



MAN **MOMENT**
UP **MOMENT**

RADIO SPOTS

TRANSCRIPT



Brothers, whose word do you believe?

Hi, Jay Cookingham here, founder of Strategic Fathering ministries, with a man-up moment.

My word has a lot to say about me...mostly negative. Sometimes my word snuffs the life right out of me. Each syllable reminding me of mistakes, each a drop of remorse or guilt...or worse. Let's take a closer look.

My word says I am defeated, a loser.

His Word says:

“No, in all these things we are more than conquerors through him who loved us.” Romans 8:37

My word says it's impossible.

His Word says:

“But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible.” Matthew 19:26

My word says I am alone.

His Word says:

“The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.” Deuteronomy 31:8

My word says I am not important.**His Word says:**

“This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” 1 John 4:10

Why then should I believe my word? After all...it's my word against His.

Whose word do you believe?

God Bless and see you next time!

Jay Cookingham

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ManUp Moment is a daily two-minute radio broadcast dedicated to encouraging men. Husband of one and father of seven, host Jay Cookingham offers Christian insight on marriage, parenting and other family topics. Challenging, thought provoking and mixed with a sense of humor, it's a two-minute shot of encouragement.



JAY COOKINGHAM

About Me

My wife Christine and I have been happily married for 30 years and have seven (yes seven) children. I am passionate about my relationships, with God and my family, they are the fuel for my creativity and the drive to finish strong.

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