PUBLIC SAFETY, HEALTH & WELFARE

Focus on the Family 10:00 p.m. (28:30) January 11, 2023

Michelle Singletary discusses wise money management during the economic downturn. She'll help you with the basics of getting out of debt, budgeting, and saving when money is tight. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 12, 2023

Michelle Singletary discusses wise money management during the economic downturn. She'll help you with the basics of getting out of debt, budgeting, and saving when money is tight. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) January 26, 2023

War veteran Chad Robichaux uses a story of nearly being captured by the Taliban in Afghanistan to make an important point: when we are at a critical juncture in our life, we need to recognize that fact and then make a move. He calls it being "on the X." Chad goes on to share how he almost committed suicide while suffering PTSD and encourages his audience to fight against suicidal thoughts.

FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family 10:00 p.m. (28:30) January 2, 2023

Best-selling author Shaunti Feldhahn offers insights from research she's conducted on what makes for a happier, more fulfilling marriage. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 3, 2023

Best-selling author Shaunti Feldhahn offers insights from research she's conducted on what makes for a happier, more fulfilling marriage. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) January 4, 2023

Katharine Hill offers practical advice and encouragement to parents of young children. She recommends stop trying to a "superhero" parent and don't compare your family to others. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 5, 2023

Katharine Hill offers practical advice and encouragement to parents of young children. She recommends stop trying to a "superhero" parent and don't compare your family to others. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) January 9, 2023

Dr. Miles Mettler recommends parents "ask for permission" to talk to their kids – rather than barging in and interrupting what they're doing. That models respect and how parents want their kids to approach them. Overall, Miles' objective is to help parents build trust their children.

Focus on the Family 10:00 p.m. (28:30) January 10, 2023

Raising a child with special needs has many challenges. Jolene Philo will help you discover how to use Love Languages to express love to your child with special needs, as well as their siblings and your spouse! It's a terrific conversation you won't want to miss.

Focus on the Family 10:00 p.m. (28:30) January 13, 2023

Radio host and author Brant Hansen discusses the importance of humility and forgiving others in a discussion based on his book Unoffendable: How Just One Change Can Make All of Life Better.

Focus on the Family 10:00 p.m. (28:30) January 18, 2023

Marriage coaches Dave and Ashley Willis encourage couples to be completely open and honest with their spouse about 'private' struggles they may face, like depression or a secret addiction. They assert that transparency leads to a better marital relationship, and a better chance at healing.

Focus on the Family 10:00 p.m. (28:30) January 23, 2023

Katharine Hill, Director of Care for the Family in England, offers couples helpful reminders for cultivating a thriving marriage in a discussion based on her book If You Forget Everything Else, Remember This: Building a Great Marriage. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 24, 2023

Katharine Hill, Director of Care for the Family in England, offers couples helpful reminders for cultivating a thriving marriage in a discussion based on her book If You Forget Everything Else, Remember This: Building a Great Marriage. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) January 30, 2023

Pastor Doug Fields shares humorous stories about his own parenting journey, and offers nutsand-bolts ideas on how to raise children who display confidence, good moral character and convictions, compassion, and competence. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) January 31, 2023

Pastor Doug Fields shares humorous stories about his own parenting journey, and offers nutsand-bolts ideas on how to raise children who display confidence, good moral character and convictions, compassion, and competence. (Part 2 of 2) Focus on the Family 10:00 p.m. (28:30) February 16, 2023

Dr. Meg Meeker outlines the powerful influence that fathers have on their daughters, especially when it comes to counteracting the negative influences of our culture. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) February 17, 2023

Dr. Meg Meeker outlines the powerful influence that fathers have on their daughters, especially when it comes to counteracting the negative influences of our culture. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) February 20, 2023

Roland Warren, who was raised by a single mom, offers help and encouragement for single moms with boys. He describes the importance of acknowledging loss and seeking healing. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) February 21, 2023

Roland Warren, who was raised by a single mom, offers help and encouragement for single moms with boys. He describes the importance of acknowledging loss and seeking healing. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 1, 2023

Psychologist and best-selling author Dr. Kevin Leman explains how you can avoid common parenting mistakes and implement "reality discipline," in which real-life consequences teach children rather than you lecturing, reminding or rescuing them. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 2, 2023

Psychologist and best-selling author Dr. Kevin Leman explains how you can avoid common parenting mistakes and implement "reality discipline," in which real-life consequences teach children rather than you lecturing, reminding or rescuing them. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 3, 2023

Muriel began repeating her stories without realizing it. Alzheimer's disease had begun its insidious attack and would ultimately take over her mind. Her husband left his prestigious career behind to care for her full-time. It was a decision that had been made in his heart, years earlier, when he vowed "in sickness or in health." Hear the lessons Robertson McQuilkin learned about true love as he provided full-time care for Muriel for over a decade.

Focus on the Family 10:00 p.m. (28:30) March 6, 2023

Drs. Greg Smalley and Bob Paul describe how cultural myths and fairy-tale expectations about marriage have a detrimental effect on couples, and how knowing and applying biblical truth can help those couples develop a thriving marriage. (Part 1 of 2)

Focus on the Family 10:00 p.m. (28:30) March 7, 2023

Drs. Greg Smalley and Bob Paul describe how cultural myths and fairy-tale expectations about marriage have a detrimental effect on couples, and how knowing and applying biblical truth can help those couples develop a thriving marriage. (Part 2 of 2)

Focus on the Family 10:00 p.m. (28:30) March 10, 2023

As a full-time comedian, Kenn Kington works hard to see the funny side of life. Whether he's traveling by plane or by car, situations arise that can produce frustration or laughter, and Kenn tries to choose joy whenever possible.

Focus on the Family 10:00 p.m. (28:30) March 22, 2023

Lisa Jacobson and Phylicia Masonheimer discuss the series of "flirtation experiments" they created to rekindle their connection with their husbands. Through simple acts of love and kindness, these women were able to start a chain reaction that resulted in happier, stronger marriages.