you are, to just choose to release, choose to forgive. And mind you forgiveness was not designed for the object that's forgiven. Forgiveness is designed to release and to heal the forgiver.

Annie: That's right.

Christine: So open up, choose to forgive, release people of judgment because we are not supposed to judge anyone, including ourselves. And if you have to forgive yourself, that's a biggie. But choose to release because only then will you have open hands to be able to receive.

Annie: That's right.

Christine: Unclench that fist, open up, release that burden to the feet of the cross, and maintain your hearts and your spirits in an open position to receive what God has for you. And I assure you it's going to be amazing and beyond your wildest dreams.

Annie: This exact conversation, Christine, is why we need to practice and celebrate Sabbath because you are stirring up so many things in me and I'm taking so many notes so quickly that I'm like, tomorrow is my Sabbath for this week. And I'm like, Oh, I'm just so thankful that I get to sit under these notes and under what the Holy Spirit's saying to me and actually have time to process it. And to go like, yes.

Christine: A big, big phrase that I've learned, that I've learned to love and I've learned to hate, and it's something that my therapist continually gives me as homework, it's three words: Sit with it.

Annie: It's not fun.

Christine: Sit with it. What are you feeling? What's going on inside of you? Sit with it. Because you can't fix something that you don't understand. And sometimes we need to be able to name it in order to be able to eradicate it. If you can't call it by name and you can't know it inside and out, chances are it'll come back because it'll become undetectable to you if you don't know it.

Annie: That's right.

Christine: So the more you sit with it, especially the hard feelings, the better you're able to heal them. And there have been countless times that I've been like, "I don't want to sit with it. I don't want to sit with anger. I'm not an angry person." But I've had to. I've had to.

Annie: That's right.

Christine: I've had to just let the people around me know, Hey, I'm sitting with something right now and it might not be pretty. So if you sense me having a little bit of a tone or an attitude or a little extra sass, just know that I'm sitting with something.

Annie: Just know I'm sitting with it. I'm sitting with something.

Christine: Maybe take two steps back.

Annie: For your own sake.

Christine: Have grace on me, I'm healing right now.

Annie: That's right. Oh, friend. I mean, you're right, we could do this for two more hours. Will you just come back soon and please keep-

Christine: Absolutely.

Annie: I want to make sure everybody knows. And I'll make sure to say this in intro and outro. Your Christmas EP just released last week.

Christine: Woohoo.

Annie: I mean, it is your first-ever Christmas EP which is very exciting.

Christine: Yes!

Annie: And we've also got the Spanish version of *Where The Spirit Of The Lord Is*.

Christine: And Portuguese as well.

Annie: I love listening. Like crazy love your other songs. I love listening in Spanish because a) I'd like to learn Spanish but b) I just like songs that I know in English and hearing them in Spanish and being like, "Okay, God, let's connect here too."

Christine: And I love how your reason turns off when you don't understand the language but you know the song. And then all that's left on is your spirit. And it's like, Okay, flesh go away, come on spirit.

Annie: That's right. So here's what we do. We always end the show and we normally end it in one way where I ask a specific question, but if I'm trusting my gut, I would just love for you to pray with us and pray for us. So will you just close the show by praying for the people that Holy Spirit puts on your heart right now? I just feel like there are people who are stirred up and don't know what to do next. So I would just encourage our friends listening, just pull your car over, open your hands, pause the treadmill, open your hands. Christine will, you just pray over us?

Christine: Right now, Lord Jesus, we come before You and we thank You. We praise You and we honor You because you are good and Your mercy endures forever. And for that we're so grateful, Lord. Right now we come before You, Lord, asking You to come meet us where we are. Lord, to show us that You are the good dad that not only loves us with unconditional love, but You're the good dad that has insistent, persistent love enough to stay with us even when we're in a rut and don't have strength to stand up.

You're the one that shows us what true love is by whispering into our ears when we are so saturated with the noise. You're the one who knows how to sit in silence when we can't take another word. And we ask You, Holy Spirit, our comforter, our guide, our teacher, our friend to come right now and just slowly penetrate into our hearts until You take over completely.

Right now Lord, we say we release whatever we've been holding on to that does not come from You, and we welcome the soothing caress of Your burning fire to just consume us from the inside out. We set our ears and our eyes to be able to hear and see what You want us to hear and see in this season. Lord, help us to ask You, what is the purpose of this? Show us what You want to show us. Make us ready to understand the lessons that You want to teach us in this season.

And in the name of Jesus, may the peace that surpasses all understanding just come and blow like a light tranquil breeze onto our spirits, falling through to our souls and our minds and coming right out manifesting in our bodies. I feel that there's some people right now they're feeling a breeze and they know it's not a natural breeze. It's the Holy Spirit just breathing and the respirator of God just moving in and out of you right now. Some people are feeling it physically right now and know it's a sign that He is there. It's a sign that you are not alone. And it is a sign that he sees you and still accepts you and is walking hand in hand with you through this. This too shall pass.

Lord, we speak that hope. We speak that hope onto our hearts. Lord, and in the hopeless hearts come with your fire and ignite the coals of their hearts again. In Jesus' name I pray freedom and deliverance from our past, from our brokenness, from our wounds. I pray guidance to all truth because You are the spirit of truth. And I pray, Lord, that this season will be the center of major celebration. And when it is over and we've had some awakening in our lives, You will empower us to bring others out of it too. In Jesus' name.

Lord, I speak to the mothers who are mothers in their hearts but it hasn't manifested in their bodies yet. I speak out the promises of Your word. Lord, that there shall be no barren woman amongst your people. Lord, we claim those promises because You ask us to remind You and constantly remember Your promises. And we're choosing to remember and remind You Your promise of healing, Your promise of life.

Lord, if there's any external factor, if there's any physical, spiritual factor, we were announced to it right now in the name of Jesus. And those of us that are mothers right now, we stand in the gap for those of us that are going to be mothers. Lord, every mother that is pregnant right now, I speak the order, the divine order in the gestation of that child or children in the name of Jesus right now.

I pray for stillness and peace in the name of Jesus. I pray for good births. I pray, Lord, that You take over the first few hours of the lives of those children. Lord, I pray for ease in postpartum. I pray for ease in bonding with their children. Lord, that you will not allow the enemy to steal that blessing from these young mothers.

I pray, Lord, that you bring angels to supernaturally awaken the remnant to pray in this season that we are living. Awaken the remnant to pray that those spirits that come against us, that come against the church and their weapons shall not prosper, and that You give us the victory individually and as a whole as your body. In Jesus' name, I pray. I thank You, Lord, for Your Holy Spirit that I so feel in this moment. I thank You for every year that is listening right now. Cover them with Your love as You cover me every day. In Jesus name I pray. Amen.

Annie: Amen. Sister, I love you. Thank you.

Christine: I love you too. You are amazing.

Annie: What a gift! What a gift you are!

[01:15:25] <music>

Outro: Oh, you guys, don't you love her? I know. I told you it was a note-taking one. It is for me. Again, she is so amazing. I just loved her prayer over us. Lord, what is the purpose of this? No matter what you are going through right now, we can always ask Him what He has for us. Lord, will you show us?

Hey, be sure to check out Christina on social media and check out her music wherever you love to listen to music. It is so good.

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

All right, Becca, because the show is called That Sounds Fun, tell me what sounds fun to you.

Becca: ...from Williamsburg, Virginia, and I am a middle school counselor. So what's always fun to me is summer vacation. My husband and I are going overseas this summer. It's my first international trip. So we're going to London and Paris and I'm very excited to get to go.

Annie: Brilliant. That's the first place I ever went overseas as well. It's just amazing. You're going to London during like the coronation.

Becca: Is it during the coronation? I didn't even know.

Annie: I think it's in May but you'll be there right after. That means you'll be able to buy plates with King Charles on them and stuff.

Becca: That's so exciting. We were looking at the Buckingham Palace tours and they are not doing any because the Royals are gonna be there while we're there. And I was like, What in the world? I want to see the palace.

Annie: There's a problem, we're getting a new king. We're getting a new king. Okay, Williamsburg as in colonial?

Becca: Yes.

Annie: Girl.

Becca: So you came here... I live very close. You came here for Thanksgiving when I left. And I saw your Instagram and I was like Annie, we just barely missed each other. I am so close to Colonial Williamsburg.

Annie: Congratulations. What a very good place to be close to!

Becca: It is very fun. We walk our dog there all the time.

Annie: I'm down. You live in Colonial Williamsburg, you're going to London for the coronation. It feels like a big story your life is telling about the colonies and about the new world.

Becca: It really does. It really does. My husband wants to ask the British how it feels to be defeated by us all the time.

Annie: Certainly. Certainly. That's a great idea. Probably that's the right time to do it too. Yeah. yeah. Well, I hope you have a great trip. Thank you for serving middle schoolers in such an important role, Becca. That's amazing.

Becca: It's fun. It's the best job.

Annie: I'm so glad you feel that way.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. All the places you may need me, that's normally how you can find me, except not this month. I am on my summer Sabbath this month but I will be back online in August. And don't forget, you can find the That Sounds Fun podcast on Instagram @thatsoundsfunpodcast.

I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I will do the same. Y'all have a great weekend. We will see you back here on Monday for our Hall of Fun conversation with my siblings that I wish were my siblings, CAIN. I love this band. I cannot wait for y'all to hear this show again. We'll see y'all on Monday.