



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

**RADIO SPOTS**

**TRANSCRIPT**



***Brothers...are you losing hope?***

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

Hope (at least for me) requires some looking back as well as peering into the murky waters of the future. Listen to this passage in Deuteronomy 4:9

*Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them. Deuteronomy 4:9*

The counsel here is clear...don't forget, don't let these experiences slip away. Use them, pass them on...exercise them. The power of hope is strengthened by exercising our memory muscle, by remembering how faithful God is.

Men, I'm just a normal like you. Truthfully, I see little hope in some of the situations I find myself in... my circumstances offer no hope, and cause me angst of Biblical proportions...but, that's not what where my hope lies. Psalm 39:7 reminds me...

*And now, Lord, what do I wait for and expect? My hope and expectation are in You. Psalm 39:7*

Remembering what God has done (and is doing) for me, is the restoring agent, causing hope to return despite those nasty circumstances. The focus is on Him and not just on His promises but on the Father who loves us completely. The place of struggle, the circumstances, the pain...these are places where we can exercise our memory muscle and look back rejoicing at all He done.

That sounds like hope to me...

***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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