



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

RADIO SPOTS

TRANSCRIPT



Men...are you are you a hero?

I'm going to let you in on a little secret on how to be heroic...let the Father make you into a son. Allow the rewrite of your story...it's a step of faith and it's risky. I know of no greater risk than to put your life in the hands of another. To say like Jesus, "not my will but yours be done", is some of the bravest words ever spoken. Sons speak this way; it's typical of their vocabulary. Their speech is full of words of sacrifice, giving, surrendering and pouring out. Sons get the picture; they see their part and seize the moment, and all while giving way to the father's plan to flourish.

Jesus gutted out His experience in the garden, He agonized over the cost He was destined to pay. Yet, the Son bowed all He was to the Father's will, shifting the focus away from the cup to purposefully draining its contents.

There was nothing casual about the way Jesus walked out His sonship.

Our call to fathering, our call to being a husband is part of our walk as His sons. Casual is not an option, the danger is too great...the cost...greater still. If we focus on helping our children develop

Godly character, if we love our wives like Christ loves the Church, if we just trust Him, we can change a little bit of the world in this manner.

*"If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it."
Matthew 16:24-25*

That's the kind of hero I want to be....

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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