

[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 BetterHelp. Listen, life can be busy for all of us. I get it. Our That Sounds Fun 10th anniversary event is this weekend, so my schedule has been packed full for like two weeks. These are the seasons when I want to move things off my calendar to fit everything in, but priorities like counseling are always a yes for me. In fact, I'm a way better Annie in the busy seasons when my healthy rhythms like counseling are still a priority.

If you've been considering therapy or it's just time to go back, give BetterHelp a try. It's entirely online, super convenient, and flexible to your schedule. Plus, getting started is so easy. You just fill out a quick questionnaire, we love a quiz, and you'll be matched with a licensed therapist. Plus, you can switch therapists anytime at no extra charge, so they can make sure that you find the exact right match for you.

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Intro: Today on the show, y'all are in for another fun one. My new friend, Babbie Mason is here. and y'all, we walked in the recording studio wearing the exact same outfit. That is where the comparison ends. That's where the twinning ends, because she is a two-time Dove Award winner, a Grammy-nominated recording artist and songwriter, and she's also the television host of Babbie's House.

Her latest book, *Each One Reach One*, just came out this week. It is like this personal evangelism tool to help all of us figure out how to share Jesus with people. You are going to love learning from this legend. So here is my conversation — I can't even believe I get to say this — with my friend, Babbie Mason.

[00:02:00] <music>

Annie: Ms. Babbie Mason, welcome to That Sounds Fun.

Babbie: Thank you. I'm happy to be here.

Annie: I know. I have not clearly said this since you sat down, but this is beyond what I could have imagined. I started a podcast a decade ago having no idea that I'd ever get to sit across from you. So thank you for making time.

Babbie: That's very kind of you. Glad to be here.

Annie: What a huge honor! Everyone I've told today, I've been like, "I'm interviewing Babbie Mason," and they've been like, "Really?" It's almost like, did they know what you've signed up for? Do you understand what you've agreed to?

Babbie: I'm the one. I'm just living the dream, man. Living the dream.

Annie: And we're having the exact same outfit on.

Babbie: We got the memo, girl.

Annie: Anybody who's watching on YouTube, we both went with the black and jeans today. And I changed outfits three times this morning. So the Lord.

Babbie: It was the Lord.

Annie: He must have just been telling us something.

Babbie: That was it.

Annie: So it's our 10th year of That Sounds Fun. So we've been starting the show by asking, tell me what sounds fun to you. What does Babbie Mason do for fun?

Babbie: Oh, wow. Okay. Well, I love to antique. Oh my gosh. I have a routine. I'll circle the field and just kind of eyeball and then I'll go in and forage.

Annie: So you do like a lap?

Babbie: I do a lap and then I forage and just find the goodies. I love old hymnals. I was in an antique store one day and I did my lap and I kind of went in and didn't see anything, but on the way out of the door I saw this beautiful leather-bound book with some gold kind of sort of writing on the cover of it and I picked it up and the title was it was called The Psalmist. And I said, "Oh, that sounds interesting." This was in 1999 when somebody said, "Take something from the prior century into the new century." Remember that?

Annie: Yeah.

Babbie: And I picked it up and it was a hymnal. There was no notation, just lyrics of old hymn writers from the 1700 and 1800s. Like, you know, Martin Luther and all these wonderful rich hint lyrics. So they're all long before we started copywriting music. And the lyrics are like reading just the most beautiful gorgeous lyrics,

beautiful theology. And I just stood there in that antique store and just wept that I had found this gold mine. And it's beautiful. So I love to antique.

Probably another thing that I love to do is fishing.

Annie: Really?

Babbie: Uh-huh.

Annie: Where in Atlanta are y'all fishing?

Babbie: Anywhere. Anywhere there's water. Give me a creek, a stream, a river, an ocean, a bank.

Annie: Babbie Mason loves to fish.

Babbie: Girl, please. Give me a nice juicy nightcrawler, which is a worm for y'all that don't know what a nightcrawler is, and thread him on a hook, cast him out there, and hear that nightcrawler go koo.

Annie: The plop.

Babbie: Uh-huh. The plop in the water. See that bobber just sitting there waiting for him to come along, and boy you reel him in. Now, I grew up in a family where we had five kids. So we didn't believe in catch and release. What we caught we took home. We fried them up with the order with a side of fries, you know. But my biggest catch is a 37-pound king salmon in Ketchikan, Alaska and I fought him for 30 minutes. I was sore for three days reeling him in.

Annie: Oh, I'm sure.

Babbie: But it was the biggest catch and the best fun.

Annie: What's the "why" behind it? Like going to a creek on a Saturday, what does it make you feel?

Babbie: Well, I grew up fishing with my family. My mom and dad fished all the time. So we grew up in a family that loves to fish.

Annie: Did you grow up in Georgia?

Babbie: No, I grew up in Michigan.

Annie: Oh, yeah, Michigan.

Babbie: In the land of great lakes. So that's why we love water, any kind of water. But there's something about fishing where your mind is totally at rest. It's kind of like what you're doing in a boat, you're just kind of floating. Your mind is at rest and you're enjoying the outdoors, you're enjoying the sounds of nature, but you're also enjoying the thrill of catching that fish and just imagining what's happening underwater. But it also coordinates with a songwriter because the chorus of a song is called The Hook.

Annie: Oh, right.

Babbie: So there's a wonderful correlation between fishing and songwriting. And it's just a great way to rest and relax and be inspired in the moment, but also sport, you know, waiting for the big one to come along.

Annie: We grew up with a pond on our property. I mean, when my dad would put our life jackets on and put us in the little rickety metal boat after dinner for 20 minutes.

Babbie: Absolutely.

Annie: Just the best memories.

Babbie: The best. Yeah, the memories of being with mom and dad and my sister and the stories, all the mosquito bites from crawling in, and fishing with my sister. And she caught a big bass. We still remember those days. Renting the cottage on Lake uh Erie or Ontario up in Canada where we would go fishing every summer. So it's just a wonderful, wonderful memories.

Annie: The place where I grew up... the Cobb County bought it as a park. And so the little pond in my parents' house... and they've torn down my grandparents' house. My grandparents were across the driveway. So now people go fish there all the time. So on the Cobb County Parks Instagram, they keep showing kids fishing-

Babbie: So cool.

Annie: ...and it brings tears to all of our eyes to be like, there's so many feelings involved. And one of them is so cool to get to see all these kids doing what we did growing up-

Babbie: Absolutely.

Annie: ...at the same little pond over in East Cobb. So it is really sweet to see.

Babbie: Well, we got to tell folks that we have East Cobb County in common.

Annie: Yes, big time.

Babbie: Because when we moved from Michigan and we bought our first house in East Cobb, and I taught at East Cobb Middle School, my kids went to Wheeler High School-

Annie: Yes, which is the high school right next to the high school I went to.

Babbie: Exactly.

Annie: My sisters went to East Side as a private school. My grandmother lived right when you drive by Wheeler when you're going back toward Johnson Ferry, Roswell Road, that way.

Babbie: Lower Roswell.

Annie: Lower Roswell. My grandmother's house is right there.

Babbie: Or Powers Ferry.

Annie: Yeah, that's right there. I mean, that was my whole growing up. East Cobb, United Methodist Church, that campground. Have you been to that campground a bunch of times?

Babbie: I have certainly been. I've sung there.

Annie: I'm sure you've sung there.

Babbie: Of course.

Annie: The witch's bump on my nose is I got hit by a softball at that campground 30 years ago now or something. I mean, I was in high school.

Babbie: That's my neck of the woods. Of course, we don't live there now, but every time I go back to Cobb County, I just cry because I just love Cobb County so much.

Annie: It's so special.

Babbie: Yes.

Annie: Do you miss living in Michigan?

Babbie: Yeah. I call myself the one that got away because my family they're all back in Michigan. You know, my immediate family. My kids and my husband and me, we live in Georgia. And I love Georgia. Georgia has been very very good to me. And it was God's plan. I really do believe it was part of God's plan that I would marry my husband who I met in Michigan, and I caught that midnight train to Georgia and never looked back, girl.

But listen, I know the way to get to Michigan. It's a 12-hour drive or a 90-minute flight and I'm home. I was just there because I have a lot of connections in my school. I graduated from Spring Arbor University and I'm an adjunct professor there.

Annie: Oh, wow.

Babbie: They also have a Babbie Mason Minority Music Scholarship that takes me there.

Annie: Amazing.

Babbie: I'm also a trustee on the board of directors for my college So I'm in and out of town for various things. My touring takes me there sometimes. So I can get home and to see my family. Both my parents are deceased, but all of my siblings are still living, and I get a chance to see them as often as I can. My niece just graduated from high school, so yeah, let's go home to Michigan and celebrate my niece's graduation.

Annie: Tell me about having a scholarship in your name. What does that feel like to know that you're making that possible?

Babbie: It feels like I'm building a legacy. Because I had a very just a come to Jesus moment at the school. My dad went to Spring Arbor. Spring Arbor is over 150 years old. It's a free Methodist University. And my dad went there. My father was a Baptist pastor. But he went to school there in the 50s where oftentimes black people were not allowed to go to some schools. But Spring Arbor, back then it was Spring Arbor College, was open to black pastors.

Annie: Integrated.

Babbie: Yeah, absolutely.

Annie: Amazing.

Babbie: My father went to school there. My older brother went to school there. I got a scholarship to go to school there. I wanted to go to Detroit, Michigan and be a Motown singer. I wanted to go in the other direction.

Annie: Interesting.

Babbie: But I got a scholarship to go to school there. I figured I'd get a teaching degree so I'd have something to fall back on until this Motown career happened. And got to school there at Spring Arbor. One day I was in the snack bar eating a cup of soup in the sack bar — it was in the fall of the year — and the soup was piping hot, but it began to grow lukewarm over the course of the lunch hour. And as it began to grow lukewarm, it was served in a styrofoam cup with a white plastic spoon, you know, a simple white styrofoam cup with a plastic spoon, the oil began to kind of coagulate and sit on the top. And those orange globules of grease began to kind of surface around the rim of that cup. I didn't have my Bible open, but it was as if the Lord revealed to me, "This is your life."

Annie: Wow.

Babbie: And I remembered the book of the Revelation 3: 14, 15, 16, where the Lord said to the church at Laodicea, "I know your works. I know that you're neither hot nor cold. I wish you were one or the other. But because you're lukewarm and neither hot nor cold, I'm about to spew you out of my mouth." And I knew that message was for me because I had one foot in the world, been singing in nightclubs and bars trying to break into that career thing while playing the piano for my father's church, leading the church in praise and worship on Sunday mornings and my heart was in two different places.

It wasn't so much about the music, it was more about my heart, the condition of my heart. And the Lord arrested my heart sitting in that snack bar that day and that passage of scripture just became my life story while sitting right there. I surrendered everything to Him over a cup of lukewarm soup.

And not long after that the college asked me to sing in a group that they premiered that year and I got it. I was a member of that traveling singing group. That was my first step away from my father's church and into a music kind of environment that just began to... Of course, my father's church was a wonderful foundation. I played for a church for almost 20 years. But this was kind of that next step into a semi-professional kind of a music environment.

And then the year after that, my senior year in college, the school asked me to be an ambassador where they started booking concerts for me. And I began to travel for

the school. I made my first record as a senior in college. You know, a little record, but the Bible says, despise not the day of small beginnings.

Annie: That's right.

Babbie: That just began stepping stones. I graduated with a teaching degree and taught school for eight years. But all the while in the undercurrent, God was developing this music ministry where I started singing for weddings and funerals. That led to Bible studies, that led to Sunday morning worship services, that led to concerts on Sunday night, that led to singing in Alabama and in Tennessee and in North Carolina, you know, just that region that where ministry began to grow, forced me out of the classroom. And I'm happy to say this is my 40th year in music ministry with no signs of stopping so far. So I'm living the life.

Annie: 40 years

Babbie: 40 years. October the 1st of this year will be 40 years in ministry as a vocation.

Annie: So for 40 years the lord has provided-

Babbie: Sustained. Yes. Now, I've been in music industry ever since I've been in my daddy's church. If you add all of those years, I can't even count that high. Okay? But as far as quitting my day job, which helped to sustain my family for eight years, and launching out into ministry as a vocation that helps to sustain my family, then my husband quit his job and came to work with me because I was traveling and needed help in the office and help...

We packed the kids in the van and took them on the road. Now they have music careers and ministries of their own. That's how it all began.

Annie: Okay, I'm in year 12. So tell me what you know in year 40 that you wish you'd have known in year 12 of doing full-time ministry.

Babbie: Don't be afraid to be who you are. I have kind of taken this on as a reminder of my identity. And that is, Be yourself. Everyone else is taken.

Annie: That's good.

Babbie: Just be you. And here's the beautiful thing is the Lord doesn't want us to blend in. That's why He made one of you. He doesn't want you to blend in because you can't. You're supposed to stand out. You are created to stand out. So stand out for the glory of God. Don't blend in shyness. You are uniquely created to be someone extraordinarily special. So do that to the glory of God.

I think the challenge is we want to do that for our... until we get that we want to do it for ourself. And that's why we compete and we compare and that's why we get into that danger of shrinking back because I'm not like her, I don't look like her. Boy, she's cute, but I don't look like that. And you start to compete and compare.

When you realize you're doing this for the glory of God, when you put it on Him and not on you, oh, okay, I can do that. I can shine for Him. I can make God look good. That's how I say giving Him glory. I can make God look good. And do that in all of my beautiful uniqueness. When you get that, you can shine for Him, you can have the best time making God look good, you can be your own beautiful, unique self, you can be confident in this very thing, that He who began a good work in you will carry it on to completion until the day of Jesus Christ, Philippians 1:6. And do it to make Him look good, and then you're living life to the fullest.

Annie: An interesting thing. I'm really grateful you brought this up because people talk a lot about comparing ourselves on the internet and kind of looking on Instagram and dealing with the comparison there. I don't know that we talk enough about comparing and competing with people in our real lives at this point. There are people that do my similar job that I love desperately, and also I feel competitive. And also that's who I compare myself with more than the stranger on the internet. How have you for 40 years, in public ministry, managed to be so up close and such good friends and tour with people and write alongside people and manage your own comparison with people that you love?

Babbie: Well, trust me it didn't happen on the first day. Okay? I mean, it has taken me years and years and years to get to a place where... and I still struggle with it. I don't think it's something... at least in my personal situation, I don't think it's something that we always master.

Annie: You don't tick off the box and you're done with it.

Babbie: No. You have to continue to walk in it and continue to keep your eyes on Jesus knowing that He made you uniquely different for a reason. You are different for a reason and for a purpose because nobody... Look, there are a lot of radio hosts. I'm a radio host. There are a lot of singers. There are a lot of songwriters. But nobody can do what you do like you can do it. There are a lot of singers, but nobody can sing the way Babbie Mason sings. It's like your own unique speaking voice. Even if you're a twin, you still have your certain uniqueness about you as a person. And that is what makes you beautiful. That is what makes you successful, is shining in your own skin.

I've been doing this for a long time but I still... Like today I still feel like this is my very first day.

Annie: Oh, wow.

Babbie: Yeah. You know, I'm in the youth of my senior years but I still love what I do and do what I love because it's an adventure. And God allows me to do this. He has shown so much favor in letting me do what I love and love what I do. Even when I was teaching school, it was an adventure every day because... And this is for, you know, those of you who are listening. You might punch a clock or you may not be in a job that you love but because God has placed you there and you can shine your light for Him wherever you are, you can turn that into an adventure and still live the life that God has promised you.

Annie: It's almost a different set of glasses you just have to put on.

Babbie: You just have to put on a different set of glasses.

Annie: I don't love this particular thing I'm doing, but if I put on the glasses of, why did God put me here and what might he want me to do today, it invites that adventure.

Babbie: You can see life differently.

Annie: Yeah, that's exactly right.

[00:20:25] <music>

Sponsor: Hey friends, just interrupting this conversation real quick to tell you about one of our incredible partners, [Ritual](#). I love stats, I love data, you know this. So when Ritual conducted a university-led human clinical trial for their Essential for Women 18+ Multivitamin, I was really curious to hear the results because I love their multivitamin.

Get this, it increased vitamin D levels by 43% and omega-3 DHA levels by 41% in just 12 weeks. You can just take two capsules a day and then you get nine key nutrients. The capsules feature a delayed release, which is designed to dissolve later, which helps make it gentle on your empty stomach in the morning. It also has this minty essence in every bottle. Y'all know I love this. I tell you every time it keeps things so fresh and fun. And as you know, it helps when you're taking your vitamins.

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Get 25% off your first month at ritual.com/thatsoundsfun. Start Ritual or add Essential for Women 18 Plus to your subscription today. That's ritual.com/thatsoundsfun for 25% off. That link and pretty much every other link you could ever hope for are in the show notes, or we'll send them to you every Friday in our AFD Week in Review, which is where you get the best of us. So be sure to check that out. Just sign up in the show notes below.

Sponsor: Listen, y'all know this about me. I do not love going to the grocery store. So being able to order all my groceries and have them delivered is a game changer. I try to stick with healthy options, and that's why I love [Thrive Market](https://thrivemarket.com). It makes shopping for healthy groceries easy, stress-free, because I don't have to go anywhere, and tailored to me and you and your family needs.

There's over 90-plus ways to filter your grocery aisles, like low-sugar, high-protein, kid snacks, nut-free, and you'll save so much time and find exactly what you're looking for, all while having it delivered right to your door. They have some of my favorite snacks. Y'all, the Purely Elizabeth Granola and gluten-free oatmeal. It is so good! And I love all the crackers from Simple Mills. They carry those as well.

Not only do I save time shopping as a Thrive Market member, I also save money on every single grocery order. On average, I save over 30% each time, you guys. Save time and money by getting it all in one place with Thrive Market. Go to thrivemarket.com/thatsoundsfun. And my friends get 30% off your first order plus a free \$60 gift. That is awesome. That's thrivemarket.com/thatsoundsfun.

Okay, now back to our conversation with Babbie.

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Annie: I mean, even your new Bible study, *Each One Reach One*, what you're saying is a bit of the theme, which you say this in the book, that this is your life work, your life theme. Because you're like, if you're not you, you can't reach the one that you're meant to reach.

Babbie: Exactly.

Annie: Right.

Babbie: I can't live your life and you can't live mine, but I can certainly live mine. I can live my life if I acquiesce, if I surrender. And that's why I love Matthew 5:16, which is the theme verse of the book. It says... the very first word... I'm an old English teacher. And so I love to look at words and get the meat of the definition. And the very first word of Matthew chapter 5:16, which I call the great mandate... You've got the great commission from Matthew 28:19-22. I call this the great mandate. A mandate is a word of instruction from an authority figure that is meant for you to carry out.

Annie: Oh, wow.

Babbie: And Matthew 5:16 starts with an action verb. And the verb is "let".

Annie: Let. Right. Oh, my gosh. Let's see you do it. It's the English lesson. Let's go.

Babbie: The word "let" immediately means to surrender. Surrender. It means to acquiesce. It means to grant permission. It means to yield the right-of-way. So you let, yield your light, which I equate to yielding your life. Let your life. Yield your life. Grant God the permission to use your life in such a way That's what the word "so" means. The word so means "to such an extent". To shine your life in such a way that you can perform your good works to make God look good. And that becomes an attraction to other people to where they say, Wow, I want that.

And I tell people, and I'll tell you Annie, Jesus really looks good on you. He looks good on you. And people will say, what is it about her? You don't have to go through life-thumping scriptures or carrying your Bible. But your life shines for itself. And that's what He wants us to do.

There was a season where I have... I accepted Christ when I was very young and so I reached my 50th year-

Annie: This is what I want you to talk about. Talk about it.

Babbie: Can I talk about it?

Annie: Yes, this is what I'm hoping for.

Babbie: So a few years ago, I crested 50 years of walking with Jesus. I call that my year of Jubilee. It was a big year. A year of celebration. 50 years of walking with Jesus. Well when I did, when I got to that place, I just kind of looked inward and kind of did a little inventory of my life so to speak and I just asked God, What are some areas that I need to work on? And one of those areas was finding more boldness and more confidence in sharing my faith one-on-one with others.

Annie: Wow.

Babbie: I could easily share my faith from the stage.

Annie: Yeah, I was about to be like, you do that. There are people that got saved all over this country because of you.

Babbie: Yeah, it's easy to do it from the stage because it was kind of like a canned speech. I could deliver my testimony easily. But when it came time for me to share Christ one-on-one with someone, I didn't always have the confidence to do that. Didn't always have the right words. I couldn't remember what I learned in the evangelism class and things like that. And so I would often default to saying nothing.

When I got to that 50th year, I said, Lord, I want you to help me fix that. We need to fix that. And then I prayed a simple prayer, Lord, if you will give me the confidence, and if you will give me the words, when you put me in a position or a place or a situation where I can share my faith, if I open up my mouth, will you speak for me? Will you give me the words? And if you'll do that, I'll shine my light for You. Granted, there are more years behind me than there are in front of me, but I am far from over.

At this season of my life, I don't want to go to heaven with nothing on my record. You know what I'm saying?

Annie: That's right.

Babbie: I said, God, I want to get this right. When you pray a prayer like that, and you earnestly mean it, God hears your prayers. He hears your prayers. Do you hear me? And He answered that prayer not in a way that I ever expected but He began to orchestrate situations and circumstances where I could shine for Him in a way that I never dreamed.

Annie: Like in grocery stores or like in...?

Babbie: Look.

Annie: Everywhere.

Babbie: I think that the grocery store has become my mission field.

Annie: Really?

Babbie: The Great Commission says go ye in all the world and make disciples. Well, my moniker is or my Marching orders are, go ye into all the world and shop.

Annie: You're right. Between grocery stores and antique stores, the Lord's going to run them into you.

Babbie: Exactly. The grocery store, the antique store, the Walmart, the airport, wherever there are people. And look, these are my marching orders. Now, your marching orders may be different because you're in another lane. You're in a different lane where that's going to take you over here to the people that are in your sphere of influence or the people that you meet.

So those of you that are listening, yes, my marching order is going to be different from yours, but what you need to do is pray and ask God, okay, God, how can you use me? Maybe you work with children or maybe you fly airplanes or maybe you do brain surgery. But wherever it is that God takes you, you can apply Matthew 5:16 to your life. Let your light so shine before men in the operating room, or in the classroom, or in the office, or in the nursery, or wherever it is that you're, in the flower shop, wherever it is that you are, at home, wherever that is, you can shine your light for Jesus.

And He began to place me in circumstances and situations that I did not see coming. Can I tell you a quick story?

Annie: Yes.

Babbie: I'll tell you how it all got started. I'll tell you exactly the moment that it all got started and I walked out of the situation saying, God, what did you just do?

Annie: What are you doing? What are you up to?

Babbie: What are you up to?

Annie: I love it.

Babbie: So the way it kind of all began, I prayed that prayer, and not long after that, I was going to visit a friend who produces movies and she was premiering a movie. I was going to the premiere, and shortly before getting there, I thought I should get her something to celebrate this day. We were almost close to the venue, it was in another city, and I got the bright idea to get her some flowers and a card, but I didn't shop in the city where we were going, I didn't know where there might be a place where I could buy flowers. But just at the next exit, I could see the lights of a Sam's Club at the next exit. And I thought, I don't shop at the Sam's Club, but they gotta have flowers there.

And so we got off the exit, I ran inside, I got a clerk who could help me navigate that big store, I got a beautiful bouquet and a greeting card, and she brought me back to the checkout line in just a few moments. It was then she said, "Ma'am, you're going to need your Sam's membership card to purchase these flowers." And I said, "I don't shop here. I don't have a card." She said, "Well, you can get them this time, but you'll need a membership card the next time."

Well, the lady behind me in the line overheard the conversation and she said, "Hey, you can use my card to get the flowers." That's what I said. I said, Oh, wow. Thank you, my friend. God bless you." She said, "Girl, I need a blessing."

Annie: And you're like, Here we go.

Babbie: I didn't see this coming. I'm just in a conversation with a stranger while the guy ahead of me was checking out his groceries. She said, "I need a blessing." She said, "My grandkids have come to live with me and they're about to eat me out of house and home," she said. She said, "My grandson, he's 13, and he's keeping me on my knees." She says, "I do need a blessing."

And I said, just in conversation as I'm waiting to check out, I said, "Well, my friend, then I pray that God will open up the windows of His heaven and shower down so many blessings upon your life that you won't have room enough to receive them all." Well, that dear lady, I'm just trying to encourage her, that dear lady took that blessing and began to run with it. She threw up her hands in the checkout line of the Sam's Club and just began to worship God. She said, "God, I received that blessing. I need that blessing. I received that blessing."

And I just got in on a good thing and I said, Yes, lord bless my sister with everything that her family needs and more. Well, there was a young lady behind her in the line and she's just kind of observing this and she got my attention and she said, "Excuse me, ma'am, but can I speak with you for a moment?" And so I kind of tiptoed around my girlfriend who was still worshipping Jesus right there in the

checkout line. I went to the end of the line. And she said, "If you don't mind, will you bless me too?"

Annie: Oh my gosh.

Babbie: So I opened up my mouth. I don't hardly remember what I said, but I just opened up my mouth and just began to encourage her. And as I did, tears just welled up in her eyes as she just received whatever encouragement that I gave her. And I said, "Do you mind if I pray for you?" Since that moment. I've done that many times and nobody has ever said no.

Annie: Nobody says no.

Babbie: No, nobody says no.

Annie: No.

Babbie: I said, "Do you mind if I pray for you?" And she said, "Yes, please pray for me." Girl, I wrapped that young lady in my arms like I was her long-lost auntie and just spoke. Listen, no anointing oil, no battery of long scripture verses, no sermon, just love, kindness, care, compassion for a stranger.

I wrapped her in my arms, prayed a simple prayer of blessing over her life, and then it was my turn to check out. I paid for my items. I waved to my two new best girlfriends, went to the exit where there's a guy who checks your purchased items against your receipt. I turned to leave, he stopped me, he said, "Ma'am, before you go, if you don't mind, will you bless me too?"

Annie: Oh my gosh.

Babbie: I turned back around. I went back in the store. I extended a blessing to him from Numbers 6:22-24 and the Lord bless you that that blessing. And I went back to my car and I said, God, what just happened? What was that? And I wasn't able to break it down then, but I began to see a trend in my life of what happens on the heels of kindness. I'm not talking about being nice. Being nice is being cordial. That's good. That's a good place to start. Being cordial, being polite, that's good.

But kindness is a fruit of the spirit. The definition of kindness is meeting the needs of others with love, compassion, and generosity without expecting anything in return. Kindness is a virtue. It's a spiritual virtue because it emanates from the heart of God. And you if you read the scriptures, you can see Jesus and how He uses kindness wherever He ministers. You'll see the stories of the Mary Magdalene, the

woman caught in the act of adultery, the woman with the issue of blood. He uses kindness as this powerful vehicle to minister to people.

Now that I've had many, many situations and circumstances that you can read all the stories, many of the stories in the book, there's not room for all the encounters, but there are many of them in this book. But I've noticed that when you meet the need of a stranger, what kindness does is it opens up the heart just enough for you to peek inside and see the other person's pain. And when you do, you can minister Jesus all day long.

I'll give you another example. I was in the grocery store. I think, like I said, the grocery store is one of my mission fields. I was on my way to the Rotisserie Chicken-

Annie: As we all are.

Babbie: As we all are. And I'm going in as another lady coming that's passing me. She's just gotten hers and she's walking past me. And I speak to her. Now, a lot of times we will just kind of speak at a person. You know, you'll just kind of put your head down and just hone in. But I've gotten to the place where... this is just me. I won't say it's just me but this is because of my personality and my area of giftedness. This is what I do.

Now, for you, you'll have to pray and ask God. There are ways that He will show you how to shine your light. But this is one of the ways He helps me to shine my light is when I look at a person, I don't just look past them or around them. I look at the person and try to engage. Just for a moment. Even in a greeting. Or I'll compliment a person. Or I'll speak to them-

Annie: Man, compliment is such a sneaky entrance. It wins every time.

Babbie: Every time.

Annie: Because then they'll stop.

Babbie: They'll stop.

Annie: "Thank you. My grandmother gave me this jacket and I miss her every day." And here we go.

Babbie: And I'll tell you another story on the heels of a compliment. But I spoke to this lady and I said, "Hello, my friend. How are you today?" And I waited for her to answer me. And she said, "I'm okay." Well, now her answer, the Holy Spirit's sensitivity in

my heart now, He's training me to hear that open door, to hear that response. And I said, "Just okay?" Because I knew there was a story behind that answer. And she said, "Yeah, I promise you, you ask a stranger how she's doing and honey, she will tell you."

Annie: And wait just a minute. Just give them just a minute.

Babbie: And these encounters don't take very long. And I said, "Just okay?" And she said, "Yeah. Day after tomorrow, I'm going to have a heart cath and I'm not really sure what they're gonna find."

Annie: Wow.

Babbie: And then the Lord is teaching me to empathize and sympathize. Find a way to empathize and find a way to sympathize. And so I said, "Wow, that's hard." I said, "My husband's a heart patient and trust me, we've been there." And I said, "But you know what?" And I could tell that she was a believer.

Annie: We all smell like each other.

Babbie: Yeah, exactly. And I said, "Well, you know, can you mind if we pray about this?" Because I believe the Lord's going to meet you there. You have no reason to be anxious. You know His word says, be anxious for nothing, but in all things by prayer and supplication, with thanksgiving, that your requests be made known unto God. And He's going to give you a piece about this." And she said, "Yeah, I know that." I said, "Can we pray about that right now?" She says, "Yes, please pray." I have offered to pray for many, many people, and not one person has ever said, No, don't pray for me. They've all said yes. Matter of fact, they've been earnest and they pleaded, please, please pray for me. I prayed for her right there.

The moral of the story is kindness tears down walls. Kindness opens up the heart so that that person can receive a word from the Lord or receive a prayer or receive coming to Jesus, receive encouragement. Whatever it is, we can meet that need through sensitivity of the Holy Spirit because we walk in the Spirit. We walk with Jesus, we have sensitivity, and this encounter took two minutes. We all have two minutes. You got two minutes to minister to somebody.

You're talking about the heels of how a compliment will just open up the door to a girlfriend's heart. Like I said, Go ye into all the world and shop. I walked into the T.J. Maxx, I had my cart, I was heading for my favorite aisle. When right behind-

Annie: What's your favorite aisle?

Babbie: I love the soap aisle.

Annie: The soap aisle?

Babbie: Girl, take me to the lavender soaps, the lavender room spray, the false eyelashes.

Annie: Yes, I love it. That's so fun.

Babbie: And then I'll go buy a blouse.

Annie: Yeah, there you go.

Babbie: So I'm walking into the store and right behind me is this beautiful older lady and she is decked to the nines. I mean, to be shopping in the TJ Maxx she was well... Like, she had on this beautiful woolen suit matching jacket and skirt and hose and blouse and brooch and scarf and hat just lean with a feather. It was like, whoa. And I turned around and I said... I love to compliment my girlfriends. I do.

Annie: Me too.

Babbie: Or even men. I will compliment a brother in the airport and he's on his way to a business meeting and I'll say, "Excuse me, sir, but may I say you look mighty fine today." And just compliment a brother. There's no nothing flirtatious. I'm a Black grandmother and people would perceive it as that, you know?

Annie: That's right.

Babbie: And so I complimented the lady and she began to model her outfit. She took a stroll down the aisle. She put her hand on her hip, she took a stroll down the aisle, and began to model her outfit upon my compliment. She turned on her heels and began to walk back to me. I got in the game. Okay, I took out my camera, my imaginary camera and I said, "Work it, girl. Work it. The camera loves you!" And the more I encouraged her, the more she modeled her outfit.

Well, she worked her way back to me, and we just laughed as two strangers in the lobby of the TJ Maxx. We laughed and laughed and laughed. Well, I'm going to tell you what a compliment will do. After we laughed, her heart was just open like a revolving door. It was just swung open wide. And she said her husband died six months prior to that and he used to compliment her every day on how beautiful she looked in her clothes. And she said, "Since his passing, she has not received any compliments until that moment."

Annie: Wow.

Babbie: She said my compliment to her was the first compliment she had received since the passing of her husband. Now, evidently, she thrived on that and she needed that. She loved receiving compliments from her husband. Well, my compliment to her was meeting a need of something that she needed to thrive. And the fact that God used just my little bit of sensitivity. I didn't even know what I was doing, but I just loved to compliment people, but she needed that. And she said, "Thank you. It was something that I needed."

And I just began to tell her, "Well, that was God's way of just letting you know that He sees you. He knows you. He knows exactly what you need. He loves you." Tears just began to roll down her face. I embraced her, just letting her know, "Sweetheart, you are not alone. This meeting right here is not perchance. This moment right here was divinely orchestrated so that you would know that you are not alone. Do you believe that?"

Tears just rolled down her face. I wrapped her in my arms. I prayed a simple prayer, she received it. She gripped on to me like she was holding on to a lifeline. I just embraced her because I've known the pain of loss and needed just someone to lean on in a moment. Even though I was a stranger, there was this moment that brought us together. We knew that it was a divine appointment.

I've learned a term called a Kairos moment. A Kairos moment is that moment, like a divine appointment, where God looks in on your moment, ushers Himself in that moment, and allows you to let Him know, "Yes, I'm here. This is a moment where I'm here." "You're here. This is by no means a mistake. I planned this moment. I'm here. Lean on me for whatever it is that you need."

I prayed with her and we were on our way. It was three minutes, five minutes. We all have that. We all have that. If you want a life-changing moment... Now, listen, these moments are not orchestrated, I'm not looking for these moments, they just happen. The book is filled full of divine moments.

Now, that's my story. That's Babbie's story. But God wants to do whatever it is unique thing that He wants to do in your life, if number one, you'll be willing, and number two, you'll be sensitive. You'll yield your life and say, "God, whatever it is that you want me to do, however, it is you want me to shine my light, shine my life, I will do it." And you watch Him... When you surrender, because that's the very first word of that, what I call the great mandate is let, surrender, acquiesce, give God permission, and watch and see what He will do.

[00:45:51] <music>

Sponsor: Hey friends, just interrupting this conversation one last time to tell you about one of our incredible partners, [Hiya Health](#). Y'all know we love talking about Hiya Health around here because I want my MiniBFFs to stay healthy and to take their vitamins.

A lot of the kids' vitamins out there are basically candy, so we love Hiya because it's the pediatrician-approved chewable vitamin that is made with zero sugar and zero gummy junk. A lot of my MiniBFFs are fans and I love knowing they're getting the nourishment they need without any of the junk. Plus, they come in these really cute glass bottles that are reusable, and your kids get to decorate them with stickers.

Y'all, right now, Hiya Health is now available in Barbie pink with a limited edition Barbie unboxing experience, including a Barbie bottle and Barbie stickers. That is so fun. Also, check out their new kids' probiotic and nighttime essentials, too.

We've worked out a special deal with Hiya for their best-selling children's vitamin. You can get 50% off, 5-0 off your first order. To claim this deal, you just have to go to Hiyahealth.com/thatsoundsfun. That's Hiyahealth.com/thatsoundsfun, and you'll get the kids the full body nourishment they need to grow into healthy adults.

And now back to finish up our conversation with Babbie.

[00:47:11] <music>

Annie: I feel like when I was growing up and learning how to follow the Holy Spirit, I'd walk into a grocery store and be like, Okay, God, I'm available. Like I took it so serious. Like I was on a mission. And like, I'm available. And some people, this is how God made them. And they walk up and go, How can I pray for you? Hey, I feel like God wants you to, and have a word for Him.

Babbie: And that's cool too.

Annie: I'm not built like that.

Babbie: Some people are.

Annie: That's right. So once I learned it was okay to not be built that way, and it was okay to just compliment someone or to say hi or whatever... I live part-time in New York, and I was in the Target next to the TJ Maxx in New York, and a guy from MJ, the musical, crossed in front of me. And I just said, "Hey, I'm sorry..." I'm sure this happens to you all the time. "But you are so gifted. I've seen the show twice and you are just so gifted. I'm sorry to interrupt you and I won't do anything weird, but I just want you to know that your art really matters to me." And his face just

changed. His face lit up. But he didn't do the thing where you see a fan. He did the thing where that was the thing he needed to hear.

Babbie: It was genuine.

Annie: I didn't tell him about God. I didn't pray for him. And I walked away and I felt like the Lord was like, You're built like that. To tell people that their art matters, that was a moment where I went, Oh yeah, this is actually easier if you do it like God made you to do it versus me thinking like I got to be a soldier.

Babbie: You got to be a Bible thumper. You got to go in there with the...

Annie: And the people who are gifted that way, that is easy for them. That's not easy for me. But talking to a stranger and telling them I like them is very easy for me.

Babbie: Me too.

Annie: And the Holy Spirit will nudge me like that and I'll go, "Okay, I'm going to interrupt him and tell him." And it's not because I'm Southern. It's because sometimes in New York, particularly, I go, You talk to everybody, you're just Southern. And then the Lord's like, No, that isn't it. You could have been born anywhere and I would have made you like this.

Babbie: In the conversation, because you can ask somebody how they're doing and people typically lead with their pain nowadays.

Annie: Oh, interesting.

Babbie: People typically lead with their pain. And because they lead with their pain, you can turn the conversation to Jesus easily.

Annie: That's right.

Babbie: I have just noticed that that's kind of a trend, particularly now in the days post-COVID. Everybody needs something. Even if it's just a word of encouragement. But a lot of times people's pain goes deep. Particularly like another woman, you know, her pain goes deep and she will let you in on a little bit of her story. I like sitting in the doctor's office or sitting on an airplane and you can engage in a conversation to do that conversation towards Jesus and give her what she needs.

I've led people to Jesus. I've prayed for people. I have encouraged people. I have blessed people. But a blessing is no small deal.

Annie: Are there certain things you can say and can't say when you're blessing somebody? Are there some rules?

Babbie: I just typically use the blessing from the Bible.

Annie: Okay. Then that's the right thing. Then you know you're not saying anything that the Lord wouldn't have you say.

Babbie: Or a scripture verse.

Annie: Yeah, right.

Babbie: There's something powerful about scripture because people are... Some of them are more familiar than others, but because the Bible is the word of God, we all recognize it as these are big words that have been around since creation, they receive it.

For example, I was on a cruise one time, I was speaking, and I told the story of the TJ Maxx where I blessed the ladies in the checkout line. No, not TJ Maxx, but the Sam's Club where I blessed people in the checkout line and the guy at the exit and people started coming up to me on the cruise and saying, Will you bless me too? And they were serious.

Annie: They weren't asking for autographs. They're like, "Bless me."

Babbie: They were not asking for autographs. They were asking for a blessing. And I would just be led by the Spirit and I would either quote Numbers 6:24-26, The Lord bless you and keep you, and not just rush through it like I was reciting a scripture, but literally looking them in the eye.

And I'll do this for you, Annie, and for those that are listening. Because the Lord does want to bless us. He's not mad at you. He is not looking for ways to count you out. He is not keeping score of your sins. The Bible says He wants to open the windows of heaven and shower down blessings upon you that there will not be room enough to receive them all.

So this is the blessing from Numbers 6:24-26. This is what it says, Annie, and for those of you who are listening and watching, "The Lord bless you and keep you. The Lord make his face shine upon you and be gracious unto you. May the Lord lift up His countenance upon you and give you peace." And I always ask them, "Do you receive that blessing?"

Annie: I receive it.

Babbie: Do you receive it?

Annie: I receive it. Yes, yes, yes.

Babbie: May the Lord bless you and keep you.

Annie: Okay. That is amazing. Okay, I want to end here. I want to tell you one thing and then I want to ask you one more question and then I'll let you on your way. We get emails or we get responses from people after our AFD Week in Review email and Mary Beth sent in this story, which everyone listening is going to be like, Of course, Babbie Mason did this. Mary Beth asked us to share this with you.

She said, "I grew up in the earlier days of Babbie's music ministry and went to many concerts of hers and sang some of her songs for church. I will never forget telling her at one concert that I was about to sing a song of hers at church. Months later, I went to a concert of hers and she asked me how the solo went. The impact of her remembering at that time for a 16-year-old was great." She said, about 30 years later, it's the first thing I think when I hear her name.

So you just think, how many people out in the world, Babbie? I mean, I could just cry saying this to you. Mary Beth, you remembered that she had a solo, and you asked her, and she remembers that 30 years later.

Babbie: Wow. This is what I know. I'm just a girl just like you, you know. I'm like the girl next door, but I do know that the Lord, when we need it most, He brings things back to our remembrance. So that person... You see, no, it's not about me. It's about her. It's about her. He wanted her to know that, that He sees her, that He knows her, that He knows exactly what she needs, that she is not here alone. And me too. Me too. But He's just reminding her, Look... He says, look, I'm God, I got this, and I got you. When those kind of things happen, it's like, Okay, God, I see you.

Annie: That's right. I see you. I know you got me. And I can just say, Babbie, Rest. Let go of your... I won't say white knuckle grip because I'm a girl with a permanent suntan. But let go of that stranglehold you have on your situation. Let it go. Let it rest. Rest in the hands of God. Be anxious for nothing. It's one of my favorite scripture verses. And release your cares to the Lord, knowing that He cares for you, He loves you, He has a plan for you. And you don't have to fight it.

There are some days you have to make stuff happen. You got to get up. You got to go to work. You got to take care of the kids. You got to take care of the family. And then there are other days where you can just let God make it happen. You know,

just rest in the sovereignty of his care and Go with God and He certainly will go with you.

Annie: Amen. Is there anything we didn't say you want to make sure we say?

Babbie: Well, I just want to make sure that people know that I have a brand new book. It's called *Each One Reach One: Everyday Ways You Can Shine God's Light*. You can actually go to my website on the 6th of August. It releases on the 6th of August if we're hearing this after the 6th.

Annie: This comes out on the 8th. It comes out Thursday.

Babbie: Wonderful. You can go to babbie.com, which is my website.

Annie: I mean, that's legendary that you have babbie.com.

Babbie: I have babbie.com. Or you can go to... can I say Amazon?

Annie: Yeah, of course.

Babbie: You can go straight to Amazon and order it and it'll appear at your doorstep. Or you can get it, you know, wherever books are sold.

Annie: It's an eight-week Bible study that just digs into... I mean, I so enjoyed reading it. I've not done it as a study yet, but I read the whole thing.

Babbie: Well, there's a QR code in the book that will take you to all of the Bible studies. There's a study for each chapter, and I flesh that out in a Bible study that's about 10 or 12 minutes.

Annie: Of you teaching us live. Teach. Ooh, I can't wait. Okay.

Babbie: You just access that QR code on your phone. The studies will pop up. You click them. I minister to you. I sing. I do a couple of really cool interviews of some more God stories of actual people whose lives have been touched and changed as a result of this ministry. So the whole concept is God wants you to reach people with whatever gift you have in your hand. You don't need a platform. You don't need a pulpit. You don't necessarily need a course. All of those things are good, but what you do need is kindness. What you do need is love, compassion, care, sensitivity to the Holy Spirit, a word of encouragement, a blessing for your neighbor. Those things open up the doors of the hearts who are receiving where you can minister Jesus all day long through the power of kindness.

Annie: I can't wait for people to get this. It's very, very good. If they feel inspired after just hearing you for an hour, I mean, this is Eight weeks of that. So, thank you. I love you. I'm so grateful. What a gift you are!

Babbie: Thank you, Annie. It's always a pleasure to see you and thanks for having me on the show.

Annie: Oh my gosh, of course. Of course.

[00:57:36] <music>

Outro: Oh, you guys, isn't she amazing? Oh my gosh, I could just talk to her forever. I just feel like there's so much to learn. You are going to love *Each One Reach One*. I mean, absolutely love. So, go get your copy today and go follow Babbie on social media, tell her thank you so much for being on the show.

If you have any questions from this episode, you can 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. And you want to be sure to be following ThatSoundsFunPodcast this weekend as we celebrate the 10th anniversary of the podcast here in Nashville.

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.

And I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you, and I'll do the same. Today what sounds fun to me is the Ryman Auditorium. I cannot believe, I cannot believe. that we are doing a show at the Ryman on Sunday. I cannot wait to be there with thousands of y'all, so many friends. It's gonna be the best.

Y'all have a great weekend. We'll see you back here on Monday with a dear friend, Megan Fate Marshman. We'll see y'all then.