



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

RADIO SPOTS

TRANSCRIPT



Men, what do you think about grace?

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

Grace is much more than a nice prayer we pray over dinner. Listen to this verse about grace...in Romans 3:24

“and all are justified freely by his grace through the redemption that came by Christ Jesus.”

The Greek word for redemption in this verse describes the price paid for a prisoner of war...the price is paid and they are set free. Because of grace...We are all former POWs.

Grace is liberating, grace ransoms us. Grace is fluid, a dance of mercy, a song of favor...a gift of redemption.

Grace is how God greets us and meets us...it releases worship in us. In Romans 5:2 it says this about the wonderful gift of grace.

“through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.” Romans 5:2

Grace is a powerful agent; it breathes life into difficult circumstances. It allows room and space for understanding and forgiveness to enter. That begins the road to restoration, and giving us opportunity to travel together on it

Grace makes a way to the Father...Pray with me...

*Father,
I thank you for grace, I know it's a gift, something I did not or could not earn. I love the way it frees me to be more yours. I love how it changes me and invites me into your presence. Help me to walk in your grace and give it freely towards others. Amen*

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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