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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs, and I'm so happy to be here with you.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This episode is sponsored by [BetterHelp](#). This time of year or let's be honest, maybe always, the amount of things we're all having to think through is a lot. And sometimes the mental gymnastics of it all can keep me from falling asleep. This is where counseling has actually been a really huge help and getting me to process everything going on in and around me and even give me some ways to call my mind.

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Intro: Today on the show I get to talk with my friend Noah Herrin. Noah's a pastor, a speaker, a founder of The Gathering Conference. He's become a trusted voice online to both Gen Z and millennials. His new book, *Holy Habits: 10 Small Decisions That Lead to a Big Life*, comes out tomorrow. Y'all know I love having someone on the pod the day before the book comes out.

Noah lives here in Nashville with his wife Maddy and their two kids. They lead Way Church. They are just the people in the next generation that we want to know. And you're really going to love this conversation. So here we go, me and my friend, Noah Herrin.

[00:02:23] <Music>

Annie: Noah, welcome to That Sounds Fun.

Noah: Thanks for having me.

Annie: I mean, what a dream! "It's about time," is the actual answer.

Noah: This is a literal dream, Annie.

Annie: Oh, me too.

Noah: I'm so glad.

Annie: I'm so glad. Do you know the two rules about the podcast? You either have to already be friends or someone I wish I was friends with.

Noah: Done.

Annie: That's the only rules for the podcasts. If you're new-

Noah: I'm allowed.

Annie: Yeah, yeah. You're in the first category. We already knew each other. Okay, let's talk. First, y'all are church planters.

Noah: Yeah.

Annie: When you went to college, did you think, I want to be a church planter?

Noah: Not a chance.

Annie: No.

Noah: In fact-

Annie: How old are you?

Noah: I'm 28.

Annie: I mean, that's a hustle to be a church planter at 28.

- Noah:** It's the most exciting and terrifying thing I've ever done in my life. I think if you asked our mutual friend, Craig, if he thought in college I was going to be a church planter, he would have laughed.
- Annie:** Yes, please. Tell our audience how you are friends with the Prince. We call him the Prince around here.
- Noah:** Well, everyone knew Craig in college.
- Annie:** Was he so popular?
- Noah:** So popular.
- Annie:** I bet.
- Noah:** Optimism out the wazoo. Everyone wanted to be his friend. I was actually more like friend of friend with Craig and needed a roommate. And then our mutual friend was like, "You guys should hang." We ended up rooming together. I think it was both of our last semesters of college and Craig was my ride-or-die. He was like, "Hey, what are you doing at 1 a.m.? Want to go to Taco Bell?" Yes.
- Annie:** I love it. So when you were at Lee, what did you think you were gonna do with your life?
- Noah:** I wanted to be a sports broadcaster.
- Annie:** Hey, okay.
- Noah:** That was my dream.
- Annie:** Did you and your wife meet at Lee?
- Noah:** We did not. We met post-college. I was leading a college ministry.
- Annie:** Oh, that's right. You say that in the book. You said that in the book. I forgot it wasn't overlapping. Okay, sports. Let's pause there for a second because love sports. Which is your one? What's your main one that if you got a job tomorrow...? What sport are you in?
- Noah:** You know, I think it would be football. Football is the most fun for me to watch and talk about.
- Annie:** College or NFL?

Noah: Either.

Annie: Either.

Noah: Now that I'm-

Annie: Let's go. Friday Night Lights? All of it all?

Noah: All in. Tim Riggins. But when we moved here, I took on the Titans because I'm like, I gotta pull for the Nashville team. So I'm believing big things for the Titans this year.

Annie: Sure. I hope so. I hope so.

Noah: You're a Vandy fan? No, you're a Georgia fan. We share that.

Annie: Go Dawgs! Right?

Noah: Go Dawgs!

Annie: What a dream! Are we going to three-peat? I don't know.

Noah: I think that we can make some people listening really mad right now just talking about how we're ruining college football for everyone else.

Annie: A little bit.

Noah: We're God's favorite team.

Annie: Here's what's really ruining college football for the players is NIL. I'm grateful the players are getting paid for the amount of money they're making their schools.

Noah: Same.

Annie: There are players who are making more in college than they're gotta make when they get drafted.

Noah: It's crazy.

Annie: How's that gonna work?

- Noah:** And then you've got all these players who they get dissatisfied with their playing time and they got the check. And then the next year they're like, "All right, who's the highest bidder this year?" I think it's gonna be really crazy. I hope they fix it.
- Annie:** I'm fascinated by it. Because I think in five years, we could have college teams that dominate in football because their donors made away.
- Noah:** Totally.
- Annie:** Right?
- Noah:** I think the intent behind it was great—Pay the players.
- Annie:** I agree.
- Noah:** And I think a lot of people were like, This may... actually even the playing field, I think it's gonna make it worse for the smaller schools. I think there's gonna be these big schools like Georgia, Alabama, Texas, that they've got the money.
- Annie:** Matthew McConaughey is about to buy a national championship, for use.
- Noah:** You know he is. You know he is. Alright, Alright, Alright.
- Annie:** I can't blame him. I would do the same. If this was Georgia and I was a weird top tier and I've got 80 bazillion dollars-
- Noah:** Totally.
- Annie:** How can we make us an ally?
- Noah:** I mean, he'll end up winning Governor if he does that, because they love football so much, they're just gonna elect him governor.
- Annie:** If you're predicting the playoffs, who are we seeing in January?
- Noah:** Okay, you know, my wife is a University of Alabama graduate. It pains me to say this, but I think that Alabama is going to be there with us. I think that there's going to be two SEC teams, Georgia and Alabama. I also see a sneaky team being Oregon. I think they're gonna be really good this year.
- Annie:** They're always really close to being really good. But we won't see another TCU.
- Noah:** No. I don't think so.

Annie: I mean, not with NIL. No.

Noah: No. And then I think Ohio State will be back.

Annie: Oh, you're not giving Michigan or USC any time over here at That Sounds Fun?

Noah: I got a lot of Michigan fans in my life. But Ohio State is just... they just got so much talent.

Annie: I mean this in a kind way. Michigan fans are like rats. They just are hiding everywhere. And you don't know until you put some cheese out and then suddenly everybody is a Michigan fan. You're like, where did all of you come from?

Noah: That illustration just blew my mind.

Annie: I know. It's not gonna go over great with the Steve Carters of the world.

Noah: Oh, he's so mad right now.

Annie: I know. I know. Okay, sorry, people didn't sign up for a sports pod. But listen, whenever you're ready to start a sports pod-

Noah: Oh, man. Would you be my first guest?

Annie: I'm just dying to do a sports pod.

Noah: Oh, I'm so in.

Annie: I would do it so fast. There are some other networks that do not put light and dark places that are more of a darkness network. What I would give to compete with them in this space?

Noah: Oh, man. I think you've said this one time when I was around and I was never more proud to be your friend. I was like, that is a brilliant idea. Someone needs to run with that. The positive barstool idea is brilliant.

Annie: The Barstool Sports with kingdom point of view.

Noah: Yeah, just people who love the Lord.

Annie: Yeah, great. So sports pod. We're gonna do it, Noah. I see it in our future. Because you got plenty of time. You got a wife and you've got two kids, and you're launching a book, you travel and speak, and you're a church planter.

Noah: Let's do it.

Annie: Let's go back to church planting. We're just really doing all the things. This is what being friends with me is like. Everyone knows. Okay, so how did y'all know church planting when you were going to be a sportscaster?

Noah: I had this life change happen in college my junior year, where I really wasn't following the Lord. It's a long story. But I grew up in a Christian home, parents are pastors, got to college and kind of ran and did my own thing for a few years. And then through a YouTube video in college, I actually rededicated my life to the Lord. And-

Annie: Wow. Whose video? Do you remember?

Noah: Yeah. It was a sermon by Judah Smith called Jesus Turned Around that he gave him like 2011 that-

Annie: Have you gotten to tell him yet?

Noah: Oh, yeah, I've told him. He knows. It was really crazy. It was actually in the house I lived in prior to living with our friend Craig. And I just started a Bible study in college. After that, I was just feeling like, "Man, I really want something that can carry this on—what's God's doing in my heart." So we started a Bible study, and that Bible study has never stopped.

Annie: What?

Noah: What happened was, it was this Bible study with like 10 of us. And then it ended up growing into a couple hundred college students on Lee University's campus.

Annie: Wow.

Noah: And when I graduated college, there was a church in town pastored by this amazing man named Mark Williams. He said, "Hey, what are you doing to pay the bills?" I was a bartender at the time.

Annie: Oh, wow. Oh, wow.

- Noah:** And he was like, "What if you quit bartending, and we paid you just to reach college students." So that's how I got into ministry. I was like, "That sounds amazing. I'm so in." And for the next five and a half years, I led that college ministry there at Lee University. So...
- Annie:** Did you bring your Bible study under the church's...?
- Noah:** We did.
- Annie:** So you had a space and you had...? Okay.
- Noah:** Yeah. And the space was right on campus. You could literally walk to it. It was this 20-year-old building.
- Annie:** Wow.
- Noah:** It was just this amazing, amazing time. It was during that time that I was like, "I think I might be called to this. I didn't have that like, "You're called to this. God met me in this crazy place." It was just kind of like doors kept opening, I enjoyed what I was doing, and then during the process, I was like, "I think I might be called to this."
- Annie:** Wow. Wow.
- Noah:** So just keeps going.
- Annie:** Why Nashville? What's God doing here that had y'all planting Way Church here?
- Noah:** So we saw a lot of really cool things happening. Lots of people moving here, one of the most moved-to cities, a lot of young families moving here, which really attracted us. We do ministry as a family. Last couple years we traveled as a family and just we have fun as family. So that attracted us.
- And then we were actually praying about three different cities. We were really seeking the Lord. And I asked a man named Rich Wilkerson Jr. who-
- Annie:** Yeah, of course.
- Noah:** Has he been on?
- Annie:** No. We tried and schedules didn't work. He is coming.
- Noah:** He's awesome.

Annie: It is a dream of mine.

Noah: He'd be a great guest.

Annie: I love that guy.

Noah: So he was speaking for me at our college ministry, and I asked him, because he planted a church when he was around my age. I said, "How did you decide...?"

Annie: That's when he planted Vous. Oh, wow.

Noah: I think he was 30 or 29. So he was right around the same age. And he told me, he said, "Oh, that was easy. We just planted in the city we loved the most." As soon as those words came out of his mouth, my wife looked at me and was like, "It's Nashville."

Annie: Wow.

Noah: Because this was the city that for the first three years of our marriage, anytime we had a chance for a long weekend or just to get away, we came here because we loved it so much. And we started praying specifically about that. What's the city we love the most? And it was just like, it's Nashville.

The reason we felt so strong about planting here was we felt like if we move to the place we loved, even when the ministry got hard, we wouldn't be tempted to leave unless God really told us to.

Annie: Wow, that is really profound, Noah. That idea of if we love the place and the job gets hard, we'll be more likely to stay. If you hate the place and you feel like you're in the desert anyway.

Noah: Yeah.

Annie: Wow.

Noah: I have several church-planting friends and for all of them, it's been a different story. Some of them are like, we just have this crazy burden, we just-

Annie: Certainly.

Noah: But when we prayed, we prayed for almost two years about where to plant, and when we were praying about it, we just never had any of that. We had a burden for

different types of people. But we felt like all those types of people were in pretty much any city in America. So we just went with, man, we love Nashville. There's a reason God's put this love in our heart. Let's just go do it.

Annie: When you and Maddy met, I mean, did she already have church planting in her heart? Or was it kind of like, "Hey, I'm called to this? What do you think?" As a not married yet person, talk to me about when you are sure of what you're called to, what was the God story of how she was also... Because y'all pastor together.

Noah: Yeah, we do. That was actually terrifying. Because I had been in a long relationship in college, she had done the same. So I was single for a few years before I met Maddy. And I was pretty, like, "I'm not dating anyone for the foreseeable future," kind of a place. And then I met her and I was like, "Well, I would date her."

Annie: Yeah. You talk in the book about "I saw her and I was like, I'm marrying her."

Noah: So we started dating, but I think I... any other person I might have freaked out. It was our second day and I just was like, Hey, I really like you and I'm really interested in getting to know you better. But there are a couple things you need to know about me before we go. I don't want to waste your time. And I said, "Number one is I'm looking for a wife. So I'm not like trying to date for a long time or I'm trying to pursue a relationship with someone I'm going to marry. So I'm just in a little bit more of a serious spot than just casually dating." So if that freaks you out, that's fine. I just don't want to waste your time."

And then I said, "The other thing is I know without a shadow of a doubt, God's called me to plant a church, which is not the most sexy life. It's probably going to be really difficult but I also just want you to know that is in my heart. I want to be respectful of your time. So if any of this feels like a waste, please let me know."

And then there were a few other things that I shared with her that I felt really passionate about. And I said, "So at any time, you can break up with me." I just didn't want us to get attached. Then she shared with me kind of her... like, "Hey, this is in my heart." And what I didn't know about her at the time was that her grandfather was a church planter.

Annie: Oh, wow.

Noah: So she, at that point, had never felt called to plant a church but she did feel really called to just love on people and do some sort of ministry. So at that point, we were like, "Okay, we both feel fine about where this is at. Let's keep dating." And we got engaged for months after that conversation.

- Annie:** I think that's so wise because what you led and what y'all did, and she could have let it too - we're not having one of the... doing that thing, you know? But the conversation y'all got to have is like, here's some baseline things that we could end up really liking each other after we crossed these gates, but we just need to put these gates here-
- Noah:** Totally.
- Annie:** ...to make sure. Because you can fall in love with anybody.
- Noah:** Absolutely.
- Annie:** And so that's the problem, right? It's one of the scary things about going on dates with people who don't believe what you believe is you can fall in love with anybody.
- Noah:** Absolutely.
- Annie:** And so that's a beautiful example of you leading so well, Noah. You lead that so well.
- Noah:** It's very scary. My head was like, "Don't say that. Just get her to fall in love with you. This is the best thing that's ever happened to you. Don't mess this up." I just figured it's easier to have the hard conversation on day two than it is day 20 and then deal with the heartbreak and the fallout of that. And I'd actually gone through that with a previous relationship with an awesome girl that we just weren't right for each other. So I didn't want to do that again.
- Annie:** I was really grateful because I went on a couple of dates with someone and then he just went like, "Our lives don't match." And I was like, "Great. Thank you. Thank you for telling me at two dates versus like two years."
- Noah:** Oh my goodness.
- Annie:** Like, if you feel like your life and my life don't match here, fantastic. I wish you well. We wave at each other when we see each other. I mean, it's like so breezy because it was... the first gates didn't open. The first gate of "are we attracted" open. The second gate, maybe of like "do our lives match" did not open. Okay, great. Before there was a ton of hurt before there was a ton of weirdness.
- Noah:** It's awesome. I love that.
- Annie:** Oh, man, it is such a gift. So Maddy was on board?

Noah: She was on board.

Annie: When I read your book this weekend, I literally repented to the Lord. Because Friday night I sat at a football game with some friends and we talked about how it doesn't feel like anyone's planting churches in the next generation.

Noah: Wow.

Annie: And then I literally read two books by church planters in their 20s this weekend. And I was like, "Lord, I'm sorry. I'm sorry." Are there a lot of you?

Noah: There's not. You're right in your observation. In fact, a lot of church planting organizations are now... they have enough data to prove your point. It's actually a very small percentage compared to previous generations that are. I think that there's a lot that comes with that. I think we're right on the other side of COVID. So our generation just watched a lot of church planters really struggle through that.

I think the other thing is a lot of the next generation is more interested in church revitalization, which is so important.

Annie: Yeah, of course.

Noah: I think that that is a wave that we're going to see a bunch of in our generation.

Annie: And what would that look like? Does that look like your friends go on, Hey, I'll come on staff. There's only 50 People who go to this church and the capacity is 10,000.

Noah: Totally.

Annie: Fifty people in a church is great, but if the pastor used to be and so we'd love to come in as a staff member, and then hopefully help rebuild and get the next generation to come here. Is that what that looks like?

Noah: I think so. I know of even some churches here in Nashville that the pastor is getting close to retirement doesn't have... Like, they have a building, they've got a congregation of 50 to 200 people, they don't have a ton of money coming in. But they're like, I'm ready to retire and we don't have the right person to hand off to.

I think the stability that comes with, man, there's a building already in place, there's a core group of people, I could come in and shepherd them and then maybe even

lead it into the future. I think that's really attractive to a lot of young people. I think it's both. We need both.

Maddy and I, we just felt like our leadership style would work best starting from nothing and kind of building culture from the ground up. But man, sometimes I... the last nine months of fundraising and trying to find spaces, I'm like, "Man, I probably should have done the revitalization thing."

Annie: "Looking back on it, my skill set would have been great in church already existing." I would love for you to speak to this as well, because I imagine your generation... I'm 43 so I'm like right above you ish."

Noah: You're right there.

Annie: There's a whole 10 years. I'm right here, buddy. But I am watching my peers blow up their lives and lose leadership in the church. So these are men who are my age who are right around me. So I'm watching them as a peer. What are you watching them as?

Noah: Heroes, you know. I think that's been one of the hardest things as a young pastor is watching these guys that like I based my ministry around and realizing at the same time that can happen to me. Like, I'm so close to that. Not in like, Hey, I came in here with some plan to go blow up my life, but I just am very aware of just how naturally destructive I can be as a human being.

Annie: Wow, yeah.

Noah: So on the one hand, it's been this sad, sad thing to watch literally people that I've looked up to, learned from, and gotten to meet, and never would have thought there's any way. But then at the same time, I think it's been something that's going to and has helped my family set up safeguards that will hopefully keep us from making some of those decisions that we could easily make too.

Annie: When I was reading *Holy Habits*, I thought, "He has put up all the safeguards you can possibly put up. Right? I mean, we still are human and we still live on earth, but you really have, I mean, these 10 small decisions that lead to a big life. These 10 things you've put in place for y'all, I don't know what else we do. I mean, it feels like if you are willing to have those habits, that's what we do.

When I watched one of my heroes do when I was younger and when I watched him blow up his life, I said the same thing you said, I said, "It could be me." When it's a guy I don't know or a woman I don't know, that blow up their lives publicly, I go,

"Oh, man, that's so sad." And when it's someone I know, I go, "How am I different?"

Noah: Totally.

Annie: "How am I different?"

Noah: Totally. No one wakes up and decides they're going to do that, you know? And that's the thing. It was a reminder to me that those decisions are not the first decisions. They're little decisions along the way. I really, really, really want to protect my soul from being callous to the small decisions that seem inconsequential, but are actually leading to much bigger ones that could kill my life.

So anyways, thank you for saying that about the habits. We are really believing that they're gonna help keep us there as well.

Annie: I think so.

[00:20:59] <Music>

Sponsor: Hey friends! Just interrupting this conversation to share about one of our amazing partners, [Kiwico](#). Y'all know I am a fan of Kiwico. Their creative kits are the cutest and most fun ideas for kids that keep our MiniBFFs busy and help them learn a little something too.

Whether you're home a lot on the weekends or heading out on adventures, Kiwico invites kids and kids at heart to celebrate the season of discovery through hands-on fun. Kiwico delivers monthly science and art projects that turn curiosity into creativity. From creating giant bubbles to experimenting with ice cream, kids learn in a seriously fun hands-on way.

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Okay, now back to our conversation with Noah.

[00:23:59] <Music>

Annie: Is some of what you're seeing happen in the church with my generation of leaders struggling, is that keeping your generation from going into ministry?

Noah: You know, I'm sure it is for some. I think honestly the thing that's keeping many of them from going into ministry is that there are less people who are following Jesus in my generation in general. I think that's the first thing. And then there's even... like out of the people who are following Jesus, I honestly think and it's one of the reasons that I wrote on habits, I think our generation struggles with biblical literacy

so much that a lot of them who even go to church, the only time that they're even getting the Bible is when their pastor preaches from it.

So they're just seeing all these other things that are available to them. And I think that a lot of times the world is just better at making them look more fun than ministry is. And they've heard about maybe your generation talked about how hard ministry is and how difficult it is and what a burden it is. And it absolutely is difficult and it is a burden. But one of our core values at our church is we have fun.

Annie: Yes. I can't wait for them to go see y'all's Instagram. Y'all have so much fun.

Noah: We have so much fun. I don't want to do ministry if it's not fun to me. Do you know what I mean? So I think, you know, "let's make ministry fun again" is kind of something that we say on our team a lot. And I think that that would actually help so much with young leaders.

Annie: I mean, am I right? Do I remember reading... Did you tell us to use confetti?

Noah: Yes. That's a chapter.

Annie: In the book you said, celebrate everything. Just absolutely. And then you go through and list. You said, Celebrate yourself, celebrate others, and celebrate the bad times. Why celebrate the bad times? Why does that matter to you?

Noah: Oh, man.

Annie: And why are you teaching that?

Noah: Well, I think it's been the bad times I've grown the most. It's been the bad times that God's spoken to me the most. We just talked about this as a leadership team, how a lot of times when God doesn't answer a prayer we're ready to go to the next season. It's like, Where is God? And almost every time now looking back on my life that I've asked that, it's like, man, God was not doing anything around me, but He was doing so much inside of me.

So when I feel like I'm in those bad moments, I'm trying... this is a habit that is one of the harder ones to practice. I'm trying to celebrate that in the moment and not waiting for a year later or two years later. Because I'm like-

Annie: Don't wait till it's a testimony.

Noah: No. Like, God, what are you trying to teach me right now? There's a reason you're not moving right now. So what are you trying to get into me instead of getting me out of this?

Annie: Yes. Noah, that's so good. Okay, when you're writing *Holy Habits*, I mean, you already... A lot of our friends listening to this, you already travel and speak a lot. You're on tons of stages. You are leading in a lot of ways online and in person. Why a book? Why did it have to be the *Holy Habits* and that we can hold in our hands? Why did you not just do like a bunch of TikToks?

Noah: Oh, well, I love to read. So I've always dreamed of writing something. There was a book that really changed my life right after I rededicated my life in college. It's called *Celebration of Discipline* by Richard Foster.

Annie: Oh, listen. Richard Foster.

Noah: He's like Yoda.

Annie: I know.

Noah: He's like Yoda. I read that and I was like, "This is the book that I needed right now." Like, this is the book. I do think that books you can... it's like getting coffee with someone that you've never met and you're getting to learn the things that have impacted them the deepest. Like there are people that I will never be able to meet, but I can still learn from them.

So I thought, man, I think that habits, particularly holy one, spiritual disciplines, is what my generation really needs in this season of our life. And the reason I believe that is traveling the last couple of years, I would get re-invited back to the same conference or the same event and I would see people in the altar literally could remember the year before praying with that student or that young adult to be set free from whatever it was that they're struggling with. You name the addiction. And they're coming back the next year praying for the same thing. Like it felt like they were set free and then they weren't.

And the whole premise and the heart behind the book was that an encounter with Jesus will set you free, but your habits are what keep you free. I think for my generation, it's not enough to just see the TikTok. It's not enough to just see the reel. If we're not changing the way we're spending our time, our heart is never going to match the encounter or the little blurb that we saw.

So I really just think, like, if you want your life to change, you have to look at the way you're spending your time. And I think the most effective way to make sure your time is being spent the right way is to have good habits.

Annie: How did you pick these 10? Were there ones you left out?

Noah: There were some possible ones that I had on the radar.

Annie: You didn't talk a ton about fasting.

Noah: Yeah, I didn't talk-

Annie: And I know it's in your life. So I was like, "Oh, he had to leave some of these out."

Noah: I was trying to think what are the ones particularly that are most like... I don't want to say like gateway habits.

Annie: No. I think that's exactly what you did.

Noah: Okay. Okay.

Annie: I think that's what makes this so good. I think that's a great phrase is gateway habits. Gateway habits.

Noah: Gateway habits. I love it. Now I'm gonna start describing it as that.

Annie: Yes, of course.

Noah: Just ones that are repeatable and don't require you to have some crazy life change. It's like every single person could implement these 10 habits this week and it really wouldn't require you to quit your job or change your schedule. Like my wife, two kids under two, starting a church, like does all of these habits. It doesn't matter how much time you have. You could do it.

Annie: I mean, one of the things I wanted to ask you about when I was reading it is you do a lot on rest, which you know we love talking about Sabbath around here. The people who respond to me with the most volume when I talk about Sabbath rest are young families, who are like, "Annie, when in the world am I supposed to rest?"

So you outlined it really beautifully in *Holy Habits*. Will you talk a little bit about the way y'all do Sabbath does not look the same as the way I do Sabbath. So what does it look like for y'all? How are y'all able to rest with two littles?

Noah: Well, our kids are so much fun. They are so much work. And it is such a gift that work. But we just tried to do that one day, 24 hours. We do from dinner to dinner the next day. So ours right now is on Thursday nights at dinner until Friday nights at dinner. And we just try to feel that 24 hours with as much fun or as much worship as possible. Those are the two things.

So everything else goes away. I don't do any work on those days. It is just, if this is not fun to me, like refilling me, or if this is not seen as worship to the Lord, then I'm not going to participate in it.

Annie: What's your phone rules?

Noah: We still have the phone on. But if we see a text from anyone on our team, or any of that stuff, like it just doesn't get answered. And our team knows that. We're very vocal about it. It's something we want them to implement as well. You know, we can't make them take a Sabbath. But our hope is that when they don't get a response to us, they're like, "Oh, man, they're on Saturday. I should do that too."

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

Noah: It's actually been really fun to creatively think, What could we do this week that would be really fun and life-giving to us? The activities have changed with kids, but our kids nap. And we even try to plan around those naps. We have figured out ways to sacrifice financially during the week to where we can get a babysitter on Thursday night so that we can have date night.

And when I tell you like the way that we look forward to Thursday nights, knowing that we've got childcare and that we can go to one of the amazing restaurants in Nashville, and just spend like three uninterrupted hours. I know not everyone can do that. But man, that has been the most... Talk about throwing confetti and celebrating. It's like when it gets to Thursday at five o'clock, it feels like we're waking up on Christmas morning, which is how I think you should feel when you're sabbathing. It should be something that you are truly looking forward to or I don't think that you're doing it right.

Annie: Right. So sleeping in probably is not one of the parts of your Sabbath resting.

Noah: No, it's not. We wake up almost the same time every day. I would say the difference is we always wake up, spend time with our kids before we work in the mornings. The difference is, it's like, we're gonna go to the park and we don't have a time that we're going to start work. And when we're at the park, we're going there and we're trying... not just trying. We're leaving the phones in the car and we're being present with each other. We love spending time as a family. That is really life-giving to us.

But during the nap times is... You know, on a Sabbath, we might take a nap or we might... My wife and I are big board game people. I don't if you're a game person. We might play Bananagrams for three hours.

Annie: Oh, I love Bananagrams.

Noah: It's just like there's something that reinvigorates your soul knowing you don't have to produce something, and that there's no time limit around what you're doing that day.

Annie: Have you all started playing Tenzi? Do you know Tenzi?

Noah: I've never heard of that.

Annie: I got you.

Noah: Oh.

Annie: I'm gonna get you some tips here because it's so fun.

Noah: Oh, Amazing.

Annie: And it's like a dice game.

Noah: Oh, I'm in.

Annie: But it's an easy one to play by yourself or with two or with four, whatever. It is so fun.

Noah: I'm so in.

Annie: You talk in the book, speaking of your schedule, you do... one of the things I loved was you talking about your one-minute prayers. You did something in here that I want all of us to do as we're writing is you're like, "Here's my actual schedule today. I get up at this time. Here's what I'm doing." So it's not this vague. Like, "Are you spending time with the Lord? You're like, "Here's literally when I do it." But then you talk about one-minute prayers in that schedule. Will you teach us that?

Noah: Yeah. Okay, I did it right before I rang your doorbell to come in here. It's basically after every task or meeting or thing throughout the day, I'm going to take 60 seconds just to spend time talking to God. And that is not like some crazy spiritual thing. I mean, I pulled into the parking lot downstairs, I came up the elevator and right before I rang the doorbell, I just stopped for a second and said, "God, thank

you so much for providing this friendship with Annie. Thank you for this amazing opportunity to be on this podcast that I've listened to literally dozens of times." And God, please help my voice not to crack." You know what I mean?

Annie: Oh, you're doing great so far. We can edit it out if it happens.

Noah: Thank you, Craig. So it's just including God in your calendar. I would hear that verse preached about, pray without ceasing, all the time. And I'm like, How in the world do people spend three hours a day praying? One, I don't know that I have that much to say. And two, I don't have that much time with these two kids and this church.

Then I actually first heard John Eldredge talk about how he practiced the habit of gratitude for one minute a day. And that really challenged me. I was like, "Okay, I'm not really doing that either. But what if I just started with talking to God one minute every hour? Just one minute every hour. That has radically changed my prayer life.

Annie: Wow.

Noah: Sometimes it's just thanking God for something that just happened. Other times it's asking God for something. Other times it's, you know, God, I'm really nervous right now, will you just give me peace in this moment? But it's allowed me, I think, to develop a prayer life that I know I've never had before.

Annie: We do the one-minute pause before our staff meeting-

Noah: I love it.

Annie: ...from John Eldredge's app. I do a lot. I did one this morning, too. But it is such a moment for... I mean, I think in his office, I think they like do it at 10:00 and 2:00 or something.

Noah: Oh, wow.

Annie: Like twice a day they stop and all do the one minute at the same time.

Noah: I love that.

Annie: Whether this was caught or taught to me, I don't know. But I've always thought like, well, real prayer, quote, quote, has to last an hour. Or if I'm really praying, I'm on my knees for two hours in the morning. And the more I have to do, the more hours I should be praying. So how do you balance the like there is a perseverance and a

contending version of prayer? Is that part of your rhythms too? Is that like, if I have a little more time in the morning, if I have a longer drive? Or are you like, No, I still do like 30 minutes in the morning.

Noah: So my morning time is my favorite time. I protect it at all cost.

Annie: Me too. I've quit doing breakfast. I was like, "I cannot do breakfast meetings anymore because I love my morning time. It matters so much to me."

Noah: And I would say my morning prayer time has actually looked different in different seasons of my life. Not that it's been there some seasons and not been there others. But I remember before we moved to Nashville, my morning time almost always included about 30 minutes of prayer, which that was the most I've ever done. I was like, Wow, this is crazy. And I felt really probably self-righteous. Probably wasn't good. But I remember feeling like, I can pray 30 minutes now and I'm doing this for the last six months.

But I think something that is so cool about God is He will... That worked in that season of my life. And right now I'm spending the same amount of time during my quiet time. But where God has been speaking to me more is I'll finish reading the Bible and then I'll spend a few minutes praying, maybe five minutes just praying. And I've got like a little prayer journal of people in our community that we're praying for, pray for our family, pray for our church. And then I love going on walks.

Annie: Yes, you talk a lot about walking in the book.

Noah: I will just go on a walk with no music, no headphones. And God has spoken to me more during that silent time.

Annie: Dude, your whole chapter on silence is so good.

Noah: I think that's a part of prayer is like, I'm so convicted that so many times when I pray to God—I may have even said this in the book, I think I did—it's more like a megaphone than a telephone where I'm just yelling at the Lord. Not literally, but just God do this and God I need you. I know God wants me to do that. But I just wonder how many times I've yelled the prayer and then hung up the phone and not listened to anything He had to say to me.

So my prayer time right now is like 5, 10 minutes a day and then it's just like silence for a 20-minute walk. And God is just breathing into my soul. I can't even describe it.

Annie: Wow.

Noah: Some of my best ideas for our church have come from that time. Some of the best ideas for our marriage have come from that time. God will randomly drop someone in my heart during that time. And I'll send them a text and the fruit that's come from those little text messages has blown my mind. It's just been a deeply meaningful morning.

Annie: Okay, the lap around my neighborhood takes me eight minutes from door... make a circle back to your door. Is it okay if I just start for that long? 20 minutes feels really long for me to not have headphones.

Noah: I know. Something going. I know. I'm a big podcast guy too. So I'm always tempted to like, I could be getting sermon material.

Annie: That's my problem is I'm like, "I gotta get stuff done." This is my always problem. I'm always like, "I could be listening to something that I need to listen to before." But eight minutes is okay to start.

Noah: It's great. I know that you're friends with John Mark Comer.

Annie: Yeah.

Noah: His teachings on Sabbath and silence and all this stuff have really deeply formed me.

Annie: I know. The new Practicing the Way on solitude, I'm like... I mean, I listen to it at some point, but it's not rushing.

Noah: He's brilliant.

Annie: He's brilliant.

Noah: He has this line, I'm gonna mess it up, but he says something along the lines of you're actually more productive when you force yourself to be unproductive. I was like, "I don't know about that, John." You're over on the West Coast. You're just chilling.

Annie: Yeah, it's so much cooler over there.

Noah: But the more I've leaned into that, the more I actually [inaudible 00:39:24].

Annie: I just needed you to give me permission. When I read this last night, I was... I feel the pool of... I mean, you and I talked about this a little bit before, but having surgery a month ago, trying to let my body heal and then also deal with the emotions and the spiritual and all the parts of that thing happening so fast, I just haven't really opened that folder as much as I could.

And I think when I think about walking for eight minutes in silence, I'm like, what will we even talk? How do I even start? Where do I even start? So the first time you did silence or the first little month or two months of practicing it, was it hard?

Noah: Oh, so hard.

Annie: Okay, great. That's what I needed to hear.

Noah: Honestly, I think the thing that it did for me for the first week was it just gave my brain a break. And it wasn't like I didn't hear from the Lord. But I think one of the signs of intimacy in any relationship is the ability to be silent with that person. I see now just how much closer I feel to the Lord, because there are some mornings where I won't get anything in our walk. But I never regret that time because-

Annie: You do the same path every day?

Noah: Okay. Oh, yeah. There's a school next to our house. I walked into school and turn around and walk back. And the time that I go in the mornings is really early. There are a few teachers there. So I'm waving to the same teachers. You know, like, this guy's crazy. He's not running.

Annie: It's like the first-year teachers who get there really early.

Noah: I would highly recommend. It's my favorite habit, I think.

Annie: Really?

Noah: It may just be because it was the newest one to me. Like, I'd never tried that. I'd always, you know, attempted prayer, read the Bible, all those things, gone to church, disciplined. But I'd never really tried silence. I think I was missing out for a long time.

Annie: Yeah, I think I'm missing out. And I think I'm afraid. I think it's both. I think I'm missing out. I think I'm afraid. I think both of those feel really true in this season.

[00:41:15] <Music>

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And friends don't forget we told you last week we want you to nominate a teacher you love for our So Happy to Know You giveaway. The book comes out September 19th, and we're choosing 50, five-zero, 50 teacher winners who will get a signed copy of the book and a note from me, the little Annie plush doll for their classroom, and a \$10 Amazon gift card.

And then we're choosing one grand prize teacher winner and I'm going to come read the book to your school. I cannot wait. So go preorder the book and nominate a teacher who had a huge impact on your life or a teacher you know and love. Entries close on September 18th at 8 p.m. Eastern. And you have to have pre-order the book in order to nominate a teacher. So head to sohappytoknowyou.com to

enter after you've pre-ordered from wherever you love to buy books. We'll put that link in the show notes as well.

And now back to finish up our conversation with Noah.

[00:43:53] <Music>

Annie: One of the things you did beautifully in here too that a lot of people are asking us about is discipleship. Because it feels scary to people. I mean, silence feels scary to me. Discipleship is easy. Other people are like, I can do silence all the time. I don't know how to find someone to disciple me or for me to disciple.

Noah: Sure.

Annie: So, why do those both matter to you? Why do you need someone who is pouring into your life? And why do you need to be investing in someone else?

Noah: I think my life would look drastically different if I hadn't been disciplined by the people I've been disciplined by. My marriage would look different, and not in a good way. My family would look different. I cannot express how much it has changed my life to be disciplined by men who are leading their families well and who love the Lord at 50 the way I want to love the Lord at 50.

I mean, I feel like it is allowing me a head start on this journey of just life to learn the lessons that they learned at my age and not have to experience them for myself has just been a cheat code honestly.

Annie: Yeah. Discipleship is a cheap code.

Noah: It's a cheap code.

Annie: That's exactly right, dude.

Noah: It's a cheap code.

Annie: That's exactly right.

Noah: And in the same way, I just believe so strongly your legacy is not what you leave behind. It's who you leave behind. And I really, really, really want my life to count. And I don't mean that by the metrics or any of those things. I want the relationships I have to be real and for my life to look like Jesus, where I'm building the kingdom, not just through what I do, but the people that I'm around and pouring into. I'm a big believer in it.

And I think discipleship is... it is very intimidating, especially the first time you try it. I think when you're thinking about discipling someone, the way that the devil kind of gets you from not doing it is like, Who do you think you are? Like, you want to disciple someone? That's the voice you hear? And then from the other side of it, it's like, Who do you think you are? They don't want to invest in you? Like, why would they?

Annie: They don't have time for you.

Noah: No. And the truth is, the person that you want to disciple is wishing that you would disciple them, and the person that you want to learn from wishes someone would ask them something. So just putting myself in those two different perspectives has helped kind of alleviate the nervousness about it. But it's still hard every time.

Annie: Oh, you will laugh at this. I mean, I, like you, kind of grew up in church. We went to discipleship groups all through middle school and high school. So this is a part of my faith that's been a really active part. And I sat with someone new yesterday and I got weird about if she wanted us to keep meeting. I was like, I disciple a handful of young women right now. I've discipled young people for a lot of my life. And yesterday, I still got weird about it. It just never stop-

Noah: It doesn't go away.

Annie: No. It doesn't go away. I was like, Do you want... And I'm the older one. So it's a younger girl who's reached out to me and I'm the one who feels weird and like, are we gonna do this again?

Noah: When you do it, when you agree to disciple someone, do you agree to a certain amount of time? Hey, we'll do this for a year. Or does it kind of just have like a "we're just gonna do this until it feels like we don't want to do it anymore"?

Annie: So far, they have all either been school-year-based. So they were college students, or they were like that... Now, the majority of my girls are on staff at church.

Noah: Oh, cool.

Annie: So it's just kind of like, as long as you're here, this seems to make sense.

Noah: I love that.

Annie: Do you say, Let's do a year at a time. Because I bet that would really help.

Noah: I've always done it the other way. Like what you just said, it was just like, let's just, you know, go until it doesn't feel like it's supposed to go anymore. But right now, I'm being disciplined by a guy that I said, Well, you give me a year, and then we're done. Because he's a busy guy and I wanted him to know there's an end in sight. I asked very specific, like, this is what discipling would look like, like what I want to learn from you. Because I wanted him to see exactly what he was signing up for and there not to be any surprises. And so far, it's working really great. I'm nervous. Our time ends in December.

Annie: Oh, no.

Noah: And I'm like, Oh, no, I kind of want to re-up. So I just wanted to ask is that now I'm like approaching this time, and I might bring back another year to see if we-

Annie: I think you could ask to re-up. I've done some of those before. But it was always around, Hey, when you come back to school next year in Nashville, if you want to do this again.

Noah: Very cool.

Annie: But I'd like you doing that. I think about that with who disciplines me of like, do I need to give her some like, you aren't gonna have to do this forever. Let's do this till the end of '24 and then talk again.

Noah: Obviously, I'm sure that they don't want you to do that.

Annie: What's your communication look like with the people that disciple you and that you disciple?

Noah: So I'm being disciplined by two guys right now. One is life discipleship. So I asked him, Hey... they have five kids in his life. I'm like, Hey, your family... I've been around you guys in a ton of different settings, and they genuinely love you. It is a genuine love and it's not like you're just home all day. So I really want to learn that rhythm.

So I stole this line from another mutual friend of ours, Grant Skeldon. He has this discipleship line where he says discipleship is not being added to someone's schedule, it's being included in what they're already doing.

Annie: Oh, that's good.

Noah: So I'm like, Hey, when your daughter has volleyball games, can I go? Can I-

Annie: Oh, and I'll just sit with you.

Noah: ...can my wife and I come in and support her and we just be there? I would love it.

Annie: Hey, that's so cool though.

Noah: Hey, I know that you have this business trip coming up, and like I love, love, love leadership, and you're leading this amazing team. I would love to just be in your staff meeting. Can I pay for my plane ticket and go to this one staff meeting with you? So that's what that looks like.

We have a once-a-month coffee where I'm coming in with a list of questions about what I've observed in the last month. But then I have a guy who planted a church like 10 years ago. He's leading, you know, church that is just making a great impact in their city. And I'm being discipled from afar from him where it's just like a twice-a-month Zoom call, where I'm just basically saying, "Here are all the problems that I'm going through. How did you go through this?"

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

Noah: I think that that is probably closer to mentorship than the discipleship relationship that I have with the family guy. But man, both of those relationships, I would not trade for the world because I'm just learning so, so much from both.

Annie: Nancy who discipled me since a Bible verse every morning.

Noah: I've heard you talk about Nancy, and she sounds like straight-up a woman of God.

Annie: I mean, she is a baller. She's gonna be on the podcast very soon, everybody. You're gonna hear her.

Noah: Let's go

Annie: You're gonna hear in October. I mean, it's incredible. Have you heard me tell the story about how one time Angie Smith and I were on a plane together and we both got that same text from Nancy at the same time?

Noah: No.

Annie: I was like, "Oh, I thought she just did that for me." So everyone Nancy meets with she sends the same verse to in the morning. Or she did in that season. I don't know that she still does. But I thought that is brilliant. It's literally a few weeks ago, one verse stood out to me and I thought, This is it. I should send this to everyone. So I

sent it to all the girls that I meet with and 90% of them said, "Oh my gosh, this is what I needed to hear today. Thank you so much for thinking of me." And I was like, Oooh, that's true. And also...

Noah: Hack the message. Hack the message.

Annie: Also, it went to everybody. So I sent them individually but... I mean, it does not take much as the... You know this from who you're meeting with too that you're discipling. It does not take much to make someone feel seen by the person who they look up to spiritually. And that's how I feel about Nancy. It does not take much for me to be like, "Oh my gosh, she thought of me. She read the Bible this morning, I didn't. I should get up. If I get her text before I'm out of bed, I'm always like, Downs, don't. Get up.

Noah: Oh, man.

Annie: She has already read her Bible. Why are you still in bed?

Noah: That is awesome.

Annie: I mean, you lead that so well. This is a funny question. For our friends listening who have sons that are teens, early 20s, that kind of generation below you, will you spout off some dudes that they should be looking at besides you? You said Grant Skeldon. You, of course. Who are some of your other bros that are good examples for us to be watching as the men of the next generation?

Noah: Man, one of the first people that comes to mind is Luke Lezon.

Annie: That's who I thought too. I thought Luke.

Noah: I love Luke. He's in Orlando, Florida. Just an amazing, amazing guy. This guy is a little bit older. I would guess he's around your age, a little bit older than me, Jonathan Pokluda. I just think he has such a gift with the next generation and such a-

Annie: Everyone loves him that's in their 20s. Everyone.

Noah: He's incredible.

Annie: How? I mean, he's very gifted, but it feels like a supernatural thing too, doesn't it?

Noah: I think it's just his genuineness. I mean, he just makes everybody... You have this gift as well. Just makes everyone feel like the most important person in the room,

and it is just.... Yeah, he's amazing. Jonathan Pokluda, he's in Waco, Texas. Camilo Buchanan. He's at Passion.

Annie: I don't know him.

Noah: He's leading their young adults ministry there at Passion, and he is just... he's a great preacher, but a better man. Just really, really great young leader. I think JD Rogers is another guy. I love JD. Do you know Brian McCormack at... He just took over Breakaway.

Annie: I know Breakaway but I don't know, Brian, uh-uh.

Noah: Brian, great, great leader. I've been learning a ton from him. And then I would highly recommend trying to get any of John Mark Comer's books in your kid's hands.

Annie: Yeah, for sure.

Noah: His stuff is so brilliant but he puts it in a way that's so palatable and easy to understand. Those are the people that immediately come to mind. There are so many more that I'm not saying but-

Annie: No, that's so good. That's so good. Here, it's so easy for me to find young women for people to look up to and follow just because we have more women around us.

Noah: Totally.

Annie: But finding good solid dudes that we can point our little brothers, our sons, our nephews to is so helpful. That's what I love about your book is I'm like, it changed my life this weekend.

Noah: That means so much.

Annie: I'm excited for all my friends to read it. But also when you're thinking about what you want to hand to... at Christmas or what you want to hand to someone who is finishing college, or 25, 30 years old that's figuring out their faith. I have a buddy who's newer to faith and I thought, "I should put this in his hand." Because it just helps you build some... What is it? Fences around your life. So keep you who you want to be.

Noah: I love the illustration Richard Foster uses where he talks about the farmer. And he says the farmer doesn't do the growing, but they just put themselves in the position for the things to grow. That's what habits are.

Annie: So good.

Noah: Like you can't make yourself grow in intimacy with Jesus but if you implement those habits, God will do the growing and He'll meet you there while you're doing habits.

Annie: That's really good. That's such a good reminder. I think a lot when people ask me, How do you stay connected to Jesus? I always talk about tying yourself to the mast of the ship, like that Greek mythology. And the habits to me, your holy habits you listed are the ropes to me. We tie ourselves... God ties Himself to us and Jesus did this for us. So grace is everywhere. But if there's anything we can do, it's these habits.

Noah: Amen.

Annie: Anything we didn't say about the book that you want to say? Comes out tomorrow?

Noah: Yeah, it's crazy.

Annie: I mean, book launch day. Okay, do you know how I feel about the night before book launch?

Noah: No.

Annie: Let me remind you.

Noah: Okay.

Annie: If you've heard me say, I'm gonna say it to you again.

Noah: Please.

Annie: Tonight is the night you and Maddy should celebrate. Because tomorrow when the book comes out, it is no longer yours, it's ours. Tonight it's still yours. And tonight is when you celebrate that you did the obedient thing.

Noah: Ah, that's so smart.

Annie: Numbers, whatever, you can celebrate those. I hope there's something to celebrate. Any book in hands is something we're celebrating. So you will have plenty of time to celebrate the book being out. Tonight you get to celebrate the book existing-

Noah: Oh, that's so good.

Annie: ...because you were obedient.

Noah: Well, we're going on a date.

Annie: Okay, great. Good. I'm so glad. We're y'all gonna eat dinner?

Noah: Yeah. The Optimist. Have you been there?

Annie: When I tell you I'm also... I'm literally eating there tonight.

Noah: No way.

Annie: Yes. It is so good. It's so good. Have you been?

Noah: We go every year for my birthday.

Annie: Oh, great. It's the best. That bread. Get in my life. Get in my life. I cannot wait.

Noah: The first time we ever visited Nashville, someone was like, "Go to The Optimist."
And now we go as much as we can.

Annie: It's so good. I'm glad that's what y'all are doing. Okay, there's one more person we need to sing the praises of. Tom Dean.

Noah: Oh.

Annie: Your agent.

Noah: Wow.

Annie: Formerly in the publishing world. So everyone who's been publishing books the last decade loves him. He's just love.

Noah: He's a gift.

Annie: He's amazing.

Noah: Yeah. I want to adopt him. Is that possible? He is just... I mean, literally this morning he sent me a prayer. Not over the book, just over our life and our family. I mean, he is so good at what he does, but he just... you can tell he's been with Jesus.

Annie: Yeah, that's right.

Noah: I want more people like that in my life.

Annie: He loves Jesus. He loves the written word. He loves authors. Like he really cares for our souls. And he knows the industry and so therefore... He's just a kindness. Every time I see him, I'm just... So when I saw you thank him in the back of the book, I was like, Of course, of course, your partner with Tom Dean.

Okay, the last thing we always ask. Because the show is called That Sounds Fun, Noah, tell me what sounds fun to you.

Noah: Oh, man, what sounds fun is teaching my son who's two years old how to golf.

Annie: I was hoping you'd say that.

Noah: Oh, we just got him these little plastic clubs, and he mostly hits our dog with them right now. We're trying to teach him that that's not what they're for.

Annie: Better than hitting Mila though.

Noah: Yes. Oh, he knows better. But yeah, I love spending time with him. His personality is just coming out more and more every day. My wife and I, we both love to play golf. So I'm really looking forward to the next couple years of him just being able to use those little club and just spending our Sabbath outside just hanging out.

Annie: My three-year-old nephew called me, FaceTimed me this weekend. I'd already seen a picture of him golfing with my dad. And I said, "Did you golf today?" He said, "I did not golf. I had a golf lesson." And I was like, "Who gives a three-year-old golf lesson?"

Noah: That kid's gonna be on tour.

Annie: I was like, "That is insane." My dad is crazy. And I was like, "That is so cute that he had a lesson with my dad. Also, I'm gonna pick up golf in 2024. I've decided.

Noah: No way.

Annie: It's my next sport.

Noah: There's so many great courses here.

Annie: I know.

Noah: Let's go play.

Annie: Okay, I want to. That's my goal. Some of my friends that are in high school, I promised them before they graduate next spring. So spring of '25, I have a year, I'll play around. It seems great. And your wife plays too? Maddy loves it?

Noah: Oh, okay, I'm thinking, even if the game doesn't go well, you're outside.

Annie: You're outside.

Noah: You're with people that you enjoy enough to go spend four hours with at a golf course. There's snacks. Are you serious?

Annie: True or false? Aren't there carts that have beverages and hotdogs?

Noah: They drive around? They come to you.

Annie: This is it. This is it.

Noah: It's amazing.

Annie: If someone's driving and delivering me a hot dog while I'm playing an outdoor sport-

Noah: It's amazing.

Annie: It's expensive, though, right?

Noah: It can be. That's the thing, though. Nashville has a lot of pretty affordable courses, I would say, depending on the person. But to me, a fair price for a decent course is between \$40 and \$60. But it's four hours.

Annie: For 18?

Noah: Yeah, for 18 holes. It takes about four hours to play. Now there are some really nice courses in Nashville too where you would pay \$100, \$200 to play. So that can get expensive, for sure. But the courses that we play the most are about 50 bucks. And for four hours of fun, I'm like, I'll do it.

Annie: Okay. Next year, can we golf?

Noah: Let's go.

Annie: Put it on your 24 list.

Noah: Come on.

Annie: We're gonna do it. Because I don't have time before New York. I don't have a lot of time in New York. So my first lessons will be like December, which is a weird time.

Noah: But doing it the right way. Do your lessons first and-

Annie: That's what Cody Carnes said. He said, "You gotta start with lessons.

Noah: Yes. Lessons is the way.

Annie: How many do I have to have?

Noah: You know, I think if you went for like a couple of weeks once a week, like maybe four or five lessons would just get you going. And then from there, it's just like practicing the things that you learn. I mean, I have friends who are amazing golfers and they're still getting lessons because you're like trying to just, you know, change little tiny things. But four or five and then just practicing consistently, and you'll get good really fast.

Annie: Okay, great. Golfing in our future.

Noah: Come on.

Annie: Noah, thanks for being on the pod.

Noah: Such an honor.

Annie: Same. I feel so honored. I'm so glad that our friends get to meet you if they don't already know you and grab a copy of *Holy Habits*.

Noah: This was so fun.

Annie: It was fun. I loved it.

[01:00:41] <Music>

Outro: Oh, friends! Isn't he so great? Listen, there's so much hope in the leaders and the generations coming up behind us. I am so, so thankful for Noah. Oh, I just think the

world of him. Don't you love him? I know. I know. Don't you love him? And can you believe his church launched yesterday and his book launches tomorrow? That is a week for our boy, Noah.

Listen, go order your copy of *Holy Habits*. Get you a couple, put them in your closet, get them as gifts for Christmas. Just go ahead and grab them. And go follow him on social media. Tell him thanks for being on the show, how much this conversation meant to you. And make sure you tell him congratulations on being obedient to what the Lord has done in his life.

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 is how you can find me. 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. Today what sounds fun to me is I'm meeting up with a friend who got engaged to celebrate her engagement after work. I'm very excited. So that sounds fun to me to see her and to celebrate.

Y'all have a great week. We will see you back here on Thursday. Let's keep that next gym conversation going with my friend Madison Prewett Troutt. We'll see on Thursday.