[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 here with you today.

Before we dive into today's conversation, I want to tell you about one of our incredible sponsors. This show is sponsored by <u>BetterHelp</u>.

Listen, I'm an Enneagram 7 so I'm here for all the socializing, but I can pretty easily ignore my social battery and spread myself too thin, especially in the springtime. There's just so many fun things to do. What's the right amount of socializing for you? And how do you recharge? Maybe you thrive around people, or maybe you need some more alone time.

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Intro:

Today on the show I get to welcome back my friend Anne Wilson. I know y'all love this girl, and so do I. If you missed her previous episodes, go back and listen. She's Episode 336 and 420. We've linked them both in the show notes.

Today we are catching up with Anne and talking about her brand new album y'all are going to live for. It is called *Rebel*. It releases on April 19th. Y'all, it is so good. You're really going to love it. I got to listen to it early and I'm telling you, it is excellent. Anne is such a gift. Y'all are going to really love it.

And we talk a lot about the complications of being a faith person making Christian music and country music. I think it's going to be really interesting for you. So I can't wait to hear your thoughts after you listen.

Here's my conversation with my friend, one of my favorite artists, Anne Wilson.

[00:02:30] <music>

Annie: Anne Wilson, welcome back to That Sounds Fun.

Anne: Thank you. I'm so excited to be here.

Annie: What a treat!

Anne: I know.

Annie: We're going to talk about the most important things first. Because this is our 10th

year of the podcast, we're now starting with our question: because the show is

called That Sounds Fun, tell me what sounds fun to you right now?

Anne: Oh my goodness. Well, being here. I'm so excited.

Annie: Thank you. Me too.

Anne: But I got a puppy back in the fall.

Annie: Oh my gosh. How? Do you take him on the-

Anne: Her.

Annie: ...her on the road?

Anne: Her, yeah. I take her on the road. Her name's Annie Oakley.

Annie: Oh, perfect.

Anne: She's the cutest thing. I took her to my family farm for the first time ever last week

and it was the cutest thing ever. I need to go back and like... that's what it's like. So

fun right now is getting to go back and take her on the farm.

Annie: How do you have time for a dog?

Anne: It's rough.

Annie: Yeah, it's a lot, right?

Anne: It's definitely hard to fit in, but it's so worth it because she's like my little

companion and she's just such a cute little dog that gives me so much company, so I

love her.

Annie: Okay, a couple of things we need to follow up about. You're on in October of 2021.

I am still doing makeup the way you taught me on the internet. I'm still doing just a

touch of highlighter on my nose. Is that still trendy?

Anne: Yes, it is.

Annie: Okay, great. Great. Also, I noticed your nails are a little see-through. I noticed this

on the internet last week, too. Is that what I should be doing as well?

Anne: Yes, it's bubble bath.

Annie: Okay, bubble bath. Dip or what?

Anne: It is, but they also do gel.

Annie: I'm a dip person.

Anne: Yeah, me too.

Annie: Have to.

Anne: Well, yours are pretty.

Annie: They're very close to yours. I went for a pink that matched my Easter suit. I had a

very hot pink Easter suit, and so I needed a similar pink. Tell me shape. Right now

I'm really struggling with shape.

Anne: Okay. So for me, I normally like my natural nail grows square. But it makes my

fingers look short.

Annie: Thank you. That's my problem.

Anne: So to lengthen, I do, I guess it's oval.

Annie: Okay.

Anne: Yeah.

Annie: I've been saying squoval lately. That's been my request of choice. Because if they

have any edges to them, like square, I will mess with it. If there's anything sharp,

I'm messing with it.

Anne: Yeah, same.

Annie: And it's done for. And all my money is I might as well have just thrown it out the

window into the breeze.

Anne: Yeah, totally.

Annie: I'll mess with it so quick.

Anne: Maybe try oval next time.

Annie: Straight oval?

Anne: Yeah.

Annie: Okay. All right, thanks. That's why we brought you here today. I just need you to

keep giving me all the updates-

Anne: I'll give you all of it.

Annie: ...on me making sure I'm doing the right thing with my fashion, with my upkeep. I

love getting my nails done.

Anne: I do too. It's a serotonin release.

Annie: Right. I just sit there, and they go from ugly to pretty, and I've done nothing except

listen to a podcast. A lot of our friends here in town, because of their schedule,

have someone come to their house. Are you on that train yet?

Anne: I'm not.

Annie: I am not either.

Anne: I just like to feel normal, you know? I try to continue to do things like that. Not that

someone coming to your house it wouldn't make you feel that way. But for me, I have this guy that works at a salon, so it just makes the most sense to go to him.

Annie: Oh. great. I understand there have been times where Lillian, my COO, has said,

"What if we had someone come to the office and did your nails while we were in a meeting so we could cut the time?" Yeah, you know where she's like, "I think it would actually be worth the money for us to have you for that extra 90 minutes versus you being gone." We just haven't done it yet. But I'm with you. I like going

to salons that are big.

Anne: Yeah, same.

Annie: And there's a lot of hubbub.

Anne: Yeah.

Annie: I love a hubbub.

Anne: And I like just being able to pull away and do that, you know?

Annie: But what days are you home right now?

Anne: Well, I'm not home a ton, but I really have gotten good, especially since the last

time we talked, about just really reshaping my life in the way that I want it to be.

Annie: Say more.

Anne: My team has been so amazing about just letting me schedule off time a lot and

keeping that kind of at the focus. Like mental health being over my career and my schedule and everything. I feel like my team is really rare in that, just allowing me

and to be able to create space. So they've been really helpful with that.

But I've gotten really good. I mean, I've really felt healthy boundaries and really worked hard on scheduling off time for me and vacations and family time because it just got to be where it was just... I wasn't living my life, you know, and it was really overwhelming and panic attacks and anxiety. So it's been really good to get

to that place.

Annie: Oh, my gosh, you're on these huge stages singing in front of... I mean, the My Jesus

Tour sells out before a show and meanwhile offstage and at home you are

struggling.

Anne: Yeah.

Annie: Wow.

Anne: I know.

Annie: Was there a "we have to change" or was it just sort of like, Hey, this week I'd like to

do this different and then, hey, I liked that last week, we're going to do that again?

Was there a personal moment or was it progressive?

Anne: Well, I think for me it was realizing like... Okay, so 2022 was the worst year

because it was 150 shows. I was gone... I counted 220 days from my house.

Annie: Out of 365.

Anne: Yes. And then that's not including the stuff we did in town in Nashville.

Annie: Oh my gosh.

Anne: At the end of that year, I just remember feeling super numb. Like, I had no capacity to feel any emotions. And that was when I realized something had to change. So I

called one of my mentors, which is actually Lauren Daigle, and she really helped me kind of get through that season of just, like, "If you don't set boundaries for yourself, no one else is going to. No one else is going to protect your time like you

do. And so you have to take charge and you have to be the one to do it."

Then I remember realizing, too, like, you know, everybody in most work environments gets a weekend or at least a day off a week. And I hadn't had a day off in months. And I was just like, "I just can't live like this". Because then it's like, how am I going to go on stage and pour out my heart, especially doing Christian music, spiritually giving to people if I'm empty inside? And I was. And I was

barely there.

Annie: And you can only fake it for so long, but you can.

Anne: Oh, yeah.

Annie: Yeah, me too.

Anne: Like, I remember days where I would be weeping on the phone with my counselor

30 minutes before showtime, and then drying my tears, touching up my makeup,

and getting on stage, and faking it.

Annie: And doing it.

Anne: And it was so hard. And then I would just walk off and cry like all night, you

know? The struggle was a little bit too much.

Annie: Also, can I release you from something? I don't think you're faking it. I think

professionals go to their jobs even in the middle of hard times.

Anne: Yes, that's very true.

Annie: A surgeon is gonna go to their job in the middle of a very sad day anyway, too? I

mean, were you totally faking it, or were you just able to go to your job?

Anne: Yeah, I think it was turning it off. Like, when my brother died, it was kind of the

same thing. Like, talking about Jacob every night on stage is very hard for me.

Annie: Oh, I can't imagine.

Anne: But then it's like having to turn off a part of me where I can talk about him but not

actually think about it because if I do, I'll cry. So it's the same thing. It's like going on stage and going, you know what, I'm going to just have to forget about all these things I'm struggling with and just give them all that I have, which is really not much at all, but giving them all I have. Which in some ways felt fake because it was like I was smiling when really I was in pain. But I wasn't gonna just go on stage and cry my eyes out. I wanted to give them what they came to see, which is at

least hope and Jesus.

Annie: And their experience with Jesus.

Anne: So I think the Lord obviously met me in my weakness and gave me the strength that I didn't have and continues to. But it was a decision that I was like, "Okay, yeah, God will do it. He will come through. He always does." But I want to make sure that I'm spiritually, you know, strong in these areas and that I'm filling myself

up daily. And I just wasn't able to.

And it was only going to get busier, which it has. But 2023 was really a restructuring year for me where I was like, Okay, I'm going to... I took a couple months off. I went to the beach. I spent time with my family. I wrote the record. And then this year, too, even with it being a record year, it's still, like, just... I look at it differently than what I have in the past, which I think has helped a ton. So...

Annie: I'm so with you that I've struggled with when the backstage doesn't meet the

onstage, because we're faith people, is that dishonest? And I don't think it is. Because even when my nephew was dying, my family didn't want me to talk about

it publicly, but I had to get on Insta stories every day and do my job.

So it is such a challenge to meet Jesus privately and be in pain privately. And until your public life is allowed to reflect that, it does feel disingenuous, but I don't think

it really is.

Anne: Yeah, I don't think it is.

Annie:

Unless you have a gambling problem offline and online you're worshiping the Lord, right? Like if you're sinning offline, I think that's different. I think if you're in pain offline, everyone doesn't deserve your pain.

Anne:

I know. And I think too, it's like people don't understand it, you know? Like the things that I was going through were specifically because of my career and the success that I've had. So most people will be like, "Well, you have this great life and you've had all the success. So you're being ungrateful or whatever." And it's like, no, unless you've lived it, you don't understand it. So for me, it was like, I'm not going to share this part of my life, you know? Which now I have, and now I've talked about it. But in the moment, it was like, no, I'm not going to.

Annie: That's exactly right.

Anne: I'm not going to do that.

Annie: That sounds like a ton of wisdom and pain. But that sounds like a ton of wisdom.

Boy, you writing, so you finish that, and that's literally when you start writing the

Rebel album?

Anne: Mm-mhh.

Annie: Oh my gosh. Now that you're saying that, it feels like some of that desperation — is

that a word? — is woven into some of those songs. Some of the, like, I'm in need is

woven into it. Is it hard to sing these songs?

Anne: No, these songs have been amazing. These have been life-giving for me and way more than the last record. The last record was its own beautiful thing and it was so much about my brother and starting out in the industry. But this record is really

truly life-giving in a way that the last wasn't. I think it's just...

The first record was 17-year-old, 18-year-old Anne right out of high school, you know, had no idea if my song was ever gonna make it. And then all of a sudden, my life changes. This record is like, okay, how have I come to terms with everything that's happened, you know? And what's it gonna look like from here on out, which is the whole concept of *Rebel*. But then trickles down to a few of the songs on the record that are specifically about kind of what I've been through over the last

couple years.

Annie: It is a really fun record.

Anne: Thank you.

Annie: I hate asking questions everybody else is going to ask, but I genuinely want to

know, so I'm sorry to do this to you.

Anne: No, no.

Annie: Why did you call it Rebel? I love that. Did you call it Rebel? Why did you call it

Rebel?

Anne: So a lot of people ask me that, and it's like, I'm this little...

Annie: I know, I'm sorry.

Anne: No, no, no.

Annie: I hate it.

Anne: It's a funny thing, because people are like, I'm five feet tall, I'm this little blonde,

sweet Anne, whatever. Like why would you call your record *Rebel*? It's like you're the farthest thing from a rebel. And for me, it started out with a concept. I had had that title on my phone for years, but I didn't even know what it meant. I was like, I

think it's a cool song title, but what's it gonna look like?

And then I had just released a song to Christian radio and nobody played it because it was too country sounding. That really like fired me up because I was like, Okay,

this song is totally-

Annie: Did it hurt your feelings?

Anne: Totally. But other than that, which I got over quick, it was like, why is nobody playing a song that's like steeped in the gospel and truth of what the Bible says because it's too country? Like, when did Christian music become a genre? I thought

it was supposed to be about the message. You know what I'm saying?

Like, if your song doesn't sound a certain way, stations aren't gonna play you, but why? Because Christian music is not supposed to be a genre. It's a message. It's

about hope.

So instead of me giving in to pleasing Christian radio, I decided I was gonna just be who I am. And I was like, You know what? They have all these artists that they can play, and it wouldn't be fair for me to change who I am because just the cert... like I don't even think they would want me to do that, you know, because they want every artist to be authentically who they are.

And at the time they just weren't playing a lot of country-sounding songs. So it fired me up. And I was like, I'm going to go do what I'm going to do, which is going to be authentically who I am, a Christian, love Jesus, that's my life and that's my world, but I also love the sound of country music.

So I'm going to blend them, which they have so much similarity. Not as much anymore as I feel like it used to. Country music was a lot more about God like back in like the 90s than it is now. But it felt like I could do both at the same time in a really interesting way. So that was that part of it.

The other side of it was kind of going into the country industry and how can I keep my faith at the forefront of what I do and what would it look like to be a strong follower of Jesus in country music. That's a rebel move because my generation doesn't talk about faith. It's like if we're a Christian, we're somehow the odd ones out, you know?

Annie: Yeah, that's right.

Anne: So how can I cling to my faith, never let that go, show people that? And then it was also me studying scripture at the time, which was really kind of in my own personal time realizing how much of a rebel Jesus really was and how just He did things that nobody else thought He was ever gonna do. And He didn't apologize for it. So that was that was kind of the wrapping up all those ideas into one was rebel and then the tagline of the song is: if a rebel is what it takes, a rebel is what I'll be because the one I follow was a rebel like me.

Annie: So good. It's so good.

Anne: Thank you.

Annie: Okay, so are you hoping the Christian radios play this and the country stations play this?

Anne: We have two singles right now. *Strong* is a Christian radio and *Rain in the Rearview* is a country.

Annie: And that video, dude, that video is so cool.

Anne: Thank you.

Annie: I love that you get to make music videos. I didn't know people got to do that really anymore.

Anne: It's so fun. It was miserable. It was 3 a.m. It was so cold-

Annie: Fun and miserable.

Anne: I literally got so sick. My body was numb. I was so cold. It was freezing cold rain

in the middle of the night in November. It was 30 degrees outside.

Annie: What an interesting move though to release a country single and a Christian single

at the same time. Are y'all just kind of science experimenting them?

Anne: Yes, because that's never happened before.

Annie: No.

Anne: So when we did it, it was like, Okay, how are we going to do this? But it was so

clear. God made it so clear to me that I was supposed to do it. Normally when I make a decision like that, I am the type that... I know people are always like, don't over-spiritualize it. But I always am like, God, tell me what to do because I'm not

doing this without you.

Annie: Literally my drive here. I was like, I'm just going to ask you to tell me what to do.

Anne: Yeah, just tell me what to do. And it was just like He kept showing me signs and I

knew that this is what I was being called into. I was so nervous and so hesitant on like, Wait, if nobody's ever done this before, how are we going to do it? And God was just like, "Just continue to tell me like, you're the one that I'm choosing to do

this specific thing."

Annie: Wow.

Anne: So it was just really interesting to kind of see it all come out to play. But it was

basically that song at Country Radio and then *Strong*, Christian, which are currently

still at both.

Annie: And they're both doing super well at both, right?

Anne: Yeah, thank you. So it's gonna be an experiment to see how it continues, but it's

been really cool, because I've been really welcomed by the countryside and then the Christian side supporting me through it. Because I think it's not me changing, it's not me leaving Christian music and going to country, it's me being authentically who I am, which is just, like I said, a follower of Jesus who also loves country

music. So it's not me changing.

The second record is the same Anne as the first record. It's just a more matured version with a couple of more country songs on it than the last record.

Annie:

I mean, you were out with Scotty McCreery. I'm thinking of Hilary Scott. I'm thinking of Zach Williams. I'm thinking of Jesse LaBelle. These really good artists who are country-sounding and may have success in country, but also are faith people writing faith songs.

Anne: Totally.

Annie: So it's almost like there's this new genre growing. Am I observing that correctly?

Anne: I think so. I think people are realizing that it's time we now talk about faith. Like, the world is so much about talking about all these other subjects, but when we talk about faith, it's just so looked down upon, or just shoved to the side. It's like if you can talk about this, why aren't we allowed to talk about this, you know?

So I think my generation, and a few people, like Hillary Scott is a great example, just are realizing we're just gonna start being bold about our faith. So I do think it's kind of intertwining in some ways. Even like Jelly Roll. Even some of his songs, they might not be like full... he might not call himself fully faith-based, but he's got so many hints at-

Annie: There's something there, isn't there?

Anne: There's something there. It's like he's searching, you know, like all these artists.

Annie: I know.

Anne: Like, even Kacey Musgraves, I love her music, and she just came out with an album. And I'm like, there's this element of searching that I feel like this new generation is doing.

Annie: Interesting.

Anne: And it's really cool to see it kind of come together.

Annie: Yeah, because you kind of get to go, "Hey, I'm a peer with you. I'm on the same radio as you. I actually have the answer. I'm going to sing about the answer because your songs are asking the questions. I can give the answer."

Anne: Yeah. Yeah.

Annie: Anne!

[00:19:27] <music>

Sponsor:

Hey friends, just interrupting this conversation to tell you about one of our incredible partners, <u>Hiya Health</u>. Listen, even as adults, it is hard to get motivated to keep up with taking vitamins and supplements. So I know it's that much harder to get my MiniBFFs to take them.

But y'all Hiya Health is your best hack. They're children's vitamins that your kids will love and you as a parent can trust. Other kids' vitamins are often candy in disguise because they're filled with sugar and other gummy junk. Just kids don't need it.

But that's why Hiya Health was created, the pediatrician-approved, super-powered, chewable vitamin. Hiya is pressed with a blend of 12 organic fruits and veggies and has 15 essential vitamins and minerals. It's shipped right to your door. And you also get these really cute stickers with your first shipment so your kids can decorate their bottles. It is so cute. And my miniBFFs love them.

We've worked out a special deal with Hiya for their best-selling children's vitamin. You get 50% off your first order. So to claim this deal, go to hiyahealth.com/thatsoundsfun. That's hiyahealth.com/thatsoundsfun and get your kids the full body nourishment they need to grow into healthy adults.

Sponsor:

And another incredible partner I get to tell you about, <u>KiwiCo</u>. Listen, speaking of my miniBFFs, this is another thing they're going to love. No matter how old the MiniBFFs in your life are, KiwiCo delivers seriously fun learning for kids of all ages through hands-on projects and activities. And you can join in too.

Each month kids receive crates packed with activities designed to introduce them to exciting science, technology, and art concepts. Y'all, there's this one called the Yummy Crate that helps kids learn the science of cooking. It comes with recipes and cooking tools and activities for the kids to try and learn. It is so cute.

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There's always something new to discover, like engineering robots or learning about the science of ice cream. With nine monthly programs to choose from,

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All right, I know we all love a good hair day, and when I use <u>Prose</u>, it truly always is a good hair day. Switching to a custom hair routine has been so helpful. I've noticed the benefits for sure, like my hair looking healthier and shinier. You guys have noticed it too. You tell me. I'm telling you, it is Prose.

Prose also has this custom skincare as well, which is so great because we all have different needs for our skin too. With Prose, it is all about personalization. You do their in-depth consultation and they come up with your made-to-order products.

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And now back to our conversation with Anne.

[00:23:44] <music>

Annie:

I can imagine there are some Christians who feel like Anne has sold out and now she's a country artist and now we're angry because we wanted her just to do worship-y kind of songs. And then maybe there are some mainstream people who are like, who is this girl talking about Jesus all the time? She sounds great, her songs are great, but it's about Jesus. So on either side, you've got lovers and haters. How do you keep being you?

Anne: It has been hard. I think it was hard in the beginning when I was looking at the

comments, but I don't look at the comments anymore.

Annie: At all?

Anne: At all.

Annie: It is amazing. The more followers someone has, the less they look at the comments.

Anne: Yeah. I don't have social media on my phone.

Annie: Wow.

Anne: I haven't had any in a year. My church did a digital fast last year. We just did

another one for Lent, and it's so life-giving.

Annie: Dylan came on the podcast. He taught us about it.

Anne: Oh, really?

Annie: Yeah.

Anne: I love him so much.

Annie: Yeah, he's so good.

Anne: He's such a good pastor. But yeah, I think I've gotten to the point where I've

stopped looking at all of that, but-

Annie: Even as an Anne, you don't... not even as Anne Wilson, as Anne, you don't look at

Instagram and social media is not a part of your life?

Anne: No.

Annie: What are you doing when you get home...? So when I get home from work, I scroll

on Instagram for a little bit and then we'll play a game on my phone for a minute while I'm watching a show or while I'm eating dinner. What are you doing if you're

not looking at social media? Play with your puppy?

Anne:

Anne:

Yeah, literally. It's really hard, honestly. It is so hard to overcome the constant need, like the dopamine or whatever hormone is released. It is hard. But I would say what I've tried to do over the last year is I'll check it on my laptop. So I'll get on, like maybe once every other day just to make sure everything's been posted correctly and if there's any sweet testimonies or fans that reach out that I want to, you know, love on.

But most of that comes through my management, so like management so they can get it to me anyways. So I don't really have to check it. But I just kind of do every now and then.

But when I come home, normally it's just like working out or reading my Bible or whatever. That's the other thing I've done. I've started doing multiple different Bible studies. So instead of having the temptation to go on my phone, it's like, Well, I need to go do this today.

Annie: I've got homework.

Anne: Yeah. So then I can keep up with that, which has been amazing.

Annie: So having a lack of those outside voices probably has helped you to continue to create in the lane you want to create in because you aren't swayed is what I'm hearing you say

Totally. And I do think the whole inspiration really behind this whole movement for me was just reading the Bible and realizing that Jesus never went to the saved and to the Christians, but he always went to the lost and the broken.

One of my favorite stories is like Him, like with the woman at the well and the prostitute and the beauty in that. And realizing like, okay, Christians might judge me for doing this. And they have. I mean, I've gotten some really bad comments of just, "Oh, well, you're just like everyone else. You use Christian music to get where you want to go," which is not my story. So if you took the time to research it, I didn't start singing until my brother died. So I didn't even want to do music. That's not me. Yeah.

But it's crazy to me how they'll say that but then it's like the Bible is the opposite of that. It's like Jesus went to the least of these, not to the saved Christians and the Pharisees. He actually couldn't stand those. He actually went to the ones that were not religious and that were broken and actually believed in Him and needed that hope, you know?

So that's been my calling is just like, Okay, they're gonna have their opinions just like the Pharisees did of Jesus, but I'm called to something greater, which is I'm following the Bible and I'm following Jesus and it's to tell the world about Him. So if I get hate, that's gonna happen. It's gonna happen to anyone.

Then the country sides, I probably haven't had much hate from them at all, actually. I mean, yeah, they're probably like, why are you talking about Jesus so much? But then I do think they're probably like, okay, like, maybe we should pay attention or something, you know?

So it's more been from the Christian side, which I totally knew going into it, because some of my friends that are in the industry have gotten hate and stuff similar in different ways. That's really what drives me is not having those outside voices on social media, but also knowing what the Bible says and what Jesus, aside from even my career, what Jesus calls of me as like a follower of Him is to spread his gospel to the world. And so it's like, that's what keeps me motivated. When I have hard days or when I get hate comments, it's like, no, I'm getting to spread Jesus.

Annie:

Yeah, it is really... I mean, Jesus was so clear of like, love God and love other people. I'm teaching at Cross Point this Sunday, and I'm talking about what's the last sentence you want someone to write about you. So I've been working on what's the last sentence I want people to write about me. Because we're talking about Jacob, and the last sentence about him is in Hebrews.

As I've been sitting on this for 10 days or whatever, working on it, I keep thinking, I want my sentence to be, "She loved God and she really liked everybody." Because I'm like, I want anyone, and I think you're this way too, I want anyone who meets me to think, I bet Annie would be my friend. I bet Annie would really like me if we met. And the only people who don't like that are other Christians, you know?

Anne: Yeah, it's hard.

Annie: People who don't know the Lord love the idea of feeling loved. Christians at times, it feels like to me, I have experienced them not to want other Christians to love

everyone. Am I going to get us in trouble for saying all this?

Anne: No, no, I think it's totally true.

Annie: So how do you model that? How do we model you can love everyone? You

genuinely can love. I mean, I have people I don't like, but on first blush, I tend to like them. They have to prove me unlikable before I stop liking them. So how do

you do that? How do you do that when you're meeting fans?

Anne:

Well, for me, I think just the model of it is the Bible. I think it's like you can't argue with the Bible, you know? It's the inherent word of God. It's like the truth. So there's no way around it. So I think for the Christian side of it, it's like, okay, well, you can have all these opinions, but read the Bible for yourself and then give me an answer on what we're called to do here.

And then I think just with anyone I come into contact, I just try to love them and be the kindest I can be to them. Because in my mind, it's like we're all equal. So it's like, you can live your life this way. I might not agree with it or whatever, but I'm still going to be kind to you and love you because who am I to not be? Because we're all the same. We're all sinners and we all make mistakes.

So I think even on the Christian side of things, even the ones that are hating on me, it's like, okay, I'm gonna still try to love you through this because you just... you know, it's like they probably just don't see it the way that we do, which I don't necessarily blame people for that.

I also do think there have been some artists that have left Christian music and abused the Christian... like come to the Christian side of things just to get where they want to go.

Annie: Oh, wow.

Anne: I don't blame them for being a little bit skeptical in the beginning, but it's just like, I

continue to tell myself like, I don't need to prove myself. I'll just continue to follow Jesus and He'll kind of do what he wants to do with my life. I don't need to prove

anything.

Annie: It's a long game, right?

Anne: Totally.

Annie: You and me want to still be doing this in 50 years, 70 years, whatever, you know? So playing the long game is, okay, it's okay if y'all don't understand me today. Stick around. Or if you're gonna leave over this, you're left over something else. So you can go. Because if this is what bothers you about me, I promise it won't be the last

thing.

My bet also is that the people... your music speaks louder. So I bet they're still streaming your music, even if they're hating you on Instagram, they're still streaming your music. So deal with that.

Anne: I love it.

Annie: Okay, so there are 16 tracks on the album *Rebel*. To me, when you listen through

and read that, I mean, there's one called *Songs About Whiskey*. I was gonna push some buttons, Anne Wilson. But then there's also 316. How do you, when you're

sitting down to write... Did you write with Jeff Pardo?

Anne: Yes. He wrote like 13 out of 16.

Annie: Of course. Who else wrote with you?

Anne: Matthew. Matthew West wrote like 14, I think. It was really fun. So we took our

little trio group, which are like two of my favorite people in the world.

Annie: Such good songwriters.

Anne: Best friends, brothers. We write great together. We have a chemistry together. We

wrote My Jesus together, for those that don't know. And then we added a couple of

country people in.

Annie: So awesome.

Anne: So we were like, how can we keep authentic to Anne and what I want to say, but

also bring in this other perspective? So Nicolle Galyon, Emily Rose Band, Lauren

Hunt Gates-

Annie: I love Nicolle Galyon. She's been on the podcast too. She came and taught us how

to do Christmas parties.

Anne: I love it.

Annie: She's the best.

Anne: Lauren [Hungay?] is a newer writer and she is phenomenal.

Annie: I don't know her.

Anne: Like when I was... I was like, this is... I mean, I've never read... like, she is brilliant.

She is such a good songwriter. So she wrote a couple on the album, or actually I think three. And then Casey Beathard wrote a song. He wrote *Red Flag* with me. That was a fun one. I'm forgetting people. Jaren Johnston. I think there's a few more, but that was kind of the core that we decided to bring in as we just kind of

kept...

I told my label, I was like, "I want to write with new people. I'm still open to that but I also think with the little time we have, I want to really hone in with these people." So we did a couple of retreats and just really got to focus in on the writing, which is-

Annie: So I'm working on a book right now. When you're writing and things like *Songs*

About Whiskey come up or other songs that you kind of go like, this is pushing the

envelope, do you feel scared or do you go, let's run?

Anne: It fired me up.

Annie: Okay, great.

Anne: I was like, if nobody else is going to do it, I'm going to do it. It's about time

somebody says these things. And it was fun that we sang *Songs About Whiskey* in a bar the other day and it was the coolest experience because it's like... have you

listened to it yet?

Annie: Yes.

Anne: It's a very specific message. It's not saying that we don't agree with X, Y, Z. It's just

saying that I don't sing songs about it. So it's interesting to sing it in a bar and to see the reaction is so cool from people who probably aren't faith-based at all and they love it. But then the faith-based side loves it too. So it's cool to see the little affirmations of it come through so far. But I mean, I love that song. And I think

when things like that are said in the room, I'm like, this is going to be so fun.

Annie: You're so brave. Do you know your Enneagram number?

Anne: I'm a two-in-one.

Annie: You're a two-in-one and you're not stressed about pleasing people and you're just

like going?

Anne: Well, I've had to overcome that. In the beginning I was, but I think I got to the point

I'm like, okay, they're gonna run me down to the ground if I don't stand up for myself here. *Milestones* is another song that kind of touches on that. I'm just, like, of the industry... I love the industry, and they don't mean it badly. But if you don't

protect yourself, you will get destroyed. You know?

Annie: Well, this is true if you volunteer in a church.

Anne: Totally.

Annie: If you don't draw the boundaries, why are you expecting them to draw your

boundaries? They need a volunteer every Sunday. So if you've worked 12 Sundays

in a row, you have to say no. So you're exactly-

Anne: Totally.

Annie: I mean, in everything, you have to advocate for yourself. You're in charge of your

own boundaries, as Lauren Daigle taught us.

Anne: Yeah.

Annie: Yeah, that's exactly right. Yeah, the album, I mean, I think, in my experience of it,

anyone who loves country music is in. I mean, it is... because I'm like a 90s country person. I'm listening to y'all 106.7 all the time right now. I am way into the country side of it. And I love that the Anne is there. Like the woman we know who loves the Lord is in the middle of that. Talk about the Scotty McCreery tour. Such a nice

guy, I've heard.

Anne: Yeah, he is so sweet.

Annie: I've never met him, but I've heard he's such a nice dude.

Anne: I love him. It was such a great tour.

Annie: It's an exhausting tour.

Anne: Well, it was only 14 shows.

Annie: Oh, really? I thought it was a lot longer than that.

Anne: No. It was three months, but it was 14 shows.

Annie: Oh! Got it.

Anne: Which is like nothing compared to like-

Annie: Yeah, that's nothing for you.

Anne: ...some of the other tours we've done.

Annie: Yeah. You're like, Annie, I was resting. I was on Sabbath that whole tour, yeah. Oh,

I guess because it went over three months, my experience of you on Instagram was-

Anne: Yeah, it was a long-

Annie: It lasted, yeah.

Anne: But it was amazing. It was the first country tour. I had no idea what to expect. It

was amazing. I received so many messages on Instagram of people saying that they

dedicated their life to Jesus at some of those nights during my set.

Annie: Dude. Do you do like a gospel presentation or do you just talk about My Jesus?

Anne: I don't do an altar call, but I do like... I definitely share a message along the lines of

like, "You're never too far gone. Tonight it's the night you can come to know Him" kind of thing. Because I felt like it was like, I'm not gonna go on a country tour and change who I am to please this side of things. Because, again, there are a million country artists out there that are phenomenal and that they can, you know, fill in all the blanks. But I'm not that artist. So I'm not gonna try to be like someone else that

I'm not. I gotta be authentic with who I am, which is talking about Jesus. I mean,

that's what I do.

So I think that was really encouraging for me, just being able to share the gospel and it being welcomed. Not every night, but most nights, you know? And then getting messages like... and I remember praying each night. I was like, God, even if one person, if just a seed is planted in their lives, it's worth it. And sure enough, there are multiple people every night that would message me and let me know that, which just made me feel like, thank you God for using me in this tiny little way to

be a part of this bigger kingdom.

Annie: Yeah, that's right. I mean, well, also it's not a tiny little way. But it is.

Anne: Well-

Annie: It is always kind when God lets us be a part of what He's doing. I'm totally with you

on that. I think we end up in people's stories at just the right time. So whether we're like step four out of seven or seven out of seven, where when you say it on stage, they changed their life, you are... Every time you get in front of them, you're getting

to do that.

[00:37:56] <music>

Sponsor:

Hey friends! Just interrupting this conversation to tell you about one of our incredible partners, <u>Ritual</u>. Okay, did you know women were excluded from clinical research policy by federal law until 1993? What? Women belong in scientific research where essential Ritual knows.

They've conducted a university-led human clinical trial for their Essential for Women 18+ multivitamin. And the results are an increased vitamin D levels by 43% and omega-3 DHA levels by 41% in just 12 weeks.

Ritual's multivitamin has high-quality traceable key ingredients and clean, bioavailable forms. You take two capsules a day, which includes nine key nutrients. And their unique beadlet in oil is even patented. Let's go! Plus, the capsules feature a delayed release, designed to dissolve later, which helps make it gentle on an empty stomach. I really appreciate that.

It also has this minty essence that keeps things fresh. I appreciate that too. And it just helps make taking your multis every day actually enjoyable.

Plus Ritual multivitamins are vegan, non-GMO, gluten and major allergen-free, and certified B Corp. Ritua's Essential for Women is USP verified, which basically means, you know you can trust what you're putting in your bod. They have industry-leading sustainability standards too, which I love.

Ritual uses scientific tools to select lower carbon packages, prioritize sustainably sourced ingredients, and set ambitious climate goals. They're a female-founded B Corp, meaning they are holding themselves accountable, not just to the company's financial health, but also to the health of the people and our planet. No more shady business.

Ritual's Essential for Women 18+ is a multivitamin you can actually trust. Get 25% off your first month at <u>ritual.com/thatsoundsfun</u>. Start Ritual or add Essential for Women 18+ to your subscription today. That's ritual.com/thatsoundsfun for 25% off.

Sponsor:

And another incredible part I get to tell you about, <u>Liquid I.V</u>. Listen, I drink it every single day, you guys. And with this springy weather, it is beautiful here in Tennessee, which means lots more time outside. I'm happy about that. Y'all know I keep a water bottle with me while I'm around the office so I can stay hydrated, but I try to do it as I'm outside walking or meeting friends at the farmer's market too.

These days I'm packing Liquid I.V. with me so that I can stay extra hydrated. Liquid I.V. has three times the electrolytes of the leading sports drink, plus eight

vitamins and nutrients for everyday wellness. It's all in one single sugar-free stick, so it's super easy to throw in my bag and take it with me.

Have you tried their sugar-free flavors yet, y'all? There are three to choose from. You're really gonna love them. The lemon lime is my favorite. They also have green grape and white peach. I mean, the peach also is very springy and it is like ushering us right into summer, you guys, let's go.

We keep these stocked at our office, and we all have different favorites, but we genuinely like them all. Lillian makes a water bottle for me every morning, and I never pick what's going in it, because I know I'm going to like whichever one she picks for me.

So whether you're just trying to stay hydrated during the day like me or during a workout, or whether you're outdoors, Liquid I.V. can help you with all your hydration goals. Plus, it just tastes really good. There's no artificial sweeteners in it, and it's non-GMO and free from gluten, dairy, and soy.

However you hydrate, grab your Liquid I.V. Hydration Multiplier sugar-free in bulk nationwide at Costco, or you can get 20% off your first order when you go to liquidiv.com and use the code THATSOUNDSFUN at checkout. That's 20% off your first order when you shop better hydration today using the promo code THATSOUNDSFUN at liquidiv.com.

Sponsor:

So I know candles are cute and smell good, but have you ever thought about where they go when we throw them away? You guys, apparently almost 2 billion candles are sold globally each year, and almost all of them are likely to end up in landfills for the next 1 million years. Craziness.

That's why I think <u>NOTES</u> Candles are so cool. They're working to eliminate single-use candle vessels and give home fragrance lovers a more earth-friendly option. NOTES has created a refillable candle system that allows you to use your candle vessel over and over again. It is super easy.

The candles are made with fragranced wax beads, so all you do is place the wick in your reusable NOTES jar, fill it up with the wax beads, and enjoy your fragrance for up to 36 hours. They have some really fun fragrances too: vanilla and pepperwood, pistachio and rosewater, and 11 other really great ones to choose from.

Be a responsible consumer while not giving up high quality home fragrance by making the switch to NOTES. You can build your custom starter kit right now at notescandle.com/thatsoundsfun.

Right now NOTES is giving our friends 15% off and free shipping when you buy a NOTES starter kit using the code THATSOUNDSFUN. Again, the code is THATSOUNDSFUN when you're placing your order. That's THATSOUNDSFUN at notescandle.com/thatsoundsfun.

And now back to finish up our conversation with Anne.

[00:42:55] <music>

Annie: Okay, so can you talk about your new tour yet? No, probably not.

Anne: I can't give details, but I'm going on tour this fall.

Annie: Great.

Anne: Let's just say watch my social media like around the end of April for an answer.

Annie: Okay, great. So the album will be out for everybody toward the end of April

coming up?

Anne: Yeah.

Annie: That's why we were like, we've got to get Anne on this month because I want

people to listen as soon as they can. And they can already listen to a handful of the

songs online. Okay, so you're headlining the tour?

Anne: Yes.

Annie: Okay, okay, we can say that much. Okay, talk to me about what happens between

now and the night the buses leave. Emotionally and spiritually for you, what are you prepping for? Because there are friends of ours listening who are going to college in the fall and who are starting a new job in the fall, who are moving somewhere in the fall. So they've got something coming in the fall and they've got from now till then to get ready. What are you doing? What are you planning on

doing for yourself to be ready to headline a major fall tour?

Anne: I mean, I think for me, probably just really focusing in on the spiritual side of

things. Just making sure I'm really in tune. Because tour is a lot. This one's going to be a lot. Which I'm genuinely so excited about. So it's not like I'm like, you know, whatever. But I'm actually really excited about it. But tour is a lot for me because I

think I carry a lot emotionally. So like when-

Annie: The leader of the tour is no joke.

Anne:

Yeah it is. And too just because of my brother and the stories I get are really heavy which I love and I welcome them, but like for me I always have to remind myself, oh, wait, I don't have to carry that person's story like god you do. So I can let it go to Him. But that's a lot for me.

And then just the weight of being a headliner is a whole thing that I didn't realize until I did it last fall. But I think it'll be different this time because I've done it now. So I've got it under my belt. But yeah, I mean, I think just spiritually getting ready and gearing up for what could happen with the new record and just this new tour in the fall. Just being prepared spiritually and emotionally and mentally of just okay I know I'm going into a long season so how am I gonna pace myself and give myself what I need to get through, which I feel like I'm learning slowly but surely, you know?

Annie: Yeah.

Anne: But I think just for anything in life and like you said, for those listening, like I think spiritually just propering yourself for what to expect is always good. I think that

spiritually just preparing yourself for what to expect is always good. I think that helps me. Like if I know I'm going into something that's gonna be hard, I'm a little bit more okay with it versus being thrown into something where I'm like, okay, wait, I had no idea this was coming. Because I can prepare myself for whatever that

may be.

And then normally I find myself pleasantly surprised and I'm like, Oh, this is actually amazing or this is not as bad as I thought, or I'm not as tired as I thought I was going to be or mentally drained because I prepped myself going into it and

spiritually got myself ready.

Annie: I think so many people were shocked when Taylor Swift was that video of her

doing her whole set while running on the treadmill. And I was like, no, every

Christian artist, every touring person does a version of that.

Anne: Totally.

Annie: All of us do something that says, I'm going to prepare so that when I get there... I

want to practice so hard in the practice that when I'm in the game, it isn't as hard.

Anne: Definitely.

Annie: So I think that's really wise of you and really helpful for you to kind of give us

some, like, what that looks like for you. Because yeah, headlining a tour is no joke.

The spiritual comes on you. You're the tip of the arrow in every way. You're also the one who is the star. So you get all the good parts of that, but you also get the like, do we have to fire that guy? And do we have to... the weather. Yeah, it is a lot.

Anne: Yeah.

Annie: So I'm glad you've got one under your belt and you get to keep doing it.

Anne: Thank you.

Annie: So when our friends listening to this are like, We love Anne Wilson so much which they do feel, what do you want people praying? When they see you on Instagram,

when they show up at the show, when they are listening to this album if the holy

spirit just goes like, pray for her, what would you want them to pray?

Anne: That's so sweet. I always just say strength. I'm always just blown away by how I get

through the hard seasons. It's just the Lord continues to remind me it's just His strength. And then someone will text me and be like, I prayed for you to have strength today, and I'm like, Okay. I think that's just what this year has been for me is just like I might not have it in my own strength, but God always meets me there and gives me His. And so He always has an extra measure of grace for me to get

through whatever it is for that day. So that would be amazing.

Annie: I think it's hard to follow someone and pray for them and not cheer for them. So the

more people pray for you, the more strengthened you feel and the larger your base

of friends is.

Anne: Yeah, I love that.

Annie: So this summer, you aren't on tour. You're going to be...

Anne: Well, we have festivals.

Annie: Oh, yeah. Good.

Anne: We're playing like half Christian and half country festivals, which is so exciting.

Annie: Amazing.

Anne: I'm really excited about that. So, biz talk, do you have two booking agents? Do you

have Kolby and someone else? Or is Kolby do both?

Anne: No, it's just Kolby. Which I love Kolby. He's precious.

Annie: Listen, this podcast could be a fan show for Kolby Vetter. I love him so much. His

wife, Catie Offerman, was on the podcast. I loved it. I did their wedding.

Anne: Aw.

Annie: I love them so much.

Anne: I love them.

Annie: And he thinks the world of you.

Anne: Oh, he is precious.

Annie: It is amazing how the Lord... it is like the people that are meant to be around us get

around us somehow. And there were so many seats he wanted to sit in to help you.

Anne: I know. And in the way it ends up...

Annie: At your booking agency.

Anne: I know.

Annie: It is your booker.

Anne: I know. It's so special.

Annie: Wow. So he gets you the Christian and the country.

Anne: Yeah.

Annie: That is wild.

Anne: Yeah, he's amazing.

Annie: I know. Okay, we have to talk about festivals for a minute because I live for them. I

love festivals so much. I don't ever get to do my job at them. I just get to go as a fan. I mean, when you're at festivals, do you go get like a corndog? Do you like go

and look around at the animals? Do you get to go in it at all?

Anne: Normally, it starts in the morning, so there's people all day, so I can't really go out.

But sometimes I do. And my thing is fried Oreos. They're so good.

Annie: Dude, they're so good.

Anne: They're so good.

Annie: Funnel cakes, get in my life.

Anne: I know.

Annie: But the problem is, if you do eight festivals this summer, and you pound fried

Oreos at all of them, you're going to feel terrible.

Anne: That's the thing. We probably have like 20 and I'm like... when I first started out,

like my first year, I was like, Oh my gosh, these artists haven't made... like they get to go to all these festivals and eat all this bad food. And then I'm like, Oh wait, we

can't-

Annie: Can't. Can't.

Anne: ...not be healthy at all.

Annie: Oh my gosh, you'll feel awful.

Anne: Yeah, totally.

Annie: I had never been to Iowa before and Russell Dickerson was playing a fair in Iowa

and so I flew there to be... and Kailey was with him, obviously. So we walked around during the day and there was an entire cookie competition of people from that town who had baked cookies. We stood in the back and cheered like we were watching the Olympics. There was a cross stitch example, someone doing a cross

stitch in front.

Anne: Wow, that sounds amazing.

Annie: All those things, I just think you get to see a side of America that is so pure and

beautiful-

Anne: I know, I love it.

Annie: ...when you go to fairs and festivals.

Anne: Did you go to the Iowa State Fair?

Annie: Maybe. I think so.

Anne: That one's amazing. It's really big.

Annie: Yes, it was really big. Yeah, yeah, yeah.

Anne: I've played there before. It's so cool.

Annie: It was so fun. I was like, wait, how do I get my job out here? How do I get to go to

all these fairs and festivals? Okay. So fried Oreos are the treat for you?

Anne: Yeah, totally. Well, now I'm gluten-free. So unfortunately I won't be able to have

those this year.

Annie: How long have you been gluten-free?

Anne: Like two years diagnosed.

Annie: Oh, is it like celiac biz?

Anne: No, it's just like really allergic on the chart. But then like in the last... since really

since Christmas, I've been really strict about it. Now I do think I have celiac because when I eat it, it's like an immediate nausea feeling which is a sign of celiac.

So I'm like, I can't do it anymore, which is so hard.

Annie: I know.

Anne: But at the same time like I feel so much better so it's worth it.

Annie: I have been low gluten for a long time where I would eat it like on my Sabbath, I'd

eat a bagel when I'm in New York and that kind of stuff. So I was telling a friend of mine in New York a couple of weeks ago, I was like, yeah, I'm kind of low. And she was like, you're not doing yourself any favors. She was like, when it lives in your body, it lives in your body. And she was like, so do 21 days and see if you'll feel different. And I'm on day 18. I feel different. Annoyingly, I have so much more energy. I have so much more energy. So I think I'm going to join your club and not

go back.

Anne: I mean, it's hard. But, like, you can still get really good pizza-

Annie: Yeah, that's right. Have you had Doughbird?

Anne: Oh, I've never had it. Is it good?

Annie: Girl, best gluten-free crust in town. Okay, I need to try it. Yes, you do. There's just

so many options. Even like gluten-free bread from Trader Joe's is really good. There's ways to kind of work around it. The hardest part is really just, like, a burger.

Annie: I know.

Anne: If you love a burger, it's really hard.

Annie: I know.

Anne: Like In-N-Out, because you know we're getting one in Tennessee, which I don't

know when we are, but whenever that day comes, I'm just gonna have to give up

the gluten.

Annie: You're like, I'll start my cycle back over. I'll feel bad for a couple of days and I'll get

right back on the train.

Anne: Yeah.

Annie: I know. I don't even know whether we've talked about this, that I live in New York

part-time this year.

Anne: No

Annie: I have an apartment up there.

Anne: How do you do that?

Annie: I go for like 10 to 14 days a month.

Anne: Oh my gosh.

Annie: It's been really fun.

Anne: Just for fun?

Annie: Yeah. And I can do my job up there. We have a studio where I record. I'm writing

the book up there. I'm in meetings just on Zoom. I mean, it's been awesome.

Anne: That sounds amazing. The pace is so different though.

Annie: I live for it.

Anne: You live for that pace?

Annie: Oh my gosh. It feels like I finally can hit the gas as hard as I can hit the gas and

everyone around me is fine with it.

Anne: Okay, that's true.

Annie: That's what you get to do on the road. And then the balance is coming home. I'm

kind of doing the same thing where my on-the-road is just New York. And then I come back here and I go, Okay, you should just be on the couch tonight, ma'am.

Okay, you should sit at dinner for longer.

And the bagel place on my street has gluten-free everything bagels and they are very good. So I'm like, okay, that'll be my Sabbath treat. Here we go, I'll be fine. But it does feel different. It just means no. There are gluten-free Oreos, but not

deep-fried.

Anne: No.

Annie: Not deep fried at the fair.

Anne: I know.

Annie: There's not a gluten-free, dairy-free booth for you at a fair.

Anne: I know. I know.

Annie: Okay. Whatever makes you the healthiest so that you can do things like sing with

Tomlin on Good Friday.

Anne: Totally.

Annie: Go on tours. Do all the things you need to be able to do it. The boots. Before we go,

we have to talk about the boots. They are so perfect.

Anne: Thank you.

Annie: They're all glitter.

Anne: I'm wearing them right now, actually.

Annie: When you walked in, I thought, what a gift from the Lord, because I was going to

ask you anyway. Where are they from? How do you do it? Do they hurt?

Anne: They don't.

Annie: Okay, great.

Anne: Thank God they don't.

Annie: I know.

Anne: Well, if I had them on all day, they probably would.

Annie: Yeah, yeah, sure.

Anne: But I don't wear them all day.

Annie: Sure.

Anne: I think they're actually just from Boot Barn.

Annie: Of course. Well done.

Anne: My sister is my stylist. I don't know what half the stuff comes from.

Annie: She's so trendy.

Anne: She is amazing. She just finds me things and ships it to my house or will bring it to

me when I see her and be like, "This is what you're wearing today." Like, "What do you have this week?" And I'll be like, "I have this, this, this." And she'll be like,

"You're going to wear this on these days." And it's amazing.

Annie: Brilliant. Oh, that's awesome.

Anne: It's so amazing. So she got me these boots. They're so fun. They sparkle, especially

like when I'm on stage and the lights are hitting. They're so much fun.

Annie: Okay, very good. They're very cute.

Anne: Thank you.

Annie: I love them. Anne, I just love you. I'm so excited for everybody to hear this album.

Anne: Thank you.

Annie: Thanks for doing the hard work. It's really-

Anne: Thank you so much for having me. I was like, I'm so excited to go talk to Annie. I

love her so much.

Annie: Absolutely. Anytime. You are so welcome here.

Anne: Oh, thank you.

Annie: I genuinely hope we are doing this for a lot of decades to come.

Anne: Yes, me too.

Annie: I hope you get to keep following where the Lord leads you. Hebrews says we run

the race marked out for us. So I just want you to hear me and our That Sounds Fun

friends cheering for you, running the race that's marked out for you.

Anne: Thank you.

Annie: It is good that it's different. I love that.

Anne: Thank you. Thank you so much.

Annie: Yeah, girl.

[00:54:57] <music>

Outro: Oh, you guys, isn't she the best? I mean, how impressed are we with this woman? I

mean, she is young but brave and wise. Oh, I'm just super impressed. And I love what she wanted us to pray for her to have strength. So let's be people who pray the things we say we're going to pray. And so I hope you will continue to pray for

Anne.

Make sure you're following her on socials, tell her thanks for being on the show. And the album is coming. *Rebel* is coming on April 19th. But until then, there's already five songs that have been released. You're going to love them. Head over to

Spotify or wherever you listen to music and check them out today.

If you have any questions from this episode, drop them in the Q&A box on your Spotify app if you're a Spotify listener like me or send them to us on Instagram @thatsoundsfunpodcast, we'll try to answer them there in the stories.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook. Anywhere you need me, that is where you can find me.

I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you, and I will do the same. Today what sounds fun to me, listen, this Sunday I get to preach at Crosspoint Church. So if you're in town, come join us, or if you want to watch online, you can do that too. We'll link it in the show notes below.

So that's what sounds fun to me is practicing my talk again, making sure we are ready with whatever God would have for our church on Sunday. Whew, I'm excited.

Y'all have a great weekend. We'll see you back here on Monday as we continue our Let's Read the Gospels series, talking about the book of Luke with one of my favorite pastors Bethany Allen from Bridgetown. We'll see y'all on Monday.