



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

**RADIO SPOTS**

**TRANSCRIPT**



***Men, do you enjoy your kids?***

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

All my kids bring me joy but I would like to talk about my youngest child today. Becky came into my life making me the father of seven. Somehow, I knew she was going to be my last child...but not last bundle of joy.

Becky had to be turned in her mommy's womb just prior to birth and she has been doing cartwheels ever since. We share a birth order (I was the baby of my family) and she was the only one of my children born at the same hospital as I was. She has artistic bents and seems to have my ability to make up words and terms that make her laugh and the rest of the world puzzled. Becky reminds me of joy...pure abandonment to joy.

In Psalms 127: 3-5 is a great reminder...

*“Behold, children are a heritage from the LORD, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth. Blessed is the man who fills his quiver with them!*

*He shall not be put to shame when he speaks with his enemies in the gate.” Psalms 127:3-5 ESV*

My children have taught me more about life than I can begin to express. Their interactions with the world that the Father has created for them reveal a world sometimes forgotten. Covered with the dust of weariness I lose sight of the sea of imagination and wonder. Cornered by routine and duty I miss the sky of creativity and see plain clouds, instead of creatures of delight.

Our children help us back to to en-JOY-ment, slowing us down to seize upon wonder moments and seeing God in them all. That is part of the reward system the Father has set up for us parents...I thank Him for it.

Men...slow down...enjoy and delight in your kids...you'll receive a joy boost for sure.

***God Bless and see you next time!***

*Jay Cookingham*

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[www.strategicfathering.com](http://www.strategicfathering.com)

**Twitter**

@strategicdad

@jaycookingham



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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