



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

**RADIO SPOTS**

**TRANSCRIPT**



## *Are you a faithful man?*

Let me start by reading this Scripture...

*“His words are kisses, his kisses words. Everything about him delights me, thrills me through and through! That's my lover, that's my man, dear Jerusalem sisters.”*

*Song of Solomon 5:16 The Message Bible*

I love that Scripture! Who wouldn't love to hear his wife talk about him that way? Brothers, we need to “talk up” our marriage (and marriage in general). Speak well of its virtues, its power to complete and transform who we are. Making your marriage a priority displays faithfulness to your wife, your kids and anyone else who may be watching.

Proverbs 20:28 says...

*“Kindness and faithfulness keep a king safe, through kindness his throne is made secure.”*

That's how we should secure our homes. Faithfully loving our brides like Christ loved the Church will keep our families safe and our marriages strong. Through our marriages, we live and teach the truth about love. Our children (and others) will see

faithfulness in action and learn that love is supposed to unite one person to another person...forever.

God purposes a husband and wife to be one in every phase of life. This includes hard and easy times, the better or worse time mentioned in the vows we took. The challenge is growing closer through all seasons of life saturated with love, understanding and faithfulness. The bond that God has formed in my marriage is a wonderful source of comfort and power. I have come to know that faithfulness in marriage has the muscle to change lives and bring encouragement to others. By faithfully living out this covenant, it impacts our children and even the society we live in.

Join me next time for some Marriage Faithfulness Builders!

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

*Jay Cookingham*

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

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@strategicdad

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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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