

ID	Station	Issue Description	Run Date	Run Time	Length	Program	Locally Produced	Program Title	Program Description
180	106.9 FM	Adolescent/Youth	1/2/2024	10:20:00 AM	8		No	Truth Itself	<p>My First 5 sons won't inherit his 1000 empire unless they achieve 2 things</p> <p>Fieri says he tells his boys what his dad told him – "When I die, you can expect that I'm going to die broke, and you're going to be paying for the funeral. And I told my boys, "None of this that I've been building are you going to get unless you come and take it from me."</p> <p>And taking over for Fieri requires an education. Fieri has a huge fortune. His television deal alone is worth a reported \$100 million, plus he has restaurants, products and more. Fieri also has two sons.</p> <p>Praying for Your Teen's Heart and Future (Part 1 of 2)</p>
447	106.9 FM	Adolescent/Youth	3/19/2024	6:30 AM	28		No	Focus on the Family Minute Commentary	<p>Parents often face the teen years with fear because we often don't fully understand what struggles teens are dealing with. Jodie wants to equip parents of teens to pray with confidence about dating, peer pressure, social media, prodigals and more — using the power of God's Word.</p>
448	106.9 FM	Adolescent/Youth	3/19/2024	9:30 PM	28		No	Focus on the Family Minute Commentary	<p>Praying for Your Teen's Heart and Future (Part 1 of 2)</p> <p>Parents often face the teen years with fear because we often don't fully understand what struggles teens are dealing with. Jodie wants to equip parents of teens to pray with confidence about dating, peer pressure, social media, prodigals and more — using the power of God's Word.</p>
452	106.9 FM	Adolescent/Youth	3/20/2024	6:30 AM	28		No	Focus on the Family Minute Commentary	<p>Praying for Your Teen's Heart and Future (Part 2 of 2)</p> <p>Parents often face the teen years with fear because we often don't fully understand what struggles teens are dealing with. Jodie wants to equip parents of teens to pray with confidence about dating, peer pressure, social media, prodigals and more — using the power of God's Word.</p>
453	106.9 FM	Adolescent/Youth	3/20/2024	9:30 PM	28		No	Focus on the Family Minute Commentary	<p>Praying for Your Teen's Heart and Future (Part 2 of 2)</p> <p>Parents often face the teen years with fear because we often don't fully understand what struggles teens are dealing with. Jodie wants to equip parents of teens to pray with confidence about dating, peer pressure, social media, prodigals and more — using the power of God's Word.</p>
195	106.9 FM	Economics/Business	1/9/2024	10:20:00 AM	8		No	Truth Itself	<p>A coffee company has donated nearly 250,000 to pregnancy resource centers nationwide</p> <p>Founded in 2021, Seven Weeks Coffee is named after the stage in a woman's pregnancy when her pre-born child is the size of a coffee bean. The company supports the mission of pro-life pregnancy centers, which p...</p>
228	106.9 FM	Economics/Business	1/24/2024	10:20:00 AM	8		No	Truth Itself	<p>A US Senator questions government officials on push for banks to monitor transactions, including blue purchases</p> <p>In a letter to Treasury Secretary Janet Yellen and FinCEN Director Andrea Gacki, U.S. Senator Tim Scott, the ranking Republican on the Senate Committee on Banking, Housing, and Urban Affairs, expressed concern...</p>
219	106.9 FM	Education	1/19/2024	10:20:00 AM	8		No	Truth Itself	<p>About two-thirds of Americans believe parents should be able to opt their kids out of public school teachings they believe are inappropriate or contradictory to their values</p> <p>The Becket Fund for Religious Liberty released its fifth annual Religious Freedom Index this week, which sampled the opinions of 1,000 American adults in an online survey. Released on National Religious Fr...</p>
241	106.9 FM	Education	1/30/2024	10:20:00 AM	8		No	Truth Itself	<p>Praying for Your Teen's Heart and Future (Part 1 of 2)</p> <p>Liberty Counsel filed a lawsuit on behalf of Hawaii (CE) against the Hawaii State Department of Education and the superintendents of four of its locations for violating the First and Fourteenth Amendments to the United States Constitution, state laws, and school policies by discriminating against and blocking CEF from hosting its elementary school Good News Clubs in certain district facilities that are open to other, similarly situated non-religious organizations.</p>
748	106.9 FM	Education	3/6/2024	4:00 PM	45		No	Charlie Kirk Show	<p>The Dirty Truth about Dirty Jobs vs College Degrees with Mike Rowe</p> <p>Americans are bombarded incessantly with propaganda telling them to go college, even if the cost is ruinous and it's unlikely to teach them any useful skills. Mike Rowe is on a one-man</p>
417	106.9 FM	Education	3/11/2024	6:30 AM	28		No	Focus on the Family with Jim Daly	<p>Putting Children First in Education</p> <p>Cynthia Tobias shares practical advice on how to best maximize your student's environment, attitude, time-management, learning style, organizational skills, and mental capacity. She will help parents understand the various schooling options so they can decide what method of education will be best for their child.</p>
418	106.9 FM	Education	3/11/2024	9:30 PM	28		No	Focus on the Family with Jim Daly	<p>Putting Children First in Education</p> <p>Cynthia Tobias shares practical advice on how to best maximize your student's environment, attitude, time-management, learning style, organizational skills, and mental capacity. She will help parents understand the various schooling options so they can decide what method of education will be best for their child.</p>
275	106.9 FM	Education	3/23/2024	9:00:00 PM	30		No	Focus on the Family Weekend	<p>PUTTING CHILDREN FIRST IN EDUCATION: Do you really know what your children are learning today? Learning styles expert, Cynthia Tobias, outlines dangerous agendas in public schools and urges parents to explore better options for their child's education.</p>
9	106.9 FM	Family/Relationships	1/2/2024	6:30:00 AM	28		No	Focus on the Family with Jim Daly	<p>How to take your family through a digital fast</p> <p>Like most parents of children born after 2010, Molly DeFrank embraced the new digital technologies of smart phones and tablets for her kids. But she grew increasingly alarmed as she observed detrimental effects of "zombified kids," emotional outbursts, loss of other interests, etc. And she discovered alarming research that the average</p>
10	106.9 FM	Family/Relationships	1/2/2024	9:30:00 PM	28		No	Focus on the Family with Jim Daly	<p>How to take your family through a digital fast</p> <p>Like most parents of children born after 2010, Molly DeFrank embraced the new digital technologies of smart phones and tablets for her kids. But she grew increasingly alarmed as she observed detrimental effects of "zombified kids," emotional outbursts, loss of other interests, etc. And she discovered alarming research that the average</p>
14	106.9 FM	Family/Relationships	1/3/2024	6:30:00 AM	28		No	Focus on the Family with Jim Daly	<p>How to Experience Great Intimacy and Love in Your Marriage (Part 1 of 2)</p> <p>Dave and Ashley Willis help husbands and wives rediscover God's design for a marriage that enables them to be emotionally, spiritually and physically vulnerable and transparent with each other. They share their own love story and describe how "love is not enough" to sustain a lifelong marriage; couples need to commit to serving and sacrificing ...</p>
15	106.9 FM	Family/Relationships	1/3/2024	9:30:00 PM	28		No	Focus on the Family with Jim Daly	<p>How to Experience Great Intimacy and Love in Your Marriage (Part 2 of 2)</p> <p>Dave and Ashley Willis help husbands and wives rediscover God's design for a marriage that enables them to be emotionally, spiritually and physically vulnerable and transparent with each other. They share their own love story and describe how "love is not enough" to sustain a lifelong marriage; couples need to commit to serving and sacrificing ...</p>
19	106.9 FM	Family/Relationships	1/4/2024	6:30:00 AM	28		No	Focus on the Family with Jim Daly	<p>How to Experience Great Intimacy and Love in Your Marriage (Part 1 of 2)</p> <p>Dave and Ashley Willis help husbands and wives rediscover God's design for a marriage that enables them to be emotionally, spiritually and physically vulnerable and transparent with each other. They share their own love story and describe how "love is not enough" to sustain a lifelong marriage; couples need to commit to serving and sacrificing ...</p>
20	106.9 FM	Family/Relationships	1/4/2024	9:30:00 PM	28		No	Focus on the Family with Jim Daly	<p>How to Experience Great Intimacy and Love in Your Marriage (Part 2 of 2)</p> <p>Dave and Ashley Willis help husbands and wives rediscover God's design for a marriage that enables them to be emotionally, spiritually and physically vulnerable and transparent with each other. They share their own love story and describe how "love is not enough" to sustain a lifelong marriage; couples need to commit to serving and sacrificing ...</p>
29	106.9 FM	Family/Relationships	1/8/2024	6:30:00 AM	28		No	Focus on the Family with Jim Daly	<p>Praying for Your Marriage with Joy</p> <p>In a discussion based on their book The 4 Habits of Joy-Filled Marriages, Dr. Marcus Warner and Pastor Chris Coursey offer practical guidance for how a husband and wife can work together to experience greater joy in their relationship.</p>
30	106.9 FM	Family/Relationships	1/8/2024	9:30:00 PM	28		No	Focus on the Family with Jim Daly	<p>Praying for Your Marriage with Joy</p> <p>In a discussion based on their book The 4 Habits of Joy-Filled Marriages, Dr. Marcus Warner and Pastor Chris Coursey offer practical guidance for how a husband and wife can work together to experience greater joy in their relationship.</p>
34	106.9 FM	Family/Relationships	1/9/2024	6:30:00 AM	28		No	Focus on the Family with Jim Daly	<p>Special Needs and the Imago Dei: Encouragement for Parents</p> <p>One in five households care for a child with a disability. Laura Willer and Erin Smalley are included in this count as they are both mothers to daughters with special needs. Over the years they have learned how to navigate parenting through the lens of disabilities. Some days involve going to physical therapy or undergoing surgery, other days include coping with a school bully or a difficult diagnosis. Laura and Erin remind us that the smallest acts of inclusivity, such as a kind word or a friendly smile, can make all the difference.</p>
35	106.9 FM	Family/Relationships	1/9/2024	9:30:00 PM	28		No	Focus on the Family with Jim Daly	<p>Special Needs and the Imago Dei: Encouragement for Parents</p> <p>One in five households care for a child with a disability. Laura Willer and Erin Smalley are included in this count as they are both mothers to daughters with special needs. Over the years they have learned how to navigate parenting through the lens of disabilities. Some days involve going to physical therapy or undergoing surgery, other days include coping with a school bully or a difficult diagnosis. Laura and Erin remind us that the smallest acts of inclusivity, such as a kind word or a friendly smile, can make all the difference.</p>
150	106.9 FM	Family/Relationships	1/15/2024	9:00:00 AM	26		No	Family Talk with Dr. James Dobson	<p>Encouraging Your Kids to Lead</p> <p>According to Dr. Tim Elmore, Leaders are made, not born. On today's classic edition of Family Talk, Dr. James Dobson discusses with Dr. Elmore and his wife, Pam, the importance of teaching our children how to become leaders who will stand firm in their convictions, rather than being like sheep, who just follow the crowd. Be encouraged as Dr. Tim shares his belief that every child has the potential to be a great leader, regardless of his or her personality.</p>
64	106.9 FM	Family/Relationships	1/17/2024	6:30:00 AM	28		No	Focus on the Family with Jim Daly	<p>Investing in Your Child for the Teen Years</p> <p>A panel of parents join with Jim Daly and John Fuller to discuss preparing their children for the teen years and adulthood, providing a biblical perspective on sexuality, peer relationships and technology.</p>
213	106.9 FM	Family/Relationships	1/17/2024	10:20:00 AM	8		No	Truth Itself	<p>The Percentage of Children Living with Married Birth Parents Reaches the Highest Level in Decades</p> <p>A new report reveals that the share of American children living with two parents has reached its highest level in decades despite predictions of further declines. The Institute for Family Studies found that...</p>
65	106.9 FM	Family/Relationships	1/17/2024	9:30:00 PM	28		No	Focus on the Family with Jim Daly	<p>Investing in Your Child for the Teen Years</p> <p>A panel of parents join with Jim Daly and John Fuller to discuss preparing their children for the teen years and adulthood, providing a biblical perspective on sexuality, peer relationships and technology.</p>
69	106.9 FM	Family/Relationships	1/18/2024	6:30:00 AM	28		No	Focus on the Family Minute Commentary	<p>Knowing Grace to Transform Your Marriage (Part 1 of 2)</p> <p>Brad and Marilyn Rhoads openly share their terrible first year of marriage and how God intervened to introduce the concept of grace in their relationship. You'll better understand how marriage is a picture of the gospel and learn ways to honor your spouse in a more grace-filled, loving manner.</p>
70	106.9 FM	Family/Relationships	1/18/2024	9:30:00 PM	28		No	Focus on the Family Minute Commentary	<p>Knowing Grace to Transform Your Marriage (Part 2 of 2)</p> <p>Brad and Marilyn Rhoads openly share their terrible first year of marriage and how God intervened to introduce the concept of grace in their relationship. You'll better understand how marriage is a picture of the gospel and learn ways to honor your spouse in a more grace-filled, loving manner.</p>

74	106.9 FM	Family/Relationships	1/19/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Knowing Grace to Transform Your Marriage (Part 2 of 2) Brad and Marilyn Rhoads openly share their terrible first year of marriage and how God intervened to introduce the concept of grace in their relationship. You'll better understand how marriage is a picture of the gospel and learn ways to honor your spouse in a more grace-filled, loving manner.
75	106.9 FM	Family/Relationships	1/19/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Knowing Grace to Transform Your Marriage (Part 1 of 2) Brad and Marilyn Rhoads openly share their terrible first year of marriage and how God intervened to introduce the concept of grace in their relationship. You'll better understand how marriage is a picture of the gospel and learn ways to honor your spouse in a more grace-filled, loving manner.
99	106.9 FM	Family/Relationships	1/20/2024	10:00:00 AM	30	No	Focus on the Family Weekend	Feeling Your Husband With Joy You have been married for a number of years, and you are starting to feel distant from your spouse. You are experiencing a "joy-gap!" Dr. Marcus Warner and Chris Coursey explain the brain science behind joy and offer easy, practical ways you can increase joy in your marriage by playing together and nurturing a rhythm of rest.
160	106.9 FM	Family/Relationships	1/22/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Warring Your Home and Time Parenting is a demanding job that overwhelms many moms with the day-to-day tasks and responsibilities. On this classic edition of Family Talk, Dr. James Dobson talks with the late Emilie Barnes, an author, speaker and time-management expert whose invaluable advice continues to help women get rid of stress, and better organize their families and homes. Proverbs 16:3 says, Commit to the Lord whatever you do, and He will establish your plans. Discover the hope found in seeking God first in all things, even in everyday tasks.
162	106.9 FM	Family/Relationships	1/23/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Warring Your Home and Time When life gets busy, we often wish our days could be longer. No one understands that more than moms. Today you'll hear the conclusion of a classic Family Talk broadcast, featuring Dr. James Dobson and Emilie Barnes. She was a popular author and speaker on the topic of organization and time management, and her books have stood the test of time and are very relevant today. Learn more as Emilie provides easy tips for moms to effectively run their homes, and still have quality time for their families.
89	106.9 FM	Family/Relationships	1/24/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	When Your Money and Marriage Clash Money is one of the top reasons why couples experience conflict in marriage. Taylor and Megan Kovar believe the conflict isn't about money but about a lack of communication about money. They explain how to be more content with your financial situation and trust God for the future.
164	106.9 FM	Family/Relationships	1/24/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Have you ever wondered what the man in your life is really thinking? On today's classic edition of Family Talk, you will hear Dr. James Dobson's timeless interview with Shaunti Feldhahn, author of the book, For Women Only. Through her detailed research, Shaunti identifies the feelings that may be buried deep within a man's soul, and explains to women why their husbands crave respect. Discover these crucial characteristics that may unlock the secrets that will lead to a much more intimate relationship.
90	106.9 FM	Family/Relationships	1/24/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	When Your Money and Marriage Clash Money is one of the top reasons why couples experience conflict in marriage. Taylor and Megan Kovar believe the conflict isn't about money but about a lack of communication about money. They explain how to be more content with your financial situation and trust God for the future.
166	106.9 FM	Family/Relationships	1/25/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	What Women Should Know About Men It's no secret that men and women were created drastically different from one another. For that reason, husbands and wives must intentionally communicate to maintain a healthy relationship. On today's classic Family Talk broadcast, Dr. James Dobson continues his riveting discussion with author and social researcher, Shaunti Feldhahn. She breaks down and explains how the sexes approach intimacy, and emphasizes the struggle for purity in this highly sexualized society.
168	106.9 FM	Family/Relationships	1/26/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	What Women Should Know About Men In our society, men are often unfairly depicted as uncaring and unthoughtful, when in reality, they are simply unsure of how to display love and communicate their feelings. Today on this classic edition of Family Talk, Dr. James Dobson concludes his timeless interview with author Shaunti Feldhahn, revealing crucial information that women need to know about their husbands. Be enlightened as Shaunti and Dr. Dobson discuss the importance of romance in marriage, and why couples must intentionally carve out meaningful time for one another.
117	106.9 FM	Family/Relationships	1/29/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Teaching Children to Celebrate Their Strengths Lucille Williams equips you with ways you can nurture your child's strengths and help them learn to overcome their weaknesses. She shares her story of struggle and challenges as she discovered her own abilities. By building a strong identity in Christ, you can develop strategies to highlight their talents.
118	106.9 FM	Family/Relationships	1/29/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Teaching Children to Celebrate Their Strengths Lucille Williams equips you with ways you can nurture your child's strengths and help them learn to overcome their weaknesses. She shares her story of struggle and challenges as she discovered her own abilities. By building a strong identity in Christ, you can develop strategies to highlight their talents.
490	106.9 FM	Family/Relationships	2/1/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Donning Hedges Around Your Marriage Society today attempts to water down or trivialize adultery, but according to the Bible, it is not acceptable within the boundaries of any relationship, let alone marriage! Today on Family Talk, we'll hear a classic discussion between Dr. James Dobson and best-selling author and speaker, Jerry Jenkins, about the vulnerability of every marital relationship unless the proper defenses are put in place. 1 Peter 5: 8 says, Be alert and of sober mind. Our enemy the devil prowls around like a roaring lion looking for someone to devour.
492	106.9 FM	Family/Relationships	2/2/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Adultery and lust are deep-rooted sins that continue to plague marriages and families. On today's classic edition of Family Talk, Dr. James Dobson continues his discussion with popular author and speaker, Jerry Jenkins. He identifies specific hedges that must be intentionally built into a marital relationship if it is to remain intact, the way God intended. Hebrews 13:4 says, Marriage should be kept pure, for God will judge the adulterer and all the sexually immoral.
103	106.9 FM	Family/Relationships	2/3/2024	10:00:00 AM	30	No	Focus on the Family Weekend	When Your Money and Your Marriage Clash Are you often, financial conflict in your marriage isn't about money at all--it's more about your personalities! Discover how savers and spenders, risk-takers and security seekers can survive ad thrive! Practical tools for you and your spouse on FOF.
292	106.9 FM	Family/Relationships	2/5/2024	6:30:00 AM	28	No	Focus on the Family Minute Commentary	How to Avoid Bad Influences On Your Marriage Dave and Ashley Willis encourage husbands and wives to share as much as possible, rather than have separate bank accounts, hobbies, and even friends. The risk is pursuing your own life rather than prioritizing your spouse.
293	106.9 FM	Family/Relationships	2/5/2024	9:30:00 PM	28	No	Focus on the Family Minute Commentary	How to Avoid Bad Influences On Your Marriage Dave and Ashley Willis encourage husbands and wives to share as much as possible, rather than have separate bank accounts, hobbies, and even friends. The risk is pursuing your own life rather than prioritizing your spouse.
105	106.9 FM	Family/Relationships	2/10/2024	10:00:00 AM	60	No	Focus on the Family Weekend	Allowing Grace to Transform Your Marriage As a husband or wife, you have a unique opportunity to show love and grace to your spouse. Brad and Marilyn Rhoads openly share about their challenging first year of marriage and how grace transformed their relationship. You will better understand how marriage is a picture of the gospel.
322	106.9 FM	Family/Relationships	2/13/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Discovering the Secrets to a Lasting Romance (Part 1 of 2) Popular guest Dr. Kevin Leman offers practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of "24/7 intimacy," using feelings to strengthen your relationship, and more. Jim Daly's wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years.
506	106.9 FM	Family/Relationships	2/13/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Husbands and wives have a mutual responsibility laid out in Scripture to love and respect one another. On this classic edition of Family Talk, Dr. James Dobson concludes his insightful discussion with featured guests, Dr. Clifford and Joyce Penner, as they share why those biblical concepts are foundational to a couple's sex life in a successful and fulfilling marriage. Discover how you can fan the flames of passion and turn that emotion into deeper intimacy with your husband or wife the way God intended.
323	106.9 FM	Family/Relationships	2/13/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Discovering the Secrets to a Lasting Romance (Part 1 of 2) Popular guest Dr. Kevin Leman offers practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of "24/7 intimacy," using feelings to strengthen your relationship, and more. Jim Daly's wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years.
327	106.9 FM	Family/Relationships	2/14/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Discovering the Secrets to a Lasting Romance (Part 2 of 2) Popular guest Dr. Kevin Leman offers practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of "24/7 intimacy," using feelings to strengthen your relationship, and more. Jim Daly's wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years.
508	106.9 FM	Family/Relationships	2/14/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Love Like You Mean It Contrary to the claims of pop culture, true love is not just an emotional term, and not necessarily romantic. Biblically speaking, the cornerstone of marital love is an unflinching commitment to one's spouse and a Christ-like posture of self-sacrifice. On today's edition of Family Talk, Dr. James Dobson discusses the real meaning of love with Bob Lepine, author of Love Like You Mean It. Bob explains that patience, kindness, and humility are like marital disinfectants that help wash away toxins that can build up over time.
328	106.9 FM	Family/Relationships	2/14/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Discovering the Secrets to a Lasting Romance (Part 2 of 2) Popular guest Dr. Kevin Leman offers practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of "24/7 intimacy," using feelings to strengthen your relationship, and more. Jim Daly's wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years.
510	106.9 FM	Family/Relationships	2/15/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Love Like You Mean It Many people casually believe that marriage should be a 50/50 proposition. But we need to be careful that we're not mistakenly manifesting a performance-based marriage, where a husband and wife are always keeping score. On today's edition of Family Talk, Dr. James Dobson concludes his tough discussion with Bob Lepine on the biblical understanding of what real love is supposed to be. 1 Corinthians 13:7-8 says, Love bears all things, believes all things, hopes all things, endures all things. Love never ends. Are you up for the challenge to follow the Lord's instruction and take your marriage to a deeper level?
106	106.9 FM	Family/Relationships	2/17/2024	10:00:00 AM	30	No	Focus on the Family Weekend	Teaching Children to Celebrate Their Strengths Your child longs to find their place in the world, and they are good at, where they shine, where they belong. Mom of three, Lucille Williams, equips you with ways you can nurture your child's strengths and help them learn to overcome their weaknesses. By building a strong identity in Christ, you can develop strategies to highlight their talents.

107	106.9 FM	Family/Relationships	2/17/2024	10:30:00 AM	30	No	Focus on the Family Weekend	HOW TO AVOID AND RECOVERIES IN YOUR MARRIAGE – A loving relationship with your spouse is great, but you also need to avoid bad habits if you want your marriage to survive! Dave and Ashley Willis warn about living separate lives, keeping score and not dealing with conflict. Practical help for your marriage.
347	106.9 FM	Family/Relationships	2/20/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Practical advice for parenting strong-willed children. Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult.
348	106.9 FM	Family/Relationships	2/20/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Practical advice for parenting strong-willed children (Part 1 of 2) Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult.
352	106.9 FM	Family/Relationships	2/21/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Practical advice for parenting strong-willed children (Part 2 of 2) Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult.
518	106.9 FM	Family/Relationships	2/21/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	THE CHALLENGE OF LOVE, LOSS AND MARRIAGE On today's edition of Family Talk, Pastor Ted Cunningham, comedian on the "Date Night Comedy Tour," insists that you haven't started marriage until you end up with your parents' broken-in, worn-out mattress. Since the dip is already built in, you'll both roll to the center! On a serious note, Cunningham wisely counsels spouses to plug into God as their source of life instead of relying on their husband or wife to provide happiness and purpose. Prepare to laugh out loud as you learn biblical insight that can draw you closer to God, and then your spouse, and your family.
353	106.9 FM	Family/Relationships	2/21/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Practical advice for parenting strong-willed children (Part 2 of 2) Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult.
357	106.9 FM	Family/Relationships	2/22/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	RESTORING YOUR MARRIAGE AFTER AN AFFAIR (Part 1 of 2) Infidelity can rip a marriage apart — and it's hard to imagine a betrayal more painful than finding out your spouse is involved with someone else. Josh and Katie Walters share the story of Katie's affair with the husband of their good friend couple, and how Katie vacillated for quite a while, torn between doing ...
358	106.9 FM	Family/Relationships	2/22/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	RESTORING YOUR MARRIAGE AFTER AN AFFAIR (Part 1 of 2) Infidelity can rip a marriage apart — and it's hard to imagine a betrayal more painful than finding out your spouse is involved with someone else. Josh and Katie Walters share the story of Katie's affair with the husband of their good friend couple, and how Katie vacillated for quite a while, torn between doing ...
362	106.9 FM	Family/Relationships	2/23/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Infidelity can rip a marriage apart — and it's hard to imagine a betrayal more painful than finding out your spouse is involved with someone else. Josh and Katie Walters share the story of Katie's affair with the husband of their good friend couple, and how Katie vacillated for quite a while, torn between doing ...
363	106.9 FM	Family/Relationships	2/23/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	RESTORING YOUR MARRIAGE AFTER AN AFFAIR (Part 2 of 2) Infidelity can rip a marriage apart — and it's hard to imagine a betrayal more painful than finding out your spouse is involved with someone else. Josh and Katie Walters share the story of Katie's affair with the husband of their good friend couple, and how Katie vacillated for quite a while, torn between doing ...
524	106.9 FM	Family/Relationships	2/26/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	MARRIAGE SURVIVAL SKILLS - I Divorce is a painful and discouraging end to nearly half of all marriages, but what if there were warning signs and techniques that could help couples avoid this heartache? On today's classic edition of Family Talk, Dr. James Dobson discusses these crucial details with Dr. Scott Stanley and the late Dr. Gary Smalley. Tune in and take advantage of their years of research. These pearls of wisdom could very well save your marriage.
526	106.9 FM	Family/Relationships	2/27/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Conflict is an uncomfortable but inevitable part of every relationship. How you and your spouse handle conflict will determine the quality of your marriage. Today on Family Talk, Dr. James Dobson continues his discussion with marital experts, Dr. Scott Stanley and the late Dr. Gary Smalley. James 3:6 says, The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell. Discover healthier ways to communicate and foster good will with your spouse instead of tearing each other down.
528	106.9 FM	Family/Relationships	2/28/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	MARRIAGE SURVIVAL SKILLS - II All marriages go through periods of discord, where it feels like all you do is argue. Couples must, however, remain faithful to their vows and fight for their relationship instead of waging war against it. On this classic Family Talk broadcast, Dr. James Dobson, along with Drs. Scott Stanley and Gary Smalley, answer questions from the audience about marital issues. As you listen to their heartfelt discussion, you may find the answers you have been longing for.
387	106.9 FM	Family/Relationships	3/1/2024	6:30:00 AM	28	No	Focus on the Family Minute Commentary	TEACHING KIDS TO LOVE GOD AND SERVE OTHERS WELL Monica Swanson shares a story about taking her son Jonah through "character training" when he was 13 to learn more about the importance of godly character in his life. She also shares why allowing kids to suffer and learn through adversity will help them become stronger and healthier adults.
388	106.9 FM	Family/Relationships	3/1/2024	9:30:00 PM	28	No	Focus on the Family Minute Commentary	TEACHING KIDS TO LOVE GOD AND SERVE OTHERS WELL Monica Swanson shares a story about taking her son Jonah through "character training" when he was 13 to learn more about the importance of godly character in his life. She also shares why allowing kids to suffer and learn through adversity will help them become stronger and healthier adults.
270	106.9 FM	Family/Relationships	3/2/2024	9:00:00 PM	60	No	Focus on the Family Weekend	RESTORING YOUR MARRIAGE AFTER AN AFFAIR - When couples experience infidelity, it's easy to walk away from their marriage. But what if God has something better in mind? Josh and Katie Walters describe how God intervened and saved their broken relationship. A powerful message of hope.
392	106.9 FM	Family/Relationships	3/4/2024	6:30:00 AM	28	No	Focus on the Family Minute Commentary	EMBRACING YOUR ROLE AS A SPOUSE Pastor Kevin Thompson explores three primary roles in marriage – friend, partner, and lover – and explains how spouses can live out those roles optimally by investing in their relationship mentally, emotionally, and physically.
393	106.9 FM	Family/Relationships	3/4/2024	9:30:00 PM	28	No	Focus on the Family Minute Commentary	EMBRACING YOUR ROLE AS A SPOUSE Pastor Kevin Thompson explores three primary roles in marriage – friend, partner, and lover – and explains how spouses can live out those roles optimally by investing in their relationship mentally, emotionally, and physically.
407	106.9 FM	Family/Relationships	3/7/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	NEVER PERFECT: FINDING MORE JOY AND LESS GUILT, AS A MOTHER Leslie and her husband Duncan have raised six kids on two remote islands in Alaska. She shares her journey from perfect mother, to fishing-crew mother, to embattled mother, to happy "good-enough" mother who discovers the power of true love.
408	106.9 FM	Family/Relationships	3/7/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	NEVER PERFECT: FINDING MORE JOY AND LESS GUILT, AS A MOTHER Leslie and her husband Duncan have raised six kids on two remote islands in Alaska. She shares her journey from perfect mother, to fishing-crew mother, to embattled mother, to happy "good-enough" mother who discovers the power of true love.
427	106.9 FM	Family/Relationships	3/13/2024	6:30 AM	28	No	Focus on the Family Minute Commentary	IDENTIFYING TRIGGERS IN YOUR MARRIAGE (Part 1 of 2) Based on their book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholicism and lack of intimacy – which can provoke anger and tension in marriage. Our guests explain how couples can identify those 'triggers' and deal with them in a healthy way. Jim Daly's ...
428	106.9 FM	Family/Relationships	3/13/2024	9:30 PM	28	No	Focus on the Family Minute Commentary	IDENTIFYING TRIGGERS IN YOUR MARRIAGE (Part 2 of 2) Based on their book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholicism and lack of intimacy – which can provoke anger and tension in marriage. Our guests explain how couples can identify those 'triggers' and deal with them in a healthy way. Jim Daly's ...
432	106.9 FM	Family/Relationships	3/14/2024	6:30 PM	28	No	Focus on the Family with Jim Daly	IDENTIFYING TRIGGERS IN YOUR MARRIAGE (Part 2 of 2) Based on their book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholicism and lack of intimacy – which can provoke anger and tension in marriage. Our guests explain how couples can identify those 'triggers' and deal with them in a healthy way. Jim Daly's ...
433	106.9 FM	Family/Relationships	3/14/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	IDENTIFYING TRIGGERS IN YOUR MARRIAGE (Part 2 of 2) Based on their book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholicism and lack of intimacy – which can provoke anger and tension in marriage. Our guests explain how couples can identify those 'triggers' and deal with them in a healthy way. Jim Daly's ...
273	106.9 FM	Family/Relationships	3/16/2024	9:00:00 PM	30	No	Focus on the Family Weekend	EMBRACING YOUR ROLE AS A SPOUSE As a spouse, you have three roles to play, a friend, a partner, and a lover. Kevin Thompson explores those different roles, and challenges you to live them out by investing emotionally, mentally and physically in your relationship. You will also learn five keys to save your marriage.
558	106.9 FM	Family/Relationships	3/20/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	THE SALTATION OF AGING: BEING THE HERO OF YOUR AGING PARENTS Based on her book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholicism and lack of intimacy – which can provoke anger and tension in marriage. Our guests explain how couples can identify those 'triggers' and deal with them in a healthy way. Jim Daly's ...
462	106.9 FM	Family/Relationships	3/22/2024	6:30 AM	28	No	Focus on the Family Minute Commentary	BRINGING LAUGHTER TO YOUR MARRIAGE On this lighthearted broadcast, Pastor Ted Cunningham shares humorous stories from life with his spouse to illustrate how laughter is a key component for a thriving and lasting marriage. He explores the emotional, physical, and spiritual benefits of laughter, and encourages listeners to discover their "humor muscle" and flex it on a daily basis.
463	106.9 FM	Family/Relationships	3/22/2024	9:30 PM	28	No	Focus on the Family Minute Commentary	BRINGING LAUGHTER TO YOUR MARRIAGE On this lighthearted broadcast, Pastor Ted Cunningham shares humorous stories from life with his spouse to illustrate how laughter is a key component for a thriving and lasting marriage. He explores the emotional, physical, and spiritual benefits of laughter, and encourages listeners to discover their "humor muscle" and flex it on a daily basis.
472	106.9 FM	Family/Relationships	3/26/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	CREATING A SHARED VISION FOR YOUR MARRIAGE (Part 1 of 2) Pastor Sean and Lanette Reed describe their marital journey and God's faithfulness. Although many wondered if their relationship would survive, the Reeds were proactive about creating a long-term plan and a godly legacy for future generations of their family.
473	106.9 FM	Family/Relationships	3/26/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	CREATING A SHARED VISION FOR YOUR MARRIAGE (Part 1 of 2) Pastor Sean and Lanette Reed describe their marital journey and God's faithfulness. Although many wondered if their relationship would survive, the Reeds were proactive about creating a long-term plan and a godly legacy for future generations of their family.

477	106.9 FM	Family/Relationships	3/27/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	Creating a shared vision for your marriage (Part 2 of 2) Pastor Sean and Lanette Reed describe their marital journey and God's faithfulness. Although many wondered if their relationship would survive, the Reeds were proactive about creating a long-term plan and a godly legacy for future generations of their family.
478	106.9 FM	Family/Relationships	3/27/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	Creating a shared vision for your marriage (Part 2 of 2) Pastor Sean and Lanette Reed describe their marital journey and God's faithfulness. Although many wondered if their relationship would survive, the Reeds were proactive about creating a long-term plan and a godly legacy for future generations of their family.
482	106.9 FM	Family/Relationships	3/28/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	Building Strong Father-Son Relationships This father and son team describe the problem of disengaged dads — men who may be present physically but not emotionally with their families. The Beckers encourage dads and sons to be "tender lions" who will confront societal ills and yet remain tender and compassionate in their relationships.
483	106.9 FM	Family/Relationships	3/28/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	Building Strong Father-Son Relationships This father and son team describe the problem of disengaged dads — men who may be present physically but not emotionally with their families. The Beckers encourage dads and sons to be "tender lions" who will confront societal ills and yet remain tender and compassionate in their relationships.
183	106.9 FM	Health/Medical	1/3/2024	10:20:00 AM	8	No	Truth Itself	Program features interviews or guests or people in their past who are changing lives! This checklist is based on the latest research: 1. You have strong social connections. Older adults are more at risk of loneliness caused by living alone, no longer working, and being less mobile. A Na.
24	106.9 FM	Health/Medical	1/5/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Finding Freedom through the Act of Forgiveness Have you ever been betrayed by a close friend or a loved one? Does it seem impossible to forgive that person? In this transparent message, Pastor Phil Waldrep shares how to overcome the natural feelings of denial, bitterness, and a need for vengeance, by embracing biblical forgiveness. The benefits of forgiveness include relief from the pain of the betrayal, release from the need for retribution, and a healthy sense of detachment from the situation.
25	106.9 FM	Health/Medical	1/5/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Finding Freedom through the Act of Forgiveness Have you ever been betrayed by a close friend or a loved one? Does it seem impossible to forgive that person? In this transparent message, Pastor Phil Waldrep shares how to overcome the natural feelings of denial, bitterness, and a need for vengeance, by embracing biblical forgiveness. The benefits of forgiveness include relief from the pain of the betrayal, release from the need for retribution, and a healthy sense of detachment from the situation.
39	106.9 FM	Health/Medical	1/10/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Breaking Bad Habits in Your Life (Part 1 of 2) Debra Fileta wants to help people experience change in healthy ways. She warns about the typical pattern of changing a few externals in our lives but not working on our "internal wiring". Debra examines our thought life and how easy it is for our brains to follow the path of least resistance.
40	106.9 FM	Health/Medical	1/10/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Breaking Bad Habits in Your Life (Part 1 of 2) Debra Fileta wants to help people experience change in healthy ways. She warns about the typical pattern of changing a few externals in our lives but not working on our "internal wiring". Debra examines our thought life and how easy it is for our brains to follow the path of least resistance.
44	106.9 FM	Health/Medical	1/11/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Breaking Bad Habits in Your Life (Part 2 of 2) Debra Fileta wants to help people experience change in healthy ways. She warns about the typical pattern of changing a few externals in our lives but not working on our "internal wiring". Debra examines our thought life and how easy it is for our brains to follow the path of least resistance.
201	106.9 FM	Health/Medical	1/11/2024	10:20:00 AM	8	No	Truth Itself	Program features interviews or guests or people in their past who are changing lives! Series "Going Home" "Going Home" is a touching, episodic series that follows an inspiring team of hospice nurses who guide patients and loved ones on the ultimate journey—the transition from this world to their forever home. ...It's often a race against time as the team helps their clients find peace and resolve with compassion and dignity before passing. The series has earned acclaim for its authentic portrayal of end-of-life care and its powerful messages of hope and strength even in loss. In its eagerly anticipated second season, the series will delve into themes of loss, bereavement, and the journey towards healing.
45	106.9 FM	Health/Medical	1/11/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Breaking Bad Habits in Your Life (Part 2 of 2) Debra Fileta wants to help people experience change in healthy ways. She warns about the typical pattern of changing a few externals in our lives but not working on our "internal wiring". Debra examines our thought life and how easy it is for our brains to follow the path of least resistance.
154	106.9 FM	Health/Medical	1/17/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	The Family Doctor Speaks: The Truth About Life While Dr. Robert Jackson, Jr., was a second-year medical resident, he was asked to administer a drug to induce premature labor on a woman who was carrying a special needs baby in order to abort the pregnancy. He refused, but another doctor did so, prompting the woman to deliver a 22-week-old infant. On today's edition of Family Talk, Dr. Jackson recounts that the patient's little baby, born alive, was wrapped in a cold, wet towel, and abandoned to die in a metal basin. Since that horrific moment, Dr. Jackson has been a passionate and staunch defender of pre-born children.
156	106.9 FM	Health/Medical	1/18/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	The Family Doctor Speaks: The Truth About Life Today, some pro-life advocates believe that abortion is acceptable if the woman has been victimized by rape or incest. On today's edition of Family Talk, Dr. Robert Jackson, Jr., author of The Family Doctor Speaks: The Truth About Life, declares that it is morally wrong to kill an unborn child for a misdeed or even a tragic event that has occurred in the mother's life. All unborn children are created in the image of God! Learn more as we are joined by Dr. Jackson's wife, Carlotta, as she shares how their two special needs children teach them how to be more like Christ
158	106.9 FM	Health/Medical	1/19/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Who Switched the Labels? Changing the Pro-Life message According to Scott Klusendorf, the term "pro-life" is being redefined and changed in front of our very eyes, both within and outside of the church. On today's edition of Family Talk, Scott Klusendorf, who is president of Life Training Institute, shares with college students the importance of clarifying what's at stake within the pro-life message, and the crystal-clear difference between right and wrong.
79	106.9 FM	Health/Medical	1/22/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Abortion Survivors Share the Value of Pre-born Lives (Part 1 of 2) Priscilla Hurlay shares about being recruited to work in the abortion industry before her heart was broken with the realization that precious lives were being taken. Melissa Ohden shares her story of surviving a saline abortion, against all odds, and later founding the Abortion Survivors Network. Both women now inspire and encourage thousands of people ...
80	106.9 FM	Health/Medical	1/22/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Abortion Survivors Share the Value of Pre-born Lives (Part 1 of 2) Priscilla Hurlay shares about being recruited to work in the abortion industry before her heart was broken with the realization that precious lives were being taken. Melissa Ohden shares her story of surviving a saline abortion, against all odds, and later founding the Abortion Survivors Network. Both women now inspire and encourage thousands of people ...
84	106.9 FM	Health/Medical	1/23/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Abortion Survivors Share the Value of Pre-born Lives (Part 2 of 2) Priscilla Hurlay shares about being recruited to work in the abortion industry before her heart was broken with the realization that precious lives were being taken. Melissa Ohden shares her story of surviving a saline abortion, against all odds, and later founding the Abortion Survivors Network. Both women now inspire and encourage thousands of people ...
85	106.9 FM	Health/Medical	1/23/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Abortion Survivors Share the Value of Pre-born Lives (Part 2 of 2) Priscilla Hurlay shares about being recruited to work in the abortion industry before her heart was broken with the realization that precious lives were being taken. Melissa Ohden shares her story of surviving a saline abortion, against all odds, and later founding the Abortion Survivors Network. Both women now inspire and encourage thousands of people ...
101	106.9 FM	Health/Medical	1/27/2024	10:00:00 AM	30	No	Focus on the Family Weekend	Breaking Bad Habits in Your Life - Change is hard because we'd like to think that we are "better than average." But deep inside, we know there's room for improvement. Debra Fileta explains how asking the Lord and others for feedback can reveal growth areas in your life.
102	106.9 FM	Health/Medical	1/27/2024	10:30:00 AM	30	No	Focus on the Family Weekend	Breaking Bad Habits in Your Life - Negative thinking never does you any good. But how do you rewire your brain to be more positive? Counselor, Debra Filet describes how thinking intentionally, controlling your emotions, and healing childhood wounds can transform your thinking intentionally, controlling your emotions and healing childhood wounds can transform your life!
238	106.9 FM	Health/Medical	1/29/2024	10:20:00 AM	8	No	Truth Itself	Program features interviews or guests or people in their past who are changing lives! Her job For more than a decade Caroline Strzeszynski worked as an abortion recovery room nurse and lead clinician at The Center for Choice in Toledo, Ohio. A facility that is no longer open. She told The Christian Post she frequently saw women in tears after their abortions, which she noted is the standard reaction to the "hormonal jolt" of going from being pregnant to not being pregnant.
122	106.9 FM	Health/Medical	1/30/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Finding Hope for Caring Men from Depression (Part 1 of 2) Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. He tells success stories from patients who've found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking ...
123	106.9 FM	Health/Medical	1/30/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Finding Hope for Caring Men from Depression (Part 1 of 2) Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. He tells success stories from patients who've found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking ...
127	106.9 FM	Health/Medical	1/31/2024	6:30:00 AM	28	No	Focus on the Family Minute Commentary	Finding Hope for Caring Men from Depression (Part 2 of 2) Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. He tells success stories from patients who've found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking ...
174	106.9 FM	Health/Medical	1/31/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Essentials for Healthy Living Cardiovascular disease and various types of cancer still top the charts as the major cause of death worldwide. On today's classic edition of Family Talk, Dr. James Dobson and Dr. Paul Reisser discuss the vital importance of healthy living. Discover the difference you can make in your health and that of your family's by carving out time to eat right, exercise, get proper amounts of sleep, and see your doctor regularly. Take charge now before your quality of life is unexpectedly taken from you!

128	106.9 FM	Health/Medical	1/31/2024	9:30:00 PM	28	No	Focus on the Family Minute Commentary	Priming Hope for Lasting Relief from Depression (Part 2 of 2) Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. He tells success stories from patients who've found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking ...
494	106.9 FM	Health/Medical	2/5/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	The New Original Crisis - I Did you know that there are roughly 1.25 million frozen embryos, just waiting for a chance at life? On today's edition of Family Talk, co-host Gary Bauer talks with John and Marlene Strege (pronounced stre-gee), about their story of being the first couple to adopt a frozen, fertilized egg and carry it through a successful pregnancy. The result of that endeavor was the birth of their daughter, Hannah, who is now a young adult with dreams of opening her own adoption counseling practice.
496	106.9 FM	Health/Medical	2/6/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	The New Original Crisis - II John and Marlene Strege (pronounced stre-gee) did more than become the first couple to adopt a frozen embryo and carry it through to the birth of their daughter, Hannah. On today's edition of Family Talk, Gary Bauer concludes his enlightening discussion with John, Marlene, and Hannah about how they stood firmly on God's biblical principles and fought for the rights of the unborn. Whether in the womb or as a frozen, fertilized egg, hear how Marlene testified boldly that embryos are human beings, and should not be treated as spare parts in an attempt to save another life. It is murder just like abortion.
317	106.9 FM	Health/Medical	2/12/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Cultivating a Mentally Healthy Family Research increasingly shows that our culture is in the midst of a mental health epidemic, especially among children and youth — persistent feelings of sadness and hopelessness, anxiety and even suicidal thoughts. But Dr. Danny Huerta believes parents can offset these issues by routinely initiating conversations with their children to assess their mental and emotional ...
504	106.9 FM	Health/Medical	2/12/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Sustaining a Passionate Love Life - I God intended sex to be reserved for and exclusive to a marital relationship. On today's classic edition of Family Talk, we'll learn why that divine purpose has been disregarded through Dr. James Dobson's interview with sex therapists, Dr. Clifford and Joyce Penner. They share how pornography and casual sex have warped our view of intimacy. Hebrews 13:4 says, Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.
318	106.9 FM	Health/Medical	2/12/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Cultivating a Mentally Healthy Family Research increasingly shows that our culture is in the midst of a mental health epidemic, especially among children and youth — persistent feelings of sadness and hopelessness, anxiety and even suicidal thoughts. But Dr. Danny Huerta believes parents can offset these issues by routinely initiating conversations with their children to assess their mental and emotional ...
342	106.9 FM	Health/Medical	2/19/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Changing Minds to Save the Preborn Kristan Hawkins, the president of Students for Life of America, shares inspiring stories about the pro-life movement and will help you to speak up for the preborn and vulnerable women. She talks about what motivated her as a teenager to get involved in the pro-life movement, her work with Students for Life of America, and ...
343	106.9 FM	Health/Medical	2/19/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Changing Minds to Save the Preborn Kristan Hawkins, the president of Students for Life of America, shares inspiring stories about the pro-life movement and will help you to speak up for the preborn and vulnerable women. She talks about what motivated her as a teenager to get involved in the pro-life movement, her work with Students for Life of America, and ...
522	106.9 FM	Health/Medical	2/23/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Defusing the Aging Process - II On today's classic edition of Family Talk, Dr. James Dobson concludes his insightful discussion with Dr. Kenneth Cooper, best-selling author of 19 health books. Dr. Cooper, who is also referred to as the "father of aerobics," offers practical counsel on the importance of maintaining a healthy lifestyle. Learn how you can empower your body to fight against dangerous free radicals, and give yourself a fighting chance to avoid up to 51 different diseases. Listen as Dr. Cooper explains how to have a more balanced, fulfilling and vibrant lifestyle.
397	106.9 FM	Health/Medical	3/5/2024	9:30:00 AM	28	No	Focus on the Family Minute Commentary	God's Amazing Grace in a Transgendered Person's Life (Part 2 of 2) Laura Perry Smalts shares about her 7-year journey of transitioning and identifying as a male before realizing she was living a lie and then fully embracing her female gender. She tells about her painful experiences living with a self-created identity outside of God's design and incredible plan for her, revealed through her loving parents and ...
747	106.9 FM	Health/Medical	3/5/2024	4:00 PM	45	No	Charlie Kirk Show	Dr. Drew Post-Pandemic: What He's Learned about Covid, Cannabis, and Pain For forty years Dr. Drew Pinsky has been one of America's most famous medical voices. He joins Charlie to give his unusual assessment of marijuana, opioids, and other drugs, then explores the ...
398	106.9 FM	Health/Medical	3/5/2024	6:30 PM	28	No	Focus on the Family Minute Commentary	God's Amazing Grace in a Transgendered Person's Life (Part 1 of 2) Laura Perry Smalts shares about her 7-year journey of transitioning and identifying as a male before realizing she was living a lie and then fully embracing her female gender. She tells about her painful experiences living with a self-created identity outside of God's design and incredible plan for her, revealed through her loving parents and ...
402	106.9 FM	Health/Medical	3/6/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	God's Amazing Grace in a Transgendered Person's Life (Part 2 of 2) Laura Perry Smalts shares about her 7-year journey of transitioning and identifying as a male before realizing she was living a lie and then fully embracing her female gender. She tells about her painful experiences living with a self-created identity outside of God's design and incredible plan for her, revealed through her loving parents and ...
403	106.9 FM	Health/Medical	3/6/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	God's Amazing Grace in a Transgendered Person's Life (Part 1 of 2) Laura Perry Smalts shares about her 7-year journey of transitioning and identifying as a male before realizing she was living a lie and then fully embracing her female gender. She tells about her painful experiences living with a self-created identity outside of God's design and incredible plan for her, revealed through her loving parents and ...
540	106.9 FM	Health/Medical	3/7/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	God's Miracle of Life - I More than 50 years ago, the United States Supreme Court infamously legalized the murderous practice of abortion. On today's classic edition of Family Talk, Dr. James Dobson interviews pro-life advocate, Dr. William Lile. He shares his passion for defending the pre-born, as well as his research that will leave you wondering how anyone could believe that the unborn are not human beings. Tune in and learn of the science that points to life at conception.
749	106.9 FM	Health/Medical	3/7/2024	4:00 PM	45	No	Charlie Kirk Show	Four Years Since: 45 Days to Stop the Spread, With Dennis Prager Four years ago, the "health experts" told us we had just two weeks to stop a health apocalypse, and American life has never been the same. Dennis Prager joins Charlie for a full episode to ...
412	106.9 FM	Health/Medical	3/8/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	Choosing Joy in Healthy Relationships Chris Coursey helps you better understand the role of joy in your marriage, your parenting, and your friendships. He'll explore the joy center in your brain, so you can know how it works and how to keep it from turning off. As joy overflows into your relationships, you'll be able to connect with others in ...
542	106.9 FM	Health/Medical	3/8/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	God's Miracle of Life - II Many women don't realize the permanent physical, emotional, and spiritual scars that abortion can leave. That is why anytime a mom chooses life for her child, it's a miracle that should be celebrated! On today's edition of Family Talk, Dr. James Dobson welcomes back pro-life advocate, Dr. William Lile, to conclude their fascinating discussion. Dr. Lile shares tender stories of women who successfully reversed their abortions through revolutionary medical intervention. Discover hope that may exist if women suddenly have a change of heart and want to keep their babies!
413	106.9 FM	Health/Medical	3/8/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	Choosing Joy in Healthy Relationships Chris Coursey helps you better understand the role of joy in your marriage, your parenting, and your friendships. He'll explore the joy center in your brain, so you can know how it works and how to keep it from turning off. As joy overflows into your relationships, you'll be able to connect with others in ...
274	106.9 FM	Health/Medical	3/16/2024	9:30:00 PM	30	No	Focus on the Family Weekend	CHOOSING JOY FOR HEALTHY RELATIONSHIPS Joy is a necessary ingredient for healthy relationships. Chris Coursey helps you better understand the role of joy in your marriage, parenting and friendships. You will learn about the joy center in your brain, so you can know how to keep it from turning off. You will be able to connect with others in healthy, joyful, thriving ways.
560	106.9 FM	Health/Medical	3/21/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Did you know that the number of abortions in the U.S. since 1973 is over 66 million? That is six times greater than the total number of deaths due to the Civil War, World Wars I and II, the Korean War and the Vietnam War put together! On today's edition of Family Talk, Michele Bachmann interviews Allan Parker, Jr., president of The Justice Foundation and the author of the book, Reversing Roe v. Wade: My Journey with Roe, Doe and God. If you value the sanctity of human life, you must not miss this insightful program.
467	106.9 FM	Health/Medical	3/25/2024	6:30 AM	28	No	Focus on the Family Minute Commentary	Establishing Clear Boundaries in Your Life Pastor Kevin Thompson helps you learn how to navigate the roads of life—circumstances, situations relationships—by staying in your lane. By examining what belongs to us, what belongs to others, and what belongs to God, you'll get a strong grasp on boundaries and how to apply them in your life.
468	106.9 FM	Health/Medical	3/25/2024	9:30 AM	28	No	Focus on the Family Minute Commentary	Establishing Clear Boundaries in Your Life Pastor Kevin Thompson helps you learn how to navigate the roads of life—circumstances, situations relationships—by staying in your lane. By examining what belongs to us, what belongs to others, and what belongs to God, you'll get a strong grasp on boundaries and how to apply them in your life.
189	106.9 FM	Judicial/Legal	1/5/2024	10:20:00 AM	8	No	Truth Itself	It appears our courts rejected the Biden administration's effort to use a federal law to force emergency room doctors to perform abortions in Texas A three-judge panel of the US Court of Appeals for the Fifth Circuit unanimously ruled to continue an injunction against the Biden administration's federal guidance requiring emergency room medical staff to perform abortions. The panel's opinion said the federal Emergency Medical Treatment and Labor Act does not require hospitals to provide abortions.
758	106.9 FM	Judicial/Legal	3/20/2024	4:00 PM	45	No	Charlie Kirk Show	Bobulinski vs. Hunter vs. Kasin - Chaos in Congress In the House, Tony Bobulinski and other Biden Crime Family associates testify to the years of underhanded dealings and the selling out of America's foreign policy to the current occupant of ...
761	106.9 FM	Judicial/Legal	3/25/2024	4:00 PM	45	No	Charlie Kirk Show	Walt, Who Really Won the Cold War? Donald Trump's bogus civil "fraud" case had no victims, but it still produced the largest ever bond amount in American history, an amount that has Trump battling for his financial life in court.

763	106.9 FM	Judicial/Legal	3/27/2024	4:00 PM	45	No	Charlie Kirk Show	THE ASSASSIN MUST BE PUNISHED The war in Iraq ended years ago, but it's still being fought in exactly one place: The Deep State, with its endless war against Julian Assange. Assange's brother Gabriel Shipton joins to discuss
186	106.9 FM	Media	1/4/2024	10:20:00 AM	8	No	Truth Itself	The faith-based film and surprise hit "Sound of Freedom" edged out the much-anticipated "Taylor Swift: The Eras Tour" to secure a spot in the top 10 highest-grossing movies of 2023, a year where multiple faith-oriented films caught on with moviegoers. According to Box Office Mojo, "Sound of Freedom" had the 10th highest domestic box office sales of 2023, grossing more than 184 million dollars in the nearly six months following its July 4 release.
204	106.9 FM	Media	1/12/2024	10:20:00 AM	8	No	Truth Itself	Meta says it plans to hide content from teens about sex and dating, obscuring Meta said it is "automatically placing teens into the most restrictive content control setting on Instagram and Facebook." The changes will apply automatically, provided teens do not lie about their age when...
98	106.9 FM	Media	1/13/2024	10:30:00 AM	30	No	Focus on the Family Weekend	HOW TO TAKE YOUR FAMILY THROUGH A DIGITAL PAST - If your children are obsessed with digital media 24/7, it is time to take a break! A simple plan for creating healthy boundaries and alternatives for your family, which will inspire creativity, learning and less stress for everyone!
207	106.9 FM	Media	1/15/2024	10:20:00 AM	8	No	Truth Itself	Nearly 6 million viewers have tuned in to watch a Georgia pastor restore old cars Georgia Pastor David Wheeler's love for old cars is turning him into a YouTube celebrity. Nearly 6 million people have tuned in to watch Wheeler and his family restore rusted dunkers on their YouTube progr...
216	106.9 FM	Media	1/18/2024	10:20:00 AM	8	No	Truth Itself	TRAIL LIFE & BRAVE BOOKS GIVE FAMILIES WAYS TO HELP FIND BALANCE SCREEN TIME & THE Trail Life USA and BRAVE Books are helping children, and their families strike a balance between screen time and outdoor experiences, promoting healthier lifestyles and fostering a lifelong appreciation for na...
225	106.9 FM	Media	1/23/2024	10:20:00 AM	8	No	Truth Itself	A sudden, unprecedented change in mental disorders has scientists worried about what it could mean...they suspect kids are spending too much time staring at a screen Excessive use of screens has become an epidemic silently eroding lives with little resistance. Gallup's 2012 survey found that around 60 percent of young adults admit to spending too much of their time on ..
740	106.9 FM	Media	2/23/2024	4:35 PM	39	No	Charlie Kirk Show	THE RISE OF INDEPENDENT MEDIA — and the Fall of the Old Vice News is so broke that there are rumors its entire website and all of its articles will be deleted from existence. Many other failing, far-left outlets are facing the same fate. Meanwhile,
530	106.9 FM	Media	2/29/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	AMERICAN MARXISM I The reach of Marxist ideology has spread throughout our country's education system and its corporations, leading to government. On today's edition of Family Talk, Mark Levin and author of American Marxism, discusses with Dr. James Dobson that this God-hating, individual-despising worldview is often cloaked in deceptive labels such as "progressivism." The enemy is working 24/7 against all that we hold dear in America. Tune in and learn how you can take a stand and fight for our God-given liberties before it's too late.
532	106.9 FM	Media	3/1/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	AMERICAN MARXISM I On today's edition of Family Talk, Dr. James Dobson concludes his powerful discussion with Mark Levin, author of American Marxism, as he describes the stark differences between Marxism and our founding fathers' vision for America. Some of these contradictions are repression vs. engagement, compliance vs. speech, conformity vs. independence, and subjugation vs. liberty. Make no mistake, America is long overdue for patriots to speak out. Get involved, learn what's at stake, and help us do something about it!
536	106.9 FM	Media	3/5/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	ENOUGH IS ENOUGH: MAKING THE INTERNET SAFER I On today's edition of Family Talk, Dr. James Dobson interviews Donna Rice Hughes and discusses the early years of her life that culminated in betrayal and sexual exploitation. Donna proudly shares how God used those events to get her attention and reverse the trajectory of her life. Hear Donna's journey back to redemption, and all that she is doing as CEO of Enough is Enough, an organization dedicated to making the Internet safer for everyone.
538	106.9 FM	Media	3/6/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	ENOUGH IS ENOUGH: MAKING THE INTERNET SAFER II In Paul's letter to the Corinthians, he commands them to flee from sexual immorality. Similarly, young people today must heed this warning in order to avoid the evils that exist online. On this edition of Family Talk, Dr. James Dobson welcomes back to the studio, Donna Rice Hughes, CEO of Enough is Enough. Donna shares her organization's latest achievements in making the Internet safer, and their continued fight against pornography and cyberbullying.
753	106.9 FM	Media	3/13/2024	4:00 PM	45	No	Charlie Kirk Show	TIKTOK: THE GOOD, THE BAD, and THE BAN After years of delay and procrastination, Congress is suddenly rushing to pass a bipartisan TikTok ban. Is it a good idea, or is it just another giveaway of power to the Biden administration?
437	106.9 FM	Media	3/15/2024	6:30 AM	28	No	Focus on the Family Minute Commentary	Adam Holz and Paul Asay from Focus on the Family's Plugged In team equip you to guide your family to make healthy media choices. They explain what the Bible says about entertainment and how to engage with and teach your kids discernment when it comes to what they are watching and playing. It's a great ...
665	106.9 FM	Media	3/15/2024	2:30 PM	28	No	Wallbuilders Live with David Barton	PROSECUTING SENATOR WALKS AWAY FROM ACCOUNTABILITY AND NON-REPORTING Discover the untold stories of January 6th as we scrutinize the new House Oversight subcommittee report that challenges previously held beliefs about the Capitol events. Together, we uncover the overlooked aspects and dissect the complicated web of security lapses, distinguishing between the violent few and the peaceful many. This episode promises not just revelation but an understanding of the fine line tread by truth in the chaotic dance of misinformation, and the steps former President Trump took amidst the turmoil. The pursuit of honesty in today's media is like searching for a beacon in a fog—difficult but not impossible. We explore the fatigue that so many feel toward political narratives and emphasize the necessity of due process, inviting listeners to join us in a media revolution that favors truth over sensation. Justices Clarence Thomas and Neil Gorsuch's recent remarks on the New York Times v. Sullivan case signal a potential swing towards greater accountability in public discourse, and we delve into what this could mean for the future of reporting
438	106.9 FM	Media	3/15/2024	9:30 PM	28	No	Focus on the Family Minute Commentary	BECOMING SCREEN SAVY AS A FAMILY Adam Holz and Paul Asay from Focus on the Family's Plugged In team equip you to guide your family to make healthy media choices. They explain what the Bible says about entertainment and how to engage with and teach your kids discernment when it comes to what they are watching and playing. It's a great ...
756	106.9 FM	Media	3/18/2024	4:00 PM	45	No	Charlie Kirk Show	THE BIG BLOODBATH LIE It's like 2016 all over again: The press spent an entire weekend hyperventilating over an out-of-context Trump quote. Producer Andrew and Charlie dig into the "bloodbath" lie, then look at a fascinating article on the realignment of younger Americans away from Democrats.
276	106.9 FM	Media	3/23/2024	9:30:00 PM	30	No	Focus on the Family Weekend	BECOMING SCREEN SAVY AS A FAMILY I Adam Holz and Paul Asay from Focus on the Family's Plugged In team equip you to guide your family to make healthy media choices. They explain what the Bible says about entertainment and how to engage with and teach your kids media discernment.
566	106.9 FM	Media	3/27/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	PLUGGED IN: HELPING YOUR CHILDREN BE SCREEN SAVY Is your family honoring God with their media choices? Bob Waliszewski (pronounced Wall-eh-shess-key), former director of PluggedIn.com for over twenty-seven years, joins Dr. James Dobson on today's edition of Family Talk. They discuss what to look for in today's movies, TV programs, video games, and more. Bob reveals that parents can't just hope their kids will make wise choices on their own when they're faced with peer pressure and temptation to consume media that celebrates worldly, sinful behavior.
737	106.9 FM	Political/Legislative	2/22/2024	4:00 PM	29	No	Charlie Kirk Show	IS BIDEN KILLING REPUBLICANS SWAN AUDIENCES IN A SANCTUARY CITY? Enjoy Charlie's appearance with Stephen Gardner, where he answers several important questions, including: Who does Charlie think will be the Democrat candidate come November 5? Is RNC's base more right-wing or left-wing? Can NRC come back from Democrat destruction, or are they about to finally kill America's mightiest city?
738	106.9 FM	Political/Legislative	2/22/2024	4:29 PM	35	No	Charlie Kirk Show	WHY LOSTER WITH TRUMP? Wait, isn't President Trump world supposed to be fed up with Charlie? That's what all the press reports were saying — but you know what they say about fake news. Charlie reports on his
739	106.9 FM	Political/Legislative	2/23/2024	4:00	35	No	Charlie Kirk Show	THE DATA BEHIND NIKKI HALEY'S DEBATE CAMPAIGN Nikki Haley isn't going to win, so why is she running? Can she even finish within 20 points of Trump in her home state? Rich Baris helps Charlie understand the situation in the Palmetto State
741	106.9 FM	Political/Legislative	2/26/2024	4:00 PM	45	No	Charlie Kirk Show	THE FUTURE OF NIKKI HALEY As expected, Nikki Haley lost the South Carolina primary, and lost badly. Her donors are bailing. So why is she staying in the race? Charlie breaks it down along with former WH press secretary Ronna Resigns + the RNC's Urgent Game of Catch-Up Ronna McDaniel led the RNC to its weakest state in at least thirty years. Now that she has resigned, the recovery begins, and there's not a moment to lose. Scott Presler, Tyler Bowyer, and
743	106.9 FM	Political/Legislative	2/28/2024	4:00 PM	45	No	Charlie Kirk Show	Virginia Lt. Gov. Winsome Sears just apologized after "misgendering" a mentally ill "transgender" person in the Virginia legislature. Charlie wants to know: Why? What issue will we take a stand Why Michigan Is Causing Panic in the Biden Camp Joe Biden won the Michigan Democrat primary, but his team isn't celebrating, because there are warning signs of a major rebellion from the far left over Gaza. Charlie explains, then reaction
744	106.9 FM	Political/Legislative	2/29/2024	4:00 PM	45	No	Charlie Kirk Show	WHEN LIBERALS BECOME CONSERVES Investigative journalist Michael Shellenberger calls himself a "Left-ugee," a natural liberal who has been driven away by the sickness of the modern progressive movement. He joins Charlie for Trump and Biden: A Tale of Two Borders Joe Biden and Donald Trump are both at the border today — but that's where the similarities end. Charlie explores why Trump has gone to where the crisis is at its worst, while Biden pr Charlie's Lamentations In the Book of Lamentations, Jeremiah weeps for the fate of Israel. In Charlie's version, he weeps for the once-great state of Illinois. Plus, he talks to Chris Stigall about the Herzog Foundation's STOP CARRYING ABOUT YOUR PRE-DECEASED CIVIL RIGHTS Pastors marched with BLM and called police racist years ago, so why are so many pastors afraid to speak up on abortion, trans, or on the brder? The usual answer: We'll lose our tax deduction Ask Charlie Anything 178: Four Years Since Lockdown? US Trending Towards Canada? Florida vs. Universities? Charlie answers questions sent to Freedom@CharlieKirk.com including: A Crushing, Unanimous Victory for Trump In a smashing 9-0 vote, a unanimous Supreme Court has destroyed the left's sad attempt to kick Donald Trump off the 2024 ballot. Charlie reacts, joined by Mike Davis, then listens to Donald
746	106.9 FM	Political/Legislative	3/4/2024	4:00 PM	45	No	Charlie Kirk Show	STOP CARRYING ABOUT YOUR PRE-DECEASED CIVIL RIGHTS Pastors marched with BLM and called police racist years ago, so why are so many pastors afraid to speak up on abortion, trans, or on the brder? The usual answer: We'll lose our tax deduction Ask Charlie Anything 178: Four Years Since Lockdown? US Trending Towards Canada? Florida vs. Universities? Charlie answers questions sent to Freedom@CharlieKirk.com including: A Crushing, Unanimous Victory for Trump In a smashing 9-0 vote, a unanimous Supreme Court has destroyed the left's sad attempt to kick Donald Trump off the 2024 ballot. Charlie reacts, joined by Mike Davis, then listens to Donald

750	106.9 FM	Political/Legislative	3/8/2024	4:00 PM	45	No	Charlie Kirk Show	Joe Biden's Declaration of War Joe Biden's speech last night wasn't a "State of the Union," as traditionally understood. It was a declaration of war upon half the country. Charlie reacts, with all the highlights (and lowlights).
751	106.9 FM	Political/Legislative	3/11/2024	4:00 PM	45	No	Charlie Kirk Show	Over the weekend, Joe Biden not only apologized for calling Laken Riley's murderer an "illegal" — he also claimed that illegals like him built America. Charlie reacts, and also talks to Judge Alex
752	106.9 FM	Political/Legislative	3/12/2024	4:00 PM	45	No	Charlie Kirk Show	THE LEFT FEARS MARK ROBINSON Mark Robinson is poised to be the next governor of North Carolina, and the left is in a panic. In order to stop a conservative black man from making NC a new Florida, the left is planning to
754	106.9 FM	Political/Legislative	3/14/2024	4:00 PM	45	No	Charlie Kirk Show	Haiti is Full of Cannibals... And They're Reading Here Haiti is a disastrous country and has been for two hundred years. Now, it's been plunged into crisis yet again, with cannibals in the streets and a warlord called "Barbecue" ruling the capital.
757	106.9 FM	Political/Legislative	3/19/2024	4:00 PM	45	No	Charlie Kirk Show	Have Anti-Israel Democrats Taken Over? Joe Biden initially supported Israel after the Oct. 7 attacks. Now, after the rise of the "Uncommitted" vote in the Democrat primaries, Biden is pressuring Israel to end its attacks on
759	106.9 FM	Political/Legislative	3/21/2024	4:00 PM	45	No	Charlie Kirk Show	Unraveling the J6 Committee Coverup The Democrat J6 Committee report mentioned Donald Trump 1900 times. How many times did it mention the RNC and DNC pipe bombs? Only five. Why? Because the J6 investigation was always
760	106.9 FM	Political/Legislative	3/22/2024	4:00 PM	45	No	Charlie Kirk Show	The MAGA base is fed up with the House and fed up with bad spending deals. They want Speaker Johnson out and they want a government shutdown. But with the election just seven
762	106.9 FM	Political/Legislative	3/26/2024	4:00 PM	45	No	Charlie Kirk Show	HOW THE LEFT KILLS THROUGH DIVISION It's no coincidence that the left is linked to riots or that it indulges all kinds of criminality and violent crime. As historian Bill Federer explains, from Biblical times to the present, authoritarians,
734	106.9 FM	Political/Legislative	3/27/2024	5:45 PM	2	No	Cal Thomas Commentary	THE KEY BRIDGE COLLAPSE IN BALTIMORE: AT LEAST SIX PEOPLE ARE DEAD AS A RESULT OF THE KEY BRIDGE COLLAPSE EARLY TUESDAY MORNING IN BALTIMORE. A CARGO SHIP STRUCK THE BRIDGE AND CAUSED ITS RAPID FALL INTO THE PATAPSCO RIVER. ENGINEERS ARE BLAMING A STRUCTURAL FLAW IN THE BRIDGE. THE DAILY MAIL REPORTS THOUSANDS OF OTHER BRIDGES MAY HAVE SIMILAR FLAWS AND YOU KNOW WHAT THAT MEANS. MORE MONEY WE DONT HAVE INSPECTING AND REPAIRING ANY FLAWS. I THOUGHT PRESIDENT BIDEN'S INFRASTRUCTURE LAW WAS SUPPOSED TO FIX SUCH THINGS. WHAT HAPPENED TO THE REPAIRS? WHAT HAPPENED TO THE MONEY?
4	106.9 FM	Religion/Spiritual	1/1/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Wendy Speake returns to discuss how to ingest and digest the Word of God in a beneficial way. Through compelling stories, practical help for your own spiritual life, as well as Wendy's F.E.A.S.T. acronym, you'll be able to take a hold of your walk with Christ and learn how to taste and see His character ...
130	106.9 FM	Religion/Spiritual	1/1/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Dr. Dobson: More Ontario Stories - I On today's edition of Family Talk, Roger Marsh talks with Dr. James Dobson to learn more about his life and the experiences that have impacted him. Dr. Dobson explains his crucial responsibilities in the Reagan presidency and how his influence on the Meese Commission on Pornography led to an interview with serial killer Ted Bundy.
177	106.9 FM	Religion/Spiritual	1/1/2024	10:20:00 AM	8	No	Truth Itself	More than 100 million Americans believe that freedom of religion is an important aspect of a "healthy American society" January 1, 2024 The findings are from a poll by Rasmussen Reports and Summit Ministries. The report found that 67% of respondents said freedom of religion is "very important to a healthy American society," while 15% said it was "somewhat important to a healthy American society."
5	106.9 FM	Religion/Spiritual	1/1/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Understanding the Goodness of God's Word Wendy Speake returns to discuss how to ingest and digest the Word of God in a beneficial way. Through compelling stories, practical help for your own spiritual life, as well as Wendy's F.E.A.S.T. acronym, you'll be able to take a hold of your walk with Christ and learn how to taste and see His character ...
132	106.9 FM	Religion/Spiritual	1/2/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Dr. Dobson: More Ontario Stories - I On today's edition of Family Talk, Roger Marsh concludes his fascinating conversation with Dr. James Dobson as they discuss some little-known facts about his life. Dr. Dobson talks about his personal journey to the USC School of Medicine and the founding of the ministry Focus on the Family in 1977. He also reveals some other professional opportunities he could have taken before he chose radio.
134	106.9 FM	Religion/Spiritual	1/3/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Advocating for Our Country and Freedoms - I Luke 12:48 says, "From everyone who has been given much, much will be demanded." On today's edition of Family Talk, Dr. Ben Carson gives a stirring speech about our society today and the responsibilities that Christians have been given by our Father in Heaven. Let your heart be inspired as Dr. Carson reminds us that we are all fearfully and wonderfully made in God's image.
136	106.9 FM	Religion/Spiritual	1/4/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Advocating for Our Country and Freedoms - II On today's edition of Family Talk, Dr. Ben Carson concludes his dynamic presentation about the state of our nation. We must realize that our enemy, Satan, is lurking around every corner, trying to convince us that hate is the way to win. Be encouraged as Dr. Carson reminds us that God has given us the ability to fight against hatred and fear, and instead to promote the love of Jesus.
138	106.9 FM	Religion/Spiritual	1/5/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Our Dear Friend, Jan Her faith is strong, her heart is pure, and for over 40 years she has lived with grace and dignity as a quadriplegic. Her name is Joni Eareckson Tada, and on today's classic edition of Family Talk, Dr. James Dobson interviewed her in 2010 to discuss her battle with cancer. It's a tender conversation that will uplift your spirit and provide courage as only God can do.
96	106.9 FM	Religion/Spiritual	1/6/2024	10:00:00 AM	60	No	Focus on the Family Weekend	SHOWING THE GOODNESS THROUGH HOSPITALITY Your home can help transform lives! You will hear about "radically ordinary hospitality", where you open your home and your life to neighbors, friends, and strangers, and intentionally share your faith. This simple act of obedience will lead people to Jesus!
140	106.9 FM	Religion/Spiritual	1/8/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Common Sense Truth in Today's Culture - I According to Gary Hamrick, senior pastor of Cornerstone Chapel in Leesburg, VA, we are at war with the truth, which is God's Truth! On today's edition of Family Talk, Gary Bauer discusses with Pastor Hamrick the chaos and confusion that ensues when we trade biblical wisdom for the lies that many in our society would rather believe.
192	106.9 FM	Religion/Spiritual	1/8/2024	10:20:00 AM	8	No	Truth Itself	Many Americans are Making Resolutions to Pray and Attend Church More in 2024 59 percent of Americans who make resolutions say they want to "pray or attend religious services more" in 2024, an answer that tied for seventh place with "lose weight." The top six answers were: "improve h...."
142	106.9 FM	Religion/Spiritual	1/9/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Common Sense Truth in Today's Culture - II In the Bible, you can read about prophets who confronted kings and attempted to influence the government for the sake of righteousness. On today's edition of Family Talk, Gary Bauer concludes his passionate discussion with Pastor Gary Hamrick about the role of pastors and the church in culture. Be reminded that these principles have not changed. If not the body of Christ, who will speak for truth and proclaim our responsibility to honor and glorify our great Creator?
144	106.9 FM	Religion/Spiritual	1/10/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	He Cans You Beautiful: Hearing the Voice of Jesus in the Song of Songs In addition to the clear romantic themes in Song of Songs, King Solomon's book in Scripture also serves as a great narrative of Jesus' sacrificial love for the Church. On today's presentation of Family Talk, you will hear from prominent author and speaker, Dee Brestin, about the one-of-a-kind relationship you can have with God. Listen and be blessed as you learn why we are all precious in His sight.
198	106.9 FM	Religion/Spiritual	1/10/2024	10:20:00 AM	8	No	Truth Itself	Israel Researchers Use Earth's Magnetic Field to Verify a Biblical Event The breakthrough by researchers from four Israeli universities allows archaeologists to determine more precisely what firing temperatures a burnt object underwent. The new study was used to verify the biblical description of the destruction of the Philistine city of Gath as recorded in 2 Kings 17:17.
146	106.9 FM	Religion/Spiritual	1/11/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Jim Kelly's Family Rescued - I No matter how successful or popular a person is in their life, it all amounts to nothing without a personal relationship with the Lord. On today's classic edition of Family Talk, Dr. James Dobson interviews former Buffalo Bills quarterback, Jim Kelly, and his wife, Jill, and discusses how truly empty their lives were before knowing Jesus Christ. Discover how the Lord revealed Himself and rescued the Kelly family through the suffering of their young son, Hunter.
49	106.9 FM	Religion/Spiritual	1/12/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Growing Closer Through Family Devotions NFL chaplain Jonathan Evans and his wife, Kanika, offer parents practical ideas for effectively leading family devotions.
148	106.9 FM	Religion/Spiritual	1/12/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Jim Kelly's Family Rescued - II On today's edition of Family Talk, Dr. James Dobson concludes his heartfelt conversation with Jim Kelly and his wife, Jill, as they reveal how truth and tragedy brought salvation to their lives and great healing to their marriage. John 8: 31 says, If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free. Discover the hope of Jesus Christ that saved the Kellys, and how they were then able to use the passing of their son, Hunter, to build a ministry that continues to help thousands of hurting people.
50	106.9 FM	Religion/Spiritual	1/12/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Growing Closer Through Family Devotions NFL chaplain Jonathan Evans and his wife, Kanika, offer parents practical ideas for effectively leading family devotions.
97	106.9 FM	Religion/Spiritual	1/13/2024	10:00:00 AM	30	No	Focus on the Family Weekend	UNDERSTANDING THE GOODNESS OF GOD'S WORD In a culture where consumerism is an important part of our lives, why is it so difficult to consume the Bible? Wendy Speake describes how the sweet taste of lingering on the Word of God's will give you the satisfaction you have been craving.
54	106.9 FM	Religion/Spiritual	1/15/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Seeing God's Image in the World Pastor Miles McPherson challenges believers of all skin tones to consider the fact that grouping humans by skin color promotes racism, which hinders the gospel. He encourages us to treat every person like they truly were created in the image of God.
55	106.9 FM	Religion/Spiritual	1/15/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Seeing God's Image in the World Pastor Miles McPherson challenges believers of all skin tones to consider the fact that grouping humans by skin color promotes racism, which hinders the gospel. He encourages us to treat every person like they truly were created in the image of God.

59	106.9 FM	Religion/Spiritual	1/16/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Homesteading: Embracing a Simpler Life Author and homesteader Kathi Lipp offers insightful ideas on homesteading. Her practical tips include creative cooking, gardening, and getting through harsh weather. Even if you live in a busy city, you can simplify and use your resources intentionally.
152	106.9 FM	Religion/Spiritual	1/16/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Turning the Tables: Greg Laurie interviews James Dobson Did you know that Dr. James Dobson loves to fry, fish tacos with his wife, Shirley, and watch football? Or that when Shirley first approached Dr. Dobson on their college tennis court, she said, "Hi, legs"? On this edition of Family Talk, evangelist Greg Laurie turns the tables and interviews America's beloved Christian psychologist. Tune in to hear more about the challenges Dr. Dobson overcame in life, and how he became successful by depending solely on God.
210	106.9 FM	Religion/Spiritual	1/16/2024	10:20:00 AM	8	No	Truth Itself	A church in Colorado has filed a lawsuit over a city government's refusal to approve a shelter for homeless people on the congregation's property Church of the Rock, a nondenominational congregation known as The Rock Church, filed the complaint against the town of Castle Rock. Church of the Rock accused the town and zoning manager of attempting to prohibit the congregation from giving shelter to "people experiencing temporary homelessness." According to the complaint, the church was allowing RVs to camp on the property as a temporary shelter, and "as of November 2021, there were two campers on the property."
60	106.9 FM	Religion/Spiritual	1/16/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Homesteading: Embracing a Simpler Life Author and homesteader Kathi Lipp offers insightful ideas on homesteading. Her practical tips include creative cooking, gardening, and getting through harsh weather. Even if you live in a busy city, you can simplify and use your resources intentionally.
100	106.9 FM	Religion/Spiritual	1/20/2024	10:30:00 AM	30	No	Focus on the Family Weekend	SPECIAL NEEDS AND THE IMMOBILIZED: ENCOURAGEMENT FOR PARENTS - Raising a child with special needs can be one of the most joys and heart-breaking experiences for moms and dads! Two moms describe how they have learned to trust God's plan and leading for their special children.
222	106.9 FM	Religion/Spiritual	1/22/2024	10:20:00 AM	8	No	Truth Itself	Former pro bow quarterback, Donovan McNabb, says the cutting of his 2003 season wasn't "hate" and "disrespectful" After C.J. Stroud helped the Houston Texans to a dominant playoff win, he gave "all glory to my Lord and savior Jesus Christ." When the official "Sunday Night Football" account on X, formerly Twitter, posted the interview, it edited out the mention of Jesus. Social media users were quick to rip NBC for the edit. A fellow Christian, former NFL quarterback Donovan McNabb, took his own shots at the network while defending Stroud.
94	106.9 FM	Religion/Spiritual	1/25/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Engaging Others with Love, Kindness and Service In a discussion centered around her book Listen, Love, Repeat, Karen Ehman offers inspiration and practical advice for stepping out of our comfort zone to bless others, particularly those who are lonely, sick or hard to love.
231	106.9 FM	Religion/Spiritual	1/25/2024	10:20:00 AM	8	No	Truth Itself	An Ohio pastor is facing criminal charges for opening his church to the homeless The city of Bryan, Ohio, charged Pastor Chris Avell with multiple zoning code violations Dec. 8. According to the city's complaint, Avell allowed people to reside at his church in Bryan, called Dad's Place...
95	106.9 FM	Religion/Spiritual	1/25/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Engaging Others with Love, Kindness and Service In a discussion centered around her book Listen, Love, Repeat, Karen Ehman offers inspiration and practical advice for stepping out of our comfort zone to bless others, particularly those who are lonely, sick or hard to love.
112	106.9 FM	Religion/Spiritual	1/26/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Enjoying the Earth Without Loving the World Is it wrong to experience pleasure? Many Christians assume "pleasure" and "sin" are synonymous. Others define godly pleasure so narrowly that they drastically minimize the powerful and Holy role that pleasure can play in their lives. Still others feel guilty even thinking about how to build a life of pleasure. Pastor Gary Thomas invites Christians ...
235	106.9 FM	Religion/Spiritual	1/26/2024	10:20:00 AM	8	No	Truth Itself	Greg Laurie has a new animated series that will premiere this spring The prominent Evangelical pastor is launching a new cartoon series based on a character he first created several years ago that he hopes will serve as both a source of entertainment and education about Christianity and the Bible.
113	106.9 FM	Religion/Spiritual	1/26/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Enjoying the Earth Without Loving the World Is it wrong to experience pleasure? Many Christians assume "pleasure" and "sin" are synonymous. Others define godly pleasure so narrowly that they drastically minimize the powerful and Holy role that pleasure can play in their lives. Still others feel guilty even thinking about how to build a life of pleasure. Pastor Gary Thomas invites Christians ...
170	106.9 FM	Religion/Spiritual	1/29/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Turning God in Our Daily Lives - I According to Paul Blair, senior pastor of Fairview Baptist Church in Edmond, Oklahoma, every aspect of our lives should be given over to the Lord. On today's edition of Family Talk, Paul gives a stirring speech about the absolute necessity of every Christian to love the Lord our God with all our hearts, souls, and strength. Be challenged as Pastor Blair asks, What part of your life is Jesus not in control of?"
172	106.9 FM	Religion/Spiritual	1/30/2024	9:00:00 AM	26	No	Family Talk with Dr. James Dobson	Turning God in Our Daily Lives - II If you were met by a stranger on the street, would you be recognizable as a Christian? Today on Family Talk, Pastor Paul Blair continues his riveting speech about God's truth, and how followers of Jesus Christ should appear different than the rest of the world. Take inventory of your own life and make sure you can't be mistaken for someone sitting on the fence about certain biblical viewpoints! Proverbs 3:5-6 says, Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. We must not be party to the destructive works of darkness. Instead, we need to expose the lies from our culture and stand boldly against them!
244	106.9 FM	Religion/Spiritual	1/31/2024	10:20:00 AM	8	No	Truth Itself	The March for Life Attracted Thousands to Washington, DC Against the backdrop of a wintry capitol, tens of thousands of pro-life marchers gathered for the 51st annual March for Life on January 19—the second march in a post-Roe America. Rallygoers descended on the Na...
104	106.9 FM	Religion/Spiritual	2/3/2024	10:30:00 AM	30	No	Focus on the Family Weekend	ENCOURAGING OTHERS WITH LOVE, KINDNESS AND SERVICE - YOU CAN MAKE A DIFFERENCE IN THE LIVES OF OTHERS through small acts of kindness. Karen Ehman joins to share the importance of listening for "heart drops" - small mentions people make of things their hearts long for - and then acting on them...and the importance of loving others right where you are.
297	106.9 FM	Religion/Spiritual	2/6/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Using Your Unique Personality to Share Your Faith (part 1 of 2) If you're a Christian who struggles with feelings of inadequacy when it comes to evangelism or guilt for not doing more to share your faith, listen in as Dr. Mike Bechtel offers encouragement, explaining why there's no prescribed method that's "best," and that God can use your unique personality to accomplish the same goal.
298	106.9 FM	Religion/Spiritual	2/6/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Using Your Unique Personality to Share Your Faith (part 1 of 2) If you're a Christian who struggles with feelings of inadequacy when it comes to evangelism or guilt for not doing more to share your faith, listen in as Dr. Mike Bechtel offers encouragement, explaining why there's no prescribed method that's "best," and that God can use your unique personality to accomplish the same goal.
302	106.9 FM	Religion/Spiritual	2/7/2024	6:30:00 AM	28	No	Focus on the Family Minute Commentary	Using Your Unique Personality to Share Your Faith (part 2 of 2) If you're a Christian who struggles with feelings of inadequacy when it comes to evangelism or guilt for not doing more to share your faith, listen in as Dr. Mike Bechtel offers encouragement, explaining why there's no prescribed method that's "best," and that God can use your unique personality to accomplish the same goal.
498	106.9 FM	Religion/Spiritual	2/7/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Broken: The Louis Zamperini Story - I From Olympic glory, to surviving as a Japanese prisoner in a war camp, the late World War II veteran, Louis Zamperini, was an American hero. On today's edition of Family Talk, Dr. James Dobson interviews Louis' son and daughter-in-law, Luke and Lisa Zamperini. Together they discuss Louis' upbringing, his feats at the 1936 Olympics, and the plane crash that stranded him at sea.
303	106.9 FM	Religion/Spiritual	2/7/2024	9:30:00 PM	28	No	Focus on the Family Minute Commentary	Using Your Unique Personality to Share Your Faith (part 2 of 2) If you're a Christian who struggles with feelings of inadequacy when it comes to evangelism or guilt for not doing more to share your faith, listen in as Dr. Mike Bechtel offers encouragement, explaining why there's no prescribed method that's "best," and that God can use your unique personality to accomplish the same goal.
500	106.9 FM	Religion/Spiritual	2/8/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Broken: The Louis Zamperini Story - II The book of Proverbs tells us that a righteous man reveals his character by repeatedly getting back up after being knocked down. On this Family Talk broadcast, you'll hear more about the late American war hero, Louis Zamperini. His son, Luke, continues sharing with Dr. James Dobson the terrifying account of how his dad survived 47 days lost at sea, along with a torturous captivity in a Japanese labor camp. You won't want to miss this inspiring true story of courage and determination.
502	106.9 FM	Religion/Spiritual	2/9/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	The book of Proverbs tells us that a righteous man reveals his character by repeatedly getting back up after being knocked down. On this Family Talk broadcast, you'll hear more about the late American war hero, Louis Zamperini. His son, Luke, continues sharing with Dr. James Dobson the terrifying account of how his dad survived 47 days lost at sea, along with a torturous captivity in a Japanese labor camp. You won't want to miss this inspiring true story of courage and determination.
332	106.9 FM	Religion/Spiritual	2/15/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	BELIEVING GOD'S PROMISES DESPITE HARD CIRCUMSTANCES Are you waiting for a miracle from God? In this winsome presentation, author and bible teacher Lisa Harper shares how the Lord redeemed gut-wrenching disappointments in her life. She encourages believers to see "waiting on God" as the bold stance of a prayerful warrior, not an attitude of defeated pessimism.
333	106.9 FM	Religion/Spiritual	2/15/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	BELIEVING GOD'S PROMISES DESPITE HARD CIRCUMSTANCES Are you waiting for a miracle from God? In this winsome presentation, author and bible teacher Lisa Harper shares how the Lord redeemed gut-wrenching disappointments in her life. She encourages believers to see "waiting on God" as the bold stance of a prayerful warrior, not an attitude of defeated pessimism.
337	106.9 FM	Religion/Spiritual	2/16/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	THE IMPACT OF A LOVE WIFE Dr. Gary Chapman reflects on the lessons God has taught him throughout his life—through his parents, his wife, and his children. He recalls how he identified the Five Love Languages and offers some solid insight on marriage and parenting. As he reflects on his personal journey, you'll be encouraged to do the same!
512	106.9 FM	Religion/Spiritual	2/16/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Using Your Love Tanks On today's classic edition of Family Talk, author and comedian, Dennis Swanberg, will highlight the importance of different emotional fuels, such as humor and words, that we need. Through wit and wisdom, Swanberg emphasizes how central it is to love someone by using their specific grade of fuel that relates to them. Dennis will have you in fits of laughter and then tears as he shares his pearls of wisdom.

338	106.9 FM	Religion/Spiritual	2/16/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	The Impact of a Life Well-Lived Dr. Gary Chapman reflects on the lessons God has taught him throughout his life—through his parents, his wife, and his children. He recalls how he identified the Five Love Languages and offers some solid insight on marriage and parenting. As he reflects on his personal journey, you'll be encouraged to do the same!
514	106.9 FM	Religion/Spiritual	2/19/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Concerned Women for America: Protecting biblical values Your voice matters! Never has there been a time when this powerful statement was more necessary to promote. On today's edition of Family Talk, Gary Bauer interviews Penny Young Nance, CEO and president of Concerned Women for America. Be inspired as you listen to Penny's bold resolve to stand in the gap and fight for women's and children's rights and their religious freedoms. If you can't stand when things are the hardest, what are you doing?
516	106.9 FM	Religion/Spiritual	2/20/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Concerned Women for America: Protecting biblical values Who would have thought there would ever be a need to ask the question, What is a woman? On today's edition of Family Talk, Gary Bauer concludes his in-depth discussion with Penny Young Nance about the state of our country. Penny and her organization, Concerned Women for America, are fighting for seven core issues, the family, the sanctity of human life, religious liberty, education, sexual exploitation, national sovereignty, and support for Israel.
520	106.9 FM	Religion/Spiritual	2/22/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Defeating the Aging Process According to Dr. Kenneth Cooper, many physical ailments that accompany old age can be avoided by maintaining a healthy lifestyle. On today's classic edition of Family Talk, Dr. James Dobson and Dr. Cooper, the father of aerobics, "break down three factors that speed up the aging process, and discuss the lasting impact of a wholesome diet along with exercise. The Apostle Paul says in 1 Corinthians 6 that your body is the temple of the Holy Spirit. Therefore, honor God with your body.
367	106.9 FM	Religion/Spiritual	2/26/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Learning to Live Out God's Call on Your Life Did you know that God uses ordinary people like you to do extraordinary things? Pastor Jeff Simmons shares insights into living a fulfilling and joyful life by embracing God's call. He'll encourage you to invest your time and money wisely, with your focus on God and others instead of yourself.
368	106.9 FM	Religion/Spiritual	2/26/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Learning to Live Out God's Call on Your Life Did you know that God uses ordinary people like you to do extraordinary things? Pastor Jeff Simmons shares insights into living a fulfilling and joyful life by embracing God's call. He'll encourage you to invest your time and money wisely, with your focus on God and others instead of yourself.
742	106.9 FM	Religion/Spiritual	2/27/2024	4:00 PM	45	No	Charlie Kirk Show	The Question of the American Child Does your child's school feel a little bit...well, gay? As James Lindsay explains to Charlie, this isn't a passing fad, but the culmination of a trend decades in the making. Lindsay joins Charlie for an in-Why Does the Regime Fear Christians? Getting American values back in power in America will depend on whether American pastors can muster and turn out their politically disengaged parishioners. With that in mind, Charlie gives an
382	106.9 FM	Religion/Spiritual	2/29/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	Who God Says You Are Speaking to an enthusiastic crowd of two-thousand women, J. John uses his trademark humor and compelling stories to convey four traits that God sees in each of us: We are lovable, we are valuable, we are forgiven, and we are capable
383	106.9 FM	Religion/Spiritual	2/29/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	Who God Says You Are Speaking to an enthusiastic crowd of two-thousand women, J. John uses his trademark humor and compelling stories to convey four traits that God sees in each of us: We are lovable, we are valuable, we are forgiven, and we are capable
745	106.9 FM	Religion/Spiritual	3/1/2024	4:00 PM	45	No	Charlie Kirk Show	Why the Suspects Not Private with Pastor Jentezen Franklin When confronted with the many great political controversies in America, many pastors prefer to punt by saying they "just want to focus on the Gospel." Pastor Jentezen Franklin feels very Why Elites Are Taking Aim at "White Rural Rage" Biden's approval rating isn't bad because his policies are disasters. Not according to the press, anyway. No, instead they're blaming "white rural rage." Charlie explains the left's latest hateful Google's Woke Robots Of Doom The Third World is not sending its best! Charlie talks to PublicSq's Michael Seifert about two murders, two rapes, and three shot police officers in the past week, all courtesy of Biden's Big
534	106.9 FM	Religion/Spiritual	3/4/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	When Your Spouse Remains an Opponent with Sarah Vienna Hebrews 11:1 says, Now faith is confidence in what we hope for and assurance about what we do not see. Today on Family Talk, Gary Bauer talks with Sarah Vienna, singer/songwriter, and the co-founder and CEO of Firm Foundations Romania. Sarah shares about the leap of faith she took over 20 years ago and how God turned her faith and passion to share the love of Jesus Christ into a global ministry. She seeks to support and educate the beautiful children and people of Brasov (pronounced brah-show), Romania.
271	106.9 FM	Religion/Spiritual	3/9/2024	9:00:00 PM	30	No	Focus on the Family Weekend	Learning to Live Out God's Call on Your Life Did you know that God uses ordinary people like you to do extraordinary things? Pastor Jeff Simmons shares insights about living a joyful and fulfilling life by embracing God's calling. He'll encourage you to invest your time and money wisely with your focus on God and other instead of yourself.
272	106.9 FM	Religion/Spiritual	3/9/2024	9:30:00 PM	30	No	Focus on the Family Weekend	Who God Says You Are Do you believe you're lovable? Or about valuable? British evangelist Jay Robinson shares an encouraging message about how God views each and every one of us, as people created in His image, who are lovable, valuable, capable and forgiven.
544	106.9 FM	Religion/Spiritual	3/11/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Living to Christ, Whatever the Cost On our journey through life, it's important to serve God no matter what obstacles come our way. On the next edition of Family Talk, twin brothers Jason and David Benham sit down with Dr. James Dobson to tell their amazing story of dual baseball careers, and keeping in step with biblical principles. Proverbs 22:6 says, Start children off on the way they should go, and even when they are old, they will not turn from it. Learn of the biblical principles that Jason and David's father instilled in them from a young age, and how he taught them to follow Jesus, no matter the cost.
422	106.9 FM	Religion/Spiritual	3/12/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	From Rebellion to Redemption Duck Dynasty's Phil and Al Robertson lived portions of their lives in direct rebellion against God, until they were redeemed by the work of the Holy Spirit. They share their moving testimonies and the simple truth of the Gospel of Jesus Christ, which has led to an incredible family legacy. In this discussion with Jim ...
546	106.9 FM	Religion/Spiritual	3/12/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	From Rebellion to Redemption On today's edition of Family Talk, Dr. James Dobson concludes his fascinating discussion with David and Jason Benham, entrepreneurs and authors of the book, Whatever the Cost. According to the brothers, Christians are called to demolish all that goes against God's best, even in the face of bold persecution.
423	106.9 FM	Religion/Spiritual	3/12/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	From Rebellion to Redemption Duck Dynasty's Phil and Al Robertson lived portions of their lives in direct rebellion against God, until they were redeemed by the work of the Holy Spirit. They share their moving testimonies and the simple truth of the Gospel of Jesus Christ, which has led to an incredible family legacy. In this discussion with Jim ...
548	106.9 FM	Religion/Spiritual	3/13/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Your Past Erased: A Salvation Message from Rev. Franklin Graham Do you feel empty and that your time is running out? That's how blind Bartimeus felt in Mark 10:46 in the Bible. Yet when Jesus passed by him, the beggar shouted in faith, "Jesus, Son of David, have mercy on me! Rabbi, I want to see." Today on Family Talk, Rev. Franklin Graham points out that not only did Jesus miraculously restore this desperate man's sight, but He forgave his sins, erasing his past as well. Discover for yourself that like Bartimeus, Jesus can forgive your sins and erase your past too!
550	106.9 FM	Religion/Spiritual	3/14/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Law and Faith: Defending Religious Freedom Isaiah 6:8 says, Then I heard the voice of the Lord saying, Whom shall I send? And who will go for us? 'And I said, Here am I. Send me!' On today's edition of Family Talk, Roger Marsh interviews Jeremy Dys, senior counsel at First Liberty Institute. Learn how Jeremy, from as early as eighth grade, showed obvious skills that would lead him to become an attorney to defend religious freedom across the nation.
552	106.9 FM	Religion/Spiritual	3/15/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Law and Faith: Defending Religious Freedom On today's edition of Family Talk, Roger Marsh concludes his discussion with Jeremy Dys, senior counsel at First Liberty Institute, on the subject of America's religious freedoms. Jeremy boldly reminds us that the Bible is the foundation of our great country, and urges, Go and do the ministry that God has called you to do without any fear of what the government may or may not say!
755	106.9 FM	Religion/Spiritual	3/15/2024	4:00 PM	45	No	Charlie Kirk Show	Does the Civil Rights Movement Include LGBTQ?? Part 2 with Bishop Audrey Shines In part two of Charlie's conversation with Bishop Audrey Shines, they dive into the Civil Rights Act, who it includes, the truth about the Bible, and what Christianity's relationship is to those who
442	106.9 FM	Religion/Spiritual	3/18/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	Unfettering Conscience to Pursue God's Direction in Life What can you do when God gives you a task that seems impossible? Join Robyn Dykstra for a fascinating look at a time when Jesus did the impossible -- raising Lazarus from the dead. Learn how the principles found in that story helped Robyn as she sought to right a wrong that impacted her earthly ...
554	106.9 FM	Religion/Spiritual	3/18/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Changing the World through Prayer Jesus says in Matthew 28:19-20, Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. On today's classic edition of Family Talk, Dr. James Dobson interviews Dr. Dick Eastman, the former president of Every Home for Christ, to discuss how their ministry goes door-to-door around the world to spread the gospel. Since 1946, Every Home for Christ has planted 4.7 billion gospel messages in homes worldwide, resulting in over 243 million follow-up decision cards and responses!
443	106.9 FM	Religion/Spiritual	3/18/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	Unfettering Conscience to Pursue God's Direction in Life What can you do when God gives you a task that seems impossible? Join Robyn Dykstra for a fascinating look at a time when Jesus did the impossible -- raising Lazarus from the dead. Learn how the principles found in that story helped Robyn as she sought to right a wrong that impacted her earthly ...
556	106.9 FM	Religion/Spiritual	3/19/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	Changing the World through Prayer 1 Thessalonians 5:17 says, Pray without ceasing. On today's classic edition of Family Talk, Dr. James Dobson continues his conversation with Dr. Dick Eastman about Every Home for Christ, as well as the importance and impact of prayer. They also discuss the American Center for Prayer and Revival, and the mission to pray new spiritual life into the nation.
457	106.9 FM	Religion/Spiritual	3/21/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	Seeing God's Goodness during Medical Crisis As a former trauma surgeon, Dr. Kathryn Butler saw suffering and death firsthand more times than she could count. Sometimes her patients would have a happy outcome, while others endured unspeakable tragedies. Before becoming a Christian, these tragedies led Kathryn to question God and to struggle with intense depression. She shares about the glimmers of ...

458	106.9 FM	Religion/Spiritual	3/21/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	SEEKING GOD'S GOODNESS DURING MEDICAL CRISIS As a former trauma surgeon, Dr. Kathryn Butler saw suffering and death firsthand more times than she could count. Sometimes her patients would have a happy outcome, while others endured unspeakable tragedies. Before becoming a Christian, these tragedies led Kathryn to question God and to struggle with intense depression. She shares about the glimmers of...
562	106.9 FM	Religion/Spiritual	3/25/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	BE STILL AND KNOW GOD: DISSENTING WITH A HEART - 1 If men didn't grow up with fathers who validated and loved them, they often turn to women or even porn to find that affirmation. Today on Family Talk, Dr. James Dobson interviews John Eldredge, author of the best-selling book, Wild at Heart. They discuss the "father wound" that can manifest itself in a young boy's life if he grows up without a strong male figure at home. Learn how Jesus came to heal that hurt in the lives of the brokenhearted as He sets the captives free.
564	106.9 FM	Religion/Spiritual	3/26/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	BE STILL AND KNOW GOD: GET YOUR LIFE BACK - 1 Psalm 46 reminds us to be still and know God, a concept easily lost in the constant busyness of our culture. On today's edition of Family Talk, Dr. James Dobson continues his conversation with John Eldredge about his book, Get Your Life Back: Everyday Practices for a World Gone Mad. John explains the dangers of a distracted, technology-addicted lifestyle, and suggests that we practice the "One Minute Pause," along with soaking up God's creation and turning off our phones. As we unplug from the "fight or flight" culture, our stress-triggered cortisol levels go down, and we can begin to learn how to cast our cares upon the Lord.
568	106.9 FM	Religion/Spiritual	3/28/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	JESUS, THE CREATOR OF TIME Jesus is the only person in all of history with the ultimate power to defeat death and grant eternal life. On this classic edition of Family Talk, Dr. Ralph Yankee Arnold talks about our desperate need for a savior, and Christ's incredible sacrifice that paid for our sins in full. John 14: 6 says, I am the way and the truth and the life. No one comes to the Father except through me. Discover the peace which surpasses all understanding and how faith in Christ alone can bring salvation.
764	106.9 FM	Religion/Spiritual	3/28/2024	4:00 PM	45	No	Charlie Kirk Show	WHERE DID WESTERN MORALITY COME FROM? Enjoy Charlie's speech live from Influence Church. He explores the real roots of "Western" morality, uncovers the college scam, calls out which Christians he believes aren't really behaving
487	106.9 FM	Religion/Spiritual	3/29/2024	6:30 AM	28	No	Focus on the Family with Jim Daly	IN THIS ENGAGING MESSAGE, DR. TONY EVANS EXPLAINS THAT IN THE COSMIC CHESS GAME BETWEEN GOOD AND EVIL, JESUS IS THE WINNER. THE DEATH AND RESURRECTION OF JESUS CHRIST PROVIDES POWER FOR VICTORIOUS LIVING FOR THOSE WHO IDENTIFY WITH HIM, WHO TESTIFY ABOUT HIM TO OTHERS, AND WHO LOVE HIM MORE THAN LIFE ITSELF.
570	106.9 FM	Religion/Spiritual	3/29/2024	9:00 AM	26	No	Family Talk with Dr. James Dobson	WHY WE NEED FOR A SAVIOR On this Good Friday edition of Family Talk, we'll listen to Dr. James Dobson as he reads his March newsletter, appropriately titled, Why the Need for a Savior. Dr. Dobson will share his views on Easter, and why it is the most important occasion for all believers in Christ Jesus. So, whether you have known the Lord for years or perhaps you are still not quite sure who Jesus is, listen and learn about this Good News and how it provides the only explanation for why we are here and where we are going. Come celebrate the risen Lord and His promise of eternal life for all who believe!
765	106.9 FM	Religion/Spiritual	3/29/2024	4:00 PM	45	No	Charlie Kirk Show	IT'S BEEN ALMOST 100 YEARS SINCE GEORGE FLOYD'S DEATH AND THE NATIONAL ANTHROPOLOGICAL INSTITUTE REVEALED THAT HE HAD BEEN SHOT IN MINNEAPOLIS ON THAT MEMORIAL DAY AFTERNOON? IT MIGHT NOT BE WHAT YOU THINK -- AND IT'S DEFINITELY NOT WHAT YOU WERE TOLD. LIC COLLIN JOINS TO DISCUSS HER VIRAL DOCUMENTARY THE FALL OF MINNEAPOLIS, WHICH EXPOSES THE TRUTH ABOUT FLOYD'S AUTOPSY, WHAT BODY CAMERA FOOTAGE SHOWS, AND HOW POLICE AND PROSECUTORS LIED TO RAILROAD POLICE OFFICES INTO PRISON.
488	106.9 FM	Religion/Spiritual	3/29/2024	9:30 PM	28	No	Focus on the Family with Jim Daly	JESUS AND HIS POWER In this engaging message, Dr. Tony Evans explains that in the cosmic chess game between good and evil, Jesus is the winner. The death and resurrection of Jesus Christ provides power for victorious living for those who identify with Him, who testify about Him to others, and who love Him more than life itself.
277	106.9 FM	Religion/Spiritual	3/30/2024	9:00:00 PM	30	No	Focus on the Family Weekend	FROM THE REBELLION TO REDEMPTION: TIM AND AL ROBERTSON FROM THE DUCK DYNASTY CHAIR SHARE ABOUT THE IMPACT OF THE GOSPEL IN THEIR LIVES AND THE NEED FOR JESUS AS THE ANSWER TO ALL OF TODAY'S CULTURE WOES. THEY SHARE ABOUT LIVING IN REBELLION FROM GOD AS YOUNG ADULTS AND HOW HE REDEEMED AND RESTORED THEIR LIVES. HEAR ABOUT THE HOPE OF CHRIST.
278	106.9 FM	Religion/Spiritual	3/30/2024	9:30:00 PM	30	No	Focus on the Family Weekend	OVERCOMING OBSTACLES TO PURSUE GOD'S DIRECTION IN LIFE: IT'S OFTEN TOUGH TO OBEY GOD'S LEADING IN A TRICKY SITUATION. HOW DO YOU PUSH THROUGH? AUTHOR ROBYN DYKSTRA WILL EXPLAIN HOW THE LORD CAN DIRECT AND GUIDE US PAST OBSTACLES AND DETOURS ON THE WAY TO THE OUTCOME HE DESIRES, IF WE ONLY LISTEN AND OBEY.
282	106.9 FM	Single Adult	2/1/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	LEADING YOU INTO YOUR DATING RELATIONSHIP (PART 1 OF 2) Debra Fileta discusses finding your identity before you make it your relationship, having emotional boundaries, and focusing on Christ as the true healing and fulfillment in your life. Her practical advice and fun stories are something you don't want to miss!
283	106.9 FM	Single Adult	2/1/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	LEADING YOU INTO YOUR DATING RELATIONSHIP (PART 2 OF 2) Debra Fileta discusses finding your identity before you make it your relationship, having emotional boundaries, and focusing on Christ as the true healing and fulfillment in your life. Her practical advice and fun stories are something you don't want to miss!
287	106.9 FM	Single Adult	2/2/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	LEADING YOU INTO YOUR DATING RELATIONSHIP (PART 2 OF 2) Debra Fileta discusses finding your identity before you make it your relationship, having emotional boundaries, and focusing on Christ as the true healing and fulfillment in your life. Her practical advice and fun stories are something you don't want to miss!
288	106.9 FM	Single Adult	2/2/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	LEADING YOU INTO YOUR DATING RELATIONSHIP (PART 2 OF 2) Debra Fileta discusses finding your identity before you make it your relationship, having emotional boundaries, and focusing on Christ as the true healing and fulfillment in your life. Her practical advice and fun stories are something you don't want to miss!
307	106.9 FM	Single Adult	2/8/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	LEADING YOUR FAMILY AS A SINGLE MOM (PART 1 OF 2) Pam Farrel (raised by a single mom) and PeggySue Wells (a single mom of seven!) offer guidance to single moms (and dads!) as they navigate life with their children. They examine some of the best decisions a single mom can make—things like choosing to thrive, creating a nurturing home, introducing your child to Jesus, and ...
308	106.9 FM	Single Adult	2/8/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	LEADING YOUR FAMILY AS A SINGLE MOM (PART 1 OF 2) Pam Farrel (raised by a single mom) and PeggySue Wells (a single mom of seven!) offer guidance to single moms (and dads!) as they navigate life with their children. They examine some of the best decisions a single mom can make—things like choosing to thrive, creating a nurturing home, introducing your child to Jesus, and ...
312	106.9 FM	Single Adult	2/9/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	LEADING YOUR FAMILY AS A SINGLE MOM (PART 2 OF 2) Pam Farrel (raised by a single mom) and PeggySue Wells (a single mom of seven!) offer guidance to single moms (and dads!) as they navigate life with their children. They examine some of the best decisions a single mom can make—things like choosing to thrive, creating a nurturing home, introducing your child to Jesus, and ...
313	106.9 FM	Single Adult	2/9/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	LEADING YOUR FAMILY AS A SINGLE MOM (PART 2 OF 2) Pam Farrel (raised by a single mom) and PeggySue Wells (a single mom of seven!) offer guidance to single moms (and dads!) as they navigate life with their children. They examine some of the best decisions a single mom can make—things like choosing to thrive, creating a nurturing home, introducing your child to Jesus, and ...
108	106.9 FM	Single Adult	2/24/2024	10:00:00 AM	60	No	Focus on the Family Weekend	LEADING YOUR FAMILY AS A SINGLE MOM: AS A SINGLE PARENT, YOU ARE DOING THE JOB OF TWO PEOPLE AND GIVING ALL FOR YOUR CHILDREN! WE EXPLORE SOME OF THE BEST DECISIONS YOU CAN MAKE AS THE SOLO LEADER OF YOUR FAMILY—things like choosing to thrive, creating a nurturing home, introducing your child to Jesus, and learning to respond to situations in healthy way. It is an encouraging conversation for the single parent..
372	106.9 FM	Single Adult	2/27/2024	6:30:00 AM	28	No	Focus on the Family Minute Commentary	WHEN LIVES COLLIDE: NAVIGATING REMARRIAGE AND STEPFRAMING (PART 2 OF 2) In this broadcast, Sabrina Beasley McDonald will help couples and single adults prepare for remarriage and the formation of a stepfamily. She also talks about the unique challenges that couples face in remarriages and stepfamilies face.
373	106.9 FM	Single Adult	2/27/2024	9:30:00 PM	28	No	Focus on the Family Minute Commentary	WHEN LIVES COLLIDE: NAVIGATING REMARRIAGE AND STEPFRAMING (PART 2 OF 2) In this broadcast, Sabrina Beasley McDonald will help couples and single adults prepare for remarriage and the formation of a stepfamily. She also talks about the unique challenges that couples face in remarriages and stepfamilies face.
377	106.9 FM	Single Adult	2/28/2024	6:30:00 AM	28	No	Focus on the Family with Jim Daly	WHEN LIVES COLLIDE: NAVIGATING REMARRIAGE AND STEPFRAMING (PART 2 OF 2) In this broadcast, Sabrina Beasley McDonald will help couples and single adults prepare for remarriage and the formation of a stepfamily. She also talks about the unique challenges that couples face in remarriages and stepfamilies face.
378	106.9 FM	Single Adult	2/28/2024	9:30:00 PM	28	No	Focus on the Family with Jim Daly	WHEN LIVES COLLIDE: NAVIGATING REMARRIAGE AND STEPFRAMING (PART 2 OF 2) In this broadcast, Sabrina Beasley McDonald will help couples and single adults prepare for remarriage and the formation of a stepfamily. She also talks about the unique challenges that couples face in remarriages and stepfamilies face.