

[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. Y'all, this episode...

Okay, but before we dive in, I want to tell you about one of our incredible sponsors. This show is sponsored by [BetterHelp](#).

The fall, as you know, is all kinds of busy and I know you feel it too. When schedules really pick up, that's when we start figuring out the priorities on our calendars. And for me, counseling is always one of them. I'm a better Annie in the busy seasons when my healthy rhythms like counseling are still a priority. It's a non-negotiable for me.

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**Intro:** Today on the show, you're in for a fun one. I get to talk with my new friend, Dr. Jackie Green. She's a wife, a mother, a pastor, a Bible teacher, an author, and a dentist. She's not busy at all, right? And you also may know her husband, Grammy-nominated recording artist, Travis Green, whom she co-pastors a church with in Columbia, South Carolina.

I loved getting to know Dr. Jackie and what God has been doing in her and through her. Her brand new 90-day devotional, *Remain in His Love*, would be a perfect one for you to pick up as you establish some new rhythms this fall. You are going to love it.

I say this in the show, but this is the devotional I'm going to do between now and Advent. You know we have an Advent plan coming for you between now and Advent. This is the 90 days devotional I'm going to do. I would love for you to join me.

So here is my conversation with my new friend, Dr. Jackie Green.

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**Annie:** Dr. Jackie Green, welcome to That Sounds Fun.

**Dr. Jackie:** Hello.

**Annie:** I have been so looking forward to this. As I was reading your new devotional, *Remain in His Love*, I was like, please, can she join us? I mean, pastor, just because this is your first time on our show, will you kind of give a little bio of yourself, a little history of yourself so everybody's on the same page?

**Dr. Jackie:** Absolutely. I love to tell people that I am a down-home country girl. I'm from a small town in Georgia called Sandersville, Georgia. They mine kaolin there. So if you could imagine, a very, very small town.

I love down-home things. I like fried chicken and macaroni. I like people. Lots of people, even as pastors, don't like people. I actually gain oxygen from just being able to connect with people, dialogue.

I'm a mommy of three boys. Boy mom. Love it. I have an amazing best friend that also has the honor of being my husband and co-pastor for City Church. We have a lot of fun together. He is my greatest cheerleader, but greatest coach, all in one.

I'm a dentist professionally. And more than anything, I'm just a girl that loves Jesus a whole bunch and I'm trying to tell the world about it.

**Annie:** Okay. So do you know, I grew up in Marietta and I went to UGA.

**Dr. Jackie:** Really?

**Annie:** Yeah. Okay.

**Dr. Jackie:** I went to Georgia Southern.

**Annie:** Okay. So are you from South Georgia? Say the name of the town again. I'm sorry.

**Dr. Jackie:** Sandersville, Georgia. So if you're in Atlanta... it's west of Atlanta.

**Annie:** Ah, okay. Okay. Listen, I'm embarrassed I didn't know because, you know, that is one of the joys of going to the University of Georgia is the Hope Scholarship. So

you go to college with everybody from Georgia. So I'm surprised that you got a new town on me. And what is it that y'all harvest there and grow?

**Dr. Jackie:** Field kaolin. So it's what helps make paper and different things like that. It's like white chalk.

**Annie:** Oh, wow. Okay. You're going to send me down an absolute Google trail tonight when I get home to learn more about it.

Okay. I love this because there are so many of our friends listening here this way too. You are day jobbing as a dentist. You are also pastoring... No, not dentisting currently?

**Dr. Jackie:** Correct. I got pregnant with my last boy. Travis likes to have babies. I got pregnant with the last one. He's five now. I stopped practicing when I was pregnant with him.

**Annie:** Got it. So you're pastoring full-time.

**Dr. Jackie:** Pastoring and traveling, you know, talking about books and different things. My husband loves to say that I'm the youngest retired dentist that he knows.

**Annie:** Listen, I used to teach elementary school. I taught in Woodstock and in Houston, Georgia over kind of Athens. And so I'm a retired teacher as well. So I get it. We retire-

**Dr. Jackie:** What did you teach?

**Annie:** Two years of fifth grade and three years of fourth grade.

**Dr. Jackie:** Okay.

**Annie:** Great ages. Everything that they... they get to you know and everything that... you don't teach them to add, you don't teach them the alphabet. You're just adding onto it. So I did the best I could. I sent them on. Did the best I could, sent them on.

**Dr. Jackie:** I love it.

**Annie:** It's a great age. Tell me what you love about pastoring.

**Dr. Jackie:** There's something about being able to see a person come in one way broken, maybe confused about their identity, maybe searching for just some level of healing and being able to walk with them like a good shepherd would to help them find out there's another way. I think seeing them start at one place and actually find brand

new life is probably the best thing for me. The true transformation process for me is the thing that keeps my heart leaned into this pastoring thing.

**Annie:** Help me with a thing I've seen in... I'm 44. I've been leading in our church and in churches. I kind of finished youth group and started volunteering and youth group was kind of my path. Right?

**Dr. Jackie:** Okay.

**Annie:** So there are people that I have discipled and pastored that or led in small group that currently aren't with the Lord. Where do you balance that of like, what is that mine to hold? What is mine to hold of that? What is not mine to hold? How do you keep going?

Because I'm sure you've experienced the same. Or if you're like Annie, all my people are still running straight forward, then I know that's an Annie problem. But I mean, what do you do when there are people who you invested in and sister A and sister B the same amount, sister A is still in the choir, sister B doesn't speak to anybody at the church anymore, or anybody at a church anymore. So what's a leader pastor's role in that with their own self-worth and holding that?

**Dr. Jackie:** I think we have to very much so be clear about our role in the sanctification process, in the discipleship process. We are conduits that the Lord uses and He allows one to plant another water, but him give increase.

I can just think about my own life. I remember being a younger girl, I was like maybe 15, 16, and I came into contact with a lady that would have been kind of like me in my day. I remember she was so inspiring and she wanted me to get it so bad. I was in a relationship that I shouldn't have been in at the time.

I remember for a good period of time I was walking the right way and I got distracted and I ended up back stuck in this thing where I'm in beds that I shouldn't be in. I'm stuck in this thing with this guy that was taking me nowhere fast. And I remember the disappointment that she felt and she immediately fully cut herself off from me. It was one of the most hurtful things that I ever experienced. But I knew it was because she knew what was on the inside of me.

I say all that to say, I recognize that there are moments where in the moment that I want a person to get it, they won't always get it. But there's a sovereign God that knows the divine timing and plan for their life that there are times He might let me just throw the seed in that ground and it might be some more tilling that has to happen.

My prayer is that the God that sent me will be the God that will sustain that seed that would allow it to be rewarded and He would be able to get an increase. So I never believe it's in vain.

He says that we have to know that our labor is in vain. So I trust that I played my part, even if it's disappointing, those are real emotions. Hearing from a girl that loves really hard and goes really, really hard with my people, but I trust God in the same way He rescued me from places I shouldn't have been. I believe that even if it has to take a roundabout way for them to get it, that they will get it.

**Annie:** Yeah. You're bringing up a memory in me of my hardest year of my faith life was my sophomore year of college.

**Dr. Jackie:** Whoa.

**Annie:** The girl who discipled me tried so hard. Like I know she gave her everything. Tanya Harrell, if you're out there. I know she gave her everything. It was me that was not getting up for our discipleship meetings. It was me that was asking the, like, is this my faith or is this just the thing I grew up in and now I get to pick?

But she's still an integral part. But if we'd have walked out of each other's lives and never seen each other again, she would think, did I crash and burn Annie Downs, when really she's a very important part of... her consistency and her care in the hardest year for me did not play out in my behaviors then, but I can see now that that seed has grown into something.

**Dr. Jackie:** Come on. I never talk about my story without bringing up my princess mom. She probably experienced a level of devastation. Although that seed did end up taking root. It didn't take root in the season where she was still cultivating, but God brought fruit from that seed for sure.

**Annie:** Yeah. I told you this before we started. We have a lot of friends listening who hope to write a book someday. I'm sure you're like this too, Jaggie, but if anyone says, I want to write a book, I say, write that book. Because what I would give if like my grandmothers had written books or my pa... even my parents, I'm like, y'all want to write a book? You know, I would love to be reading what my family had written decades ago. So I'm always telling people to write books.

You have a beautiful journey of how you started writing, particularly with your *Permission to Live Free* title, your book. So will you kind of tell us that story is going to like... some little flames are going to go off. Some seeds are going to get planted into people here.

**Dr. Jackie:** Absolutely. I actually got a word... You know, some people understand a prophetic word, or I would just say for those that don't understand, someone told me that it was going to be really important for me to keep my pen and my notebook close because there were going to be words that the Lord was giving me that I needed to share with the world.

I was not a girl at the time that was like a major journaler. That was not my thing, but I did take heed to that word, believing that if God had somebody tell me this, then it was something. From there-

**Annie:** How long ago was this?

**Dr. Jackie:** This was in 2017.

**Annie:** Oh, wow. So you were like momming, wifing, pastoring. So this isn't like you were like a sixth grader and they told you that. This was a few years ago, the Lord-

**Dr. Jackie:** Oh, no, no.

**Annie:** Oh, Dr. Jackie, that's awesome. Okay, great.

**Dr. Jackie:** Yes. So I'm there, I'm like, "Okay, God, so there's this thing that You want me to do, so I'm like leaning into that." From there, I ended up feeling like this press, like you need to get the book written.

I always feel like, and I tell people all the time, your greatest ministry is what you've actually lived. You don't have to go make up something. Actually, tell people the truth of what you live.

One of the greatest battles I fought, I think partly to do with the fact that my father left when I was very young and I had an identity crisis because I didn't have someone securing that identity, was me knowing that I was good outside of what I did, what I had, what people said about me, just me, myself being the beloved daughter of God was a big deal.

So I had to learn to stop asking people for permission to be who I had been created to be. Hence comes permission to live free. I'm no longer asking people for a thing that God has already given me.

So I write it self-published initially, just giving my best shot out of obedience to the Lord. I am like eight months pregnant big by the time we released this book self-published, but I was-

**Annie:** A lot of person at the same time.

**Dr. Jackie:** Absolutely. But I was unwilling to sit on this thing that I felt like the Lord was asking me. And I think to your point, so many of us wait to be activated once somebody has externally affirmed. And I was like, "No, if I'm going to do this thing, I'm going to write it. I'm just going to step out there. I have to do the research of get it self-publish it.

Needless to say, it gets into the hands of this literary agent that we share a commonality with, Lisa. She believes in the book and she passes it up. I had another young lady that is a lawyer who has some connections in publishing and stuff. And so they worked to get me and my husband our very first book deal.

And what at one time was just a small seed of me just giving my faith in obedience turns into this traditional publishing offer where we're able to release this nationally, *Permission to live Free*. And now we're at my first book being released.

**Annie:** Okay. I think that is so important for people to hear Jackie, because there are so many women and maybe some men listening who are thinking, "Yeah, I've got an idea," or "Someone gave me a prophetic word." Talk to us about that. Listen, you have come to a place where we believe in the voice of God.

So when someone says that to you, was there already some desire in you? Like, if someone came up to me and said, "Start painting," I'd be like, "That is uninteresting to me. I'm not talented in it. If that's the Lord, I'll get a paintbrush, but I'm not good at it." Did you already have some little desire in you that felt like it kind of was like a lighter fluid?

**Dr. Jackie:** No. And I'll tell you why. Funny enough, I am... I mean, I'm an avid learner, you know, like summa cum laude only made one B. Like I do school. I love, love, love. I love school. I love to learn in any regard that my only B in high school was in literature. I never got in... I was never the writer.

If I had to say that there was any area that I felt like I lacked the most, it was in this area of language and writing and stuff like that.

The funny thing is, what I can tell you that it lit up in me is that God will take the weakest part of you and make you dependent that His glory will shine through. And I feel like many times we're unwilling to give God a thing that we don't feel strong in.

People would naturally talk to me about the way I love and the way I communicate, because I'm very passionate. I would have thought light would have been shined

more on just like... I love to talk to people, but more so one-on-one. I was not even the girl that wanted to take the stage. But God was like, no, I'm going to use this writing gift.

Even to this day, people are still echoing words about how they're going to be more and more books releasing. That's going to be the area where God uses my ministry the most. And still to this day, I'm just kind of like, "God, this clearly has to just be me and your thing, because this is not my thing alone. I love to write in my journal now, because that's personal between me and God. But I was not the girl that's like writing poems. Not at all.

**Annie:** I'm not married yet. I don't have any kids. So when I journal, it feels pretty safe. Like no one else is reading my journals. So if someone's in my house reading my journals, they're stealing everything. So I wish them well.

We have a lot of moms... when I talk about journaling, whenever we have a guest on that does like a whole journaling episode, we have a lot of moms who will say, "I can't write down everything I'm praying for, because what if my kids see it?" Or "what if my husband sees it?"

So will you teach us a little bit about the importance of journaling? And talk to the people who are living with other people about how do you journal in a way that you can tell the truth and really... because that's such a gift in my life is I like process to death in my journal. But I'm not worried about someone else scooping it up this afternoon while I'm here with you.

**Dr. Jackie:** I've never ever thought about the idea of somebody picking up my journal and reading it. At the same time, my natural nature in ministry is super vulnerable. Even with my children, I'm not inviting them into something that's not age-appropriate. Like I'm not telling them of the hurt, like somebody busted my heart open, you know, with this whole ministry thing.

But at the same time, I will tell them things that like... you know, there are times where you sit out and obey the Lord, that you might have a betrayal, that you might be disappointed, that you might hurt, you might cry.

I think that some people have this misnomer that strength is only portrayed when you have it all together. Well, I believe that like the Psalms are written, when you see David processing, where he goes from being bipolar to wanting to blot out their eyes and kill them and also like created me a clean heart, that's the same human that has humanity, a part of his actual walk of sanctification that qualifies him for needing a savior.



And so I would say if they read it and they're like started by the fact that you had a bad day and you're mommy and you're their superwoman, it would be an invitation to be honest about what it really takes to be a superwoman. Because to me, a superwoman is a person that is vulnerable, that has to get on her knees and cry through things the same way that you do as a child or as a spouse.

I'm not as concerned about my truth because I try to be 100% open.

[00:17:08] <music>

**Sponsor:** Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Hiya Health](#). Our friend Taylor Ann, you know Taylor Ann, she runs all things MiniBFF. She came by the office recently and she was telling us how much her kids love taking their Hiya Health vitamins. That makes me so happy. Because y'all know I want my mini BFFs to stay healthy.

A lot of the kids' vitamins end up being candy in disguise. So we love Hiya because it's the pediatrician-approved chewable vitamin that is made with zero sugar and zero gummy junk. They also come in 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. That's adorable. It includes a Barbie bottle and Barbie stickers. That is so fun. Also, check out their new kids probiotic and nighttime essentials as well.

We've worked out a special deal with Hiya for their bestselling children's vitamin. You get 50% off your first order. To claim this deal, you've got to go to [hiyahealth.com/thatsoundsfun](https://hiyahealth.com/thatsoundsfun). Go to [hiyahealth.com/thatsoundsfun](https://hiyahealth.com/thatsoundsfun) and get your kids the full body nourishment they need to grow into healthy adults.

Okay, now back to our conversation with Dr. Jackie.

[00:18:30] <music>

**Annie:** One of the beautiful things you've done in *Remain in His Love* this 90-day devotions is every single day there is a prayer prompt that kind of helps us start to write a prayer through what you're teaching. Tell me about your rhythms when it comes to devotionals like this. In the mornings are you like, okay, I'm going to read a devotional, I'm going to read the scripture attached and then I'll journal. Is that kind of how it looks?

**Dr. Jackie:** I actually give a little preview in the very front of the book of these four W's that I do. I generally, because so many people and it's part of the reason why I wrote this book because so many people need a guide. So many people, even as a pastor, I see thousands come to the Lord and get baptized.

And now what? What am I supposed to do? You told me what I shouldn't do. And now you're telling me I'm supposed to be a woman of word, a woman of fasting. But so many people lose the understanding that the ingredient of showing people how, how, showing people how is my burden. I think the teacher part of me is always like, how can I show a person how I did what I did?

This book is showing you not just what I gained from what I did, but how I did it. So I go through this process of waiting on the Lord. And waiting is simply just getting in a space and I get quiet. So, Annie, in that time, I'm not afraid of silence. I'm not like, Oh my God, I don't know what's what, you know, like God isn't saying anything. Do I hear clearly?

I'm just praising. I'm bringing my mind into the place. If the phone is going off or even if my mind is distracted, sometimes I'm grabbing my phone and I'm just writing down the things that come into mind so that I can put them to the side so I can clear my mind. I'm waiting. I'm just getting clear. Then I write. I'll write.

And this is one of the things that I write first. I'll grab my journal even before I figure out if I'm going to the scriptures or I'm going to the deeper book. I'll write, Jackie, where are you? And how are you?

So many people, so many people are rushing to like, I'm gonna pick up the Bible, but you're never allowing the Bible to pick you up. You're never exposing yourself to a light, the truth of life. This is where I am and how I am. I know how my kids are. I know how my husband is. I know what the business needs. I know what my sisters need.

But if you ask somebody how you're doing, like, tell me about yourself, so many times they draw a blank because we don't slow down to find out where we are and how we are. That's initially a part of my waiting and my writing.

And then I worship. Most often, whatever song that's on my heart, I'm very leaned into just like worship naturally. And so I'm just playing a song that might be loud in my spirit, because I believe that God speaks to everything. He speaks through the wind. He speaks through mountains. He speaks through beautiful skies. He clearly speaks through the lyrical people that He has given to our generation.

So I'm listening to worship. God, is there anything pricking my heart? Are you bringing up any other emotions that I didn't even know that was there?

And then I go to the Word as my last W. The going to the Word might be going to the Word in somebody's Devo book that is biblically based, where I'm going in to dig, I'm going to follow along what they said, and I might take their scripture, and I might take that prompt. Or it might just be a book of the Bible that I'm studying, maybe one in the Old Testament, one in the New Testament, to find out what it is that God wants to say to me.

That sometimes is one verse, Annie. Sometimes it's a whole chapter. What I have promised myself is that I will read the Bible until it reads me. I want something to come to life where I pause, I ponder, I meditate. God, are you speaking to me through this? Is there something that you want to say that will be able to be utilized in the future?

That's kind of my process. And that is the proof of how this book came to be. It is not something where I was like, Oh, I'm going to teach these other people. These are things that God taught me, and I just compiled it all together and put it in a book so that other people could benefit from that fruit.

**Annie:** I have a request. I'd be curious if you would ever consider building us a playlist of worship songs.

**Dr. Jackie:** Ooh, I would love that.

**Annie:** I would imagine, because I am an unmarried white girl in Nashville, Tennessee, I'm probably listening to some of the same and some different worship songs than you are in your context. I mean, just in the back of your mind, if you ever want to build a playlist for us to listen to for our W of worship, I would love that.

**Dr. Jackie:** I would love to do that. I actually have a playlist on my phone. It's called Daughter, and it's my reminder. These are the songs that always remind me no matter how much of a pastor and a wife and a mommy you are, you're daughter first. We forget that so much, and it removes the intimacy, and it removes the strength of our ability to be all those other things.

Like, daughter first, girl. Don't forget, before you were all those other things, this is where it started. And so, yeah, I would love to share that playlist for sure.

**Annie:** Okay. Yeah, yeah, yeah. If you ever get one that's public, if you'll send it to me, I'll make sure all of our friends listen and get to follow it along too.

**Dr. Jackie:** I'll do.

**Annie:** How did you get where you were healthy with the word "daughter"? As you mentioned, your dad left when you were really young. How'd you get healthy with the word "daughter" for your relationship with God?

**Dr. Jackie:** You know, I think that some people, when they are void of something, especially when they've experienced pain around it, and there was a lot of pain, I didn't understand why my mama could love me so deeply, and be so devoted, give her life to work at night shift to raise my brother and I.

And my father, just to give context, he's Ghanaian, so he's from West Africa. He wanted to go back to his homeland to help out the people back in his homeland. But what was not taken into consideration from my point of view is that there were two little kids that you actually helped birth that needed your help as well. And the devastation of that really made me question a lot.

And so, what you're void of you generally go and search for. I feel like as I started to find relationship with the Lord, what I wanted more than anything was a daddy. When I recognized that what I did not find in my physical father was a consistent one that would be present, I found out that even when I was faithless, he somehow would stay right there.

The thing that caught me, and this is the thing that I tell everybody, it wasn't just that God loved me, it was that He still loved me in spite of me choosing when I knew what was right, what was wrong, that He stayed right there, that He was still in love with me. That captivated me in a way that made me want to respond back to Him with a devoted love like He had devoted his to me. And it naturally flowed.

I had never had a father. I had never had a daddy. To call him Abba, and to know that he wasn't just master of the universe, but He was close and that he was present and that He would affirm me, it was the missing ingredient. It was the thing that I needed more than anything. It was the hug I never had.

I just would say to anybody that's in search and that need that He can be what you haven't had. That's why He's savior. He's a void filling.

**Annie:** That's it.

**Dr. Jackie:** He is what we need. That's why he calls Himself I Am. He is surely being all the things that I did not have on my own.

**Annie:** Yeah. I think you and I will love this conversation, but not to be too woo-woo for our audience. For me, the Lord has spent a good chunk of this year talking about what it means that he's my husband and how He feels that. And it has been tangible and it has been financial and it has been safety.

**Dr. Jackie:** Come on.

**Annie:** I mean, it is wild. When I started saying, if scripture says this is who you are to me, then how should I experience that? Jackie, I'm telling you, it started being like, Oh, you're serious. Like, oh, you say you're a Father, you're serious. Oh, you say I am your husband, and Isaiah, you're serious.

And it's almost like the food fight scene in *Hook*. Do you remember that movie where Robin Williams is... he's Peter Pan, but he's grown up.

**Dr. Jackie:** Yeah, yeah.

**Annie:** And they're in a big food fight, but he can't see the food until he starts believing the food is there. And it just feels like what you're saying about God is your Father and my experience in the last year of me saying, give me eyes to see that you are who you say you are, has put the food on my table.

**Dr. Jackie:** Absolutely.

**Annie:** It's been incredible. So I need that playlist.

**Dr. Jackie:** For sure. I'm sending it over. I was just going to say that even that idea of inviting Him into like, "I want new perspective to me" highlights so much why we need to have this consistent time with Him. Because apart from inviting Him into that space, you never see the food that Peter Pan sees. You never see the husband. Like Annie, saying, you never see the father, like Jackie saying, so many times we're searching and searching and looking everywhere but the right place for the thing that we already have. That's what I want people to know for sure.

**Annie:** Yeah. Okay, a minute ago you said a woman of fasting. And we love talking about spiritual disciplines over here. I could just stand up and get to hollering because I think one of the disciplines the enemy has tried to steal from women is fasting. So will you talk a little bit about disciplines of fasting in your life? And what does it look like to be a healthy woman who... I mean, which among us has not had a food or body issue in the last four or five decades, right? Or three decades for some of our younger friends.

But I'm curious how you have had a healthy relationship with fasting and how you have seen fasting be a discipline that has moved things for you.

**Dr. Jackie:** The Bible talks so much about how there are some things that you have to couple fasting and prayer. There's sometimes where you need a double whammy. There's some giants that will not fall, some mountains that won't be moved unless you are persistent and adamant with putting extra power behind the thing that you were going after.

I think there's an extra level of perseverance, an extra level of punch to your swing when you're adding fasting. And the reason is, is because you are pushing away what your flesh wants.

There's a passage description that talks about making no provision for the flesh. There's nothing better to say, "Flesh, I put you in your rightful place and I exalt this thing that is stronger on the inside of me. I believe in this thing stronger to allow it to be played out in my life."

My spiritual father says this all the time. You can pray without fasting, but you cannot fast without praying. I would even add that same thing that you cannot fast without also reading the word of God. Many people think that they're fasting and they're really just dieting because they want to look good in the name of spirituality. In truth, when you don't actually take something away in order to be replenished by something, you are only dieting.

With fasting it is saying, I'm not just abstaining for something, I'm abstaining to feel something else that I want to be stronger. Because when you feed one thing less, you have the opportunity to feed another thing more. Which is the thing that I feel like I've gained strength, I've gained greater levels of self-control, I've gained greater levels of clarity, and power as a result of putting in practice fasting.

One thing that I do with my fasting, I generally fast twice a week. I generally fast one time just specifically, Father, what are you saying to me about me? What is it to think? What's the thing that you need me to do? How can your kingdom come and your will be done through me in the earth?

And then my other day of fasting is focused on the different people that I am in connection with. God, who do you need me praying for? What do you need me to be speaking? Who do you need me speaking to? What do I need to be praying about for these group of people that you call me to be a great steward of?

That's a part of my stewardship to God in that He's entrusted me to be a shepherd and a mommy and a wife to ensure that I'm covering my bases, not just for myself

and what He wants to do through me, but what He wants me to do in proxy as a conduit for the people that I'm in connection with.

**Annie:** So if you don't mind me asking, and we can cut this if you don't want to talk about it. Are you doing two full days of fasting every single week?

**Dr. Jackie:** So I generally do from the time I wake up to 3 p.m. There's sometimes, you know, like when we're doing with the church, we'll do like six to six all water. You know, I've never done like three day all water. It's generally water up until a certain time or a certain type of... you know, we'll eat vegetables only and stuff like that. So it's generally like Tuesday or Thursday and it's from the time I wake up until 3 p.m. is what my rhythm is.

**Annie:** That's such good permission because what our friends are hearing and have heard us talk about fasting before is we're not being prescriptive or being descriptive.

**Dr. Jackie:** Absolutely.

**Annie:** So here's what Dr. Jackie has found works for her life and feels like a sacrifice. You have never heard my body yell like eight minutes after I decided to fast. I mean, suddenly I'm the hungriest that I've ever been in my adult life.

**Dr. Jackie:** For sure.

**Annie:** One of my favorite things to say when I'm fasting is "I bet you are hungry". That's what I say to my body. "I bet you are hungry. I bet you are." And because of that, as much as my body is hungring, I'll say to the Lord, "I want to hunger you more than my body is hungering for food right now."

I mean, I feel like someone taught me one time. I'm always talking back to my flesh and going, "I bet you do feel hungry." This is a good discipline for us. We need to deny ourselves and take up our cross.

Now speak to the women listening who go like, "Yeah, I'm going to fast for 40 days and only drink water." And at the end of that, interestingly, is my son's wedding, you know? And so like, how do you invite in... like, is there other voices we invite in? How do we know when we're making a healthy fasting rhythm versus a) didn't this work out nicely fasting?

**Dr. Jackie:** What I would always say is you should always look for fruit from fasting. Some people get skinny, but they have no more self-control. Some people get skinny, but they can't love any better. Some people get skinny, but they don't forgive any

quicker. Some people get skinny, but they don't have the ability to actually show any greater level of joy.

I'm saying, do you see the fruits of the spirit, meaning that you have killed your flesh and you have fed your spirit in a way that you actually see tangible fruit from your fasting. This is the way we know that fasting was actually effective for us. I look for fruit.

**Annie:** Yeah, that's beautiful. Yeah. I love that. Again, you and me, we're just going to shout it from the rooftops: Do not let the enemy steal fasting as one of the most powerful... because he has figured out a way to tell women, this is not for you.

**Dr. Jackie:** For sure.

**Annie:** "And you cannot figure out how to do this because of your history." And I'm like, not my Jesus. We can figure this out. We are not going to be... the enemy loves to tell women they have no power.

**Dr. Jackie:** Oh yeah.

**Annie:** Right?

**Dr. Jackie:** And I was even going to say, just because we are talking to women, audience of women, there were times even when I was pregnant, there's still ways... I love that you said that there's a way. Not even that I would restrict food all the time, but there's something you can do to deny your flesh. There's something that is distracting you from connection with the Lord. So don't be counted out of pushing away something that would draw you closer to God, because that's the goal in our walk of sanctification with the Lord.

So everybody can opt in to some level of going deeper with the Lord by way of abstaining from something that your flesh desires.

**Annie:** Yeah. Because then that's when books like *Remain in His Love* come along. Because I'm like, "Okay, if I'm fasting today, I better be reading something."

**Dr. Jackie:** Something.

**Annie:** Something has got to be. There's got to be a reason. That this has to be filled in with something and it is going to be filled in with wisdom from mothers, with wisdom from fathers, with wisdom from scripture that keeps me plugged in.

[00:33:57] <music>



**Sponsor:** Hey friends, just interrupting this conversation one more time to tell you about another incredible partner, [Lumen](#).

Okay, hand to heaven. I am fascinated by my Lumen. If you don't know what it is, it's the world's first handheld metabolic coach. It's this device that measures your metabolism through your breathing. And on the app, it lets you know if you're burning fat or carbs, it gives you tailored guidance to improve your nutrition, your workouts, my sleep, and even stress management. Y'all it is so cool. I love it. I love it.

All you do is breathe into it first thing in the morning, and you'll know what is going on with your metabolism. And then Lumen gives you personalized nutrition plan for that day based on your measurements. And you can also breathe into it, I love doing this, before and after workouts, before and after meals, literally anytime you want to. You can know what is going on in real-time.

Because your metabolism is at the center of everything your body does, optimal metabolic health translates into a bunch of benefits, including improved energy levels, better fitness results, and better sleep. So if you want to take the next step in improving your health, go to [lumen.me/TSF](https://lumen.me/TSF) to get 15% off your Lumen. That's [lumen.me/TSF](https://lumen.me/TSF), like That Sounds Fun for 15% off your purchase.

Thank you Lumen for sponsoring this episode and thank you for everything you're teaching me about my bod.

And now back to finish up our conversation with Dr. Jackie.

[00:35:25] <music>

**Annie:** One of the beautiful things I loved about this devotion is at the back, you have all these... I mean, you were not playing around when you wrote this devotional. You gave us all these promises from God and then you were like, "And here is like eight different reading plans so that you actually read your Bible.

So tell me, tell me why you wanted to include in the back things like the list of God's promises for you when you feel guilty or the "I am his beloved daughter" list of affirmations. Tell me why that mattered to you.

**Dr. Jackie:** Because it mattered to me. The reason why it matters to share is because I needed it myself. I'm never trying to prescribe something that... I don't want to give medicine that I did not take myself. And if I took it and it helped me heal, I want to shout it

from the mountaintops. I'm one of those girls if I find that it will work, I started putting sticky notes all over my mirrors, all over my car.

I actually did a Bible reading plan that walked me through the word because these adjuncts to the word of God are supposed to be adjuncts, not replacements because nothing replaces the word of God. I want you to put this in your hand to help you navigate your own journey of worship, writing, waiting, and the word with God yourself.

This is not like, Oh, I clap for Dr. Jackie. No, it's like, Oh, I gained from Dr. Jackie's experience so that I can go and have my own experience myself. That's why. I wanted to give people the things that have been actually tangibly helpful for me because people need practical handles to actually be able to walk this thing out.

**Annie:** Yeah, me too. I need them too. And I love it. One of the hardest things for me is when I finished a devotional and I don't know what to do next, that next Thursday, I'm like, Wow. And you've gone and given us like, Hey, while you're sussing out what God might have you do next, whether it's Advent or whether it's Lent, here's three other reading plans that are kind of be your hold over.

**Dr. Jackie:** Absolutely.

**Annie:** I think it's really interesting, Dr. Jackie, that this book that is a 90-day devotion comes out with about 75 to 80 days left until the election this year. So when you talk about... I mean, we're called That Sounds Fun. We don't spend a ton of time in the political pool and I'm not going to ask you to get in the political pool.

I would love for you to talk about how does it help us to plug into something like this in the midst of what feels like an increasingly tumultuous experience in the U.S. Our global listeners are like, bless y'all. But for those of us that are in the U.S., why does things like this matter? Like, this is the book I'm going to read between now and the end of November when we start Advent. So why is this good timing for that?

**Dr. Jackie:** I believe that when crisis happens it really starts to bring us back to the core of where our anchoring is, where our stability is found, where our hope is placed, where we find dependency. And for me, especially to your point, as we're looking at a world that is spinning out of control, it got a lot of stuff going on, I will come to find out... as long as I can find out that as long as the Lord is watching the house and I don't mean a physical house. I mean, my watching my temple, watching my life, I know that He's not watching in vain.

But if He's not watching it, all this stuff that I'm building, all this stuff that I'm believing in, all these places that I'm putting my hope can be shaken. It's like building your house on that foundation that's not firm. And when the winds come and the waves blow, and you can absolutely say the political climate is blowing in winds and waves and beat, on your house, you will not be found standing unless you build your life on something that is steady, on something that is sure.

And the reason why I wrote the book *Remain in His Love*, and I don't mean just remain, I actually said remain in His love on purpose because a lot of stuff will pass away. But you know, and you actually have a relationship with God in a way that you know that your beloved and that He will be a keeper of His children in a time like this is something so crucial to be able to steady yourself where lots of people might be going on emotional roller coasters, afraid about this and afraid about that.

You have to know that there's a God that'll keep you steady irrespective of what's going on around you. And that's what a life of remaining has done for me.

**Annie:** So I was stalking all over your Instagram and I know that with the Permission stuff, you have a Permission conference. There's a whole world that's opening up to us that are just meeting you for the first time. Will you tell us a little bit of like, if we get these 90 days and we're like, "I just need... Dr. Jackie is my new spiritual mother. She is my new spiritual sister. She is my new spiritual cheerleader," where are we going next? When's the next conference? Like tell us a little bit about what else you're doing.

**Dr. Jackie:** So Permission conferences annually. So we had it in April of this year because Easter is a little later. We're actually moving it up to March of next year. So March 25. Tickets are already on sale. We already have announced that Jackie Hill Perry will be with us as well as Nona Jones.

**Annie:** Ooh.

**Dr. Jackie:** And we're steadily adding by the day some really, really amazing people on the spearhead of just provoking thoughts for us. So I'm telling you, I always bring the heat and I'm always bringing you a thematic theme that is in line with the heart of God and the rhythm of God for this particular season. This past season was fell in love. So it kind of goes with this whole idea of falling in love and not-

So something that I'll say oftentimes is we have the option to receive His love. So they bring the Amazon package of God's love to your door, you got to receive it. And then after you receive it, you know, sometimes we just put the gifts aside and we never actually discover all the different things that the gift has to offer.

You have to, after receiving it, discover it. But then after discovering it, you have to make it a conscious decision that when alarm clock goes off or whatever modifications you have to make the light to actually remain in a thing that you've now discovered you have to then finally remain is kind of where the whole concept of remaining comes to be.

But I actually have another platform, I should say avenue to promote this life of remaining, which is a Permission app. I have my own app where ladies are able to join.

**Annie:** What?

**Dr. Jackie:** Yeah. We do daily devotionals on there. There's content daily around just other women experiencing life and whatever, you know, we have challenges. And I pop up in different areas for the ladies that are inside of this app. Sometimes it just do pop-ups to come see y'all and love on y'all for you all to be able to find real community.

So I'm really about that life of women finding real connection because I believe that we're stronger together. And so the Permission app would be a great place to start. Permission conference shows up every year. You can join me there next year in March. And the tickets are already on sale.

**Annie:** Every guest you're having is women that we love around here. So I love all of that already. Tell me what you are seeing God do in the life of women right now. Is there something unique going on? It feels like there's some new stuff going on in the lives of women. What are you seeing? What are you seeing Him do?

**Dr. Jackie:** I really believe that God is allowing women to embrace that vulnerable or should I say soft girl era does not... it is not the antithesis of strength. It's not the antithesis of power. It does not have to live in opposition.

I would like to provoke the argument that when we embrace vulnerability, we embrace the truth of who we actually are and let our scars show, when we don't fabricate stories and only present these beautifully made, presentable testimonies but we let people see our blood, we let them see our scars, we let them see that we heal, that we let them see that we transition will, we let them see that we actually forgave even after the hard thing happened, we are promoting a stronger, more biblically aligned image bearer type of woman than we have seen in years past where it was put your cape on, don't let nobody see and act like you got it all together.

No, I don't have it all together, but I do have a God that can keep it all together is the life of what I see more women being willing to live that I think is actually helping to set more and more women free every day.

**Annie:** Yeah. The soft girl era is a really interesting thing to watch. I feel it in me as a pretty hyper-independent woman, partly the way God made me partly being unmarried at 44. But I'm really interested at watching so many of my peers who I think a little bit was in our 20s and 30s, we were fighting for leadership roles and now it kind of feels like, Hey, you ain't got to fight for this. Sit back, be the soft... you're a female on purpose. Live in that.

**Dr. Jackie:** By design. Absolutely. Yeah.

**Annie:** I love that. That's right. Dr. Jackie, what a gift. Will you please come back on the show? Can this please not be the last time we ever get to chat?

**Dr. Jackie:** It would be my honor. And I love like... so mutual in vibes. I absolutely adore you. I adore this conversation. It was so, so easy to have because you're one of my kind of girls for sure.

**Annie:** Oh, listen, we're going to be real. We're going to talk about the prophetic words and the fasting. That is my promise to you.

**Dr. Jackie:** Absolutely.

**Annie:** Okay, the last question we always ask, because the show is called That Sounds Fun, tell me what y'all do for fun.

**Dr. Jackie:** What do I do for fun? Hmm. I really, really like any game. So I am a Space player. I am a Mahjong player. I just got into chess. Anything that is games-related, I am all the way in there. You're going to find me every Sunday at my kitchen table with my mom and a few friends, we're going to be doing three to four different games every single Sunday. I love any kind of game.

**Annie:** Oh, what a great Sabbath afternoon with your people to just play. Are y'all puzzle people too or is it mostly games?

**Dr. Jackie:** I just got into puzzles. We did a sabbatical in July. I did seven 500-piece puzzles on my sabbatical and I fell in love with it. I am a puzzle girl now.

**Annie:** Listen, I need you to know that on dating apps, I say the 500-piece puzzle is the right number. Because I'm like, I can't marry a man who's into 2,000-piece puzzles. That's not what the Lord has for me. Dr. Jackie.

**Dr. Jackie:** I know. I know.

**Annie:** I don't need that kind of guy. I know.

**Dr. Jackie:** No. No. That's too far. That's too far.

**Annie:** So I need him to know from the minute he meets me on an app that it's 500 pieces or not right for each other. That's right.

**Dr. Jackie:** I love that. I love that.

**Annie:** Well, thank you for your work. I can't wait for people to grab this devotional and join me. This is my plan for the next three months until we get to Advent. And so I'm really grateful for your work and I'm excited for people to jump in with me and do these 90 devotions.

**Dr. Jackie:** Thank you so much for your time. I really, really appreciate it.

**Annie:** Loved it. Loved it.

[00:46:07] <music>

**Outro:** Okay, you guys, isn't she awesome? Oh my gosh, the fasting conversation, the prayer call. I love her. I love her. I love her. And I loved her thoughts for moms. I just thought that was really, really helpful.

So go grab your copy of *Remain in His Love* if you want to spend the next three months like me in this devotional, as we get ready to kick off Advent after that. I love when a plan goes to a plan. So we've got you.

Make sure you're following Jackie on social media. Tell her thank you so much for being on the show.

If you enjoyed this episode, I think you're also going to really love 893 with Real Talk Kim or Episode 480 with Hosanna Wong. I think those are both ones that if you have not heard them yet, I think you will love them.

And if you have any questions from this episode, drop them in the Q&A box on your Spotify app if you're a Spotify listener like me, or you can send them to us on Instagram @thatsoundsfunpodcast. You're following that account, right? Like that is where you're getting all the bonus fun things from our shows. So make sure

you're following That Sounds Fun podcast. We'd love to answer your questions there.

And if you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs, Instagram, Twitter, Facebook. All the places you may need me, that is how 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 will do the same. Today, what sounds fun to me is go into my neighborhood pool. I've been an embarrassingly low amount of days this summer to the pool, and we are running out of time. So y'all want to go to the pool with me, just come on over.

Y'all have a great weekend. We'll see you back here on Monday. Oh, this is a conversation I've been dying to have about how we handle our phones. How are we balanced and healthy with social media? And we have an expert with us on Monday, Hannah Brencher. Can't wait for y'all to hear that one. See y'all Monday.