



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

RADIO SPOTS

TRANSCRIPT



Brothers...what do you think about gentleness?

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

To me gentleness is not about being tame or weak, it's about liberation. Gentleness frees us to open our hearts towards our children and pour love into them. God uses that freedom to strengthen the dad muscle in us. The strength of gentleness is fundamental to our leadership and what we lay on the shoulders of our children.

“Take My yoke on you and learn of Me, for I am meek and lowly in heart, and you shall find rest to your souls. (30) For My yoke is easy, and My burden is light.”
Matthew 11:29-30

Listen to the way the Message Bible puts it...

“Walk with me and work with me--watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”
The Message Bible

We want our children to keep company with us don't we? Raising children requires a firm hand sometimes, but gentleness recognizes the spirit of our children and how easy it is to crush. That knowledge should empower us with a different mindset, and a more powerful (gentle) show of love. That's when His gentleness makes us great dads.

“Thou hast also given me the shield of thy salvation: and thy right hand hath holdeth me up, and thy gentleness hath made me great.” Psalm 18:35

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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