

[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. Today we get to continue our special series called Build Your Board, a That Sounds Fun podcast series in which we want to help you find the voices you need to live the life you want. Because in a world of influencers, you get to decide who is influencing you.

Two weeks into the series, it is so fun to hear the processing y'all are doing, the decisions you're making, the way that guidebook is walking with you. I mean, it's awesome. We're so glad you're enjoying the series.

In case you've missed it, we do have that guidebook for this series. So you have a place to take your notes and work through the question, Who is the next voice you need to help you build the life that you want? Just go to anniefdowns.com/buildyourboard to download your copy of the guidebook today. And make sure you jump back and listen to the other episodes of this series that have already released.

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. You guys loved our episode with Melanie Rogers recently, me too, where we talked about counseling and why it's so helpful.

If adding one more appointment to your plate sounds daunting, though, it doesn't have to be because BetterHelp allows you to do your session right from home or in a quiet corner in your office, or in a hotel room when you're traveling. There is no need to figure out factoring in commute time for any of that.

When you're in a season where it feels like your mind is racing all the time, or you're needing to process some big things, therapy is such a helpful tool. And a therapist may be the next person you need to add to your board. I'm a huge fan of therapy and it has been a game-changer for me.

So if you want to give therapy a try, consider BetterHelp. They make it so simple to get started. You just fill out a brief questionnaire—we love a quiz—and they match you with a licensed therapist. Finding a therapist that is the right fit for you is so important. And you can switch therapists anytime for no additional charge so you're sure to be working with someone who is a good match. And the fact that it's online and designed to be convenient, flexible, and fit in your schedule is amazing.

Be a good friend to yourself and your brain with BetterHelp. Visit betterhelp.com/thatsoundsfun today to get 10% off your first month. That's betterhelp.com/thatsoundsfun.

Intro: Today on the show, we continue our Build Your Board series and we actually continue the conversation we started last Thursday with my mentor Nancy. Today we talked with my friends Becca and Harley. You know you heard Nancy who discipled me and so today you're gonna get to hear from Becca who I disciple and meet with and Harley who Becca discipled. It's like this little family line of discipleship.

Here's what I wanted to do this. So many of you guys talked to me about wanting these kinds of relationships in your life but aren't sure where to start or what to do. It feels awkward and complicated. I get it. So we thought it'd be fun to bring in both Becca and Harley so we can talk about what discipleship practically looks like for all of us.

And let's be clear, too. I know y'all love the idea of finding someone to disciple and mentor you so that you have the help you need. But today we're also talking about who you are then going to turn around and disciple, whose board are you on.

As followers of Jesus, we all have a calling to go and make disciples. So we're gonna break down what that looks like for me and Becca and Harley. And we are just one example, of course, but I think you're really going to love what they both have to share.

If you're following along with us in your Build Your Board guidebook, you're going to be taking notes for this one on page nine. So here is my Build Your Board conversation with Becca and Harley.

[00:03:33] <Music>

Annie: Becca and Harley, welcome to That Sounds Fun.

Becca: Hi.

Harley: Hello.

Annie: I mean, both of you are like podcasters. So this is so casual for you.

Becca: We're like the behind-the-scenes gals-

Annie: That's true.

Becca: But we've made a couple appearances.

Harley: We have.

Annie: Yeah, for sure you both have. I've heard you both.

Harley: Yeah, you're right.

[crosstalk 00:03:54]

Annie: Will y'all talk a little bit real quick... will you say your name attached to your voice so that people listening can hear? And then say what you do. What is your job? Oh, we should also say you're Becca and your book Beccs.

Becca: Yeah. You can call me either one. Hey, I'm Becca, and I serve as the content director at Cross Point. So I basically help to write and produce discipleship content for our church.

Annie: It's amazing that you have... you stepping into that role, watching... I mean, I get to brag on you publicly and the whole world. But watching your transformation at Cross Point over the last...from '18?

Becca: Five years.

Annie: And now you're in this role where you are giving us what we hold in our hands for discipleship is just so awesome.

Becca: It's crazy.

Annie: You're great at it.

Becca: Thank you.

Annie: You're amazing at it. So I feel like we are hitting our stride in a lot of ways because of the work you and your team are doing. So you're amazing. Okay, Harley, you're amazing too. What do you do?

Harley: Yes. Hello. I'm Harley and I get the honor of actually working alongside Becca on the content team as well. We're a team of three, we're a trio and I get to partner and kind of coordinate and do a lot of... We really work side by side. We work so relationally together that it's like we don't do completely separate things. Like we partner together in kind of everything we do.

We really focus on what happens like Sunday to Sunday, not just what happens on a Sunday. What are you doing like Monday to the next Sunday when it comes to discipleship and content information in the digital space? That's what we really get to lean into and work on.

Annie: Harley, I don't know this. How did you get to Cross Point?

Harley: Ha ha ha.

Becca: It's a great story.

Harley: I was working in college ministry, so worked at Wesley for a year after college. And the year was coming to a close-

Annie: Go Dawgs, by the way. Wesley at the University of Georgia.

Harley: Well, I was at Georgia College.

Annie: I knew this. This explains so much to me.

Harley: Yes, with Tate.

Annie: Yes, thank you. So not Go Dawgs!

Harley: Not go Dawgs.

Annie: You were at the Wesley Foundation at Georgia College.

Harley: Yes.

Annie: I said your name at UGA and I was like, "Y'all, she was part of Wesley," and they were like, "I think she worked here." You worked at Georgia College.

Harley: That's amazing. It's very confusing.

Becca: She also does not like Georgia.

Harley: I know. It's a hot tank.

Annie: What?

Harley: I know.

Annie: What? We gotta disciple that out of her, Beccs.

Harley: I know.

Becca: Believe me. I'm working on it.

Annie: We're working on it.

Becca: We love her anyways.

Harley: But go Braves. We have that in common. Huge Braves fan.

Annie: Okay. So you were at Georgia College?

Harley: Yeah. So I was at Georgia College and-

Annie: Under one of my dear friends, an amazing pastor, Tate Welling.

Harley: I love Tate. Would follow that guy anywhere.

Annie: Certainly not because you're here, but idea-

Becca: The Holy Spirit first.

Harley: So I was working in college ministry, was coming to the end of my year there, year commitment, and really was asking God, what's next? Like, "I think there's more. I think I could stay here at Wesley doing what I'm doing. I have dreams of how we can do things better." Just dreams for what could be. But was also was asking for open doors, opportunities.

So a friend of mine sent me the residency application at Cross Point. So on a whim, I was like, "All right, I guess I'll apply."

Annie: Did you want to come to Nashville? Did you know Becca or me or any?

Harley: No. Obviously from Tate, from people, I was like, "Oh yeah, Annie." I'd heard Kevin's name, but not a super big following. Just new. So Nashville was not the dream, not the goal. It was really like, "God, what's next?" So I was about to leave to go on a trip. It was spring break week. So I was about to leave and go on a trip and it was like she sent me this application and this was like the humor of God at the time. I cannot make decisions. I was like, I don't know. So it was like I had a week to apply before the application closed.

Annie: Oh my gosh.

Harley: And I was like, "You gotta be kidding." So I think I applied at 10:00 pm the night they closed. Like that's just-

Annie: Oh my gosh. So I applied and I'm like... I say now I'm like, "I would be embarrassed to probably read my application because I'm like, "I have no idea if it was good. I have no idea what I said." But applied, shut my computer, I was like, "Lord, open or close the door." No idea.

I go on my trip to Yosemite, to Napa Valley, like I'm living my life, and I get an email from Cross Point from my residency director at the time wanted to set up an interview. And I was like, Oh, I forgot I applied.

So long story short and a lot of detail kind of came down to the option of you can stay here at Wesley and it'll be comfortable, it'll be good. There's nothing bad making you leave. You can say yes to this or you can say... You asked for opportunities and I opened this door, so you can say yes. And kind of through a lot of detail and things that I felt the spirit leading that was leading me here to Nashville.

So that's ultimately how I got here. It was really tough transition to leave people that I had done so much life with and had been rooted with. But I really felt like God was asking me to step into obedience and come and just say yes to that. So that's how I got here. And then-

Annie: How many years have you been here now?

Harley: This past July was two years. So I got here and God just hasn't let me leave yet.

Becca: And we're so glad.

Harley: I know. I tried to go. I really did.

Becca: Right.

Harley: I tried to leave. But there's just something that God is doing at Cross Point and even in Nashville, and I don't think that I've been released from that yet. I still keep asking Him like... I think there's things I have been praying for when I got here that are coming into fruition as the days go on.

Annie: Wow.

Harley: So it's really encouraging that I just get to be a part of it.

Annie: In your personal life or in work, or both?

Harley: In both. A lot of it in work, though. A lot of things. Actually our boss... this is such a foundational... My first year...

Annie: This could be a Josh Reed fan pod.

Harley: So quickly.

Annie: So easy to do.

Harley: He's changed our life.

Annie: He's changed my life.

Harley: Yeah, it's a gift from God. So wrapping up my first year here, there was a lot of wrestle of like, "Am I going back home? Am I committing to stay here?" I had some really good friends planning a church back home, and at the time I was like, "Do I need to go there and reach my family?" There's a lot-

Annie: Where's home? What part of Georgia?

Harley: The middle of Georgia. Gray Georgia.

Annie: Have we not talked about this? Do you know my family is all Gray Georgia?

Harley: You're kidding. No.

Annie: Okay. We'll do this off. I mean, my whole family is in Gray Georgia.

Harley: You're kidding.

Annie: Wheeler Nursery?

Harley: Yes.

Annie: That's our whole family.

Harley: You're Kidding.

Becca: Oh, my gosh.

Annie: I grew up playing at that nursery every Christmas.

Harley: I feel so seen.

Annie: I know. I know that road. I know that life.

Becca: So from Gray.

Annie: Where did you go to high school?

Harley: Well, Jones County. There's only one.

Becca: Yes, you did.

Annie: Well, unless you went to private school.

Harley: Unless you went to private school in

Annie: You went to Stratford.

Harley: No, no, no.

Annie: No.

Harley: No.

Annie: Okay.

Harley: Yes. So was wrestling like, What do I do? You know, I love being here. I don't really know what's next, all these things. But Josh had asked, he was like, "I think you can think of it this way of, do you feel like in the life that you lived, like from your small town, from college, all this life, do you think there was something God gave you that you've been sent here to give away in spaces? Or you spent a year here, is there something that you've gathered as you've spent this year here working that you've gathered up that now you get to go back home and give away?"

So I think the answer can be different in different seasons. But for me, it was like, I really think there's something that I've carried from a lot of life lived that I get to give away here. So it's like personal, but it flows into work and the call beyond our job descriptions. Yeah.

Annie: Yeah. Wow. That's amazing.

Harley: Thank you.

Annie: Will you say how old you are?

Harley: 25.

Annie: Okay. And Beccs, will you say how old you are?

Becca: 30.

Annie: And I'm 43. I think that's important. I think as people who are listening have already heard me intro this, they already understand our triangulation of relationship. So I think that's an interesting part is looking at the ages. Because I think a lot of times when people are trying to figure out who could I invest in... This is such a textbook example, the two of you.

And even you and I, Beccs, it's pretty textbook example of like, well we shared some DNA, I'm a season ahead and we're serving in the same community and therefore.

Becca: Right.

Annie: And it's something we both wanted. And that is actually true of y'all too.

Becca: Right.

Harley: Right.

Annie: So I think talking about ages and where we came from matters. Beccs, how did you and Ladd end up here at Cross Point?

Becca: Oh my gosh. Do you want the long version or the short version? So we were on staff at the UGA Wesley Foundation and had every intention of staying. Actually really wanted to be... so you interned for three years and then you can be invited to stay as a director. So we were like, "We are sold."

Annie: Had you done your three?

Becca: Yeah.

Annie: Oh, wow.

Becca: We had done three years. We were ready to commit our lives to staying there, and that door just shut. So we were like, "Okay, what's next?" So Ladd-

Annie: I'm so glad it did.

Becca: I know.

Annie: Oh my gosh.

Becca: It's honestly insane. It explains so much of my attitude when I first moved to Nashville. I came here kicking and screaming. But yeah. So Ladd applied for the student pastor position at one of our locations and actually was told, "Hey, we found somebody else. So thanks anyway."

So I ended up accepting a job in Atlanta. And Ladd then was looking for jobs. That pastor reached back out to him and was like, "It didn't work out with the person we thought we were hiring. Would you like to put your name back in the interview process?" So we talked about it. And I'm a loyal person, so I really struggled to be like, "I just accepted this job. I cannot now consider moving to Nashville." But all of his other doors were closing, and so we were like, whatever. Like, if God's opening this door, let's do it.

Anyway. So bunch of prophetic words, just a lot of clarity from the Lord. We both got invited... or I'm sorry, Ladd got invited to come up and interview. One of our mentors from Athens was in a room with two of our former pastors at Cross Point. And they were like, "We heard that Ladd wrote you down as a reference. So tell us about him, tell us about his wife, whatever."

So he tells him about Ladd, then he's like, "Yeah, and his wife did social media advertising major at UGA, whatever. And they were like, "You know that? We have a social media position open at Cross Point." And he was like, "I did know that, but she's not going to apply to it. She has a job."

So they were very, very gracious. They invited me to interview. God's hand was all over it. I did not deserve that. And then we got hired on the same day. So we packed our bags and moved to Nashville.

Annie: Yeah, You did. I remember our mutual friend in Athens calling me and being like, "Two of the most important people in our lives are working at your church." And I was like, "Can't wait. It's gonna be great." I couldn't have dreamed this up. I didn't imagine we would be what we are.

Becca: Do you remember the day that we met? I was like, you know what-

Annie: No.

Becca: The first day on the job, you don't have anything to do and it's the worst. So you're just sitting there while everybody else has to do their job. And I was just sitting at the computer and you walked in and you were like, "Are you Becca?" And I was like-

Annie: I said it like that?

Becca: No, not like that.

Annie: Are you Becca?

Becca: Well, I think you were trying to be discreet and I was like, "Yeah."

Annie: Because my office was at your office. We shared an office at the time.

Becca: I mean, you were like right next to us. And you were like, "Clay told me about you. We should hang out." And I was like, "Yeah, a familiar face, please."

Annie: The thing I remember more is when we sat at Disney. When we were on the Disney trip and everybody was eating or something. We were picnicking. I remember you came and sat at a picnic table with me and you were like, "I am really struggling." And I said, "Okay, let's go."

Becca: "Let's talk."

Annie: Yeah. "Let's go." I'm so glad both of y'all are serving our church. That whole team is... I feel emotional about it. Your team is doing what our church wants to do. So as one of the teaching pastors, I think, man, all we do when we get... I only have 35 minutes with them. Y'all have seven days with them, minus my 35. So it just means so much to me the work y'all are doing. Sorry. Welcome to the podcast. Welcome to the podcast.

Harley: Just pass those over.

Annie: Really.

[00:16:02] <Music>

Sponsor: Hey friends! Just interrupting this conversation to share about one of our amazing partners, [ARMRA Colostrum](#). I'm telling you, when our first shipment came to the

office, my coworkers were lining up to be the first to try it because we heard so many good things.

Have y'all heard about ARMRA Colostrum? This new superfood seems almost too good to be true, but this team is a fan. It's just one scoop or packet that you add to cold water or cold food. We've tried the unflavored option, which works great, and the blood orange flavor too, which adds a fruity citrus taste.

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Okay, now back to our Build Your Board conversation with Becca and Harley.

[00:19:03] <Music>

Annie: So we are talking about discipleship. So Beccs, will you start us out? Everyone just heard Nancy last week kind of talk about my and her relationship. Can you define discipleship for us?

Becca: You realize that's a massive question that the Big C Church in America's trying to answer.

Annie: Yes, Yes, yes. Well, how do you define it? What do you define as a discipleship relationship? Because you have it with both of us.

Becca: Yeah.

Annie: I hope. I mean, you're better with Harley than I am.

Becca: That's not true. I mean, I think at its most basic level, being a disciple to Jesus is following Him and obeying His commands. If I try to overcomplicate it, then that's where it gets too complicated. So when I think of a discipleship relationship, it's like a Paul and Timothy. Like I'm following you who's following Nancy, and we're all collectively following Jesus.

But it's like you're the person in front of me that's tangible, that I can see how you're following Jesus in 2023 and walk with you in that and receive the well... Yeah. I think of it as wells. Like you have dug wells spiritually that now I get to drink from, and hopefully I hope that Harley's getting to drink from wells that I've dug. So that's how I imagine discipleship.

Annie: That's a great definition by the way. Thank you for doing that. I think an interesting thing for our friends listening is you moved here in 2018. We started meeting pretty quick, and doing, you and I... Harley's only been here two years. But I remember

the day you said, "I think I want to see if Harley wants to meet." Do you know this story? Have you heard her tell this, Harley?

Harley: I don't know.

Becca: I don't think so. Probably not.

Annie: When you moved here, Harley, did you think, I need to find someone to disciple me?

Harley: Yeah.

Annie: Why?

Harley: I think coming from a Wesley background, discipleship was ingrained in our culture at Wesley. It was what you did. It was a part of the program. It was a part of the structure. That's not to say it was done perfectly. But it was modeled.

I think growing up before college, I'd had people walk alongside me. And at the time I probably didn't define it as discipleship, but it's what it was. They showed me how to love Jesus and how to walk with Him and how to follow the spirit.

So then in Wesley that was the structure. So I knew it had changed my life. And I got here... And before I even got here, the summer before I moved, there were some specific prayers I prayed as I was coming. Like, friends matters, community matters. Like I know no one as I moved to this city, all of these things. And I knew I would want someone to walk with me as I got here.

So there was prayers before I got here and then even when I got here that I was praying of, Lord, I want that relationship. I need to be led, someone to pour into me, to give away what they've been given. So I think that I saw the effect of how it changed my life as I walked in a relationship and lived an integrated life alongside people, that it wasn't something that I was willing to go without when I got here.

Annie: Were you hawkeyed? Were you like, "Her. Her. Her?"

Harley: No.

Becca: I don't think so.

Harley: You said y'all met at Disney on a retreat? We met on our staff retreat-

Becca: In Dollywood.

Annie: Last year? Oh, Dollywood. Two years ago. I was like, this year. Last two years.

Harley: Two years ago.

Annie: The Dollywood one year before. So for our friends listening, the whole church staff goes on a retreat once a year for two days. Not even 48 hours hardly.

Harley: And we were at Dollywood and I got-

Annie: My gosh. We're just like a stack of amusement park disciples.

Harley: I know.

Becca: I know. Look at us. I know.

Harley: I got done riding rides. I was like, "All right, I have a headache. I'm over this." So I paired up with not a random group, but like I didn't-

Becca: You were just walking.

Harley: Yeah. I'd been on staff for two months maybe. So I really didn't know anyone, still getting to know people until we connected. I think someone had mentioned you to me of like you're from Georgia. It was that same like, we have some DNA that's similar.

So I think as we were walking, we just started talking and connecting and just kind of like... we're like, Hey, you know, got to be friends. And then when we got back from retreat, maybe a few weeks later, I was also in this place at work of trying to figure out even what the heck I was gonna do in my residency. It was not solidified.

So I think I reached out to Becca to connect of, Hey, can I just get to... I came here knowing like my heart cares so deeply about discipleship and formation. I have no idea what that looks like outside of the context I've seen it in. I Have no Idea what that looks like at Cross Point or what their team does. But I knew that they were about it. Like they cared about it the way I did.

So I was like, can we just connect and talk about what you do? And we did, but it went so much more than just work. I think in that moment I got to express that I had been praying for... I didn't go into this like, "I think it's gonna be Becca." But in that, we were at Radish Kitchen, like a holy place here, and-

Becca: Why do you think we go to Radish?

Annie: We also go to Radish.

Becca: We know good things.

Harley: Yeah, we do. And I think-

Annie: Lucky Radish. They're getting a lot of Holy Spirit conversations going on in their restaurant.

Harley: Yes. So I think in that moment I had expressed to Becca, I was like, "I'm praying into this, like asking." And I think after that you had reached back out and everything just kind of fell into place and came to fruition of getting connected. But no, I was not like, "Oh, it's Becca."

I think I was really aware of that because I was like, I don't want to pinpoint something. And like, what if they actually don't live a life that I would trust in following? Or what if they-

Annie: Oh, that's interesting, Harley. So you kind of watched people's lives for a minute.

Harley: Well, yeah. Or it's like, Oh, from the outside they might look... Like, I don't know. One, it was prayer—it was asking God for wisdom and discernment. And my biggest prayer was like, "Lord, would you just authentically make a connection?" And I don't know if I need to ask in boldness, like, "Hey, will you disciple me? Or I don't know what it will look like I'm willing. But I was like, I want it to be genuine and not just someone that I think is following you the way I desire, but someone that they're praying for the same thing I'm praying for. And that's what it ended up being. We were both asking at the same time and God made the connection.

Becca: Right. Yeah.

Annie: So, Becca, when she comes up to you, tell—I was there. I remember—of what was stirring in you. What was stirring in you that made you go, I think I'm wanting to ready. I think it's the right time. Was it because you'd had one kid and you were... I mean, was it your life place or was it your workplace that made you... even before Harley was in your vision, that made you go, Okay, I'm ready to start meeting with somebody too?

Becca: That's a good question.

Annie: Thank you.

Becca: Previous before I moved to Nashville, UGA Wesley, or Wesley in general, was really adamant about discipleship. So I had been meeting regularly with girls the whole time I was there.

Annie: Leading them, disciple them.

Becca: Yes. And being disciplined myself. So moving here, I mean, I really got my entire world flipped upside down. So I think it took me a second to get my footing again. And I was in a place where I was not loving the physical work that I was doing every day, but I was like, "God, what do I have to give?" There was like this I was doing ministry, in air quotes, from a computer screen. And I was like, "This is just not... I don't know if this is it.

And I knew that I wanted to disciple someone eventually, but it was kind of just like the Holy Spirit being like, I think now's the time. You just need to ask me who it is. So you and I had been talking about it, and then when Harley and I met, it was like an elevator, like lighting up like every button.

Because I think it was just like she carried the same heartbeat that I did. She loves Jesus so much. Like it was really refreshing to be around her. And I think she had a humility in what seemed like a teachable heart. And so it's like, what else could you ask for in someone?

So I think knowing that we shared that DNA, it really felt like I didn't have to explain anything to her. I think that's one of the hardest part with discipleship relationships is like, whether you're the one asking to be disciplined or offering to disciple someone, it's like if someone doesn't have context for it, you're like-

Annie: "So here's what it's gonna look like."

Becca: So you think that you're just so great that you want to give away all of your knowledge to me? And like, no, that's not what it's at all.

Annie: I know. I always get so weird where I'm like, what... Literally, a woman in our church came up to me a couple of weeks ago and she's like, "Hey, would you consider meeting with me or helping me find someone to meet with?" And I had to get weird and be like, "I need to know if you're asking me or if you're just saying me first because I'm your gateway drug." Like, I need to actually know, is this something I'm supposed to pray about and consider or are you just throwing my name in there because you're being polite? And that's such a weird thing to ask someone.

Harley: It is.

Annie: But that's the only way. And then she said, "No, I mean, you." And I was like, "Okay, then let's have a real conversation about what that time commitment is and what you want and what you're looking for. But you're right, Becca. You have to do these weird, like, "So did you want us to?"

Becca: Right. Yeah. It is a big commitment. Like you're in basically...

Annie: Does it feel big to you? It does to me.

Becca: Well, I think it's weighty.

Annie: I agree.

Becca: I mean, I'm basically giving Harley a front-row seat to my life, so she gets to see me at my best and my worst. I think that's something that you have to take into consideration before you decide that you want to walk with someone.

Annie: I don't even know if we've ever talked about this Becca. In my dream scenario, I pray for the girls I disciple every day. I reach out when something pings me. I hope, I think you feel, there's an open door to any time there's a thing, let's talk about it or pray about it. I try to see you at church when we're at church together on Sunday. And then my goal is sitting down every six weeks. So those are kind of my things. I'm gonna make some-

Becca: Spoiler.

Annie: I'm gonna make some adjustments next year because I want this to be really... it is really weighty to me and I want it to feel solidified on both sides. And go, "Okay, for 2024, let's do this." What do y'all look like? It does not have to have all those rules in your head. That's partly because of my calendar.

Becca: No, no, no.

Annie: And y'all see each other every day at work.

Becca: Right. I know. I think it's like comparing apples and oranges, honestly.

Annie: Okay. Say that. That's important.

Becca: Like me to you versus me to Harley. And I think part of it is you and I is like our stage of life, what we're doing, it doesn't allow us to sit down and get coffee once a week or whatever.

Annie: Right.

Becca: Whereas Harley and I, I mean, it's unique in that we are literally... We work together every single day. But then we also meet, in addition to that, everyone makes-

Annie: Once a week?

Becca: Every other week?

Annie: Every other week. Wow.

Becca: But we walk to the parking lot at Cross Point so everyone's like, "Oh man, we'll see you guys in two hours." We're like, yeah, you-

Annie: That's how I do all my phone calls. Right? When I had to actually do phone calls, I was like, "I'll be in the parking lot."

Becca: Exactly. Everything's better when you're walking.

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

Becca: She's probably the person here that's the most involved in my family life. So she babysits my kids and she'll come over and hang out with Ladd and I, that kind of thing. But that's different than the way that you and I look. But I think that it just works for us. Part of it is because I have two kids, it's really hard for me to do anything outside of work. So the fact that Harley and I get to meet at work is awesome.

Harley: Yeah.

Annie: That's modeling such a beautiful thing to our friends listening who are young moms that are like, "Okay, well, who's around me? Okay, who could get here easily? And who could...? You know, I think that's really brilliant, Beccs. I think that's really smart.

Becca: Do you think I describe that well?

Harley: Yeah. And I think it so happened that we then started working together after we met.

Annie: Oh, right. That's an important part.

Harley: It wasn't like, "Oh, you're cool, we're working together. Can you also..." Because we have one-on-ones at work. We have boss to... you know, those things. But I think we had kind of established that connection and then later on that down the line I was like, do you actually want to work on our team? I was like, Yeah. So we do have a special scenario in that way, but it looks so different. I think our lives get to be integrated more because we know going on at work and we know these things. But when we meet, those things don't matter. Like, it's so different in the way that we lead both of those things. So I think we've even had conversations of like, Oh, is this too much together time?

Becca: I know.

Harley: But it's not because of the way we get to steward it well of when we spend time together versus when we're working together.

Annie: How do you separate that? Because we don't have to separate that because talking about work is part of what we do.

Becca: Right. I think it's separate, but it's also not. It's almost easier to... there's a lot... like we said, there's not a lot I have to explain. It's like we're doing a lot of living together.

Annie: You're like, "That's 10 o'clock meeting today"

Becca: You're like, "I saw the way that you interacted with that person. How are you doing?" Kind of like those kinds of things. But also at the same time, it's like, I think there's opportunity for both of us. Like if I'm sitting in a meeting with Harley, I'm carrying a responsibility of like, I want to make sure that I'm leading her well, even though in that moment we're not having a discipleship meeting and vice versa. She's allowed me the permission to be like, why'd you say it that way? And like kind of hold each other accountable.

So I do think that there's some separation in that. Like when we're having our one-on-one, we're not just talking about like, "Hey, what to-dos do you have on your to-do list today?" as much as it's like, how's your family going? That kind of thing. But it's also everything's so integrated.

Harley: Which I think is how it was always meant to be in the way of being able... like when we think of discipleship of giving away all that you've been given. I think what we value so much from discipleship, past relationships we've come from, and that we've discussed is like it's getting to do life with someone. And it's so much... I don't know.

A big thing that I've discovered in my life is just the need to feel safe and to be safe, for my life to be safe, my words, my story. And I don't give that away super freely. So I think it's given opportunity for us to get to... like there's a lot more trust built because we do so much of life together instead of, you know, we see each other every few weeks, but I haven't actually caught up with you. There's a lot of catch-up we have to do. I feel like when we get to meet, there's a lot that we just get to do because we've lived the life together. So I think it takes the weight off of someone not truly knowing you, but then it also makes it easier as we meet, I think.

Annie: Becca, an interesting thing for you is Nancy who discipled me, married with kids; me not married yet, no kids; you, married with kids; Harley, not married.

Harley: No.

Annie: Not yet. Not yet. Not yet. No kids.

Harley: No kids.

Annie: Not yet. So it's an interesting spot because the cultural understanding is of course a married woman can disciple an unmarried woman because the cultural understanding... I'm not saying this is true. The cultural understanding is well she will want to be, and therefore it makes sense. But you have been in agreement with the idea that the person who discipled you is not married but the person who discipled me is.

Just talk to our friends that are married about what it's like—it will not hurt my feelings—for you to be discipled by someone who is not married, doesn't have kids, so I can't really tell you how to fix things with Ladd based on my experience. Not that things are broken with your husband. Talk a little bit about being discipled by someone who's in a different life place than you.

Becca: Well, to be totally honest, I've never been discipled by someone that's married.

Annie: Oh, interesting.

Becca: I mean, even when I was married, my discipler was single. But I think that to me, my marriage is a huge part of my life, it's not my entire life. So I think a lot of the stuff that I'm able to talk to you about, sometimes it involves Ladd, but most of the time it doesn't need to.

And I think like, to your board reference, I have people on my board that are spiritual parents to me that care for my marriage differently than you care for my marriage. But one's not better than the other. You know what I mean?

Annie: Yeah. That's really helpful.

Becca: And I can't ask you to carry every single issue I have going on in my life. You know, that's impossible for any one person to do. But I think also, thinking about your role in my life, I didn't know that I needed that when you came into my life.

Coming into ministry, you've been able to call out... one, you've carried the mantle of women in leadership in ministry for me for a long time, but also for our church. So I didn't know that I needed someone to be like, "Hey, help me carry this mantle," even though I was like, someone carry that mantle.

Annie: Someone hold that with Annie. And I'm like, Beccs, hold this with me.

Becca: "It's you." So I think you've really helped me understand what I have to bring to the table in ministry and in life. But yeah, I think that it's been, it's not even a consideration for me.

Annie: Interesting.

Becca: Because I'm like, You love Jesus and I've been given access to your life outside of this. And I trust your relationship with the Lord, so I don't care if you're married or not. You know what I mean? I don't know if I answered that the most eloquently.

Annie: Yeah. One of the sentences that you said that I think is so important is no one can hold your whole life. I mean, that is why we're doing this. That's Al Andrews in the first episode of the series was like, we are lonely because we're expecting one or two people to sit in eight seats. So if you expected me or if Harley expected me to hold your whole story, it would be impossible. I would never be able to do that for you.

But there are pieces I love holding. I would try. I want to try. Anytime you have another thing for me to hold, I want to. But I think that's so much wisdom of, no, there's a couple of people that are meeting my needs spiritually, emotionally, relationally that speak into this. I think that helps a ton.

[00:37:58] <Music>

Sponsor: Hey friends! Just interrupting this conversation one more time to share about another amazing partner, [Thrive Causemetics](#). So whether you watch all the Get

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Annie: For the month of October, we are hosting Build Your Board, a That Sounds Fun podcast series to help you find the voices you need for the life that you want. We're going to talk about finding friends as an adult, why counselors matter so much, how to find a mentor, and why discipleship doesn't have to be intimidating.

And we're even going to host a week of daily episodes on some specific voices you might need, like a financial coach, a life coach, a health, business, or relationship coach. You're gonna hear from real people who speak into my life like my mentor Nancy, and experts that you'll want to learn from.

And we've created a Build Your Board guidebook for this series. Y'all love a guidebook. We do too. And this felt like one of those series where we need to really workshop and process through what you're needing and how to find it. We've laid out some really helpful steps and questions in the guidebook. And there are pages to take notes for every episode so by the end of the month, you will have a completed resource and the answer to the question: who is the next voice I need to help me build the life that I want?

So go download your Build Your Board guidebook at anniefdowns.com/buildyourboard and subscribe to That Sounds Fun if you haven't already so you don't miss a single episode. Because in a world of influencers, it is so important that you decide who is influencing you. So let's build your board in October.

And now back to finish up this fun conversation with Becca and Harley.

[00:40:54] <Music>

Annie: Harley, what do you... this is not pressure. Let me start by, what's your enneagram number by the way?

Harley: I would-

Becca: Just embrace it.

Harley: I would say an eight.

Annie: Oh yes, my girl. Let's roll. And then I retract no pressure because I'm like, you don't care. You're not gonna feel pressure from me. I'm really curious, what do you think about disciplining someone? Is that time now? What are you waiting for? Again, that is a pressure. I'm asking you because I want people to hear there is a right time to just be getting settled and receiving and being grown up and then there's a time to turn around. So where are you in that process?

Harley: I think that's a fair question. I think when we first started meeting it was definitely like my, like I said, my transition here was pretty tough and that was one of the things we connected on, which was a gift. And I was like, "I just felt so understood." And so we met-

Annie: Leaving Wesley, particularly the two Wesleys we're from, is a really culture shock.

Harley: Yeah. And just leaving towns that were... you're just so rooted and you had people that had done so much life with you.

Annie: You could park anywhere in Milledgeville.

Becca: That's right.

Annie: There's parking everywhere.

Harley: That's right.

Becca: Cost of living.

Annie: Cost of living.

Harley: Your coffee is cheap, all that. There had been, you know, depth of relationship with people where you're coming to a new city. And that's something that we had both desired these steep spiritual friendships, but I was not in yet. I mean, I had just moved here.

So when we first got here, or when I first got here, that was what was just transitioning into a life here when we started meeting. And then I would say maybe a little over a year after we started meeting, Becca would start to ask like... Because it was also a prayer of mine. Like I think as you give away to me, I have things to give away.

So I knew that I don't want it just to stop with me. Like, Okay, tell me all the things because... that's not how we live our life in general as believers. So all that we were given was meant to be given away. So I knew it was my desire to disciple someone. But I think a year in Becca started asking and praying into who that would be and bringing and asking me, Hey, do you have anyone in mind or what? Anything like that.

So she would challenge me. And I think that there's probably a few months where she's like, would ask a lot. And I was like, yeah, I know. I'm praying about it. I haven't prayed. Or I don't know. I know I need to. I know I need to and I'm ready.

And I think it took like a year of being settled and feeling like this was home and feeling that peace in my own life here to then be like, I don't think we have to have it all to then give it away. But there is that time, like you said, of being able and being willing and just feeling ready.

So I actually do disciple a girl. I lead a small group at Cross Point and then there were a few girls that God highlighted to me in my small group and that was one of the-

Annie: And they're not on staff?

Harley: They're not on staff.

Annie: I love it.

Harley: ...in Nashville.

Annie: But part of our church.

Harley: Yes. And that was one thing I'd asked back, I'm like, "How do I know? Like, do I just go and ask or-

Annie: Especially when you're leading a whole small group.

Harley: That's right. And I'm like, well, I already lead them in small groups, so does it have to be someone outside of that? I think she's just super encouraging of like, you can look within your realm of people, and God's probably highlighting you someone. Or where's the spirit already leaning in on people? And where's the door already being touched in that way?

So there are a few girls that were highlighted in my small group and I'd asked God and prayed. Actually, there was one girl, I was like, "I think I'm gonna ask this one girl." And then the girl actually currently disciple had reached out right after last Christmas. So we probably started meeting like last January, or this past January. So she had reached out right after Christmas and just wanted to talk one-on-one.

Annie: And you were like, Woo.

Harley: She was someone I had in mind. I was like, she was so new into her faith and so new to Nashville, and she really just needed to know like, "Hey, I love Jesus, but how do I live this life with Him?" And what am I doing?

So we sat down and we met. And she was starting asking questions in the conversation and she just really needed a safe place to process and stuff that had been going on. And in the moment, like the spirit was like, "No, this is who you need to ask." I felt the Spirit prompt me to ask her in the moment.

And I think there was relief even on her face that she was like, Yes, that's like all I've ever... that's just what I need. Like, how do I do this? So we've been meeting for almost a year-

Annie: What are y'all's rhythms look like? Every week? Every other week?

Harley: We meet every week right now.

Annie: Dude! That's beautiful. That's so generous of you, for both make space in your calendars for each other like that. Sorry, Beccs.

Becca: What?

Harley: Well, it's so seasonally and like so, what does your life need? It's like, what? Even what mine and Becca's relationship looks like as we meet is not what hers and ours look like. It looks so different because of what she's asking for and what she needs.

Becca: And I think your personality.

Harley: Right.

Becca: Like, you're just such a social person and I'm introverted. So I'm like, "I don't need to meet every week." You know what I mean?

Harley: Right. So we meet every week. And she is in the small group that I lead so we have some relationship outside of that. But yeah, that's what our rhythms look like so far.

Annie: It's very cool. Right. I mean, the three of us are very privileged in that we chose ministries to be a part of in college that taught us this as a lifestyle. So we probably do have... we're starting the race at mile five versus mile zero. So a lot of people have invested in us. We've all been discipled by other people. We've all discipled other people. It is very cool to think about Nancy down to this girl that you're meeting with. Right?

Harley: Yeah.

Becca: It gives me goosebumps.

Annie: I mean, that is like a five-generation investment happening. Not because of any of us do anything necessarily, but just the Lord saying, highlight, highlight, highlight. I mean, that's awesome.

Harley: It's a gift.

Becca: Yeah.

Harley: And I think it's giving gratitude if it isn't answered prayer. These aren't just things we happened into.

Annie: That's right.

Harley: These were things that, Becca, I prayed so specifically for. And just coming into agreement with the lifestyle that He asks us to live, but us actually desiring to live

that way as well, and to want to give away what we've been given, and to ask for wisdom as we do it.

I mean, I think I catch myself so much as I lead the girl I disciple of God, I just want... convicts me if I'm using scripture out of context. We don't get into these relationships... I'm not making any Harley, she's not making them any Becca. Like, what I love is that when I go to Becca, I trust that she's pointing me right back to truth into Scripture into what God has said. She's asking him first before she's telling me her opinion. But it's like I can trust what she's saying because I trust her relationship with God, I trust that she carries His Spirit, she's being led by the Spirit.

So I think it's being aware of that we're all being formed. And it's like I'm not forming this girl, Becca is not forming me from who she is. Lived experience is so helpful. But the ultimate truth is that we'd be followers of Jesus and so that's what we're going after.

Annie: How many right now in a dream world where they were knocking on your door? How many girls do you think you have the bandwidth to meet with? Let's say you met with them every other week? What's your bandwidth, do you think, to really love, care, invest?

Harley: That's a good question. I think if my priorities were correct, and just prioritizing time, I think there would be like to do it really well, to give all of my energy, I think two or three girls. Two would probably be a sweet spot. I think there would be capacity for three. But it would have to say be saying yesterday at some things and no to others.

But I think in college, I think I'll lead like three to four at a time which we had a smaller scope at Wesley than you guys did. But I think a lot of it is what are you saying yes to, what are you saying no to? And what's God asking you say yes to? You get to have fun, enjoy your life. But like, what are you investing your time in? And so I think if it was invested well, like two to three girls would be a good bandwidth to have.

Annie: And Becca, how long ago did you have your second son? Four weeks?

Becca: It'll be eight tomorrow eight tomorrow.

Annie: Oh, eight.

Becca: Yeah.

Annie: So you have an eight-week-old-

Becca: I do.

Annie: ...and a two-year-old?

Becca: Yes.

Annie: So I want people to hear bandwidth is Harley and then me every six weeks-ish. But eight because I haven't seen you since you had your babies.

Becca: We've been busy.

Annie: Yeah. I mean, I think... Am I wrong? Do you have bandwidth for three?

Becca: I don't feel that I do. I mean, the Lord's putting other things on my heart that I think can fall into the discipleship category that aren't meeting one on one with a younger girl. And those are things that I'm like currently praying through that I think I can...

Josh always talks about how you just need to bring other people into what you're already doing. Because my constant thing is "I don't have time." So I think that Harley, I'm able to bring into what I'm already doing. So if I had bandwidth, it would have to be a situation like that, too.

Annie: I think it'd be interesting for y'all to hear when Nancy was on, our friends heard this, but y'all haven't heard it yet, she has a pile of us. But her life is so different than our lives and she sees us, much like you and I do, every six weeks, every four weeks, something like that, but checks in every day, every you know, whenever.

But because she's at a different season of life, she doesn't have kids at home, she is able to do this differently. So I think it's so interesting for our friends listening to hear like, okay, a young mom having one person that they are able to see and one person being seen by them is a great number. You do not have to have 12 disciples. Jesus did not like say your discipleship precedent like that.

So I think that's important for people to hear. I think sometimes there's a pressure of like, well, every person who asks needs to be yes. No, they don't. And you aren't right for everyone. And every discipleship relationship doesn't last for 100 years. None of us are still being disciplined by the people who disciplined us a decade ago.

I mean, that's one of the things I'm thinking of for next year, Becca, Josh, and I've been talking about this of really drawing up kind of like a here's what it'll look like, almost so that me and y'all can practice in 24 what does it look like to do a

12-month contract. Not a contract. But "here's what we'll do this year." And then we have a blueprint to hand off to the Harley's that aren't from a Wesley and go, here's what you do. Here's a start. Here's a blueprint of what to do in a year.

Harley: I love that.

Annie: And then also people aren't committing like, so do I do this for 10 years? Am I stuck with this person for forever? You know, so I think some of that will be helpful for me, but I'm not sure... Everybody doesn't work like that.

Harley: I think it is helpful too though because the goal would be that would always be ongoing. Like I would hook the girl and disciple will one day disciple someone else. Like there's always this ongoing. I think when I started meeting with her, she'd never had a relationship like that. So for someone like that, who has no context. And every relationship and discipleship relationship I had at Wesley or other places has looked so different. So I don't think there's one blueprint to get it right. But I think if you have a structure, it's so helpful to know even more to start with.

Becca: Yes, yeah.

Annie: And do you have to be a certain level of Christian to disciple someone?

Harley: No.

Becca: Oh, no.

Harley: No, no.

Becca: I think, honestly, that's probably the thing that... that's why I'm currently discipling is because I was introduced to this when I really first started walking with the Lord. I think it would be way harder for me to embrace that if I started getting disciplined when I moved to Nashville, because I wouldn't know to look for it. And I'm like, "Well, I've been doing this by myself for the last 10 years. Why do I need to do that?"

Annie: Interesting.

Becca: I feel like the sooner we can start with new believers... like you've been given the Holy Spirit, now go give yourself away, people are actually going to embrace it.

Annie: I mean, Matthew literally said that Jesus said, Go and make disciples and then baptize them. I mean, it was not, get them saved, get baptized, and then put them into a system-

Harley: And teach them.

Annie: It was go disciple them. And then, you know, right...

Annie: So I agree with you. Because I think one of the... I watched a reel yesterday. There was a pastor saying, if you're discipling, well, people should be getting saved. And I was like, Oh-

Becca: It's convicting.

Annie: Yeah, it's convicting, right? But Becs, the other situation is everyone I'm discipling is leading on staff at our church. So I have to take that advice from that guy and go, "Okay, yeah, I want people to be getting saved. But that's not what God's asked me to do in discipleship right now. I need to disciple those of y'all who are leading so that you're discipling the Harleys, so that Harley's discipling the girls who are getting saved. Right?"

Harley: Yeah.

Annie: Is that okay? Is that okay that...?

Becca: God, is that okay? I mean, I would agree with that.

Annie: No pressure on you, Harley, you don't have to always disciple the...

Becca: Well, I think it's also just our jobs, which we are not passionate about discipleship because... that's not why we're discipling because we're passionate about. It just happens to be that we're talking about our relationship. But I think about that with our work all the time. It's like, okay, is this devotional...? I'm not meeting any of the people that are reading this, but maybe they'll come to know Jesus through it.

Like, I don't think we have to live in the box of Are you out on the streets sharing the gospel? Should we be doing that? Do we all need to do that all day every day? I think that people are gifted in different things.

Harley: I think it matters... Like, we continually develop as we go into matters just as much to have someone walk with you, as you love Jesus already and like are figuring out life than when you first started. So I think it's a 'both and'. I think we need both.

I don't want to imagine a day that I don't have someone who's leading me, that's a safe person that's I'm walking with that knows me deep, that is accountable, holds me accountable. So I think it's both. I think there's always more with Jesus.

So I think, as we... Okay, we're secure in our faith but there's still questions. There's still sanctification, there's still growth. There's still new seasons. So I think it's both. So I think it's okay.

Annie: Thanks, Harley. I feel better. I'm in. Man, I cannot believe I get to go to a church where y'all are on staff. I feel so so lucky. So thank you for what you do. And just who y'all are is such a gift to our church. Again, I have 35 minutes with them. You have seven days with them. And the discipleship role you're in at Cross Point, oh, it just makes me so happy.

What did we not say about discipleship that you want people to know? Is there anything we didn't say that you've thought about?

Becca: I mean, Harley just touched on it. I think that it's the sanctification process is a huge part of discipleship, at least in the format that we're currently looking at. I mean, going from glory to glory, you want... I need help. Because I know that you know the things that we talked about. And if I'm left my own devices, it's not good, you know. So I think that's a huge part. Like, you have to be willing to let someone in and know you.

Harley: I think Kevin has said this, that one of the worst things we can do is think that every thought we have is true. So I think if there's not someone to bounce it off of or there was a situation we met last week, I was like, Becca... I told everyone, I gotta ask Becca what she thinks. And not because I trust Becca, but because I trust wisdom that she carries, because she carries the spirit.

So I think there's always someone that we need to speak into us to have access to our lives and us to be willing to listen. Not to take it as Bible truth. We have our own discernment as we walk. But I think-

Annie: We're not going to do this perfectly by any stretch either.

Harley: No. So I just think that it's so important to have a voice that speaks into your life, someone that you trust that's walking with Jesus. And the goal is like I think Becca makes me better as a follower of Jesus and as a friend, and she sees things in me that I'm like, oh, yeah, you're right. She makes herself aware.

I think it's important as we... The whole idea of discipleship is think of her to define this as maturity unto Christ's likeness. So we want to be more like Christ, mature in our faith, mature in our walk, more like Him as we go. I think it's whatever that relationship looks like. We don't do it perfect. There's not a right... There probably is a wrong way. But there's not like you're doing it wrong because you meet every

six weeks. We're doing it right because... You know, it doesn't like that. But it's like, if the ultimate goal is the same, what has He asked us to do is essence to follow Him to love people. I think if we're doing that, then we're on the right track.

Annie: Yeah, that's really good, y'all. The only thing we didn't hit is discipling through trauma, which we have also all done in our context at church in the last year and a half. But I think people know that, that's part of it, is you bring your real life and your real self to every relationship, including this one.

Harley: Right.

Annie: I jokingly... I don't know if that's the word I want to use. I jokingly called a lot of last summer triage discipleship is where you're going, like, "The pain you're experiencing, where is it in your body? What do we need to do?" So I think there's also times where you have to meet with people out of, are you okay? And then there are other times where it's long-term. So I think that's interesting to put in people's brains too that there are times where pain leads to short-term need for meeting, more frequently or more focused. But we are on this side of heaven and thank God for it.

Becca: Yeah. Praise God.

Annie: Okay. What do we forget? Anything? I feel good.

Becca: The only thing I was thinking, I think, in a discipleship relationship if you're asking that of someone, have level expectations. I think that's like... because I let Harley down all the time. You've let me down, but that doesn't mean that this isn't working. You know what I mean? I don't know. I just think about that. Like, you're not God. I'm not God. You know what I mean? I think-

Annie: Let them still be human.

Becca: Yeah. And if they're on a pedestal, take them off before the Lord has to because it's way more painful that way. Speaking from experience.

Annie: That's really good.

Harley: That's good. And I think I don't see this image of Becca and that's like, that's what I'm aspiring. I think what I love is, it's like if I need someone to pray, if I need someone to ask a question, in the hard and the good, she's who I go to. We talked about that.

There's other people in my life, like God, deeply trusted friends that know a lot of my life that I'm like, "Hey, I need you to pray for me today." But she's a safe person that's like, I'm immediately like, she's safe to me. So I can immediately go to her, and she's gonna pray or she's going to speak with Him, or she's going to ask God on my behalf. She might not know.

But yeah, I think there's not the expectation that she's always going to get it right. But there's the expectation that she's always going to be near, she's going to be accessible, and she's going to be safe. So I think that is what matters the most to me. Whether she's like, I think you should do this or that, I think she's just there, like present. And that matters most to me.

[01:01:03] <Music>

Outro: Oh, you guys, don't you love them? I know. They're amazing. I loved hearing about who Harley's discipling. I just feel real honored to be in this stack of women. So I hope this conversation and Thursday's conversation last week with Nancy kind of helped you figure out what is the next voice that you need when it comes to discipleship. How do you find someone to disciple you? And how do you find someone to invest in as well?

If you want a full list of all the resources from our Build Your Board series, and if you want to get that guidebook, so you can go a little bit deeper into this, go to anniefdowns.com/buildyourboard.

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 all you can find me.

I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you. I'll do the same. Today what sounds fun to me is, well, my producer Johnny is in New York City with me and we had bagels for breakfast. That sounded fun to me. So that wins. Another bagel for me, please.

Y'all have a great week. We'll see you back here on Wednesday. We have a special podcast episode with my friends Seth and Amber Haines. Y'all are going to love it. So we'll see you guys on Wednesday.