



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

RADIO SPOTS

TRANSCRIPT



Men, do you ever find yourself saying...is that all?

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

There are many enemies that threaten my security daily; I suspect that you're familiar with them as well. Health concerns, worries about finances and the future...these can turn on you in a heartbeat. I'm walking through stuff...you're walking through stuff; life can be really hard sometimes. We can lose heart and our faith in God's promises during difficult circumstances.

Know what I think? I think we need to be "All-struck".

Psalm 34 carries one little word that excites me...it's the word "All", it's a powerful word, one that covers...well, everything! Fears, troubles, afflictions...ALL covered. Look at what it says...

Verse 4...and delivered me from **all** my fears.

Verse 6...and saved him out of **all** his troubles.

Verse 17...and delivers them out of **all** their troubles.

Verse 19...Many afflictions...delivers him out of them **all**.

Not some...ALL

Not a few...ALL

Not just the easy ones...ALL

Not most...ALL

In the midst of your struggle, the Father is there with you, seek Him...you will lack no good thing (Verse 10)

Is that all? No....not really, in verse 1 is our part...

I will bless Jehovah at **all** times; His praise always shall be in my mouth.

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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