



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

RADIO SPOTS

TRANSCRIPT



How do you measure strength?

“On the day I called, you answered me; my strength of soul you increased.” Psalm 138:3

I wrote this passage in my journal at the beginning of July and I starting wondering about the word measure.

“... my strength of soul you increased.”

I wonder...how do you measure that? How did David know his soul was stronger? Did he feel it? Was it noticeable to others around him...his royal court...his family...the nation of Israel? How do you calculate that inner increase with certainty? Maybe, it's as simple as this...

That when you feel like you can't go on...you do, you stand up and move forward.

That when you feel like you can't love that one person driving you nuts any more...you do, you love more.

That when you feel like quitting, giving up, throwing in the towel, and running away...you don't...you stay.

The increase is measured not in “feeling” but in being...being His. I encourage you to find ways to be “His” today...it usually starts with surrender.

Father,

We call on you today knowing you will answer us. We declare that the strength of our souls is increased by being with you, we embrace that, we celebrate that and we trust you for that. Let it be measure out in our love and boldness for you! In Jesus name...amen.

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.

Practical - Purposeful - Powerful
Strategic Fathering
MINISTRIES

www.strategicfathering.com