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Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. Oh, I can't wait for y'all to hear today's episode. I'm so happy to be here with you.

But before we dive in, I want to tell you about one of our incredible sponsors. This show is sponsored by [BetterHelp](#). You may be into the fun, scary stuff that this month brings like haunted houses and pranks and scary costumes, but we're not playing around with like actual fear. No.

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Intro: Today on the show, I get to catch up with one of my favorite dudes, Mack Brock. This is Mack's third time back with us, but his first time flying solo. He and his wife Meredith have been here twice for our couple series in 2019 and 2021. I have no doubt you already listening to Mack's music and probably singing his songs at church, but don't even realize he's the one who wrote them.

Mack was one of the founding members of Elevation Worship, but we get to talk about his brand new full length album that just released last week. Y'all, it is so good. It's called *This is Holy*. The lyrics, the music, the song, his daughter got to be a part of. Okay, we're going to talk all about it. So here's my conversation with my friend Mack Brock.

[00:02:03] <music>

Annie: Mack Brock, welcome back to That Sounds Fun.

Mack: Back.

Annie: Back.

Mack: Back.

Annie: Three peats.

Mack: Yes. Come on. Let's go.

Annie: Listen, when you get to five, you get in the Hall of Fun right over there.

Mack: All right. I'll be back next week.

Annie: Consider me in. I'm sure it's going to happen. But this is also your first solo episode. Where'd you leave Meredith? Where is she?

Mack: She is at home taking care of all the things.

Annie: All the kids.

Mack: Yeah, all of them.

Annie: Listen, last time you were on the show in 2021, you had your two kids and y'all were fostering a third.

Mack: Yes.

Annie: Tell the update on all that.

Mack: Well, now we adopted him. He is an official Brock and it's awesome. We're having a fun time.

Annie: What do you know about God that you didn't know before you adopted?

Mack: How much I need to pray to him all the time.

Annie: Literally.

Mack: I think when I first became a dad, I learned a lot about God, you know, and you learn a lot about the way the father sees His children. I think the older my kids get and-

Annie: What are their ages now?

Mack: 13.

Annie: Wow.

Mack: Pray for us. And then my daughter is 9 and then our youngest is 4. And I think honestly, like the thing that the Lord reminds me of all the time is like, if I'm having to discipline them or my kids do something that they know they shouldn't do and I'm having to be the parent, I'm also like very reminded of how much grace the Lord has in my life. And I'm like, Man, I probably... like I do do this to Him literally all the time. And He's so kind and He's so patient with me. So it stretches my instinctual reaction to come down with the hammer. And then I've had to be like, No, okay, let's process this together. This is relationship. And I want to have that with my kids. So yeah, that's never ending.

Annie: Is that different now that there's three? Has it increased?

Mack: There's an increase of chaos. There's an increase of calendar meetings of trying to manage everything. That's the biggest thing. It's like a whirlwind.

Annie: Did they all like each other currently?

Mack: Occasionally. There's occasionally times where they're all in sync and then a lot of fighting too.

Annie: Yeah, I'm sure. I mean, those are ages of that.

Mack: Cyrus, our daughter. She just broke her arm last week.

Annie: I saw.

Mack: For the fourth time.

Annie: You're lying.

Mack: No.

Annie: What happened?

Mack: Monkey bars.

Annie: Classic.

Mack: Classic.

Annie: Remove them from all playgrounds. You'd be president. I'll be vice president. We are going to get rid of monkey bars.

Mack: I think it's the ortho surgeons that sponsored them to be installed at the playground. I mean, it's sad.

Annie: Were y'all there or was it at school?

Mack: No, it was on a field trip. Honestly, our kids have broken their bones so many times that we've never been at any one of them. It's always some freak out.

Annie: They're like, we do this independent.

Mack: We just got the phone call and then we got to rush to the ER. But when she was in the ER and she was just like, hadn't seen the doctor yet and it was just in so much pain and crying so much, she was just begging to see her brother.

Annie: Sweet.

Mack: She was like, "Harvey, I just need Harvey. He just will love me and take care of me. I just want Harvey." And I have to tell him that when his instinct is to like pick on her.

Annie: Yeah, that's right.

Mack: Or to be annoyed with her. I'm like, "Hey, just so you know, you have such a massive influence on your sister's life."

Annie: Right. For Harvey being 13, I mean, he is into very cool stuff.

Mack: Harvey's the best.

Annie: He's so cool. I mean, how-

Mack: He's one of my favorite people ever .

Annie: I've never raised kids. How did you get all your kids to be into cool stuff? They're so independent.

- Mack:** All three of them. Yeah. They're all into different things. They're all into fun, interesting things. I don't know. I didn't do anything. You know, my son is into robotics. So he's on the robotics team.
- Annie:** And he's really good, right?
- Mack:** He's good at robotics. Just last year he joined the wrestling team, which is new for him and new for me being like a sports dad.
- Annie:** Sports dad.
- Mack:** But it's the best. Going to the wrestling matches, you know, on the weeknights it's like one of my favorite things to do. And then Cyrus, she's like the musical one. So she kind of got that from me.
- Annie:** Oh my gosh, she has a song on the album.
- Mack:** She does.
- Annie:** Oh, we got to talk about it.
- Mack:** It's my favorite. And she is in musical theater now is like her thing. So I'm a theater dad as well.
- Annie:** Right.
- Mack:** And then my youngest, you know, he's still kind of figuring it out, but I think he'll be athletic and he's very into that. He's just very into active. He's like the type where we're like, what's the youngest we can get him into like a jiu jitsu classes? Like he needs that.
- Annie:** My nephew's that way too. My brother-in-law was out of town for a week or so and my sister... I would watch on FaceTime as my nephew was getting amped up and I was like, "He needs to punch something. Help him."
- Mack:** He needs that. And it needs to not be me or his sister.
- Annie:** Yeah, that's right. That's right. So my brother-in-law come home and like wrestle with him.
- Mack:** So we're like counting down the days that we can sign him up.

Annie: I listened to a pastor, Tyson, the other day, John Tyson say both his kids are black belts and-

Mack: Really?

Annie: ...maybe karate or jiu jitsu. One of the two. And I was like, Oh, that is so cool to get all that way through.

Mack: Me and Meredith were watching a movie the other day and it was like an ex-Marine and he was beating up all the bad guys and all this stuff. And I told Meredith, I was like, "I wish I knew how to fight. I could do nothing if I was in this situation, except now rely on my kids to bail me out. So maybe I need to take jujitsu classes.

Annie: Yeah, we all need to do something. I know. John Pokluda does it. A couple of my buddies do it. Luke Norsworthy. A couple of them are doing.

Mack: People that do it get way into it.

Annie: Yeah, they get in to it.

Mack: Like they get hyper like obsessed.

Annie: That's right. It's not like cross stitching. I can cross stitch and not bring it up all the time. It is cross fit.

Mack: So I'm just going to keep telling people, I just don't have the bandwidth. I would get into it. I would-

Annie: It asks so much of you.

Mack: I would probably be really good at it, I just don't have time.

Annie: You don't have time. No, you're on the road too much. Speaking of this is going to be after people hear this, after, but we're both in California this weekend.

Mack: I know.

Annie: Are you on the road a ton right now?

Mack: It's a good bit. It's a lot of-

Annie: Mostly doing weekends?

Mack: One-off weekend conferences, midweek. So it's a lot of like in and out. So it's rare that I'm gone for long periods of time, which is nice with the pace of life and where our kids are at now. Like I'm home a lot still. But I am at the airport a lot.

Annie: Yeah, that's right. That's Charlotte airport. You're frequenting. I am the same. My fall is starting to kick up where I'm gone for windows of time. I just booked a flight. You're going to so appreciate this in our seat. The goal is always be fully where you are and then go home. So be fully there. Be there 100%. And then the next plane after you're fully there is when you want to be at.

Mack: Right.

Annie: And so in an event coming up, I have a two hour drive to the airport and then the last flight out of the day.

Mack: Really?

Annie: Yeah. So I'm on stage at 12. I have to leave the venue by 1:30.

Mack: Is this the one that we're at together?

Annie: No.

Mack: This is a different one?

Annie: Yeah, it's a different one. I'm on at 12 to like 12:45. I have to leave the venue by 1:30 in order to return the rental car and get to the airport on time. And you know, from the minute I wake up, I'm going to be anxious till my butt is on that plane.

Mack: So Meredith makes fun of me about this, but I have that constant countdown timer going, but it's not even in my mind. Like I set a timer on my phone-

Annie: Until when you'll be home?

Mack: Not until when I'll be home. But like if I know, all right, my plane starts boarding in three hours, hey Siri, start a timer for three hours.

Annie: Oh, interesting.

Mack: Just so I can have a... it kind of even gives me more peace than it does anxiety because I can know like, All right, I'm good on time. Like I'm fine.

Annie: Interesting.

Mack: There's so many conferences and stuff, you know, like we'll see each other next week, but we'll probably-

Annie: That's this week, pal. That's four days from now.

Mack: Oh, yeah. I know. Oh man. We'll probably like miss each other just because it's so like, Hey, all right-

Annie: That's how Phil and I were a few weeks ago. I was like, Wait, we're the same thing? No, we're not.

Mack: But I've got to get-

Annie: Because sometimes it's Friday. Sometimes it's Saturday. Sometimes-

Mack: I know. It's all over the place.

Annie: ...it's session one and session two. Right. So we can be on a bill with 15 of our friends and we see two of them.

Mack: Yeah. And you see them in the hallway as you're walking on stage.

Annie: That's exactly right. But again, we are all the way there when we're there. It is never about leaving early or not wanting to be there.

Mack: Oh, I'm so grateful. Honestly, I am so grateful to do what I get to do.

Annie: Oh, do you remember when we wanted to do it and then we get to?

Mack: And I love it. I don't mind traveling. I don't mind flights and I'm grateful for everything, but I still will try to maximize or minimize my time that I'm away. And so if I can get in and get out, that's still the goal.

Annie: I'm the exact same way.

Mack: I love it.

Annie: I love flying. I think it is so fun.

Mack: Yeah, I like it.

- Annie:** I'm not anxious about it. 9 out of 10 times. I like airports. I love seeing people. It is a fun part of the job to me.
- Mack:** It's the one time that I'm not online. I don't buy internet on the plane.
- Annie:** Interesting.
- Mack:** It's the one time that I'm totally disconnected.
- Annie:** Do you turn on the messaging or no?
- Mack:** No, I don't have anything.
- Annie:** Even this weekend, when you fly to California, when you fly East coast to West coast?
- Mack:** Yeah, won't have it.
- Annie:** Sorry, everybody.
- Mack:** I mean, it's five hours.
- Annie:** What's your "why"?
- Mack:** I think it's literally the only time that I'm disconnected from everything. I mean, I think if there was an emergency happening, I couldn't do anything about it, you know? So I don't know. You're making me kind of second guess. Maybe I should do messaging.
- Annie:** No, no, no, no, no. I'm just thinking, man, what-
- Mack:** I'm easily influenced.
- Annie:** That's right.
- Mack:** So you'll see me on the flight this week and I'll be texting.
- Annie:** I saw that. No. I pay for Wi-Fi sometimes. I usually turn on my messaging. But like this weekend when I was coming home from New York, I kind of needed to sit with the Lord about something on the flight. And so I said, "I'm just not going to turn this on and I'm just going to..." I have one worship playlist that sits on my device. So, I just thought, "No, we're just going to do that and just think and pray."

- Mack:** I have the same. I have my downloaded playlist so I can still listen to music or download a podcast or something. But it is nice to have that... you know, it's not that long, but just to totally disconnect.
- Annie:** Are you and Josh still making your podcast, by the way?
- Mack:** Sadly, we're not.
- Annie:** You retired it all together? I thought you were just out of season. Football came back and you didn't?
- Mack:** All right, here's the deal. We're always just kind of out of season. So we never officially retired. And what's funny... you'll appreciate this. I mean, we got into it and it was so much fun. Like I love doing it. So much work.
- Annie:** I know.
- Mack:** God bless you and your team. Y'all are doing this like for 15 or 20 different podcasts. It was just me and Josh and Joe. But it was so fun. But now we have the pleasure of like, anytime we have like a sports thought or anything, we just text each other like, This would've been great for the pod. This would've been awesome.
- Annie:** I mean, the Falcons last night over the Eagles. I know I want a whole pod.
- Mack:** It would've been great. Maybe one day-
- Annie:** It still exists.
- Mack:** Yeah. It's not retired. We'll be back. If you subscribe to it, just once a year, twice a year, it might just pop up and you can listen and we'll talk about week 13 of the NFL and then we'll go away for another seven months.
- Annie:** I mean, the NBA is what you love the most, right?
- Mack:** I mean, yes. NBA, NFL. Kind of like it all. But those are the two big ones.
- Annie:** Well, say the name of the show so people can go subscribe and wait.
- Mack:** Oh, Good at Sports.
- Annie:** Good at Sports. That's it. That's it. I was like, Sports Ball? No.
- Mack:** That's really funny.

Annie: It's Good at Sports. Y'all just got back from a cruise?

Mack: We did.

Annie: Who'd you go with?

Mack: Meredith and I were... it was a Lifeway cruise with Lysa TerKeurst, Joel Muddamalle.

Annie: I love it.

Mack: I know. So it was like our crew in the Mediterranean-

Annie: In the Mediterranean?

Mack: All the places that we wanted to go.

Annie: So it was history of the Bible stuff?

Mack: We went to Ephesus. So we had like a day there.

Annie: Cool.

Mack: But for the most part, it was like we went to like Santorini and-

Annie: How did I see your daughter break her arm and I didn't see you go to Greece? Did you post on Instagram?

Mack: Maybe once.

Annie: Okay. I was like, what did I do wrong here?

Mack: We weren't posting much.

Annie: Okay.

Mack: And so I was leading worship. Meredith was kind of like emceeding it. Lysa and Joel were speaking, but we were just enjoying it.

Annie: What'd you learn that you didn't know? Was there a mind blowing fact? You know, we have our wowie zowie button. So did you have a wowie zowie moment? Joel tends to do that to me. Dr. Joel.

Mack: The only thing that the wowie zowie moment was like really heavy and like really like next level sad.

Annie: Oh, interesting.

Mack: Can we get into that right now?

Annie: Sure, yeah. If you want to. But you don't have to.

Mack: I didn't know this. And this just kind of like changed a lot. Like it kind of blew my mind. When we were in Ephesus, we did like a tour of all the places that Paul was and in a weird kind of like... it was funny at first, like we saw the bathrooms and it's just like long seats with just holes. That's where they would go.

And then our guide was telling us that the way they cleaned themselves was they always had vinegar and they had a sponge. All the soldiers, that was a requirement for them to always carry vinegar and a sponge so they could always clean themselves when they're out. Then he made the connection when Jesus was on the cross and said that He was thirsty.

And I'd always just thought vinegar, that's so awful. Like that in and of itself was such an awful thing. But then when you kind of tie it back to what that even represented, it's just like a whole nother level of like, holy cow, like good grief.

Annie: What humiliation?

Mack: I know. That was a really humbling kind of crazy thing to, I guess, be enlightened to.

Annie: I have some technical questions. Was the whole ship y'all or were there multiple tours?

Mack: It was just a big cruise ship and we had like a group of 700 people.

Annie: That's so fun.

Mack: It was an amazing trip, amazing group. We had the best time. And Meredith and I-

Annie: Did you take the kids?

Mack: No, no, no. We wanted to go to Greece for our honeymoon like 18 years ago but we were very poor. And so like even just the fact that we... This is like the first time

we've ever been together. So it was almost like a little bit of a sweet fulfillment of a dream that we had back when we were first married.

Annie: I just listened to a podcast — we'll link to it — with Rita Springer and Mia Fields. Have you listened to it?

Mack: No.

Annie: Are you listening to Rita's podcast?

Mack: I do love Rita though.

Annie: Dude. She is-

Mack: She's a force.

Annie: She is lights out right now.

Mack: I know.

Annie: I think she's probably always been this, she just hasn't had a podcast. But she is like-

Mack: She is like that because she'll get in your face like talking to you and speaking over you and speaking to you in such a powerful, unique way where you're taking notes as she's talking to you.

Annie: Yes, that's it. I feel like her and John Eldredge have really stepped into the mother, father role of our generation. Mothering and fathering us. She mothers so beautifully. But they have this whole conversation about, in their podcast episode... I mean, I was listening yesterday while I was getting my nails done and I was getting teary. I had to stop it. I was like, I can't... The Holy Spirit and I can't do this here. We're going to go home and finish this.

But they were talking about how God never forgets what He says to you. That we may forget or we may think He's forgotten, but He has never forgotten. And so when things like that happen, you just go like, Oh yeah, God doesn't forget.

Mack: I know. It wasn't even on our radar of like, this was a dream that we once had. It wasn't even on our radar anymore and then it just worked out.

Annie: It's so kind that God just keeps the list of like, Hey, I told you I would do that. I told you that that would be... you asked me for that? Okay, I'm a good Father who gives good gifts, so just hang on 18 years.

Mack: I know. Be patient. Yeah, love it.

Annie: That's beautiful. Did you feel like an animal zoo on a cruise? That is my fear.

Mack: Have you done one?

Annie: No.

Mack: Okay.

Annie: I've been on a cruise, a very small ship that went around the Hawaiian Islands, and we got off halfway through because we did not enjoy it.

Mack: Oh really? Like just the experience, the cruise experience?

Annie: Yeah.

Mack: So you haven't...

Annie: I haven't big boat cruised.

Mack: But you haven't done like a That Sounds Fun cruise?

Annie: No, not yet. Not yet. Because I'm afraid that it will feel like an animal in a zoo versus me getting to be like actual Annie.

Mack: All right, so for me it was just... I'm just the worst... This was like a Lysa TerKeurst thing. So they're there to see her, they're there to see Joel, and I'm just the...

Annie: You're — don't play — the Mack Brock.

Mack: I'm just the intro. So I didn't feel that way. There were tons of people that would just come up and be kind and say like, This minister to us so much or it's been such a great week. But it was never... I didn't have a single awkward interaction I don't think.

Annie: I know. And my friends who listen to podcasts are so fun to be with and that I am... it would be so fun. They keep asking us to do a cruise. It would be so fun. I'm just

afraid that I will want to take a nap by the pool and that will not be an acceptable choice.

Mack: The cool thing about even what we did is there are lots of days where you get off the boat and you go do your own thing. And so we would maybe do like a morning session and then we-

Annie: It was like, see y'all tomorrow morning.

Mack: Or we didn't do a session that day. And you'd like go off to Santorini and then you do your own thing and so. Even that like you're able to get off.

Annie: We should probably do it.

Mack: Just do it.

Annie: We should just do it.

Mack: Just do it.

Annie: Cruise companies ask us to do it. Our friends on the other side ask us to do it.

Mack: Oh yeah, I mean, it would be amazing. It would be so fun.

Annie: It would be so fun. Like if all the toilets stop working, I'm in charge of this. Like I feel like I'd be responsible the whole time.

Mack: No.

Annie: Not only am I can't... I feel responsible.

Mack: That's the thing is the people in charge are in charge.

Annie: People in charge are in charge. We're only in charge of our sessions. I could listen to Joel Muddamalle and Lysa TerKeurst teach for hours.

Mack: I know.

Annie: They're so good.

Mack: They're such a good duo, especially in their podcast with Jim. Because Lysa just has such a unique way of hitting all your heart emotions and like... that's the way I

feel. And then Joel will be like, well, actually in the Bible, This is how it all ties back to scripture.

Annie: The Hebrew word for that. Yeah.

Mack: You're like, okay.

Annie: He is so smart. I love him on Blurry Creatures.

Mack: See I haven't listened to any of his...

Annie: What?

Mack: I've talked to him so much about it because I-

Annie: Have you listened to Blurry Creatures at all?

Mack: I haven't. I know I'm supposed to.

Annie: Mack!

Mack: I know. I know. And I talked to Joel about it a lot because I'm kind of interested in the spiritual side and like all the unseen stuff. And he's so unique at being kind of wise enough to understand just even biblically like here... but I haven't listened to the podcast yet.

Annie: You need to. Dude, get on board. They're so weird. They're so blurry.

Mack: I am almost exclusively sports only podcast. Like pretty much. That's the only ones that I listen to. And it's the same people saying the same thing. I'm like, well, I want to hear Colin Cowherd say the same thing that part of my tape just said.

Annie: Okay. Fair, fair, fair, fair.

Mack: I don't know why. I'm just like, I shouldn't.

Annie: I'm just telling you, throw in a Blurry Creature here and there.

Mack: Okay, I need to.

Annie: Especially the Joel ones. The Joel ones. They just released two live ones from a trip to Peru with Joel and this other guy, Tim Alberino. And they don't agree on

everything. And it is fun to hear them. Like they're talking about where did the Giants and Genesis 6 go? And they don't necessarily agree. I mean, it is really cool.

Mack: And that's another good thing about Joel is like, he's an easy person to disagree. Like he's easy in the sense of like, it's not contentious and it's not gnarly and like, okay, we have to end our friendship now.

Annie: He seems very chill about it.

Mack: Oh, he's the best.

Annie: Okay.

[00:22:26] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Hiya Health](#). We're big fans of Hiya Health around here for all of my MiniBFFs.

Most kids' vitamins are filled with five grams of sugar and can contribute to a variety of health issues. So we love Hiya Health because it's the pediatrician approved chewable vitamin that is made with zero sugar and zero gummy junk. And you've got to check out their new kids' probiotic and nighttime essentials too.

And I love this part. Hiya Health comes in these really cute glass bottles that are reusable and your kids get to decorate them with stickers. And don't miss this. Right now their bottles are available in Barbie pink with a limited edition Barbie unboxing experience including a Barbie bottle and Barbie stickers. It is so cute.

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

Sponsor: Listen, I need y'all to know I love [Prose](#) so much that I keep bottles of their shampoo and conditioner in both New York and Nashville. Because no matter what city I'm in at the time, I do not want to skip washing my hair with my favorite custom hair care.

Since 2017, Prose has transformed traditional hair and skincare with a made-to-order custom model. They combine the know-how of their team of in-house cosmetic chemists with an advanced AI algorithm that personalizes your

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Sponsor: When I get my [Thrive Market](http://ThriveMarket.com) order, it is the best day because I know I can restock my pantry with favorite snacks, sauces, and staples, and I don't even have to leave my house.

One of the things I love about Thrive Market is that I know I can trust the ingredients of what I'm buying. Instead of standing in the grocery store aisle, reading through all of the labels to see if it's full of junk or things I can't pronounce, Thrive Market's already done that work for me.

Certified Organic is always their first choice and Thrive Market studies every label to search for the best wholesome ingredients that have been vetted for safety. They even restrict a thousand-plus ingredients that are found at conventional grocery stores.

Their mission is to make healthy and sustainable living easy and affordable for everyone. So they seek out brands and products that follow ethical practices, including fair pay and treatment for workers, strict quality standards, and safe working conditions.

Want to shop at a grocery store that actually cares for your health? Go to thrivemarket.com/thatsoundsfun for 30% off your first order plus a \$60 gift. Let's go. That's thrivemarket.com/thatsoundsfun. Thrivemarket.com/thatsoundsfun.

And now back to our conversation with Mack.

[00:26:00] <music>

Annie: Also new album, *This is Holy*. We do need to talk about it, though we also have a thousand-

Mack: We don't have to. We can.

Annie: I want to. Let me tell you why I want to is because I have in front of me printed every lyric from this album, because it's just so... Oh my gosh-

Mack: I asked you to make me copies too.

Annie: And we did not. I will just read them to you. I need you to know that we offer, for our friends who get the AFD Week in Review email on Fridays, this exclusive opportunity to ask questions to our guests.

Mack: Oh, okay.

Annie: The first one is, when will Good at Sports make a return? When will Good at Sports make a return? So we've already covered it.

Mack: That's coming.

Annie: We've already covered it. Now you should call Josh.

Mack: No promises.

Annie: You and Josh and Joe, back at it.

Mack: Literally, what's funny about that is we'll get those comments like on Instagram and stuff and we always will screen cap it and send it to her and be like, "Look, one of our dozen of fans is reaching out."

Annie: That's exactly right. Well, Sally would like you to know-

Mack: Sally, all right.

Annie: She's one of your dozens as well. Talk to me about the process of writing a song. This whole album happens in the midst of adoption. This is your... correct me. This is your first album since 2020. Have you had one in the middle?

Mack: No. This is it.

Annie: This is this whole season where the world is changing, I mean, everyone who has a prophetic voice is saying the world is changing faster than it ever has and that we're going into something that's never happened on earth before. I mean, that's a dramatic retelling, but that's kind of the vibe.

Mack: Right.

Annie: And this whole album happens in that window.

Mack: Yeah.

Annie: How is it different than the other one?

Mack: I don't think I even have thought about it in that way. You know, so much changed in 2020. That's when we became a foster family and got our son and just everything in the world was like changing. And I think just through those years, you know, I never really stopped writing. Even if I'm not writing for an album or for a specific project. You know, almost every project that I've ever done is has not been, all right, I need to collect a group of songs to record, to release on an album. It's always just a natural me just writing, you know?

Annie: Are you writing every day right now?

Mack: Not every day, but often. Often and writing with a lot of people often and during COVID, it was all like, on Zoom rights, and whoo, got burnout on that. That became very uninspiring after a while. There's something different about being in a room. Even doing this. This is so much better than when we had to do it on Zoom.

I think it was just still writing and still processing what is the Lord teaching me, what is the Lord like speaking to me right now, what is He speaking to my family? So through that, eventually you start gathering songs that you like enough to say, well, let's get in the studio and record this one and let's do that one.

So even this album, it does feel cohesive to me. It feels like a collection that is all together. Like this is the idea. But all the songs kind of came about through a long season of like three and a half years.

Annie: I heard our father, John Eldredge-

Mack: Daddy John.

Annie: Yes, Daddy John. I heard him say last week on his podcast, he was kind of going like, Here's the state of what could be going on in the world. Here's what we do if things go sideways. Like when that glitch shut down all the airplanes. So he's kind of talking about, like, that's not a once-in-a-lifetime experience. So what do you do when you can't get in touch with people? What do you do? That kind of thing.

And he said, "What I want you to do right now is start worshiping every morning." What does that say to you? Why does worship in your house, start of your day, matter?

Mack: There's something about giving... One of the things that I love about worship is that so much of it is me saying the things that I know I need, even if I don't feel it in the moment. It's almost like reading those prayers. If you have a prayer book that you just read the prayer that is written before you that you don't... I don't even know that I need this prayer until I start praying it. You know what I'm saying? I think worship is a lot like that is that it's given a language to say to God the things that you need to say it even if you didn't know you needed to say it in the moment.

Man, it's such a gift that the Lord gave us music as a main tool to worship him because it's such an awesome chill inducing thing. I'm the type that gets chill bumps when I hear songs that, you know, move me. And that happens all the time. So even having that emotional kind of visceral response to music is such a special... it's a special gift that we have.

Annie: I got out of the habit of having... My house is... This might surprise you and our friends listening. My house is very quiet. I don't talk a lot at home by myself, surprisingly. And I don't really play music all that much. I don't have things going all the time. So historically, my, like, 6 a.m. to 9 a.m. is silent. But a few months ago, on my Alexa, I added... after she reads me the news, it goes into a worship playlist.

Mack: Really?

Annie: And it was because I didn't have the bandwidth to remember to do it myself. But now she does it. I jokingly call her Pastor Alexa.

Mack: The first thing you do is you ask Alexa for the news in the morning?

Annie: I just say, good morning. And she gives me a quick news. Like, here's the overnight globally. It's like three minutes.

Mack: I didn't know you could do that.

Annie: It's like a three minute...

Mack: And it doesn't start your day on a depressing note?

Annie: No, because I'm a seven. We're like, Sad for you.

Mack: I had to take most news off of my phone.

Annie: Yeah, personality types can handle this differently. It is actually a very good practice for me to hear what is going on globally. And it's only three minutes. It's just kind of like a high level, not... hopefully not leaning left or right. It's just Reuters, just Reuters AP. And then it starts this playlist. And it has been such a different vibe in the morning. I think something happens when you worship in your house.

Mack: I have music almost going on in our house like all the time. It's not all worship, but almost always I will have some sort of like instrumental, piano, like soft, soothing. I just like the peacefulness of it. But it does kind of create like atmosphere. I mean, even there's like some playlists that I have that are... it says like worship instrumental, but it's not like worship songs instrumental. I guess just like an instrumental music that someone is offering to the Lord in that space.

Annie: Wow.

Mack: So we have that kind of going on in our house literally all the time.

Annie: Matt Maher taught us, when he was on, that whatever is spiritually going on with the songwriter gets written into the song, and we experience that as the worshiper, the listener.

Mack: Wow.

Annie: And he was like, it's a supernatural thing, it cannot be explained. But the faith in us goes into you. The worry in us can go into you. So for example, like *Time and Time Again*, everyone's hearing that right now. What was in you that is supernaturally being transferred to us? Because I can tell you how I feel after you tell me what was in you.

Mack: I love that idea from that because songwriting is... it's such a mystery. It's so mysterious. Not only like where the songs come from, how they get out is such a mystery. It's a mystery what songs connect. It's a mystery what... you know/ And so having that kind of the spiritual aspect of it in worship music where you don't know how a song is going to touch somebody or minister to somebody.

So, *Time and Time Again* is a song that I wrote with Josh Baldwin, a co-host of Good at Sports podcast.

Annie: I was about to say, well-renowned podcast host.

Mack: And Hank Bentley. I think it was a song... it was in the mid, like early on of me and Meredith being foster parents. It was early on of like COVID. I kind of came to the songwriting session with this idea of like, help is coming. Like help is on the way. That's kind of where I was at in my life of like, Lord, I need you bad.

One of the interesting things about songwriting that like... there's never like a bad idea because every idea will lead to something else and lead to something else. That was the crux of the beginning was like, help is coming. Help is on the way.

And then somehow during the writing session, it kind of just switched to like, Hey, like remember all the times that God showed up before and He's going to do it again. He's going to move again. He's not done working with you yet. He's not done moving on your behalf.

So it was just really became like a faith song. And if you listen to any song that I write, almost all of them will in some way come back to faith because I'm so... man, I get distracted so easily. I get discouraged so easily by what's right in front of me and whatever my day might look like. I'm like overwhelmed and stressed out or like, Oh shoot, nothing's going right. And I always have to like... I'm a big breather. Like I'm like, you know, take like big, deep breaths. And I've made it just a part of like my life. So every time I do it now Meredith is like, "Hey, are you stressed about something right now?" I'm like, no, it's good for me. But it's like a reminder of like, "Ooh, okay." Like Jesus is with me and Jesus is here.

And me and Meredith have gotten in the habit of like at the end of the year, we list out everything that we can think of, like tangibly, like write it out of like positive things that the Lord did that year or just positive things like Harvey making the robotics team, Cyrus getting Matilda, you know, stuff like that. Like anything that we can think of to the big things like a job promotion or whatever.

That changed so much in us because there have definitely been years, and I'm sure you feel this or your listeners feel this, that you feel like I am just in survival mode the whole time. I got to get through this year because this year has been a nightmare. And we've had years that during the year we thought we were just surviving. And then at the end of the year, we'll like list out all the positive things that we saw in our lives and positive things. And it has challenged us to say like, No, we were thriving in that and it was hard and it might've been difficult, but look at all the fruit that came out of that difficult year or look at all the positive things that the Lord did.

All that to say, this is a song that's about that. *Time and Time Again* is kind of about that idea of like, you know, He'll come through. He did it before. He's going to come through again.

Annie: You do remind us of that a lot, that God did it before He'll do it again. That is like one of your go-tos.

Mack: Yes. I know.

Annie: Really interesting.

Mack: It's literally because I have to be reminded of that all the time. I get so just distracted all the time.

Annie: I am realizing that in real life. I'm like, I have sang you sang that a lot. There's this video on... it's a real... I think from Elevation Worship and it's just the music is playing and then Furtick walks up to the worship leader and says, "Yahweh, we love you." And he leads the worship leader. And then the worship leader goes into it and then they break into this song that I now sing all the time.

And it is amazing to me that just this one response from one person's heart and calling God by name gets all that whole church singing. Now it's a song you can listen to. I just saw Tauren sing it at his church. And I sing it all the time. It like lives in me. So there's something in you of God did it before He'll do it again. You can believe Him.

Mack: It's funny you say that. So there's another song on the record that my daughter wrote.

Annie: We have to talk about it. Oh, *The Best God*.

Mack: It's called *The Best God*. That kind of came out of something similar where she... you know, this was probably four years ago, three or four years ago that she would just like... she's always writing songs. Like quote-unquote writing songs. Just like singing whatever comes to her mind. And she's saying this little chorus that was so precious and sweet. Like the lyrics are so precious and sweet. And Meredith kind of captured it on video. But it literally lived in our house for years where we would just catch ourselves singing it over and over again. It's kind of catchy a little bit and we just find ourselves singing it.

And so it has lived in our family for a while. So to have it on the record and to just kind of like lay it down on the record.

Annie: Y'all sing this whole thing at home.

Mack: Yeah.

Annie: Even the verse and the chorus.

Mack: Yeah. But I'm just saying we would just kind of sing it just kind of out, you know. Like just like when we're living life or when we're driving, it would just kind of come to our mind. So having her record it on the record is really special and sweet.

Annie: Can I read the lyrics to people?

Mack: Yeah. Awesome.

Annie: He's going to wipe those tears that are falling down. When the sky starts shaking to the ground, God makes us land and God knows everything. He's the best God of my life. He will never leave my side.

Mack: No, it's so sweet.

Annie: He's the best God of my life. It's the sweetest sentence. It's like on surface level it feels like they don't make sense, but then like you realize they make perfect sense. It's so precious and such a sweet childlike way to see the Lord. Also the theology is very deep because we're supposed to have no other gods before him.

Mack: We do.

Annie: So He is the best God of Cyrus' life.

Mack: That's awesome.

Annie: That song moved... I mean, I'm thinking back to Annie at nine years old or Annie at six years old and the things I would say to God. I often joke that 13 year old Annie made decisions about who she wanted to be that 44 year old Annie is sometimes like, "I didn't mean that. You know what?"

Mack: I feel that. I feel that.

Annie: Teenage Annie said, "I am committed to these things." And sometimes growing up Annie is like, Ahh.

Mack: I'm like, Do I really like music that mu...?

Annie: But the Lord holds me to it because He was like, no, she knew what she was saying. Cyrus knows what she's saying.

Mack: That's so sweet.

Annie: I like that the Lord will often go, I hear you. There's an easier path. But 13 year old Annie, she knew what she was saying. And we will still believe her.

Mack: It's so weird when you trace things back to that. I'm like, how did I get here? Oh, when I was 16, I decided I wanted to play bass guitar. You know, it's like whatever it might be.

Annie: That's right. I mean, I got saved and really meant it when I was five and my nephew's four. I'm like, h, he is making memories right now. I have memories from being four. Like he's not going to forget some... That is wild to me. He's just a baby.

Mack: I know.

Annie: I thought about that last weekend with some friends in New York and their kids. I just thought, man, that's the same age where I started remembering this and that and the other. Like, yeah, that's when you remember. Your kids are making choices with God.

Mack: That's what stresses me out. That's what stresses me out as a dad. I'm like, What am I saying to my son that he's going to remember for the rest of his life as a trauma, like a trauma?

Annie: All of us.

Mack: I know.

Annie: I've done it to my friends' kids too, I'm sure. So it is all of us. I believe you're doing the best you can. . That's exactly right. I texted with a friend the other morning and she said, "I'm grieving some things that my parents didn't take care of when I was a kid." I had a dream about her physical health. And part of it is a response to her parents not getting something taken care of when she was younger. I didn't know that. So I just called her and I voicemaild her the dream and what she said is, "I sometimes grieve what my parents didn't know how to do or didn't do, whatever. They're just trying, they're humans." And she said, "And God loves to remind me that He is the better parent."

Mack: Yeah, that's good.

Annie: And I thought, man, that is so good. For all my friends parenting, for all of you, God's their parent.

Mack: And maybe that takes a little bit of the pressure. Like, literally, maybe it takes a little bit of the pressure off of like, we're all trying, we're all like, you know... I want my kids to be the best version of themselves. I want them to feel loved and have a good relationship with them.

Annie: Is it like youth group time for them? Like, is Harvey into youth group stuff?

Mack: Not totally yet. They go to a great Christian school that's has kind of that energy already. But it's awesome. And we love that school so much. They both have a great group of friends that we're very grateful for.

[00:43:28] <music>

Sponsor: Hey friends, just interrupting this conversation one more time to tell you about one of our incredible partners, [Thrive Causemetics](#). Listen, if you're doing some fall wardrobe shopping and also want to spice up your fall makeup look, you've got to check out our favorite Thrive Causemetics.

You know I talk about Thrive Causemetics viral tubing mascara all the time, and you've seen it all over the internet. You know, the one in the turquoise tube. It's easy to see why their best sellers have thousands of five-star reviews.

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And now back to finish up our conversation with Mack.

[00:45:13] <music>

Annie: Talk to the parents for just a minute who they play the worship music in their house they're raising the kids. They're doing everything they know how to do and some days just are going really bad. Like one kid is off the rails and it's been that way for three weeks. And one kid, no matter what they do, does not obey. I mean, how much can we control and how much can't we control when we're raising?

Mack: I don't know. Maybe I'm probably the wrong person to ask because I'm like, I don't know. I get so stressed about that too. And you know, like-

Annie: Because your kids make mistakes. I'm sure.

Mack: Yes. So many. And we have days where me and Meredith at the end of the day were just like, "I am done being a parent today."

Annie: "They are all asleep and I am done."

Mack: "We're done parenting." Yeah, it is stressful. I feel like I carry the weight of being a dad more than any other thing in my life. That's the source of like just most of my thoughts is like about being a dad. And what does Harvey need for me? What does Cyrus need for me? What does Z need for me? And just trying to do that, you know?

I mean what I say when I said earlier about the Lord, like what the Lord has shown me, is like I know my kids are going to make mistakes. I know that I have to be their parent and be the discipline and all that stuff. But more so than that, what I keep coming back to is just like the grace of the Lord has in my own life and how He keeps leading me with love more than anything else.

And there's going to be consequences to my actions. He doesn't take away all that stuff, but He always leads with love. I think about that, you know, with my kids all the time of there are going to be times where I'm going to have to ground them, take away their screens, you know, all that stuff.

But the relationship that I have with them is so important. And I don't ever want to... once I lose that relationship and I don't even have a voice in their life is, where I feel like I've lost control, or I've lost it all. So I'm right in the middle of it. So I'm not on the, well, this is what I did, and it worked out. I'm right in the thick of it. So I don't have a lot of "try this out".

Annie: No, I think that's a really good wisdom, though.

Mack: As much as that's kind of our approach and what's on my mind literally all the time.

Annie: I think it's really interesting when you do faith work, and your kids... I mean, it's the pastor's kids' problem, right? Where your parents are doing faith work, which both you and Meredith do work in the faith space, mostly for faith people, though there are obviously some that aren't. And I think, man, your kids for their whole lives are gonna have these albums. And like while they've lived with you and experienced you loving them as best you can and doing the best you can and being such a loving good dad — y'all are very good parents in my experience — they also have this of you. I think that's so cool.

Mack: Oh, that's sweet.

Annie: They get to hear you say, You can believe what you saw God do, He'll do again. What you saw God do, He'll do again. Your kids get to hear that for the rest of their lives from their dad on a recorded album.

Mack: Oh, I love that. I haven't ever thought about that.

Annie: I think it's really cool.

Mack: That's good. I love that.

Annie: Cyrus, when she is 16 and making you crazy, still wrote, "*He's the Best God In My Life*."

Mack: Yes. Come on.

Annie: So you just play it over the house while she's being a brat. You just play it over the house and be like, Remember, this is who you are. Let me remind you who you are. This is like asking your favorite kid. What's your favorite song? Do you have a favorite song? Is it *The Best God*?

Mack: Yeah. *The Best God* is like... that's the one that I listen to all the time. I can't help it. But yeah, I don't know. I like all the songs for different reasons. They all have different things that they speak to me. There's a song that I did that's not going to be like a... You know with albums now we have like our singles, but then we also have our focus songs that we know-

Annie: Oh, I didn't know that. What does that mean?

Mack: Like what are we gonna do all the content for on social media? Like there's like stuff like this. But there's a song in the album-

Annie: Oh, insider information we didn't know.

Mack: There's a song on the album called *Be Near* that I sang with Jenna Barrientes, who's a friend. It's not a focus song. It's like a deep cut. But I'm always drawn to... I'm like b-sides all day.

Annie: I want to hear the whole album. Y'all don't get to read one chapter of my book. You got to read the whole book. I feel the same.

Mack: Yeah. And that song, for some reason, really speaks to me a lot. She leads it so well. But just even the idea of that song is really sweet to me and kind of touches me. There are a lot of good ones that I'm excited about.

Annie: So the album is titled *This is Holy*. Available now. People can hear it right now where they're listening everywhere.

Mack: Everywhere.

Annie: Everywhere. Okay, here's the last thing I want to ask you before I ask you about fun. You're traveling and leading worship across the country. We're hearing these other voices. We're in the middle of an election season. It is...

Mack: Really?

Annie: Did you know? Here in the US. Maybe. You've been in Greece. I don't know if you've heard, but we're going to vote in a few weeks. What are you seeing God do? Give us some hope about what you're seeing God do in rooms of people worshipping and at these events you're going to. Even y9ou're doing a smaller event tonight. What is God doing right now that you haven't seen Him do before? Is there something or is it just more of good?

Mack: I don't know. I don't know if it's what I haven't seen him do before as much as one of the greatest gifts that I get to experience is to go and lead worship at so many different churches and so many different styles and different leaderships and different, you know, places and people that think different ways, you know? And it is sweet that in those moments that we are gathered together and we're singing the same thing to God. You know, all creation cry holy. Whatever it might be, whatever song you're leading, you know. And to have so many people all singing the same thing to God, I never get tired of that. That's such a gift. And that's such a sweet, unifying thing, you know?

That's where... not only like not political beliefs, but just like your life stresses. You can leave that aside for just a second and focus your attention on the Lord. And so

just seeing that literally every time I get to lead worship, I never get tired of that. And I think that's a special thing.

I think worship music really is... I don't know. I don't know. I'll say this. I think that people are more receptive to the power of what worship can do in a room and what worship can do in your life, like you're talking about playing it in your house in the mornings. I think there's just more of a... When I was growing up worship was awesome, and I loved it, and I was drawn to it, but it felt like a song that you would sing before the message. It felt a little bit more compartmentalized. And those moments were very special, but it felt... at least for me it was compartmentalized. And I feel like now even me and people that I meet, there's a reception to like the power that goes beyond just singing, you know, that goes beyond like, what is the Holy Spirit doing in this moment? What can worship do in my life that's like a freeing thing? I don't know. That's a long answer.

Annie: That's good. No, that's great. I mean, I so clearly remember the first worship CD I purchased, where I was like, I can hear this at home? Because you're right, it was really compartmentalized to gatherings. And it wasn't a "you can play this at home". I mean, I could even listen to Michael W. Smith, and I could listen to Steven Curtis Chapman, but we didn't have worship.

Mack: You get Delirious. You get Delirious, Cutting Edge.

Annie: Get me started. Did you hear the mountain tremble? Are you kidding? What I would pay-

Mack: Life-changing.

Annie: What I would pay for if Delirious went through and said, we're going to play that album front to back. It's a thousand dollars a seat. I'd be like, "Let me seriously consider."

Mack: Oasis, whatever. Not interested.

Annie: Not interested. Delirious, Cutting Edge, both. It'd have to be both CDs.

Mack: Both tin can CDs.

Annie: Yeah, totally. But I just remember... you're right. It makes me interested of, why God saw fit, over the last 30 years, 25 years, to bring worship into our homes.

Mack: Hmm. That's interesting.

- Annie:** You started that. I'm just saying back to you what you said to me.
- Mack:** But I haven't thought about it in the sense of, like, that it wasn't in our homes at a time. You know, I hadn't really even thought about that.
- Annie:** I don't remember a worship album. I mean, I'll tell you why, because I remember being at a camp and that camp band sold a CD and I was like, "What, what, what? For \$5?"
- Mack:** I'm trying to even think like way, way back in the day with like you come home... like before, like recorded music existed, like would people worship in their home? Really?
- Annie:** Like, how can we find that out?
- Mack:** Yeah, I don't know. If you're a historian-
- Annie:** If you know-
- Mack:** ...text annie@thatsoundsfun.com.
- Annie:** You text emails? Wow.
- Mack:** Oh, yeah. My brain just moves different...I misfire all the time.
- Annie:** They get responses. There's got to be someone who can tell us in like 300 A.D. and 1000 A.D.
- Mack:** Yeah. Like, what did they do?
- Annie:** Did they sing in their homes?
- Mack:** Interesting idea.
- Annie:** Great. Loved it. What did we not say that you want to make sure we say?
- Mack:** Nothing.
- Annie:** Great. I can't wait for people. This is an album to just blast through your house. It was such a treat to listen to.
- Mack:** Thank you.

Annie: I'm really, really grateful for your skill and your writing. I mean, it is such a gift to those of us who this is... my gift is not short sentences. And so you say in 100 words what it takes me 40,000. So I'm really grateful.

Mack: Thank you.

Annie: The last question we always ask, we usually ask at the beginning, but we just jumped in. Because the show is called That Sounds Fun. What are you doing for fun right now? What sounds fun to you?

Mack: Man. Okay, first, can I say something that I had a revelation about me and you heading into this podcast? Because I was thinking like, oh... I was like, I wonder what we're going to talk about. Because you have a lot of friends on your podcast. And-

Annie: Yes. Including you.

Mack: Yeah. So this is a good that is all your friends come on and everybody has funny stories like, oh, remember this? And I realized that me and you and my wife, Meredith, have such an interesting relationship that we see each other maybe once a year, twice a year max. And when we see each other, we like dump all the heavy stuff that's going on in our lives. It's like we go in so deep.

Annie: That's why I cried when I was praying before we started because I was like, This is like my brother sitting here.

Mack: I was thinking, I was like, When I'm on Annie's podcast, I can't really even talk about all the times that we get together. Because most of the time we get together, it's like, hey, here's the heaviest thing that I've experienced in the last year.

Annie: Yes.

Mack: What have you gone through?

Annie: Yeah. I mean, there are like eight things I'm like, "I want to tell Mack about that. Can't do it on the show. I want to tell Mack about that. Can't do it on the show."

Mack: It's so much.

Annie: It makes me very grateful. It was a funny realization going into today. What sounds fun to me, I know we've talked a lot about dad stuff, but literally like seeing my kids do the things that they are passionate about. As a parent, it has been the most

fun thing. So my daughter, like I said, she's big in the musical theater. She was Matilda in the Matilda play this summer-

Annie: So sweet.

Mack: And I was at every rehearsal. I'm not theater dad where I'm like barking out all the mistakes, but I'm just in awe of her and in awe of what she does. And my son's into wrestling. And so going to like all of his meet... matches maybe. I got to learn the lingo. I'm a new wrestler dad. Going to all his matches and then like me and him hanging and watching the high schoolers wrestle afterwards. Just that whole side of parenthood has been such a new gift. But that's fun to me.

NFL is back. That's fun to me just like watching all day long.

Annie: Man, that first football weekend, I was like, "We did it. We're back."

Mack: I know.

Annie: "We survived."

Mack: And then the NBA is like right around the corner.

Annie: Which I know you love. You know how bored I get.

Mack: So here's the only problem with me is that when I moved to Charlotte, I fully committed to Charlotte sports.

Annie: Yeah, that's a bad choice.

Mack: This is what I'm learning. It's been a long, hard journey as a Panther. Let's not even talk about that. But as a Hornets fan as well, it's been a tough journey.

Annie: You made friends with a real Hornet though.

Mack: Yeah. I do. Cody Zeller. We love Cody.

Annie: I love Cody.

Mack: Cody and Leanna, we love them.

Annie: He's wonderful. You shared your friend with me. I got to be friends with a real Hornet. I have a Jersey.

- Mack:** So all that stuff is all fun to me.
- Annie:** You have got to take Cyrus to see Mary-Kate as Elphaba in New York. You know, one of my best friends is Elphaba until really until March 2nd.
- Mack:** Really?
- Annie:** She is so good it will... you don't know what to do. When I take new friends-
- Mack:** I love *Wicked*. It's one of my favorites. I should do that.
- Annie:** Yes, try to get her up there before then.
- Mack:** She won't listen to this, but we just bought... she turns 10 in January, and we just got her Hamilton tickets.
- Annie:** Oh, in New York or in Charlotte?
- Mack:** No, it's coming to Charlotte the week before her birthday.
- Annie:** Oh, great.
- Mack:** I'm so excited about that. Don't spoil it for her, any listener out there that knows.
- Annie:** I also thought she did listen to the show. But rude. I'm offended. I thought she was a listener.
- Mack:** I know. But maybe I should make a trip to New York as well.
- Annie:** Oh, please do. I mean, I don't know when I'll ever be friends with an Elphaba again.
- Mack:** And Annie, if you give me any... like say anything to spoil my daughter, I'll be like, "Yeah, sure. Why not?"
- Annie:** So that's what we need to do. Bring your family to New York, I will help you get to see *Wicked*. You can meet MK. I mean, she's just-
- Mack:** There's a friend of mine, she's from Charlotte, Eva, who is in *The Great Gatsby* now, which is another play that I want to...
- Annie:** Yeah, oh my gosh, you're friends with Eva that's in *The Great Gatsby*? She's so good.

Mack: I know. She's unreal.

Annie: She's so good. How are y'all friends?

Mack: I knew her back in the day in Charlotte, the church and stuff, but she...

Annie: She's so talented.

Mack: Watching her... I'm not super close to her, but just watching her, you know, succeed at every step of the way and all the things that she does. She's amazing.

Annie: She's amazing.

Mack: She sounds so good.

Annie: She's amazing in that role too.

Mack: Her voice is unreal.

Annie: The thing last fall and in the winter on Broadway was Living Water, Moving Water. Gatsby had it, Water for Elephants had it, Outsiders has it.

Mack: Oh, that's not a play. I thought you were saying it was a play called Moving Water.

Annie: No, no, no, no, no.

Mack: I was like, I haven't heard of that one yet.

Annie: Literally, there was this theme of living water everywhere that moved.

Mack: Oh, gotcha.

Annie: Right.

Mack: Interesting.

Annie: Gatsby has real water. I mean, it's just really interesting that they have figured out that there was like this hot moment of living water.

Mack: Maybe I'll have to go see *Wicked* and then we'll go see Gatsby.

Annie: That's it. You can do it in the same day. You can fly up, do the mat of.. we'll figure out, make sure both of your leads are on.

Mack: Can we go to that last flight out? Just like we like to do?

Annie: No, probably not, because you got to go to that last show. But it is worth it. I'll go up there when you're there. Let's all go up. Bring the fam. We'll all go. I live there part-time. I've already got two sets of friends going to *Wicked* in the next two months where I'm like, Y'all go, y'all go. I'll go as many times. And I pay for my ticket every time. I will go as many times because someday one of my best friends will not be Elphaba.

Mack: That's amazing.

Annie: She's amazing. All right. I love you, buddy. Thank you so, so much.

Mack: This has been the absolute best. Thank you.

Annie: Mutual. Thank you.

[01:01:04] <music>

Outro: Oh, you guys, isn't he the best? Gosh, I love Mac and Meredith Brock. I just love his music. He's like a brother to me. I mean, literally, we both were teary getting to see each other. I just think the world of him and his music.

As always, head over to social media, tell Mack, thank you so much for being on the show and start streaming that album. You are going to love it. Again, it is called *This is Holy*.

Hey, if you love this episode, I bet you're also going to love episode 506 with Chris Brown from Elevation Worship, or Episode 416 with Brandon Lake. We got some Carolina boys in these podcasts.

If you have any questions from this episode, drop them in the Q&A box on your Spotify app, if you're a Spotify listener like me, or send them to us on Instagram @ThatSoundsFunPodcast. We'll try to answer them there for you. Make sure you're following That Sounds Fun Podcast. It is a fun ride over there.

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

I think that's it for me today, friends. Go out or stay home, do something that sounds fun to you, and I will do the same. Today what sounds fun to me, y'all know

we are knee-deep in our planning meetings for 2025 and some of 2026, so I genuinely love these days where we dream and plan together. Pray for us if you're thinking about it right now. Pray for us as we finish up these last couple of days of planning what God might have specifically for us to do the work for our hands to do over the next couple of years.

Y'all have a great weekend. We'll see you back here on Monday with the Lazy Genius herself, our girl, Kendra Adachi. We'll see y'all then.