



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

RADIO SPOTS

TRANSCRIPT



Are you are has been?

The typical definition is this...a has been is one that is no longer famous, popular, successful, or useful or effective.

It got me thinking...

I am one who has been on the short end of the stick.

I am one who has been on the outside looking in.

I am one who has been between a rock and a hard place.

BUT...more importantly...

I am one who *has been* given much.

"Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else?" Romans 8:32 NLT

I am one who *has been* asked in.

*"Come to me, all who labor and are heavy laden,
and I will give you rest."
Matthew 11:28 ESV*

I am one who *has been hidden.*

*"For you died to this life, and your real life is
hidden with Christ in God."
Colossians 3:3 NLT*

I think God has a powerful love for *has
beens...*don't you? After all...He *has been* faithful.

God Bless you!

Jay Cookingham

Web

www.strategicfathering.com

Twitter

@strategicdad

@jaycookingham



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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