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

Before we dive into today's conversation, I want to tell you about another amazing podcast that I love, Girls' Night with Stephanie May Wilson. Y'all, Stephanie is just the best. This is such a good podcast to have a podcast club around, find some girlfriends, listen through each episode, and then discuss them together.

Each week on Girls' Night, one of Stephanie's girlfriends comes over to chat about a topic that is central to our hearts as women. They're talking about friendship and faith and relationships and self-confidence as well as our calling in life and how to create a life we love.

Each episode feels like that conversation that takes place around the Kitchen Island or late at night in your soft pants of LaCroix in one hand and a slice of pizza in the other, where wisdom and laughter abound.

Listen and subscribe to Girls' Night with Stephanie May Wilson wherever you are listening to this podcast and don't miss an episode. I think you're going to love it.

Okay, speaking of what you're going to love, y'all just better buckle up for this one. Today on the show, we are joined by Kim Jones, better known online as Real Talk Kim. She is a pastor, an entrepreneur, a mentor, a motivational speaker, entertainer, best-selling author.

She's the senior pastor at Limitless Church in Atlanta. She's appeared on The Dr. Oz Show, Chatter Talk Show, BET Nightline, Good Morning America, and now That Sounds Fun.

Today, y'all, we go in. For my single girls, you are gonna love this one. For my married friends, this one is gonna speak to your heart too. We dive deep into: What is God saying? How do we hear Him? What does it look like to pick ourselves up to get unstuck? I mean, just like, y'all are going to want to take notes. You're going to want to yell. You're going to want to holler. This is a good one.

Her new devotional, *Unstuck*, comes out in August. It is so good, y'all. And her book is called *You Gotta Get Up*. So if you haven't read that one yet, grab a copy.

Single Purpose League, really, if you're in the Single Purpose League, I want you to lean in on this. And we talked about some things that we're also talking about over on our Patreon group, so I do not want you to miss this one. Y'all, get your piece of

paper, get your phone out to take some notes, buckle up and get ready. Recorded in the Hephzibah House here in New York City, here is my conversation with my new friend, who I love and adore, Kim Jones. Real Talk Kim.

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**Annie:** Kim Jones, Real Talk Kim, welcome to That Sounds Fun.

**Kim:** I am so honored to be here, Annie.

**Annie:** I am honored. I have to be chill because we're professionals, but when someone comes on that I'm already a fan of, that I've already been so impacted by your work, your preaching, your outfits, ma'am. So thank you for making time for this while you're in New York.

**Kim:** I am so honored. You hear me honored. Even in the prayer, I was like, Yeah, she's great.

**Annie:** Oh, thanks. Well, I went to University of Georgia, so I grew up right around you in Atlanta. I remember being a freshman and someone teaching us the difference in your relationship with God and Jesus and the Holy Spirit. I'd been a Christian my whole life, I'd never thought about that. But man, that changes your life when you need the Holy Spirit. Will you talk about that a little bit? It feels like you and the Holy Spirit are boys. It feels like you are so connected with what is happening in the moment.

**Kim:** You know, for me, Annie, I was raised very strict. My daddy was a preacher.

**Annie:** Oh my gosh, I read about it in the book that y'all were at revival meetings and campings all the time.

**Kim:** Oh, all the time. And it was literally very strict, strict. So I was raised feeling like God was mean. Like God was out to just get me. Like every time something would happen, I'd be like, man, I was bad in baby heaven. That's what I get.

**Annie:** Oh my gosh, I was bad in baby heaven.

**Kim:** Yes. I never took ownership of my own choices because it was just always spiritual. Everything was spiritual. I realized that God ain't a genie in a bottle. I lost everything at 18 years old... I mean, after an 18-year marriage ended at 36 years old, 18 years. First one in my family to ever walk through a divorce. I was mortified. I had spent my life trying to just do right and get accolades from my dad,

which didn't believe in women preachers. I was just always trying to do things and it just like everything kept failing.

Well, in that time, probably in my forties, Annie, is when I really found a relationship with God. I was losing everything, living with my mom with my two sons. I'm laying on my bed one night, and I'm crying because God is really dealing with me about forgiveness. And I'm like, "Dude, I forgive." It was like, you know people ride with you as long as you got gas in the car. The minute that gas runs out, where they at? They listen to people.

And I just was feeling alone, and I'm laying in that bed, and God really started dealing with me about forgiveness. Like, "You gotta forgive, Kim." I'm like, "I've already forgiven." "No, you haven't forgiven. You got to forgive so I can do what only I can do in your life."

And I remember laying there that night and said, "Okay, it's all right, God." I said, "Then take this pain away from me. Like, let me get up from this crazy depr..." I mean, I was the victim in my own story.

**Annie:** And how old were the boys at this time?

**Kim:** They were like seven and nine. I was just a victim in my own story. Everything was, oh, poor me, poor me, poor me. And it was like that night I heard God for the first time, probably ever, Annie. I mean, singing on some of the best platforms. I'm talking being in church, seeing God move. And I had never really experienced God for me. For me. Like at a point where I was just like, I need to know who God is.

So at 36, laying in that bed, and I heard God say, "I can't take the pain away, you gotta get up and walk away from it." I'm like, "What does that even look like?" And he says, "Chase me." And girl, I started chasing Him. I started having a relationship with God.

I remember just laying in my bed and being like... just starting to speak in tongues. Shut up, I don't know. I didn't even know what I was saying. I didn't even know if it was right. It would be like, "Are you okay, Taco Bell? You know what I'm saying? That could have been it. You know what I'm saying? I just knew that it was pressing in, and I just found God.

And when I tell you now, girl, I know His voice. At 51 years old, I am at a place in my life where I don't worry about nobody else. If God tells me to say it, I say it, I do it. I'm authentically in my lane, but they ain't nothing like the Holy Spirit. There ain't nothing like knowing if it's in your spirit, if it drops in your spirit, and you feel this unction, and you feel this is what I need to do, then don't question it. Just do it.

**Annie:** We just had a meeting at work, our whole team, and at the end, we went back and forth and back and forth, and we were in about eight different opinions. Afterwards, I sent a message, as I was walking here, I said, "Actually, we just need to hear God." If we're called to this, we'll make the sacrifices, and you won't be able to stop this train.

If I feel like God says, make this, we'll make it. I just don't hear that yet. So that's why you're getting some resistance from me. So it's coming out like I'm kind of being bratty, but I don't know that. That's how I feel. I'm not meaning to be bratty, but I'm like, well, I just need to feel called. I think that's what's missing.

**Kim:** Because you know what it's like to go and do it in your own strength. We know what it's like to try to beat a relationship that ain't of God. We know what it's like to walk into seasons of our lives where God ain't in it.

**Annie:** That's right.

**Kim:** Man, when you get to a place where God is in it, there is no struggle.

**Annie:** You can't stop me. There's not enough money or too little money.

**Kim:** No.

**Annie:** I don't care how much we make. If we're called to it, I don't care how much you make.

**Kim:** Period. He will put his seal of endorsement on it and it will flow because God is not a God of chaos and confusion. And there's not spiritual warfare around every corner. It's like if we ain't struggling, it ain't gonna stop me, Jesus, because spiritual warfare. He ain't like that. I don't believe he's like that, Annie.

**Annie:** I don't think so either. I think when He talks about it, he clears the way that Jesus came to make a crooked place straight. Sometimes it needs to feel that way. Sometimes it needs to feel okay, this is actually straight. We can run fast on this road.

I loved, *You Gotta Get Up*, and also we shared a list of our favorite devotionals for the summer, because everybody wants a summer devotional, and we for sure put *Unstuck* on it, because I think 90 days-

**Kim:** Thanks so much.

**Annie:** ...and it is such an easy read. I mean, it's deep, but it's a page. It's a page and a half, and so... but you said in this book, on page 61, for you guys who have the book with you already, you gave these steps to getting out. Because I think a lot of times people think, especially charismatic leaning think, I go to a prayer meeting and they put their hands on me and I cry or I fall down or whatever, and then I don't feel different the next morning. And you're like, no, that's because you actually have to discipline yourself or something.

So will you talk a little bit about that? Once we've identified, this is why I'm stuck, I'm stuck in sin... Let's just do that. I'm stuck in sin, I'm going to a prayer service, I'm getting free, how do we actually live free?

**Kim:** You gotta actually stop playing with the sin. You know, I think for us, it's like, God, take this pain away from me and then we're stalking them on social media.

**Annie:** Oh, listen.

**Kim:** Okay?

**Annie:** When you haven't blocked your exes, what are you doing?

**Kim:** What are you even doing? Oh, God, take this addiction away from me. I don't want to ever drink again. Stop going to the liquor store. You know, this is how generational curses are broken. It's identifying with, why am I here? Nobody's coming to get me. Nobody's coming to save you. The whole world's got their own challenges. God knew you were going to be here on the day you were born. My birthday is August 29, 1972. When I was born, he was like, this girl is going to be crazy. She's going to just marry whoever will marry her. She's going to have a story, but she's going to get it together at about 51.

But what I had to do was I had to begin to put a "do not disturb" up on my heart. That was my first step. My first step was, how do I get out of this thing? How do I walk in free, true deliverance? You got to literally break up with that thing. You can't keep dancing with the devil and thinking you gonna change the devil.

**Annie:** That's raw.

**Kim:** The devil's gonna change you. And you know when it's the devil, Annie, because you can't find peace. You reach for alcohol. I need a glass of wine at night, and then all of a sudden you got two glasses of wine, and you're waking up feeling heavy the next day. It is making a decision.

Let me get into understanding, because God is not a genie in a bottle, that He's here to assist me. He already knew I was going to be here. He's given me ninja powers to get out of this, and facing it and not going back to it. Say no. Let no be a complete sentence, right?

These relationships, we've been best friends since kindergarten, but baby, you wearing me out. You are wearing me out. So, in the balcony. So that's the first step. You gotta identify why you where you at. Why are you where you at?

And then the second one is every time you fall, get up again, because you're not going to always get it straight, Annie.

**Annie:** Right. That's hard. Because you think, once I've fixed this, have I fixed this, and then you run into the same thing again.

**Kim:** Well, the enemy comes to kill, steal, and destroy. It says he comes. It doesn't say he doesn't. It says he comes. The only reason he's coming, I always say this-

**Annie:** Oh, what a good detail. I love the Bible. What a good detail. He comes to do that. Doesn't mean he gets to do that.

**Kim:** He only gets to do it if we let Him. If we give Him free reign, if we allow that depression to make us lay in bed because we keep looking at how far we gotta go instead of how far we've come. The one thing that I've discovered is that He has given us dunamis power. Like, we may not can see it yet. We may not can see how this heartbreak could ever...

There's a lady probably watching right now that's been married 38 years. You gave your all to this man, and then all of a sudden he wakes up one day and says, "I don't love you. I'm leaving with your sister" and you are falling apart because you've been a homemaker. God knew it was going to happen. Well, why didn't He fix it? Because people have free will.

So if you can find yourself there, Annie, where you can say, "God, you gave me everything I need to get through this. You said I can do all things through Christ..." This is why you gotta know scripture. Because you gotta fight fear with scripture.

**Annie:** And you gotta fight with what's true. You can't fight with "God'll make me feel better". It's like the enemy's like, no he won't, no he won't.

**Kim:** You keep believing that.

**Annie:** Yeah, yeah, yeah, yeah. You keep believing that until it hurts, and then you can't get out. But when we are in scripture and we know scripture, we go, "I could actually do all things." And I know that God says, this is for my good and for... yeah.

**Kim:** Yes. And I may not know what to do. Because he didn't say He was gonna give us a whole roadmap. He said, I'm a lamp unto your feet. I am not a strobe light.

**Annie:** If you knew how many times I said back to him, why did you only say feet? Why did you not say yard? I'll be a lamp unto your yard. I mean, I'm always like, just my feet? That's all you're giving me? I mean, that is... yeah, I push back on scripture sometimes. We have to.

**Kim:** But he has to know us because He knows. He's like, you know, I need you to experience. When I was getting healed, girl, I remember laying in that bed again, and I remember just saying, "God, let me feel everything. Because I know one day... I don't know what you're going to do. I never dreamed in a million years, Annie, I would be pastor in a church in Atlanta.

**Annie:** Really?

**Kim:** I never dreamed I'd be writing a book because I was in special ed. Still don't know where commas go. I never dreamed any of these things, but I knew that God don't waste hell and He will take a yes. And I knew that I wasn't going to let the devil get away with it. You might have made me be rebellious, but I'm about to get up and bounce back.

**Annie:** You say in here a thing that I really struggle with. "He knew that our messes would become our message and our scars would turn into stars." That is hard. Not all of us want to put our messes out in an Instagram post or even sharing a testimony at our Sunday school class or with our neighbor women at the pool. How do you get to where... I mean, you've done this beautifully. We know... I'm sure we don't know everything, but anyone who follows you, reads your books, knows a lot of the hard. How do you get to where it's okay that your messes are on display?

**Kim:** Well, I just realized that people are gonna talk about you anyway.

**Annie:** Listen, they're saying something whether they're telling you they're saying it or not.

**Kim:** I'm like, I'm so cool. I'm so fun. They're still going to be half-half. They're going to love you, they're going to hate you. You're going to be too much for some. I just don't know. I begin to pray over myself. I pray over myself all the time, Annie. And I was like, "God, I got a people-pleasing problem, clearly. I really want people to like me. And I really want people to understand me. And it really hurt my heart

when I walked through this divorce and I had no choice. Like, I was handed this, this life. I have no choice, but yet I see these people judging me and choosing sides.

And I remember the Lord spoke to me and said they judged me, and I was in the middle of two thieves. Now what you gonna do, girl? And Annie, when I tell you, it was like, all of a sudden, I got this freedom. Now, every so often, you know, it-

**Annie:** Yeah, you're human, I'm sure.

**Kim:** The world. I mean, I get on Shade Room, you know, I get on the worldly world stuff. And it's almost like God keeps saying, You stay authentically you, and I will let your fruit outlive their lies

**Annie:** Wow.

**Kim:** So I got to use the rumors to get you in places that you would never go if your name wasn't out on these blogs.

**Annie:** Fruit will outlive their lies.

**Kim:** ...and make sure when they come find you that you're showing me. And so that's how I do it. I got free from people. I really do. When I tell you, I really am free from people.

**Annie:** Do you know, anybody I know... You have over a million followers on Instagram. Honest to heaven, anyone I know that's a believer that has over a million has gone through this. It is almost like it is the catalyst.

**Kim:** Church people are the worst, Annie.

**Annie:** Yeah, yeah.

**Kim:** I'm sorry.

**Annie:** No, you're not wrong.

**Kim:** They are the biggest... Who told you you were the only one getting into heaven? Who told you? Who told you? Why can't we all be different? Why can't we all lead people to Jesus? Why do you have to sit and... Here's what got me free, another thing that got me free, was I realized when I put my mouth on anybody, that if they've got a following of any sort, and there are people coming to know Jesus, because God said He'll use the rocks, and they are leading people to Jesus, if I put my mouth on them, at any level, even something I know for fact, and I put my



mouth to diminish somebody, people that leave Jesus because of me, I'm gonna stand before God on that.

**Annie:** Oh, man. I know. That's right.

**Kim:** I think I just got free and said, God, I'll let you sort out all the people that talk, but Lord, every day when I wake up, you just let me make heaven more crowded. Let me love so hard that when I say I love you to little thumbnails, they say I know you do. Send me everybody, the clean ones, the unclean ones. Everybody. Send me everybody and I'm gonna let them find you and you clean them up.

**Annie:** Man, you're convicting me hard in some great ways. But part of it is like Gossip will keep you from influencing as many people as you can, whether it ever gets out or not.

**Kim:** And it's pride.

**Annie:** Yeah, right. Because it's you thinking you're better than, or it's false pride and you think you're worse than, so you're trying to bring someone else down.

**Kim:** And it's usually stuff we hear, is stuff we've heard. You weren't in the room. It's like the woman caught in the act of adultery. You know how many people judged me because I would probably judge me? I mean, I just didn't even think about marria... I mean, I was so ready to get married. I would just jump into any relationship that look they were going to save me. I never dreamed I was going to be preaching in front of millions of people. I never dreamed that God was going to do what He's done in my life. I probably wouldn't have said I do. I probably would have thought more.

But instead, I wasn't thinking that God was going to do anything with me because I'm working at Bloomingdale's 11 years ago.

**Annie:** Oh my gosh, I love that. And Belt, too, right?

**Kim:** Yes.

**Annie:** I read that in the book, too, I was like, I love that. It's one of my favorite things about you, Kim. When we got your book and got the offer, you know how this goes, people go through... the same happens on your podcast, where they go, "Here are the people who have books coming out, they want to come talk to you. And my assistant says, Real Life Kim? And I was like, I'm sorry, yes. Full stop as soon as possible, whatever.

And so we talked about you at lunch that day and I said, one of the things that really amazes me about Kim is everyone feels welcome with you. No matter your socioeconomic, no matter your race, it seems like your audience... When I listen to your podcast, especially the ones you do live where people in the room and they're hollering and hooting back at you, everyone's welcome. How do you actually do that? How do you make sure people feel welcome?

**Kim:** It's absolutely not me. I honestly believe in praying for yourself. I really do believe that God is saying, I need some people that's just gonna love like me. If He could leave all those people and go sit at that well with that woman that people were talking about and He would go sit with her and say, where's your husband? I don't know where he's at. That's right, because you ain't got one, but you're living with one that ain't even your husband. What you didn't understand was you were waiting for the seventh one, which is me.

Then He can go to the man sitting at the pool of Bethesda, where people just kept walking by him, the gate called Beautiful. He went to all of these places with people. He went. And literally when Jonah was supposed to go to Nineveh, and Nineveh let him die, let him die. He was like, fish, go follow Jonah. People need transportation back to where I told them to be.

I just want to be like that. I want to be like, who am I to sit and judge anybody? And so I pray every day, girl, God, let me love like you. I don't know what that's going to look like, but I guess it looks like this, where everybody feels seen and loved.

**Annie:** Yeah, that's right. And you know what's interesting is it feels like the people who go on the polarizing ends get more popular. And so then you go, well, then I need to take some really hard stands. And then people are sliding in your DMs going, why aren't you taking hard stands?

**Kim:** Oh, they do it all the time.

**Annie:** And you're like, well, I don't know. I just want people to feel loved with me. I don't feel called outside of that. I feel called to like, if you want to be near me, I want to be near you. Full stop. That's it.

**Kim:** That's how I feel.

**Annie:** I feel that.

- Kim:** I feel that. And you know, it's funny because you said that. I get that a lot. They're like, you got just 1.3 million people and you should be talking more about hell and heaven. I said, I do.
- Annie:** And politics.
- Kim:** I'm not talking about none of it. That is not what God's called me to do. You go on your little page and do whatever you need to do but I will not be bullied. I just keep on trucking. Just keep my head flint to Jesus and loving as hard as I can. I want people to feel like my space, my pages is a place to park your heart and safe and God can do a work in you.
- Annie:** Tell me about starting your prayer every morning. I mean, every morning, eight o'clock... Well, it's nine o'clock for you, right? It's eight o'clock for me in Nashville. I mean, every morning you're praying for people for an hour. When did you start that? What's the call behind that? We only do what we're called to do. What's the call behind that?
- Kim:** You know, I felt probably about a year ago, because I've always done little things. Like it was live at nine for a while. And then I'd taken a long break, started pastoring, and was just like, man, this is a lot. Then last year in January, I felt the Lord say-
- Annie:** January of '23?
- Kim:** Yes, January 23.
- Annie:** Wow.
- Kim:** ...start this journey where it's not just getting healthy. Because girl, if you saw me running, you better run because somebody's chasing me. I wasn't athletic at all.
- Annie:** But now you're-
- Kim:** I'm a boss in that gym.
- Annie:** Yeah, no kidding. Y'all got outfits. You've got a whole line.
- Kim:** Look, I am that girl. I'm going to let you wear my clothes so you get up and pick some weights up. So it was last year in January and I felt the Lord say, start doing these 8 a.ms to start people's days. Now I thought it was going to be one month. So I committed to one month and we were doing, I can do anything for 30 days. Starting January 1st.

And I'm talking people are getting rid of alcohol, drugs, cigarettes, getting the sugar out of their faces. We were all working out. I was on there with my workout clothes. I went to that track every day. It was my accountability. And He just never let me stop. And it's like, girl, I'll do an altar call on there and we will have 300 people giving their hearts to Jesus on one prayer call. And I got this community so built up that they are-

**Annie:** They jump in for each other.

**Kim:** They are all liking their ones. They're all saying, I'm in this journey with you. We got people that never felt seen or needed that are now prayer warriors. They're saying, man, I got you. I'm praying with you. It's better than winning the lottery to me, Annie, just to see people finding who God is in their life. He is the same yesterday, today, and forever. He loves you no matter what you've walked through. He wants to use your story if you'll just say yes.

**Annie:** That's true for every single person listening.

[00:22:53] <music>

**Sponsor:** Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Shopify](#). Do you have a project you're working on this summer and you're excited to launch it soon? I hope you know Shopify is the global commerce platform that can help you get started and grow with you the whole way through.

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**Sponsor:** And I have another incredible partner to tell you about, [Liquid I.V.](#) Listen, if you are packing a bag to go to the gym, throw in Liquid I.V. If you're packing a bag to go to the pool, throw in Liquid I.V. If you're taking your belt bag on a hike, throw in Liquid I.V. You just tear open the pack, pour it into your water bottle with the water, of course, and you are good to go.

One stick of Liquid I.V. delivers superior hydration to water alone with three times the electrolytes of the leading sports drink plus eight vitamins and nutrients. We're really into the sugar-free flavors over here at AFD Inc. They have white peach, green grape, raspberry melon, and lemon-lime. I have yet to try the raspberry melon flavor, but I really want to. But the other three are truly so good. I like them so much.

Turn your ordinary water into extraordinary hydration with Liquid I.V.. Get 20% off your first order at Liquid IV when you go to [liquidiv.com](http://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](http://liquidiv.com).

**Sponsor:** Y'all, I never knew how much I'd love custom hair care until I tried it and now I cannot go back. [Prose](#) truly has changed my hair game. We all know your hair can sway your mood for the day. And ever since I switched to a custom hair routine with Prose, I've noticed so many benefits, healthier hair being one of them.

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So you get your free consultation, then 50% off, five-zero, at [prose.com/thatsoundsfun](http://prose.com/thatsoundsfun). That's Prose.com/thatsoundsfun.

Now back to our conversation with Real Talk Kim.

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**Annie:** We had a writer friend on and she was talking about the reason you have to tell your story is that you are the only one that has your story. And so she said, when you walk into the bookstore — this blew my mind — when you walk into the bookstore and you find the story that is your story, you can walk out and not have to write it. But if you walk in there and you can't find your story, you need to write it. And I was like, that is a word, that is a word.

**Kim:** That is a great knock you upside your head.

**Annie:** Yes, right. And so sometimes in your eight o'clocks in the morning when I'm getting ready and I get to watch, sometimes I have those moments where I feel like the Lord kind of, through what you're saying, redirects a little bit of my day. So I'm curious if... I mean, do you think a lot of people are using that as their morning quiet time, as their morning get going?

**Kim:** But I'm really encouraging them too, because I know that God brings a lot of... I remember about a year ago, I started praying, God, stop bringing me all these broken people. Like, I'm ready for you to bring me some... let me see them getting healed. Let me see them becoming millionaires and billionaires and generational curse breakers. So I've gotten to experience that now.

So when I'm on that prayer call and all these people that have never heard about Jesus, girl, I probably have 60% of people that have never, ever were not raised in church.

**Annie:** Wild.

**Kim:** Isn't that crazy? They weren't raised in church. I got Cardi B following me. Like, listen!

**Annie:** I heard another pastor mention her and say, we may baptize Cardi B. A pastor up here. And I was like, why is everybody talking about Cardi B getting right with the Lord? Because she's on it.

**Kim:** There's a reason why she's following people. A lot of those people are... I've never even been one to even know who they are. Somebody just told me that she was. I am the type of person that I will get on there and say, now don't let me be your only God. You've got to find God for you. I'm just his mouthpiece. And I'll teach them how to lay hands on themselves. I'm like, you learned that once you come to know Jesus, the same power that raised Jesus from the dead lives on the inside of you. You've got to go find you a church in your city and you've got to serve. You can't go sit on the pew. You've got to go sit. You've got to serve. Because that's the accountability you need to keep going. So I'm encouraging them. Go download that

YouVersion app, that person will read to you. Great for single people because there's a man on there that'll read to you while you pray.

**Annie:** Okay, we gotta talk about being single because you are... are you married?

**Kim:** Nah. Girl, I'm getting married.

**Annie:** Okay, because we had a mutual friend this morning. I texted her and she said, You need to ask her if she's married because there's some scuttle that y'all are married.

**Kim:** Well, you know, we got our marriage license. Everything's private. I'm really trying to keep this one private. I'm like, I don't know if I'm married. It really ain't none of your business.

**Annie:** Yeah, that's right. And once the wedding's out and the pictures are out, we'll all get to see everything. I mean, your wedding dress is, I'm sure. I cannot wait. But in the book, you talk about Ezekiel and the dry bones.

**Kim:** Yeah, yeah, yeah.

**Annie:** And I think about that a lot with... we have a singles community called Single Purpose League that I would love for you to come talk to them. It's like 2,000 single men and women, and we are just talking about what's your purpose while you're single, and what is your single purpose that has nothing to do with your marriage or not married yet. Dry bones come up a lot. There's a lot of discouragement. There's a lot of hopelessness of this area of my life. Dating as a Christian woman feels dry bones. Will you kind of speak to what are you seeing happen for single women? More women than men who are listening to us today. And what encouragement do you have about where we feel like there are dry bones in our dating life? What do we do?

**Kim:** Well, for me, I think we have built this whole idea of what it's supposed to look like. You know, we have these people on social media that are our relationship goals. Man, I was relationship goals in my last relationship. We were not relationship goals.

**Annie:** Wow, wow.

**Kim:** So it's becoming the person that you desire. For me, it was, I put a "Do Not Disturb" up on my heart about two years ago. I was turning 50. And I remember right when I was about to turn 50, I was like, "You know, I'm good."

**Annie:** And you weren't dating or anything?

- Kim:** No. I hadn't dated for four years. I was like, man, I'm good. I got books. I'm traveling all over the world.
- Annie:** On a mission.
- Kim:** Yeah, I'm good. I'm great. And all of a sudden, God started dropping in my heart, like, you're about to be 50. Like, you got all this stuff.
- Annie:** And we're just getting going. I'm 43. I'm like, we're on the front side of this. You got a lot left to do, yeah.
- Kim:** And I'm like, You ain't got nobody to... like nobody coming up behind you in the kitchen, hubba hubba hubba, wrapping their arms around you. Hello, is it me you're looking at? I was like, girl. So I went on a mission then. I was like, God, whatever it is in me that's keeping me single. Because I don't believe that God gives us a desire to be in relationships without creating our other half, our BFF. So if we're walking around not getting it, then why? What's going on inside of us that God's saying, I need you to get it together because I need you to be strong in this area.
- So you know what I did? I went and found me some married friends that had been married 40 years, 39 years, 28 years, went on vacation with them, watched them, they're boss chicks too. Watched them with their husbands and how much they... Everything stopped when their husband's gone. I'm like, y'all been married 40 years. Why y'all talking to each other?
- I started realizing that this great relationship's possible. Like, that's what I want. So I knew how to start praying.
- Annie:** Oh, interesting. Once you saw it, you went, okay, that's the thing I want to build, so I'm going to pray toward that.
- Kim:** I want to be like that. I want to be someone's escaping out their duty.
- Annie:** Yeah. Because I can look at marriages and go, I love my two friends, I don't want that marriage. So it's looking at marriages that are doing... because also I'm gonna look toward what you're doing because of my job and my calling versus there are some people who are like, I'm a NASA scientist, Annie, and Kim's lives aren't what I'm praying for. And so they need to find... Oh, this is a word for me and maybe somebody else.
- Kim:** Maybe.



- Annie:** Find what you're looking for and pray toward that, not just any marriage.
- Kim:** Yes.
- Annie:** Okay, wow.
- Kim:** And you know what? You want somebody that's healthy, start going to the gym. You want somebody that's a book nerd like you, start going to the bookstore. Start putting... they are not gonna break in your house to find you.
- Annie:** I mean, I think no one said this to us in the early 2000s, and now everybody's going. If you don't want the mailman or the pizza guy, get out of your house.
- Kim:** I think for me I was ready. I was like, man, I'm ready for this. I never dreamed in a million years, you know, I got me a good chocolate brother. I ain't never dated a chocolate brother in my life. So I think I was ready. I opened my heart and just was like, God, I don't want a preacher. I knew I did not want a preacher. I knew I did not want... because in this world, when you're a woman pastor, a woman preacher, I have not found too many people that are married to pastors that are very good at sharing. I'm sorry, I'm seeing a breakup left and right.
- Annie:** I know one. Soul City Church.
- Kim:** I have seen it, but for me, I don't know. Getting married at 51. I mean, they've been married a long time.
- Annie:** Yeah, that's right. They built a thing together. You and I have a different thing because I've followed what I feel like God asked me to do. We have a... we call it a funpire. We have a funpire and someone has to come... I mean, one of the guys I dated last year after our third date was like, It's too much pressure. The public life. It is a lot of pressure. And he was like, I think you're wonderful. I'm going to go. And I was like, go with God. I bless you, because thank you for knowing at three dates, not three years.
- Kim:** Thank you, God.
- Annie:** Right.
- Kim:** It is a lot of pressure.
- Annie:** It's a different thing. So you're right. I'm not looking for another preacher either.
- Kim:** No.

**Annie:** I mean, your man does some preaching on the internet and in the podcast.

**Kim:** No. It is the funniest thing watching him, because listen, when we met him, I met him at a restaurant.

**Annie:** Through mutual friends?

**Kim:** No,. He was just eating at a restaurant.

**Annie:** Bless God. You just walked up.

**Kim:** Girl!

**Annie:** Who walked up to who?

**Kim:** So I'm eating at a restaurant with my brother and my sister-in-law, and I just said, That man's fine. And he walks by and says, "Man, those are great wings, I just had some."

**Annie:** Well done! That's a good line! That's a good line!

**Kim:** And then that was it. And three months later, I was at the same restaurant again, and lo and behold, this man did not come sit by me at the fireplace.

**Annie:** What did you pray in the middle?

**Kim:** Oh, I was just...

**Annie:** Were you praying about him?

**Kim:** Listen, yes. He made me open up. Like, I would have never... Because I was just always in my race, you know, raised in church, and he needs to be a church man. I started talking to my mom. I was like, "Mom, what if he's not in ministry? What if he's not spitting scriptures? And she's like, I think that's what you need. I think you need somebody that's just a good man. Somebody that's got a good heart, a man that's got good integrity and character, that loves you. You are his assignment. I was like, all right.

And I thought about him, but it was not like... I mean, it was almost like foreign, because it was just I'll never see him again. But girl, when I tell you, he started opening my eyes to the possibility of somebody like this man. And he come up and

sat by me at the fireplace and my face went like... he still tells me. Girl, I was just like a little dork.

**Annie:** I cannot imagine, Kim, after seeing him, mentioned in the wings, three months of prayer and directiveness, and then he sits down again. I would have just been like, okay.

**Kim:** I think God needed me to open my heart to him.

**Annie:** To a different race, to a different job possibility, to a different call... yeah. Because there are women listening who are super called to marry a pastor. And so they are looking.

**Kim:** You gotta pray for it.

**Annie:** That's it. Yeah, you've got the grace for what you're called to and the partner you're called to.

**Kim:** Girl, when I tell you, Annie, this man, like, I'm a free spirit. So I'll be like, oh yeah, let's go over there. Let's sit. And he'll be like, "You can't go there". And I'm like, "Why? Why can't I go there?" He was like, "You're a pastor. You can't go there. We do not need to let your good..." I was like, "This dude's more righteous than any preacher I ever dated for starters."

**Annie:** Right, listen.

**Kim:** That night he said, "What do you do?" And I said, "I'm a motivational speaker."

**Annie:** Yeah, I bet you did. I bet you did.

**Kim:** I didn't want him to run because I was a pastor.

**Annie:** Yeah, it ain't too early.

**Kim:** Too early.

**Annie:** I get it. I get it, yeah.

**Kim:** And I told him before we left, I said, "Make sure you put my phone number in your phone." See, he didn't even do that because he's more calm. He's like-

**Annie:** He's like, "I run into her every three months. We're good."

- Kim:** He's not a player. I was like, "Put my phone number in your phone, and let's be best friends." So sometimes ladies, it's okay to make the move and say, "Put my phone... letting him know that, you know-
- Annie:** A dating coach I love says, drop a hanky.
- Kim:** Drop a hanky. And I believe this is a problem with a lot of women is we don't drop hankies.
- Annie:** No, we're just waiting. "Oh, he's cute. I'm never gonna..." Yeah, that's right.
- Kim:** Drop a hanky.
- Annie:** That's right.
- Kim:** And even if it's just BFFs, we're both single, let's go watch a movie together. Let's go. Drop a hanky. And we have been... This man has been the greatest gift of my life.
- Annie:** And that was a year ago? Two years ago?
- Kim:** A year and a half.
- Annie:** Okay. I mean, three months in the same restaurant. That's when you're like, Lord... I'll tell you.
- Kim:** But then I went back.
- Annie:** Did you go back thinking he'd be there or did you just want to eat there again?
- Kim:** I just thought-
- Annie:** The wings were that good.
- Kim:** I thought, man, they got some fine men up in here, so I'm hoping.
- Annie:** That's part of it. Yeah, that's part of it. The other thing I'm paying attention to right now in my dating life and singleness is when there's someone I've seen, but I'd never seen. And it happened last week where I was like, I mean, I've known this guy for eight years, but suddenly I see you. So then I did the asking... so now I'm doing my research to be like, yeah, yeah, I know we've known each other, but I haven't ever seen him.

- Kim:** And there's a reason why you've seen him.
- Annie:** That's right. So that's what I'm saying to the Lord right now-
- Kim:** There's absolutely a reason why you've seen him.
- Annie:** "I don't know why you wanted me to see him like this, but I see him all of a sudden, and now I care."
- Kim:** How beautiful that you're recognizing that.
- Annie:** Well, the joy of being single till you're 43. I mean, the Lord has taught me how to do all this.
- Kim:** I believe timing, too. God's like, y'all just weren't ready for each other, but now you are.
- Annie:** Yeah, that's right. I think one of the discouraging things women can feel, I wonder if you felt this, too, is like, "Hey, I am going to the gym. I am by myself. I'm doing whatever." So I thought Annie and Kim said, once I was doing what I was supposed to do, he'd come along. And it's one of those where it's kind of like you can only control your side of the street. So how do you trust God's time in that three months? Three months feels like a real long time when you're a month and a half.
- Kim:** You need to get out of your house and go to places you haven't been. My mother is 74 years... 76. I cannot believe that.
- Annie:** She's lovely.
- Kim:** I love you showing her on Sundays after y'all eat lunch together after church. That little lady just picked up her life, moved downtown with me. She is the mayor of the building. She is living her best life. I think we die. I think we give up on God, not realizing that if that desire is in us, He's still going to make it happen. And then we serve a God that puts all the time we got left in the mountaintop. Look, He will shove all the greatness, all the beauty, all the purpose. He will literally, ta-da! That's the kind of God He is.
- So I think it's if we are feeling that heaviness and I just want to give up, it's because you ain't got no purpose. You are waiting. You are sitting in your house thinking, there ain't no good men out here. There is a lot of good men still do that.
- Annie:** And listen, I need all of us to quit saying that.

- Kim:** Yes, because you're prophesying it.
- Annie:** Because you are speaking that over the men. That's not helping anybody.
- Kim:** And you're going to be single.
- Annie:** And yeah, you're not putting yourself in a place. I'd love the language to shift amongst our friends who are single into "I haven't met the right man yet". People ask me all the time why I say I'm not married yet, because I'm like, "Well, I'm also not 44 yet, but I'm really hoping to get there."
- Kim:** In six months you're going to meet him.
- Annie:** Oh, okay.
- Kim:** I believe God's moving fast, Annie.
- Annie:** Yeah, that's what I'm singing to.
- Kim:** I'm talking. You won't be dating forever. I think God is bringing those out, especially for somebody like you.
- Annie:** Well, you're kind. Thank you.
- Kim:** You know, we gotta change what we're saying. Words of life.
- Annie:** Your words are bringing life or death every time.
- Kim:** Some of y'all need to break some contracts.
- Annie:** Some word contracts.
- Kim:** How do we do it? You know what? I said forever when my ex walked out of that house and I slid down the door like a dramatic scene in a movie.
- Annie:** Sure.
- Kim:** I remember that moment.
- Annie:** That time when he packed the big suitcase?
- Kim:** Yes! I was like, Man, God, I'm getting up. You can get up in three days. I'm getting up in three days. In that moment, I started talking over myself. I stopped it. I said

forever. I'll never get married. I'll never trust a man. I laid on that floor and said, "God, I break every word contract I've ever made over myself. I said I didn't want no man, but I do. I want a man that's gonna be solid. My protector. Somebody that loves you more than they love me. Somebody that's gentle. Somebody that don't want nothing from me. Somebody that's just a boss in my life.

**Kim:** Man, I did, girl. That's how you break it. You gotta go through and say, God, I break that word curse I said when I said I would never get married. Because sometimes we say it when we're walking through a heartbreak.

**Annie:** That's the only time I say it, right? The only time I build up those walls is when I'm sad.

**Kim:** Go break it.

**Annie:** So you gotta go back and go, Oh, I'm sad. And often, correct me if I'm wrong on this, Pastor, but often I will, when I am in a stuck moment like this, which is why I love your book, when I'm in a stuck moment like this, I say, Lord, I want to break everything I've said.

**Kim:** Yes, me too.

**Annie:** But I need you to remind me what I've said. Because sometimes I don't remember. And then the Lord will... I'll start watching a movie in my head, and I'll be like, Oh my gosh, I did say, I will never trust a guy as much as I trust myself. And then the Lord goes, remember when you said that? Break it, because you can trust men.

Even the man... would you rather be in the woods with a man or a bear? I'm like, and then everybody's doing it on TikTok, and I'm like, "I hear you, it's funny. We need to watch what we say."

**Kim:** Girl! Because people think it's just a joke and it's funny, but the enemy is coming to steal.

**Annie:** There wasn't a third option in scripture of life, death, or jokes.

**Kim:** No!

**Annie:** It was your words have the power of life or death.

**Kim:** And the keyboard, and the man's that you shape.

**Annie:** Yes, yes. So I'm excited for people to hear this from you because I do feel... I mean I'm sitting here with you... Any time you're with somebody, the energy is like, Oh, we're vibing. But I think so many of our people listening need... so many of our friends need a summer of encouragement. And need to feel like, okay, it's brighter, it's lighter, I can get outside, I can go to things.

You and I trying to have this conversation in February is gonna be different. But in June, tell them, just tell them to go.

**Kim:** You know, for me, it was I had to... because you know I had a Mohawk for 25 years.

**Annie:** That's how I knew you. When you switched to this, I was like, that's still Kim?

**Kim:** Look, that year in '23, when I started that journey, I heard the Lord say, you're walking into your soft girl era. Now, Angelo would never have looked at me if I'd been sitting there with a mohawk and loud and obnoxious. I started working on me. So here's a key for all you single women out there. You got to start telling God to show you areas inside of you that you need to change for your spouse. Like, take care of you. Go walk on the trail. Walk outside and start getting your... because if you don't have confidence, how can a man that's supposed to lead you lead you because he's looking at you like, Oh this. The married women out there, start taking care of yourself. Look in that mirror, go get your hair done. Go start leveling up.

When this book started coming out, when I wrote this book, I went about two months later is when I started this journey. And I was like, Man, this is going to be really weird because I got a mohawk on my new book and now I've got this long hair. My hair started growing. I started learning about extensions, all the girly things. And I thought, how cool is that? You've got to get up. Like, I show you what in one year you can do for yourself without surgery.

**Annie:** Your strength hasn't changed. Your softness has changed. I think a lot of women need to hear that because when you get into your 30s and 40s and above, an independence and strength can get toxic. You talk about this in the book about codependent versus interdependent. And so what you see, there was nothing wrong with it. She was doing the work that God called her to.

**Kim:** Fabulous. But she could not submit.

**Annie:** I mean, there is a softness we need to re-invite very many of us. I'll tell the story real quick. I think you'll love it. I was at the airport. I was working with a dating coach, Jackie Dorman. Amazing woman. You would love her. So spirit-led. And



she was saying, you've got to let men help you. And so she said, "I need you to practice letting men help you."

So I'm reading someone's manuscript, they send it to me as pieces of paper. I set it on the chair next to me at the airport, and it slides down. You know the chairs? I was at Atlanta. You know those chairs? Makes a mess. I start to clean it up and this man who's 50 says, can I get that for you? And in my mind, I'm like, I can pick up paper. And I said, yes, that'd be great. Thank you. So I stand there. He picks up all the papers. He is so proud. He sits back down and he pulls his jacket up to show me he is a fireman. He said, it's what we do.

**Kim:** I love that.

**Annie:** And I was like, "My moment of softening and allowing help in something I can do, but allowing help... It was a science experiment. So I kind of went like, I feel dumb. I feel like what he sees is I'm not able, I am able. What it rose up in him was, I rescue people from fires because you picked up paper. And that has been such a profound experience of God inviting me to soften and not take care of myself all the time. And so that has changed me. I'm softer.

**Kim:** Man, that makes me tear up because it's so hard for us women that are in our 40s. Because we've had to do it for so long.

**Annie:** Yeah, that's right. That's the feedback of like, who else is going to do it? And then you really become almost like, I don't want to put them out. I don't want to put nobody out. So in essence, you're like, I don't want to put anybody out so I can do it. I can do it. And then we're tired and complaining about having to do it all.

This is a season, man. God will bring you somebody in your life that is a leader. I have found an alpha female will submit to a good man that knows where he's going.

**Annie:** And I submit so much faster to a quiet guy than a loud guy, do you? A loud guy, we're just bossing each other. A quiet guy who just says, "Annie," and I go, "Yes, sir."

**Kim:** I don't think a loud one would date either one of us.

[00:46:18] <music>

**Sponsor:** Hey friends, just interrupting this conversation one more time to tell you about one of our incredible partners, [Wayfair](#). So I'm in New York, like right now as we're recording this, my apartment here is like 95% furnished by Wayfair. The desk that's

holding my computer and my microphone, the chair that is holding me, the rug that is under the chair, all Wayfair. No joke.

I love how easy it is to shop their website or app. They even will help you set up furniture. It's a gift. I have this chair and a half that I love, and they just brought it in and set the whole thing up for me. I did nothing but ask them if they wanted a cup of water. It was the best. I got my couch, a bunch of rugs, and a mirror from them, too. I truly love it all.

Wayfair is the go-to destination for everything home, no matter your style or budget. There's a Wayborhood in every zip code brought to life by everyone who makes their home truly their own with Wayfair. A huge selection of home goods ranging from appliances and area rugs to beds and wall art, everything you need for your living room, outdoor area, bedroom, and more, Wayfair makes it easy with fast and free shipping even on the big stuff.

Every style is welcome in the Wayborhood. Just visit [Wayfair.com](https://www.wayfair.com) or get the Wayfair mobile app. That's what I used last night. That's wayfair.com, Wayfair. Every style, every home.

And we will link to our "like to know" page because I also shared some of my very favorite things I bought at Wayfair there. So we'll link to that in the show notes below. You know all your favorite links are just down here below for you. Or we'll email them to you on Fridays in the AFD Week in Review.

And now back to finish up our conversation with Real Talk Kim.

**[00:48:00] <music>**

**Annie:** What is submission? I mean, you know, women push back on this sometimes. Especially as a spiritual leader, you lead a church, I lead a ministry of sorts, and I'm on the teaching team at my church in Nashville. So talk to us a little bit, talk to the women listening about what does submission look like when you are a public, or when you're the teacher in the classroom, or you're the president of the PTA board, or you're the surgeon and your husband works on cars because he loves it. So what does submission look like?

**Kim:** You know, for me, it was with Angelo, it's been this quiet peace, this trust. I watched everything in his life. Credit score was important to me. And he just happened to have it out one day because he watches everything.

**Annie:** By the way, I've listened to his financial advice on the pod.

**Kim:** This man is clean. And so for me it is, I trust him so much. I watch the way he handles the janitor. I watch the way he handles the flight attendants. I watch the way he handles people in our church and people that ain't gonna give us nothing. He is more gracious and godly.

So when it comes to me, I trust him so much because all the men in my life have always thrown stuff in my face. Like, you know, when we would get into heated battle, they'd be like, Oh yeah, you preached that on Sunday, and now look at you.

**Annie:** This is who you are.

**Kim:** Yeah, you know? That's why I was never gonna get in a relationship with somebody loud. But this one never has done that. He's always just pulled out the... and he's so soft, but strong. So for me, submission looks like it's easy to submit when it's the right one. There is no pull. I'm telling you without a shout of a doubt, I've had the wrong ones in my life. When the right one comes in your life, they feel like Jesus. And submission, I promise you, is not forced.

There's a joy that has come over me in the last year and a half. Just this peace, this solitude, this confidence. I know I'm making the right decisions, because this man will tell me... when this book was coming out, I said, "Baby, what if the numbers aren't where they're supposed to be?" Because this is my first real big publisher. And he said, "Baby, if this book helps two people that were about to commit suicide, you've done your job. Now somebody else would have been like, Let's do this, let's do that. That gave me so much peace to rest in God. So submission is 100% easy when you're with the right one.

And if you're in a relationship with somebody and y'all are at wit's end and you're fighting like this, maybe go on a 30-day I can do anything. This is a challenge for all of you women out there.

**Annie:** Or maybe 90. We can do your *Unstuck*.

**Kim:** *Unstuck* my 90. I got a whole journal. In that time, stop praying for him, stop praying for everybody else, and start praying for yourself. Take some communion. Lay hands on yourself and say, "Father, I don't want to lose my marriage, because y'all, it's hard out in these streets. I know that one pack used to be a six-pack. It's a one-pack now." And you're like, let him go. I can't stand him. It's hard out in these streets.

When this person is good and you're over here comparing them to other people on social media, take 90 days. We said 90 because of this *Unstuck* journal. But every day, get your journal out and begin to say, God, show me areas in me that I need to

change. Because resentment sets in us women, anger sets in us women, comparison sets up in us women and we start feeling like we behind time. And we just got to start, "I can do it. I can do it." And say, Lord, help me know how to love him the way I need to love him. That could mean-

**Annie:** So take a minute and just change you. Take 30 days, 90 days, and just change you. What do you need to do in me, God? I'm going to stop praying for you to change other people. I need you to do that.

**Kim:** Yes, Annie. It could be you asking Him to put the sheets on the bed, and he didn't do it right, and you go, "Take them off." That stuff matters to a man. Maybe it's you huffing and puffing every time you're... God, talk to me. That ain't right. You know that ain't right. And begin to tell God, God, if my mouth is busy, if I come across hard, if I come across too strong, and it's scaring these people off, show me me so I can fix it. Because I want to be gentle.

When I get home, I'm not Real Tall Kim. I am that man's... look, I am his fiancée, wife. I am going to be his greatest trophy. I want to represent God and him and my church. And so submission is easy when you get yourself right and you ain't trying to prove nothing.

**Annie:** Let's finish by talking to the women who are not built like you and me. They're not the loud ones, they are the quiet ones, and they're going, "I don't wanna meet anybody new. I'm scared to, I'm nervous, I'm shy, I'm quiet, I'm introverted. Going to an event and walking up to, because we gave our Single Purpose League friends a challenge, one event, one person in June and July. Go to one new event and walk up and meet one new person. But for some people that is-

**Kim:** Torture! That would have been torture for me, probably.

**Annie:** Talk to the women who are more introverted than extroverted, and the men listening. Talk to the people that feel stuck in their job, in their city, in their relationship status, but they're more introverted.

**Kim:** You know what? I believe prayer works so big. I used to pray for myself. Before I met Angelo, I was like, God, let the person that needs to see me today see me. I wasn't necessarily talking about a man, but just any assignment that you have for me, make sure that I'm not over somewhere in the book department when I need to be at the cashier because my baby is right there in the broccoli aisle and will see me.

And I would pray like, God, let me be seen in the places I need to be seen, and don't let my flesh get in the way. So for that person that is an introvert, you gotta celebrate who God created you to be.

**Annie:** That's right. You don't have to be extroverted to meet somebody.

**Kim:** And you just gotta put yourself out there. Realize that a lot of times you ain't gonna see them again anyway.

**Annie:** Right.

**Kim:** The worst case scenario is you say, we're both single, why don't we like go catch a movie sometime? God created us for relationship. God created us to lay in bed with somebody and play and talk about the movie and go eat together. God created us to desire a relationship for a man to protect a woman. I know there's some women who say, I'll never want a man. Well, you need to stop saying that because you're going to need somebody to help you take your medicine when you get old.

**Annie:** Yeah, yeah, that's exactly right.

**Kim:** I think it is get into that place where you pray of yourself a lot and you just say, God, I don't want to be single. Stop being hard. I think sometimes we lie to ourselves.

**Annie:** Extroverted, introverted, loud, quiet, you can be hard. You can be hard in what you're standing in.

**Kim:** Even extroverted because we're told we're too much. Ain't no man gonna ever be okay. That is a lie. I have one and he is so fits perfect in my life. He never tells me I'm too much. He just lets me be. So if you have that desire, you got to stop saying words like, I don't want a man. I'm never going to find anybody. Everybody I've ever been with is terrible. Rejection was not necessarily someone wanting out of your life but it was somebody God needed out of your future. Because the person God brings in your life is going to literally make you glow all the way up.

**Annie:** We see it all the time.

**Kim:** Yes, me!

**Annie:** I have another friend that when she got married, we were all like, you're still you, but you're a you that is leveled up.

**Kim:** Oh, because one will put a thousand to fight, two will put ten. So for all of you out there that feel like you've been forgotten or you're hidden, I dare you to take that. I'm going to say 30 because 30 is easy.

**Annie:** Come on, let's do it. 30 is doable. 30 days, pray over yourself, push that plate back some, and say, God, I think I've lost me in this rat race of life. I think I've lost me. I think I've tried to become who I'm not. I'm trying to be like that person on social media as an influencer. Let me find my sound and let me find me so that you can bring exponentially somebody in my life. And start prophesying. God, I prophesy by June I'm going to find my person. I prophesy by June that no weapon formed against me shall prosper, that I'm going to find my man, I'm going to find my woman, we're going to live happily ever after by December. Start prophesying. I don't think we prophesy about relationships.

**Annie:** No, we don't enough, that's for sure. Well, when you prophesy over someone else, they always taught us, no mates, dates, or babies. Well, that's ridiculous. But I'm like, here we go. OK, we're going to...

**Kim:** I know. Why? Why can't you? But you've got to prophesy over yourself.

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

**Kim:** Because you are, your voice speaks to your dream.

**Annie:** I mean, that Psalm 103, the one that says, rejoice in the Lord, O my soul. Like, I go back to that one a lot of like, Hey, I'm talking to you, soul, because there is a part of me that needs to hear me. My soul needs to hear my spirit saying, we're gonna be all right. Rejoice, rejoice in the Lord.

**Kim:** So for 30 days, get your journal out. I believe in journals, Annie.

**Annie:** I cannot wait for people to get the book. Thank you for doing this.

**Kim:** And get excited about that. I just really felt that drop in my spirit.

**Annie:** I will.

**Kim:** Like, get really excited about this. Like, stop being so... I could see you walking and it's just your mission, your mission. Make sure you look around. Make sure you slow down a little bit. Make sure you make yourself a little bit uncomfortable. And look, because you never know, because it's coming. You run machines. When you run machines, sometimes we don't stop. We're so busy helping everybody else. But this one is coming in your life, baby. Baby. I'm talking belly laughs.

**Annie:** Oh, come on. That's it. That's it.

**Kim:** Yes, it's coming. So get your journal out. Y'all got 30 days.

**Annie:** We all got 30 days. I'm going to push our Single Purpose League to pray this way, too. There's something...

**Kim:** Prophecy.

**Annie:** The Lord's doing something because that's the conversation we're having this week with Single Purpose League, too. Single Purpose League.

**Kim:** I believe husbands and wives are coming. And I believe it's gonna blow your mind. They're gonna be better than anything you could have even prayed for. Ephesians 3:20 says that God... look, you're gonna do exceedingly abundantly more than you could ever ask or think. That means it's better.

**Annie:** Can we finish like this?

**Kim:** Yeah, I would love to.

**Annie:** Will you just pray? Will you pray for marriages to heal? Would you pray for wives to become who they want to be, that they will get the growth, and that the people who are wanting to get married, that God will just get him rolling on this.

**Kim:** Yes. Lord, I just thank you for Annie. I just, oh, I just pray over her spouse that's coming into her life that's gonna just, man, blow her ever-loving mind. Lord, that the joy that's gonna come, the peace that's gonna... it's gonna even be a testimony to so many singles in this world in their 40s watching how quickly, how healthy, how joyful. It's gonna be a testimony of God's grace when you say, okay, I'm ready. I'm ready, I'm ready to look around and see the goodness of the Father all around me. And if my eyes fall on that one, then it happens.

Lord, I pray for every woman, every man, every woman walking through a divorce right now, every man walking through a divorce right now that literally feels like they have walked through World War III. Like, how could I ever heal from the devastation of this wreckage that has happened in my life where I had kids with this person? I did a life with this person and this person was living a whole other life that I didn't know about. Now I feel like I can't trust anybody.

I break that stronghold of the enemy that would try to get us to believe that our discernment is off and that we should just hide because we can't handle that pain of

what we just endured. I bond that spirit. Lord, you're the kind of God that gives us spiritual amnesia. Lord, you never end in the deficit. Lord, you always do better. You always do top-of-the-line recovery and redemption.

And so, Lord, I thank you that this is a season of redemption, that this is a season of quick. I just prophesied the Amos 9:13 right out of that thug version that says it won't be long now. God's decrees that things are about to happen so fast. Our heads are about to spin blessing upon blessing. We won't be able to keep up.

God, I thank you for those blessings that's coming into every single person's life that is watching this. That God, just like you did for me in 11 years, you can do it for my friends. You can go from working paycheck to paycheck to writing bestsellers and doing syndicated podcasts and man-owning companies and being the first millionaire. This is what you're bringing us into, God.

You're showing us that wreckage is a place where you work the best. Beautifully broken is where you do the best work. So Lord, I thank you that in this season, the blinders are coming off. And Lord, you are bringing husbands and wives together. Lord, that you're bringing marriages back into reconciliation better than they've ever been. Even the ones that are facing adultery, God, that you are allowing that adultery to be turned around and to cause the greatest relationship ever because now communication is killing all assumption because when we come out and we're thankful, we come out better.

And so Lord, I just thank you for this season. I feel excited for the singles, for the widows, for the divorced people that have been labeled divorcee, when that wasn't nothing, that was just practice. Better is coming. And I pray strength and peace in the name of Jesus.

In this season, we're gonna see great bestsellers written. Everybody's got a story, but ours is gonna be a bestseller. Lord, we know that the pain may not be our fault, but the healing is our responsibility. So we will not bleed on people that didn't cut us, but we will keep getting up one more time until the day of your blessing falling on us and just great exploits. In Jesus' name, amen. Amen and amen. Amen.

**Annie:** That's how we do it right here.

**Kim:** Yes.

**Annie:** Okay.

**[01:01:55] <music>**



**Outro:** Okay, you guys, that was a wild ride, wasn't it? I mean, just saying some prophetic words over us, praying for us. I mean, Real Talk Kim did not play today. We are believing for all of us a big rest of the year ahead. What might God have in store for us? But she has taught us how to pray, right? Like praying for yourself, praying over your own life, and seeing what God might have, the changes for us.

I'm really excited about what she taught us today and what that may mean for our lives going forward, for your life, and my life as we really look to get as healthy as possible emotionally, spiritually, physically, in every way for whatever God has for us next.

So make sure you go pre-order your copy of *Unstuck* and make sure you're following Real Talk Kim on social media. Tell her thanks for being on the show. And remember, every morning she does a little prayer time that you can just put on while you're getting ready or if you're sitting there. It is such a gift.

If you like this episode, I think you're also going to really love Episode 471 with Kim Gravel. Y'all know I love her. She has got a word for us. Or Episode 862 with Tim Ross.

If you have any questions from this episode, just drop them in the Q&A box on your Spotify app, if that's where you listen, that's where I listen, or send them to us on Instagram @ThatSoundsFunPodcast. We'll try to answer them there.

If you need anything else from me, well, you know I'm on my summer Sabbath. If you want to hear more about that, make sure you've listened to the AFD in NYC Episode 8. They released on Saturday. We linked to it in the show notes as well. But you can keep up with the show on Instagram @thatoundsfunpodcast. We've got some really fun stuff for you there. and let us know what you think after you hear this episode.

If you ever have any questions for us, you can also always email us at [tellmemoreatannieupdowns.com](mailto:tellmemoreatannieupdowns.com), and my team will get right back to you.

And 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 is kicking off my summer Sabbath with doing a lot of nothing. Y'all know I got no plans, so I have no idea what I'm doing today, but... I hope you're having a great day too.

Y'all have a great week. We'll see you back here on Thursday for our special Father's Day episode with one of my favorite dads, Willie Robertson. We'll see y'all on Thursday.