



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

**RADIO SPOTS**

**TRANSCRIPT**



***Brothers... are you a hard worker?***

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

Listen to this Scripture....in Deuteronomy 12:28

*"Be careful to obey all these regulations I am giving you, so that it may always go well with you and your children after you, because you will be doing what is good and right in the eyes of the LORD your God." Deuteronomy 12:28*

It's hard work to be a good dad. It's a hard core dedicated, extreme makeover type of a adventure. I'm stretched daily, sometimes hourly and I'm never the same man I was when I woke up that particular morning. The seven talented, unique individuals that God has loaned me have forever changed the man I thought I was going to be.

I remember a line from a song Frank Sinatra sang...*mistakes, I made a few*...I cringe when I think of those mistakes. Yet, they gave opportunity for me to become humbler, less hard in my approach...as I asked for forgiveness from my children. We spend a lot of time talking in my

family and even greater time listening...probably the hardest work of all.

Yes, my work as a Dad is hard, costly and pushes me to the limit of who I need to be for them. It's also deeply satisfying.

I share these snippets of my life to encourage you to stay at it, stay engaged in the lives of your kids, purpose yourself into their hearts...don't ever give up.

My job is not done...neither is yours...

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

*Jay Cookingham*

**Web**

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

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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.**

**Practical - Purposeful - Powerful**  
**Strategic Fathering**  
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