



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

**RADIO SPOTS**

**TRANSCRIPT**



## *Are you a faithful man? Part2*

Last time I promise you some marriage faithfulness builders...but first I want to tell you that I cherish my marriage and take my vows seriously. My wife Christine has completed me in ways only the Lord knew she would. We both know our marriage is a reflection of how Christ loves the church and how the church loves Him in return. Here are a few ways we build up our faithfulness connection between us.

- **Faithfully Guarding our Marriage**

|            |  |
|------------|--|
| Purity     | Sexually and relationally pure, my body/mind/emotions belongs to my wife |
| Intimacy   | There is a level of closeness that belongs only to my wife               |
| Friendship | There is a level of friendship that belongs only to my wife              |

- **Faithfully Investing in our Marriage**

|               |                           |
|---------------|---------------------------|
| Communication | Talking, Sharing, Praying |
|---------------|---------------------------|



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**  
MINISTRIES

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|         |   |
|---------|---|
| Time    | Being with her,<br>physically, mentally,<br>emotionally |
| Pursuit | Letting her know I<br>would choose her<br>over and over |

- **Faithfully Promoting our Marriage**

|            |                       |
|------------|-----------------------|
| Supporting | The value of marriage |
|------------|-----------------------|

|                     |   |
|---------------------|---|
| Thankful<br>Example | For being married<br>Picture of a Godly<br>marriage |
|---------------------|---|

*“Whosoever findeth a wife findeth a good thing,  
and obtaineth favour of the LORD.”*

*Proverbs 18:22*

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

*Jay Cookingham*

**Web**

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

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