PUBLIC SAFETY, HEALTH & WELFARE

Focus on the Family 10:00 p.m. (28:30) January 7, 2021

If your family's struggling with the economic impact of the pandemic, author Deborah Pegues offers practical help, giving sound advice for lowering debt, saving strategically, and spending wisely.

Focus on the Family 10:00 p.m. (28:30) January 8, 2021

In a discussion based on her book The Clutter-Free Home, Kathi Lipp offers insight into the emotional and spiritual issues that may be leading you to cling to stuff you don't need, and suggests practical ways to de-clutter your home so that it becomes a place of greater comfort and peace.

Focus on the Family 10:00 p.m. (28:30) January 18, 2021

In view of the heightened racial tension in our society, Dr. David Anderson offers insight and encouragement for how we can all help build bridges between races and bring peace, hope, and justice to our communities.

Focus on the Family 10:00 p.m. (28:30) February 11, 2021

Offering hope to those struggling with depression, Plugged In's Paul Asay discusses his own battle with this affliction

Focus on the Family 10:00 p.m. (28:30) February 17, 2021

Dr. Shelby Steele addresses racial division in America, examining the civil rights movement of the 1960s and comparing it to the campaign for social justice today. He reminds us of the importance of strong marriages and families as the solution to many societal ills. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) February 18, 2021

Dr. Shelby Steele addresses racial division in America, examining the civil rights movement of the 1960s and comparing it to the campaign for social justice today. He reminds us of the importance of strong marriages and families as the solution to many societal ills. (Part 2 of 2)

FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family 10:00 p.m. (28:30) January 5, 2021

Authors Matt and Lisa Jacobson encourage parents to be intentional about loving their children and offer simple yet effective ways for doing so. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 6, 2021

Authors Matt and Lisa Jacobson encourage parents to be intentional about loving their children and offer simple yet effective ways for doing so. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) January 25, 2021

Radio producer and best-selling author Jay Payleitner offers encouragement and practical guidance for husbands to take initiative and become the kind of man their wives need most. He addresses topics like knowing your wife's likes/dislikes, being a spiritual leader, how to avoid drifting apart, and much more.

Focus on the Family 10:00 p.m. (28:30) January 26, 2021

Angela Mills offers wives practical suggestions for cultivating a thriving marriage in a discussion based on her book, Bless Your Husband: Creative Ways to Encourage and Love Your Man.

Focus on the Family 10:00 p.m. (28:30) January 27, 2021

Guy Doud, recipient of the National Teacher of the Year award, recounts his childhood school experiences and how they helped shape his teaching career and passion for reaching kids. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 28, 2021

Guy Doud, recipient of the National Teacher of the Year award, recounts his childhood school experiences and how they helped shape his teaching career and passion for reaching kids. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) February 1, 2021

Counselors Milan and Kay Yerkovich examine the five love styles parents have and how those styles also apply to children. Our guests also discuss how parents can work through these love styles to help their kids become healthy and secure. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) February 2, 2021

Counselors Milan and Kay Yerkovich examine the five love styles parents have and how those styles also apply to children. Our guests also discuss how parents can work through these love styles to help their kids become healthy and secure. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) February 3, 2021

Capt. Harold and Mrs. Rachel Earls share their story of the challenges they experienced surrounding his quest to scale Mt. Everest, the most difficult of which were their marital problems. Our guests describe how dealing with those problems strengthened their relationship, and encourage couples to brave whatever heights they face in their own marriage.

Focus on the Family 10:00 p.m. (28:30) February 19, 2021

Author and speaker Mike Berry discusses four flawed approaches to parenting and how to replace them with healthy patterns so that parents can develop a thriving, long-term relationship with their children.

Focus on the Family 10:00 p.m. (28:30) March 1, 2021

Dr. Meg Meeker explains how parents can shape their daughter's character and faith so that she can successfully navigate our culture's most difficult challenges, which include the toxic elements associated with social media, feminism, sexual identity, and more. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 2, 2021

Dr. Meg Meeker explains how parents can shape their daughter's character and faith so that she can successfully navigate our culture's most difficult challenges, which include the toxic elements associated with social media, feminism, sexual identity, and more. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 4, 2021

If busyness, exhaustion, and distraction have caused you and your spouse to drift apart, listen in as Dr. Greg Smalley and his wife, Erin, offer practical suggestions for rekindling intimacy in a discussion based on their book Reconnected: Moving From Roommates to Soulmates in Your Marriage. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 5, 2021

If busyness, exhaustion, and distraction have caused you and your spouse to drift apart, listen in as Dr. Greg Smalley and his wife, Erin, offer practical suggestions for rekindling intimacy in a discussion based on their book Reconnected: Moving From Roommates to Soulmates in Your Marriage. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 8, 2021

Based on their book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholism 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. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 5, 2021

Based on their book Marriage Triggers, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholism 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. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 18, 2021

Dr. Kenneth Wilgus, Jessica Pfeiffer, and Ashley Parrish, who together host a podcast about parenting teens, offer practical guidance for preparing teen children for adulthood. Our panel addresses topics including "planned emancipation," appropriate boundaries, control vs. influence, teen entitlement, and much more. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 19, 2021

Dr. Kenneth Wilgus, Jessica Pfeiffer, and Ashley Parrish, who together host a podcast about parenting teens, offer practical guidance for preparing teen children for adulthood. Our panel addresses topics including "planned emancipation," appropriate boundaries, control vs. influence, teen entitlement, and much more. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 22, 2021

Aaron Sharp offers first-time dads encouragement and practical advice in a discussion based on his book You Got This, Dad: The Expectant Father's Guide to Surviving Pregnancy. Topics include dealing with stress, overcoming insecurity, and keeping your marriage strong through this major life transition.

Focus on the Family 10:00 p.m. (28:30) March 25, 2021

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.

Focus on the Family 10:00 p.m. (28:30) March 29, 2021

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.