



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

RADIO SPOTS

TRANSCRIPT



Do you have...STUFF?

STUFF is an acronym that means...

Sad Tragic Ugly Fears and Failures

We all have STUFF. Events that try to define us, wreck us, disrupt our walk, maim us and stunt our growth. STUFF that seeks to snuff out life from our dreams, derail our faith and slowly try to destroy who we were meant to be.

The problem with STUFF is that we often stuff it deep down inside of us...where it festers...it can become a deadly poison.

I have a STUFF list...you probably have one also. My list includes...

The loss of two babies...
My wife's heart attack...
My childhood of abuse...
My failures...

This list haunts us, stalks us and lies to us...trying its best to discourage us from believing that we were meant for greatness...created to make a difference and fashioned for God's delight.

I was thinking about my STUFF the other day...and I rejoiced! Why? Because God has my STUFF covered...although STUFF may mark us, even scar us...His word says...

...I am healed! (Isaiah 53:5)

...I am a new creation! (2 Corinthians 5:17)

...I am more than a conqueror! (Romans 8:37)

...I am a child of God! (John 1:12)

My encouragement is this...don't let STUFF creep in...throw that list on the altar of the Father's love...believe that He has your STUFF covered.

He does...He really does.

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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