



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

**RADIO SPOTS**

**TRANSCRIPT**



## **Men, what's your calling?**

So, you want to know your calling? I'm going to use my huge prophetic gifting and tell you...ready?

If you're a dad...you're called to father.

If you're a grandfather...you're called to father.

If you are alive and breathing (and a male) ...you're called to father.

What I'm passionate about is "Fathering", a call I believe that every man is meant to follow, whether he has biological children or not. This is a call that goes beyond biological and generational boundaries; it is a focused, purposeful call to demonstrate the Father's love.

A call to father is simply following the example of father God, fleshed out in the life of Jesus, and how He draws us into a relationship with Him. The power of fathering is born in the spirit of adoption, the extreme makeover of people into sons and daughters.

Why am I sharing this?

Because...It's time to man up

*“For you have not received the spirit of bondage again to fear, but you have received the Spirit of adoption by which we cry, Abba, Father!”*

*Romans 8:15*

The ability to bless, to impart and to impact has been given to you by the Father’s own hand. It’s written on your spiritual DNA, you and I were wired to be huge in someone’s life! There are huge opportunities all around us, the world is crying out for fathers, for heroes...I pray that God will make me one!

Will you be one?

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

*Jay Cookingham*

**Web**

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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.**

**Practical - Purposeful - Powerful**  
**Strategic Fathering**  
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