

COVER PAGE

WLTG STATION UPDATES SINCE 2018 HURRICANE, AND PUBLIC AFFAIRS PROGRAMS AIRED IN OCTOBER, NOVEMBER AND DECEMBER 2023

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On 10/10/2018 Bay County Florida was ravaged and many homes and businesses completely destroyed by Hurricane Michael.

Everyone was affected in some way. Our company, Hour Group Broadcasting, Inc (dba) WLTG RADIO was not spared. We lost one tower and of course power, satellite, phone and internet service.

Because of the tremendous damage, access to the transmitter site was almost impossible. However, on 11/19/18 we were back on the air with (STA) of IKW. Our problem of access to the transmitter was limited to foot travel most of the time, and phone and internet were not available.

In an effort to air some kind of programming, we decided to air loop programming from the transmitter site. This enabled WLTG listeners to enjoy music, psa's and Public Affairs programming 24/7. Our normal PSA and Public Affairs programming offered more diversified subject matter because access was more available before Hurricane Michael, however, the loop programming offered Public Affairs, every hour 24/7 and more.

We were able to resume more normal broadcast operations in January 2019. In March 2020 a construction permit was issued to WLTG-AM for the purpose of constructing new transmitting equipment at Upper Grand Lagoon, FL. That construction has been completed and became operational under the new permit at the new licensed location at 2415 Laurie Avenue, Panama City Beach, Florida in early September 2020.

During the first week of September, 2020 WLTG-AM began broadcasting from its newly licensed facility at 2415 Laurie Avenue Upper Grand Lagoon, Florida, under its new corporate name Laurie Broadcasting, Inc.

On September 26, 2020 WLTG/Laurie Broadcasting entered into a Time Brokerage Agreement with Gold Standard Broadcasting of Panama City, Florida. Under this agreement Gold Standard Broadcasting provides all programming on WLTG-AM.

In July 2021 WLTG/Laurie Broadcasting terminated the Time Brokerage Agreement with Gold Standard Broadcasting and entered a new Time Brokerage Agreement with Faith Radio Network based in Tallahassee, Florida. Under this agreement Faith Radio Network provides all programming on WLTG-AM.

During the third quarter of 2021 WLTG-AM, under a Time Brokerage Agreement with Faith Radio Network, became the first local area station to broadcast Christian programming and music 24 hours a day in Spanish! The local Latin community and area churches that minister to them are very excited about it! The 4th Quarter 2023 Issues & Programs list is attached.

FAITH RADIO NETWORK, INC.

QUARTERLY ISSUES AND PROGRAMS LISTING

FOURTH QUARTER 2023

October 1, 2023 through December 31, 2023

The following issues were determined to be significant during the period from
October 1, 2023 through December 31, 2023.

QUARTERLY ISSUES AND PROGRAMS LISTING

ISSUES / PROGRAMS

1. Alcoholism and Drug
2. Family
3. Health
4. Morals
5. Crime
6. Public Service Announcements/Interviews
7. Miscellaneous

WFRF AM, W294CS, WLTG AM, W260DR FM

Addressed the issues above with the programming contained in the following ISSUES/PROGRAMS details.

ISSUES / PROGRAMS LIST

ISSUE #1

ALCOHOL & DRUGS

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
Alcohol & Drugs "UNSHACKLED!"	Saturdays & Sundays 4:30 pm	Various	Various personal testimonies of people whose lives were changed from depravity, drugs, alcohol, crime and abhorrent social behavior by the saving grace and power of Jesus Christ.	30:00

ISSUES / PROGRAMS LIST

ISSUE #2

Family

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
Family "Focus on the Family"	10/2/2023 1:00 p.m.	Karis Kimmel Murray	Disciplining Your Kids With Grace Karis Kimmel Murray reminds parents that we need to stay calm in the midst of misbehavior, look for the reason behind the behavior and gives a "sushi menu" of discipline tactics, including tagging bad behavior, putting things in a "basket," and teaching the behavior you want to see. She ends with insights into children's "currency" and age-appropriate consequences.	28:30
Family "Family Life Today"	10/2/2023 6:03 p.m.	Brant Hansen	LIVING WITH AUTISM: BRANT HANSEN An autism diagnosis in his 30s rocked the world of radio host Brant Hansen. Brant gets real about the social and faith-related challenges of life on the spectrum—as well as practical ways to embrace anyone living with autism.	27:00
Family "Focus on the Family"	10/3/2023 1:00 p.m.	Dr. John Trent and his daughter, Kari Trent Stageberg	Finding Real Purpose in Your Life (Part 1 of 2) provide strategies for moving toward health, freedom, and life. They talk about Biblical truths that can lead Christ followers to a more positive future, as they share their helpful framework for overcoming past pain and challenges.	28:30
Family "Family Life Today"	10/3/2023 6:03 p.m.	Brant Hansen	AUTISM AND FAMILY RELATIONSHIPS: BRANT HANSEN Love someone with autism? Autistic radio host Brant Hansen offers real-life pointers for parents and spouses of those on the spectrum.	27:00
Family "Focus on the Family"	10/4/2023 1:00 p.m.	Dr. John Trent and his daughter, Kari Trent Stageberg	Finding Real Purpose in Your Life (Part 2 of 2) Dr. John Trent and his daughter, Kari Trent Stageberg, provide strategies for moving toward health, freedom, and life. They talk about Biblical truths that can lead Christ followers to a more positive future, as they share their helpful framework for overcoming past pain and challenges.	28:30
Family "Family Life Today"	10/4/2023 6:03 p.m.	Amberly Neese	UNTANGLING YOUR FAITH—WITH THE QUESTIONS JESUS ASKED: AMBERLY NEESE What if your doubts made your faith stronger? Author, speaker, and humorist Amberly Neese explores the questions Jesus asked as a way to reclaim your trust all over again.	27:00

Family "Focus on the Family"	10/5/2023 1:00 p.m.	Lee Strobel	Surviving a Spiritual Mismatch (Part 1 of 2) Are you in a spiritually mismatched marriage? Lee Strobel describes the struggles he and his wife, Leslie, experienced when he was an atheist, and she was a new Christian. In part two, Leslie joins Lee on stage to offer hope and practical suggestions for living out your faith while staying committed to an unbelieving spouse. The Strobels encourage listeners to reach out for H.E.L.P.: 1) Harness the support of others; 2) Exercise restraint; 3) Live out your faith; and 4) Pray.	28:30
Family "Family Life Today"	10/5/2023 6:03 p.m.	Amberly Neese	SEARCHING FOR PEACE IN THE QUESTIONS JESUS ASKED: AMBERLY NEESE Fear. Worry. Pain: They can feel all-consuming. Author and speaker Amberley Neese believes that in the questions Jesus asks in the Gospels, there are answers big enough for all three.	27:00
Family "Focus on the Family"	10/6/2023 1:00 p.m.	Lee Strobel and his wife, Leslie,	Surviving a Spiritual Mismatch (Part 2 of 2) Are you in a spiritually mismatched marriage? Lee Strobel describes the struggles he and his wife, Leslie, experienced when he was an atheist, and she was a new Christian. In part two, Leslie joins Lee on stage to offer hope and practical suggestions for living out your faith while staying committed to an unbelieving spouse. The Strobels encourage listeners to reach out for H.E.L.P.: 1) Harness the support of others; 2) Exercise restraint; 3) Live out your faith; and 4) Pray.	28:30
Family "Family Life Today"	10/6/2023 6:03 p.m.	Larry Fowler, Mark Gregston	HOW TO BE A GOOD GRANDPARENT: MARK GREGSTON & LARRY FOWLER Wondering how to be a good grandparent—and rev up your impact? Authors Mark Gregston and Larry Fowler help you toss the stereotypes in favor of five ways your influence can go the distance.	27:00
Family "Focus on the Family"	10/9/2023 1:00 p.m.	Deborah Smith Pegues	Empowering Women to Take Control of Their Finances Deborah Smith Pegues equips women to manage finances wisely in a discussion based on her book <i>The One-Minute Money Mentor for Women: 21 Strategies for Financial Empowerment</i> .	28:30
Family "Family Life Today"	10/9/2023 6:03 p.m.	Nancy Pearcey	THE TOXIC WAR ON MASCULINITY: NANCY PEARCEY Author and professor Nancy Pearcey knows her personal, searing path toward war on men. But on a broader level, she began to ask, how did the idea arise that masculinity is dangerous? She uncovers why the script for masculinity turned toxic—and how Christianity reconciles the war between the sexes, renovating manhood for good.	27:00

Family "Focus on the Family"	10/10/2023 1:00 p.m.	Tim Hawkins	Bringing Laughter to Everyday Life Sometimes you need to laugh, and Tim Hawkins is 'just what the doctor ordered.' His unique spin on the trials and tribulations of everyday life will have you in stitches! Tim wonders why civilization ever needed an electric toothbrush, not to mention a four-or-five bladed shaving razor. He loves his GPS and wishes he could buy a 'Marriage GPS' that would give helpful hints, like "say something nice about her hair." Tim's presentation is laugh-out-loud funny and will inspire you to see life from a more humorous perspective.	28:30
Family "Family Life Today"	10/10/2023 6:03 p.m.	Nancy Pearcey	MASCULINITY, CHRISTIANITY—AND THE (SURPRISING) TRUTH: NANCY PEARCEY Author and professor Nancy Pearcey explores sociological data to uncover why it's open season on masculinity—and the surprising role of Christian men.	27:00
Family "Focus on the Family"	10/11/2023 1:00 p.m.	Jason Jimenez	Raising Up Gen Z to Follow Christ (Part 1 of 2) Jason Jimenez is a pastor, Christian apologist and the founder of STAND STRONG Ministries. He is a widely recognized worldview expert who specializes in cultural, philosophical, theological and religious issues, and as a national speaker, he addresses numerous topics including religious freedom, Islam, same-sex marriage and the reliability of the Bible.	28:30
Family "Family Life Today"	10/11/2023 6:03 p.m.	Nancy Pearcey	TOXIC MASCULINITY—AND THE POWER OF A GREAT DAD: NANCY PEARCEY Toxic masculinity is just as destructive as we think it is—to society and men alike. But author and professor Nancy Pearcey's data shows more of the whole story: of the power of a great dad and a good man to change their corner of the world.	27:00
Family "Focus on the Family"	10/12/2023 1:00 p.m.	Jason Jimenez	Raising Up Gen Z to Follow Christ (Part 2 of 2) Jason Jimenez is a pastor, Christian apologist and the founder of STAND STRONG Ministries. He is a widely recognized worldview expert who specializes in cultural, philosophical, theological and religious issues, and as a national speaker, he addresses numerous topics including religious freedom, Islam, same-sex marriage and the reliability of the Bible.	28:30
Family "Family Life Today"	10/12/2023 6:03 p.m.	JULI SLATTERY, MIKE SLATTERY	GOD, SEX, AND YOUR MARRIAGE: DR. JULI AND MIKE SLATTERY What if God gave us married sex as a picture of Himself? And how could your understanding of this picture revolutionize your sex life? Dr. Juli Slattery and her husband Mike explore mind-boggling truths of how, in an over-sexualized world, God's ideas about sex are far more than we imagined.	27:00

Family "Focus on the Family"	10/13/2023 1:00 p.m.	Dave Deets	Men and Miscarriage: Coping With Loss Dave Deets shares about the four miscarriages he experienced with his wife. Recognizing the lack of resources for men dealing with miscarriages, he wrote <i>When Men Have Miscarriages</i> to help families through these difficult times. In this interview, he talks about how men like himself and those he has walked alongside often feel disconnected from the pregnancy their wives are experiencing and have trouble expressing their own grief about miscarriage.	28:30
Family "Family Life Today"	10/13/2023 6:03 p.m.	Juli Slattery, Mike Slattery	GOD AND YOUR SEX LIFE: DR. JULI AND MIKE SLATTERY Could knowing God's whole picture for intimacy rev up your sex life? Dr. Juli and Mike Slattery explore how understanding God's character in married sex transforms your bedroom.	27:00
Family "Focus on the Family"	10/16/2023 1:00 p.m.	Ray Vander Laan	Seeing God's Word With New Eyes Based on his new RVL Discipleship - The Study video series, Ray Vander Laan helps listeners understand how to study the Bible with attention to the original context and audience.	28:30
Family "Family Life Today"	10/16/2023 6:03 p.m.	Paul Miller	THE COUPLE THAT PRAYS: PAUL MILLER It can feel tough...or weird...to pray together as a couple. But have you ever wondered what you might be missing out on if you don't? Bestselling author Paul Miller digs into the why and how of creating space to look to God together.	27:00
Family "Focus on the Family"	10/17/2023 1:00 p.m.	Cynthia Tobias and Sue Acuña	Navigating the Middle School Years Cynthia Tobias and Sue Acuña address why the middle school season of parenting is challenging and how parents can adapt to the changes in an effective way. Emphasis is made of the importance of keeping communication open through listening, observing and understanding.	28:30
Family "Family Life Today"	10/17/2023 6:03 p.m.	Paul Miller	THE POWER OF PRAYING TOGETHER: PAUL MILLER Could you create a culture of prayer in your family—with an impact on generations? Bestselling author Paul Miller gets passionate about the power of praying together. Get inspired to reconnect with a God bigger than our expectations.	27:00
Family "Focus on the Family"	10/18/2023 1:00 p.m.	Lynsi Snyder	My Search for a Father's Love (Part 1 of 2) Lynsi Snyder is the owner and president of the In-N-Out Burger company. She grew up in a loving, Christian family and had a special bond with her father. His struggles with drugs and alcohol addiction ultimately took his life when she was 17 years old. This tragedy created a huge hole in her heart for love and affirmation. Despite knowing the Lord, Lynsi has married 4 times and divorced 3 times. When Lynsi felt trapped in a pit of despair, God met her there and lavished her with love and acceptance, restoring her sense of identity in Jesus Christ. That was when she met Sean, and they based their marriage upon a foundation of prayer.	28:30

Family "Family Life Today"	10/18/2023 6:03 p.m.	Paul Miller	PRAY BIG: PAUL MILLER Hope in a discouraging world: It's hard to come by. But bestselling author Paul Miller knows one habit –prayer—can catapult life beyond imagination. Don't settle for a powerless faith. Find out how to pray big.	27:00
Family "Focus on the Family"	10/19/2023 1:00 p.m.	Lynsi Snyder	My Search for a Father's Love (Part 2 of 2) Lynsi Snyder is the owner and president of the In-N-Out Burger company. She grew up in a loving, Christian family and had a special bond with her father. His struggles with drugs and alcohol addiction ultimately took his life when she was 17 years old. This tragedy created a huge hole in her heart for love and affirmation. Despite knowing the Lord, Lynsi has married 4 times and divorced 3 times. When Lynsi felt trapped in a pit of despair, God met her there and lavished her with love and acceptance, restoring her sense of identity in Jesus Christ. That was when she met Sean, and they based their marriage upon a foundation of prayer.	28:30
Family "Family Life Today"	10/19/2023 6:03 p.m.	Eric And Erikah Rivera	UNEXPECTED JESUS: ERIC AND ERIKAH RIVERA Authors and speakers Eric and Erikah Rivera have wandered roads complicated, bleak, and uncertain. But in the worst of times, they've encountered an unexpected Jesus. Tap into a hope that just might surprise you.	27:00
Family "Focus on the Family"	10/20/2023 1:00 p.m.	Dave and Ann Wilson	Improve Your Marriage Through Healthy Conflict How you handle conflict can make or break any relationship, especially a marriage. Family coaches Dave and Ann Wilson offer a clear, biblical plan to help you engage in constructive conflict, to prevent resentment from damaging your marriage.	28:30
Family "Family Life Today"	10/20/2023 6:03 p.m.	Eric and Erikah Rivera	THE UNEXPECTED JESUS YOU NEED: ERIC AND ERIKAH RIVERA Authors and speakers Eric and Erikah Rivera have wandered roads complicated, bleak, and uncertain. But in the worst of times, they've encountered an unexpected Jesus. Tap into a hope that just might surprise you.	27:00
Family "Focus on the Family"	10/23/2023 1:00 p.m.	Dr. Matthew Stanford	Helping Those Suffering From Mental Illness Dr. Matthew Stanford offers a compassionate look at mental illness, which affects one in five teens and adults in the United States. He discusses the need for overcoming the stigma of reaching out for help and encourages the church community to offer hope and healing for families with loved ones suffering with mental health issues.	28:30
Family "Family Life Today"	10/23/2023 6:03 p.m.	Stephen Viars	LOVING YOUR COMMUNITY: STEPHEN VIARS When it comes to loving their communities, churches can get a bad rap for saying no until they have to say yes. But three decades as a pastor have made author Stephen Viars reconsider: Their church longs to move into indispensable roles that wrap arms around the entire community. Grab ideas to live in can't-miss ways in your own zip code.	27:00

Family "Focus on the Family"	10/24/2023 1:00 p.m.	Greg and Erin Smalley.	Learning to Dream Together Do you and your spouse take the time to talk about your dreams for the future? This program features an episode of the new <i>Crazy Little Thing Called Marriage</i> podcast, hosted by Greg and Erin Smalley.	28:30
Family "Family Life Today"	10/24/2023 6:03 p.m.	Stephen Viars	IRRESISTIBLE OUTREACH: STEPHEN VIARS Is your church's outreach irresistible? Pastor and author Stephen Viars thinks it can be! Find ideas to dive wholeheartedly and thoughtfully into the needs and heartbeat of your community.	27:00
Family "Focus on the Family"	10/25/2023 1:00 p.m.	Greg Koukl	How to Answer Challenges to Your Faith (Part 1 of 2) Greg Koukl provides concrete ways to take a stand for our beliefs. He focuses especially on issues within the culture that cause most Christians to falter when faced with challenges from non-believers. He trains us to use questions to whittle away arguments and bring God's truth to light	28:30
Family "Family Life Today"	10/25/2023 6:03 p.m.	Stephen Viars	RADICAL KINDNESS FOR YOUR COMMUNITY: STEPHEN VIARS What if your church—and your life—were known for their radical kindness? Pastor and author Stephen Viars chats about his church's radical, community-altering approach to outreach.	27:00
Family "Focus on the Family"	10/26/2023 1:00 p.m.	Greg Koukl	How to Answer Challenges to Your Faith (Part 2 of 2) Greg Koukl provides concrete ways to take a stand for our beliefs. He focuses especially on issues within the culture that cause most Christians to falter when faced with challenges from non-believers. He trains us to use questions to whittle away arguments and bring God's truth to light.	28:30
Family "Family Life Today"	10/26/2023 6:03 p.m.	Sherri Lynn	HOW TO BE SINGLE AND CONTENT: SHERRI LYNN Sherri Lynn, cohost of the Brant Hansen show, believes marriage isn't the only solution to loneliness. She gets real about the road to happy singleness—and offers wise ways to be single and content.	27:00
Family "Focus on the Family"	10/27/2023 1:00 p.m.	Brad Formsma	Modeling Generosity for Your Children "Generosity" isn't just about money. In this upbeat talk, Brad Formsma explains how to have a giving mindset, and shares the importance of modeling generosity to your children. It goes beyond money: you can be generous with your thoughts, your words, your time, your influence, your attention, and your stuff. Brad encourages doing "generosity projects" with your kids so that they can experience the blessings of selflessness. We'll also hear from his son Drew on how parents can impart this message to their children in an engaging way.	28:30
Family "Family Life Today"	10/27/2023 6:03 p.m.	Ted Lowe	5 WAYS TO STOP SABOTAGING YOUR MARRIAGE: TED LOWE Are there ways you're shooting your own marriage in the foot? Author Ted Lowe knows 5 bad habits that could stealthily undercut all the closeness you crave--and 5 ways to stop them.	27:00

Family "Focus on the Family"	10/30/2023 1:00 p.m.	Dr. Ken Wilgus	How to Talk With Your Teen Without Losing Your Mind (Part 1 of 2) Parents often struggle to communicate effectively during the teen years. Dr. Ken Wilgus encourages moms and dads to relax a little bit, back off from micromanaging, and start treating their teen more like a budding adult. This includes showing them more respect and communicating to them the same way you would another adult.	28:30
Family "Family Life Today"	10/30/2023 6:03 p.m.	JP Pokluda	WHY DO I DO WHAT I DON'T WANT TO DO? JONATHAN POKLUDA Stuck in habits and vices you hate? Speaker and bestselling author J.P. Pokluda knows there's a better, more fulfilling way to live, and it doesn't involve looking inside yourself for the answers--because that's not where you'll find them. With his signature wit and wisdom, he explains, unpacks, and expands on the age-old virtues Scripture tells us to pursue. Far from being restrictive, these God-given goals for living free you to love and live as you wish you would.	27:00
Family "Focus on the Family"	10/31/2023 1:00 p.m.	Dr. Ken Wilgus	How to Talk With Your Teen Without Losing Your Mind (Part 2 of 2) Parents often struggle to communicate effectively during the teen years. Dr. Ken Wilgus encourages moms and dads to relax a little bit, back off from micromanaging, and start treating their teen more like a budding adult. This includes showing them more respect and communicating to them the same way you would another adult.	28:30
Family "Family Life Today"	10/31/2023 6:03 p.m.	JP Pokluda	POWERFUL VICES--AND YOUR WAY OUT: JONATHAN POKLUDA The vise-grip of lust or critical thoughts can feel insurmountable. But from personal battles, author Jonathan Pokluda has come to a tangible escape hatch. If you're wondering how to break a bad habit at last, don't miss this thoughtful wisdom.	27:00
Family "Focus on the Family"	11/01/2023 1:00 p.m.	Mark Makinney	Your Marriage Can Win the Battle Against Pornography (Part 1 of 2) Pornography is a pervasive evil that is toxic to marriages. Research shows that 55% of Christian men look at porn at least monthly, and 1 in 10 view porn at least daily. Mark Makinney points out this is inherently a sin problem, and he describes how viewing porn will hijack your brain. Mark and his wife Rosie also list warning signs that your spouse could be addicted to porn, and then share their own story of Mark's 25-year addiction and how it impacted their marriage.	28:30

Family "Family Life Today"	11/01/2023 6:03 p.m.	JP Pokluda	HOW TO WRECK A MARRIAGE: JONATHAN POKLUDA If you knew there was someone actively seeking to wreck your marriage, what would you do? Author Jonathan Pokluda insists that enemy exists—and that knowing his strategies is critical to winning the war. He reveals ways to combat the vulnerabilities of your marriage for a deeper, more fulfilling relationship that truly wins.	27:00
Family "Focus on the Family"	11/02/2023 1:00 p.m.	Mark Makinney	Your Marriage Can Win the Battle Against Pornography (Part 2 of 2) marriages. Research shows that 55% of Christian men look at porn at least monthly, and 1 in 10 view porn at least daily. Mark Makinney points out this is inherently a sin problem, and he describes how viewing porn will hijack your brain. Mark and his wife Rosie also list warning signs that your spouse could be addicted to porn, and then share their own story of Mark's 25-year addiction and how it impacted their marriage.	28:30
Family "Family Life Today"	11/02/2023 6:03 p.m.	JP Pokluda	HOW TO BE "ALL THERE" IN YOUR MARRIAGE: JONATHAN POKLUDA Ever find that even when you're home, it's hard to be "all there" in your marriage? Jonathan Pokluda, author of Why Do I Do What I Don't Want to Do: Replace Deadly Vices with Life-Giving Virtues has ideas on chucking the habits stealing your full attention from your relationship.	27:00
Family "Focus on the Family"	11/03/2023 1:00 p.m.	Kirk Cousins	Kirk Cousins: Living as an Ambassador for Christ Successful NFL quarterback Kirk Cousins shares his family story and his journey in football, as well as about the importance of discipleship and evangelism in impacting the culture.	28:30
Family "Family Life Today"	11/03/2023 6:03 p.m.	Brian Barnett	THROWING A CHAIR AT MY ANXIETY: BRIAN BARNETT A miasma of life-upending health issues depended on Brian Barnett—and left a mark. Here's how he's surmounting and healing the anxiety following legit trauma.	27:00
Family "Focus on the Family"	11/06/2023 1:00 p.m.	Cheryl Martin	Encouragement for the Single Life Cheryl Martin encourages singles to view their singleness not as a mistake or a holding pattern until marriage, but as an opportunity to become the person God wants them to be. She also shares how to honor God in the dating process through the use of firm boundaries and an accountability partner.	28:30
Family "Family Life Today"	11/06/2023 6:03 p.m.	Jeff Kemp	THAT MAKES A MAN? JEFF KEMP From six-pack abs to sexual conquest to a big bank account or even spiritual performance, you might get the idea real manhood is earned. But former NFL Seahawks quarterback NFL Jeff Kemp knows that can leave a guy burned out, isolated, and confused. He tells his own story of moving out of insecurity and into confidence in what really makes a man—without competing or pretending.	27:00

Family "Focus on the Family"	11/07/2023 1:00 p.m.	John Burke	Finding Heaven: Knowing God and His Love (Part 1 of 2) Pastor and researcher John Burke offers a better glimpse of the God of heaven—the Creator of the universe and the Lover of our souls. He shares some amazing stories of near-death experiences that highlight an understanding of who God is and His unconditional love for all people.	28:30
Family "Family Life Today"	11/07/2023 6:03 p.m.	Jeff Kemp	RECEIVE: THE WAY OF JESUS FOR MEN: JEFF KEMP Ever feel the burn of trying to prove yourself as a guy? Former NFL Seahawks quarterback Jeff Kemp shows what it means to receive your identity as God's son and drink in Jesus' perfect example of being a man.	27:00
Family "Focus on the Family"	11/08/2023 1:00 p.m.	John Burke	Finding Heaven: Knowing God and His Love (Part 2 of 2) Pastor and researcher John Burke offers a better glimpse of the God of heaven—the Creator of the universe and the Lover of our souls. He shares some amazing stories of near-death experiences that highlight an understanding of who God is and His unconditional love for all people.	28:30
Family "Family Life Today"	11/08/2023 6:03 p.m.	Jeff Kemp	4 STRATEGIES FOR AUTHENTIC MANHOOD: JEFF KEMP Former NFL Seahawks quarterback Jeff Kemp offers four solid strategies toward a powerful, humble, and fearless biblical manhood that goes the distance.	27:00
Family "Focus on the Family"	11/09/2023 1:00 p.m.	Kathi Lipp	Getting Organized for Christmas Author Kathi Lipp offers practical suggestions for planning your family's Christmas celebration so that it can be budget-friendly, stress-free and Christ-centered.	28:30
Family "Family Life Today"	11/09/2023 6:03 p.m.	Sherri Lynn	CHRISTIANS GET PMS, TOO: SHERRI LYNN With humor, stories, and nuggets of physiological wisdom, radio host Sherri Lynn walks both men and women through the shame and taboo of PMS.	27:00
Family "Focus on the Family"	11/10/2023 1:00 p.m.	had Robichaux	American Heroes: Serving on the Front Line Chad Robichaux is an American hero, and he works to support American heroes worldwide. Save Our Allies, a coalition he created, was born out of his commitment to save his interpreter from the Taliban takeover in Afghanistan. The team he assembled felt called to rescue thousands more, saving Americans, allies, and those who were vulnerable.	28:30
Family "Family Life Today"	11/10/2023 6:03 p.m.	Sherri Lynn	I WANT TO PUNCH YOU IN THE FACE (BUT I LOVE JESUS): SHERRI LYNN Feel like once a month, you become the worst version of yourself? Radio host Sherri Lynn gets it—and is ready to talk about it with holiness and humor.	27:00

Family "Focus on the Family"	11/13/2023 1:00 p.m.	Dr. Tony Evans	Becoming a Full-Time, Verbal, Visible Follower of Christ Being an Ambassador for Jesus is a role each of us can play, and it's not as difficult as you might think. In this upbeat message, Dr. Tony Evans will encourage you to become a full-time, verbal, visible follower of Christ in your everyday life.	28:30
Family "Family Life Today"	11/13/2023 6:03 p.m.	Jeff Myers	WHEN KIDS ASK HARD QUESTIONS: JEFF MYERS When kids pose tough questions about a complex world—what's it look like to parent well? Author and Summit Ministries president Jeff Myers helps parents set the stage for authentic faith that goes the distance.	27:00
Family "Focus on the Family"	11/14/2023 1:00 p.m.	Kari Trent Stageberg	Blending Two Lives Into One Flesh Kari Trent Stageberg and her husband unpack the techniques to navigate the situation when differences emerge – they call it a "Merge Moment." This moment allows a couple to come together despite their differences. Only 31% of differences are solvable, which means that couples need to be proactive and intentional when navigating and even celebrating their differences. Joey and Kari suggest being particularly observant about trigger moments and giving each other time to process those situations.	28:30
Family "Family Life Today"	11/14/2023 6:03 p.m.	Jeff Myers	IS YOUR CHRISTIAN KID READY FOR COLLEGE? JEFF MYERS ending your Christian kid to college can flood you with emotion—and perhaps no small degree of fear. Author and Summit Ministries President Jeff Myers helps you navigate the challenges, combat anxiety, and advocating for truth that transforms the world in times of crisis.	27:00
Family "Focus on the Family"	11/15/2023 1:00 p.m.	Jillana Goble	When God Gives You the Family You Never Expected (Part 1 of 2) Foster parents are often called "heroes" for bringing needy children into their home, but Jillana Goble argues that they are normal people who simply obeyed God's call to care for orphans and widows. Joined by Jean Daly, sharing from their own experiences, they describe some of the common challenges of foster parenting, such as feeling overwhelmed, not knowing how past trauma affects behaviors today, loving children and giving them back to their bio parents, dealing with extra stress in your marriage and family and being stretched out of your comfort zone.	28:30
Family "Family Life Today"	11/15/2023 6:03 p.m.	Drew Dixon	KNOW THY GAMER: A PARENT'S GUIDE TO VIDEO GAMES: DREW DIXON Should you be ignoring or removing your kids video games? Expert Drew Dixon thinks they can actually be positive—when handled wisely.	27:00

Family "Focus on the Family"	11/16/2023 1:00 p.m.	Jillana Goble	When God Gives You the Family You Never Expected (Part 2 of 2) Foster parents are often called "heroes" for bringing needy children into their home, but Jillana Goble argues that they are normal people who simply obeyed God's call to care for orphans and widows. Joined by Jean Daly, sharing from their own experiences, they describe some of the common challenges of foster parenting, such as feeling overwhelmed, not knowing how past trauma affects behaviors today, loving children and giving them back to their bio parents, dealing with extra stress in your marriage and family and being stretched out of your comfort zone.	28:30
Family "Family Life Today"	11/16/2023 6:03 p.m.	Drew Dixon	WHAT SHOULD I KNOW ABOUT MY KID'S VIDEO GAMES? DREW DIXON When it comes to your kid's video games, it can be hard to know what you should know. Expert Drew Dixon offers ways to navigate thoughtfully and wisely.	27:00
Family "Focus on the Family"	11/17/2023 1:00 p.m.	Heidi St. John	Fueling Motherhood Through Spiritual Discipline As a mom of seven, Heidi St. John explains why you as a mom need to stay spiritually disciplined in your relationship with the Lord. She looks at ways to place your confidence in God, especially when you just want to give up on parenting. She discusses how you can be more intentional in your mothering and why it's best to press into God's love, grace, and mercy. With relatable stories, practical tips, and inspiring encouragement, you'll be motivated to connect with God on a daily basis.	28:30
Family "Family Life Today"	11/17/2023 6:03 p.m.	Drew Dixon	IS YOUR KID A GAMER? 5 THINGS NOT TO DO: DREW DIXON Navigating the video game world as a parent can be confusing. Expert Drew Dixon starts with five clear ideas of classic parenting mistakes around gaming.	27:00
Family "Focus on the Family"	11/20/2023 1:00 p.m.	Dr. Kathy Koch	Instilling Character In the Heart of Your Child (Part 1 of 2) Dr. Kathy Koch examines the importance of character in your child's life and ways you can nurture and develop it. She'll reveal your child's core needs and some solid strategies for teaching character.	28:30
Family "Family Life Today"	11/20/2023 6:03 p.m.	Dr. Collin Outerbridge	RAISING KIDS WHO KEEP THE FAITH: DR. COLLIN OUTERBRIDGE With the tidal waves of influence surrounding Gen Z, what can parents do to shape a faith that sticks with our kids? Dr. Collin Outerbridge offers practical ideas from extensive research.	27:00
Family "Focus on the Family"	11/21/2023 1:00 p.m.	Dr. Kathy Koch	Instilling Character Into the Heart of Your Children (Part 2 of 2) Dr. Kathy Koch examines the importance of character in your child's life and ways you can nurture and develop it. She'll reveal your child's core needs and some solid strategies for teaching character.	28:30

Family "Family Life Today"	11/21/2023 6:03 p.m.	Dr. Collin Outerbridge	PARENTING FOR FAITH THAT GOES THE DISTANCE: DR. COLLIN OUTERBRIDGE What can you do right now to parent kids toward faith that lasts a lifetime? Dr. Collin Outerbridge shares research and practical strategies.	27:00
Family "Focus on the Family"	11/22/2023 1:00 p.m.	Dr. Mike Bechtle	Healthy Ways to Interact With Extended Family Dr. Mike Bechtle helps you learn to navigate difficult conversations and stressful conditions with friends and family so you can enjoy those get-togethers and special times. You'll learn some practical ways to cope and get along better within appropriate boundaries.	28:30
Family "Family Life Today"	11/22/2023 6:03 p.m.	Dr. Collin Outerbridge	HOW TO WRECK A CHILD'S FAITH: DR. COLLIN OUTERBRIDGE If you knew someone was viciously sabotaging your kids' faith, what would you do? Dr. Collin Outerbridge insists that enemy exists. Knowing those strategies remains critical to combatting your kids' vulnerabilities and winning the war for lifetime faith.	27:00
Family "Focus on the Family"	11/23/2023 1:00 p.m.		Celebrating God's Blessings on Thanksgiving In celebration of Thanksgiving, we present portions of previous interviews with broadcast guests who talked about the importance of being thankful in all circumstances, good and bad, and how parents can teach their children gratitude.	28:30
Family "Family Life Today"	11/23/2023 6:03 p.m.	Heather MacFadyen	RIGHT WHERE YOU BELONG: HEATHER MACFADYEN Feel torn in every direction? Heather MacFadyen, author of Right Where You Belong, brings the empowering message to simply occupy your God-given space--a Hebrew definition of humility. God has given you talents and a sphere of influence. Your role is to fill that space, empowered by the Holy Spirit. It's time to replace FOMO, inadequacy, and hustle culture with the satisfaction that comes from owning the space we've been assigned.	27:00
Family "Focus on the Family"	11/24/2023 1:00 p.m.	David Murrow	Getting a Handle on Your Screen Time With forty years in the TV business and from personal experience, David Murrow understands the negative effects from overuse of screens. He discusses positive and negative uses of various media and offers great practical advice for you as a parent as you guide your children and manage screens in your home.	28:30
Family "Family Life Today"	11/24/2023 6:03 p.m.	Heather MacFadyen	NAVIGATING SUFFERING SPACES: HEATHER MACFADYEN Relationships on planet Earth: They're inevitably linked to hurt. Author Heather MacFadyen believes there's a deep humility in choosing to occupy our sacred spaces of pain—to the glory of God.	27:00

Family "Focus on the Family"	11/27/2023 1:00 p.m.	Virginia Prodan	Laying Your Life On the Line for Christ (Part 1 of 2) Virginia Prodan is an author, international human rights attorney, and public speaker. She shares her powerful story of courageously sharing God's love with a gun-wielding assassin in Communist Romania sent to execute her in her law office. For defending Christians behind the Iron Curtain, Virginia was kidnapped, beaten, and had her life threatened on several occasions. She shares about leading her would-be assassin to Christ and inspires listeners to fearlessly stand for the truth, no matter the cost.	28:30
Family "Family Life Today"	11/27/2023 6:03 p.m.	David and Meg Robbins, Shelby Abbott	JESUS MOMENTS: THE BEST OF FAMILYLIFE TODAY THIS YEAR Ready for the best of FamilyLife Today 2023? FamilyLife President David Robbins, his wife Meg, and Shelby Abbott recall the Jesus moments from a year of wisdom, beauty, and compelling truth.	27:00
Family "Focus on the Family"	11/28/2023 1:00 p.m.	Virginia Prodan	Laying Your Life On the Line for Christ (Part 2 of 2) Virginia Prodan is an author, international human rights attorney, and public speaker. She shares her powerful story of courageously sharing God's love with a gun-wielding assassin in Communist Romania sent to execute her in her law office. For defending Christians behind the Iron Curtain, Virginia was kidnapped, beaten, and had her life threatened on several occasions. She shares about leading her would-be assassin to Christ and inspires listeners to fearlessly stand for the truth, no matter the cost	28:30
Family "Family Life Today"	11/28/2023 6:03 p.m.	Trillia Newbell	52 WEEKS IN THE WORD: TRILLIA NEWBELL Ever felt disappointed or frustrated with your inability to study the Bible consistently? Author Trillia Newbell inspires you with both the "why" and the "how."	27:00
Family "Focus on the Family"	11/29/2023 1:00 p.m.	Dr. Gary Chapman	Staying True to Your Marriage (Part 1 of 2) Can using your spouse's love language prevent an affair? In this upbeat presentation from Dr. Gary Chapman, you'll learn how affairs begin, and be encouraged to invest in your marriage, instead of fanning the flames of infatuation with someone else. Dr. Chapman emphasizes the importance of knowing and using your spouse's love language, to keep their 'love tank' full.	28:30
Family "Family Life Today"	11/29/2023 6:03 p.m.	Trillia Newbell	52 WEEKS IN THE WORD: A JOURNEY THROUGH ROMANS 8: TRILLIA NEWBELL Author and trusted Bible teacher Trillia Newbell pulls you through the rich themes of Romans 8—like suffering, perseverance, hope, and the role of the Holy Spirit in our lives as followers of Jesus.	27:00

Family "Focus on the Family"	11/30/2023 1:00 p.m.	Dr. Gary Chapman	Staying True to Your Marriage (Part 2 of 2) Can using your spouse's love language prevent an affair? In this upbeat presentation from Dr. Gary Chapman, you'll learn how affairs begin, and be encouraged to invest in your marriage, instead of fanning the flames of infatuation with someone else. Dr. Chapman emphasizes the importance of knowing and using your spouse's love language, to keep their 'love tank' full.	28:30
Family "Family Life Today"	11/30/2023 6:03 p.m.	Kelly Kapic, Tabitha Kapic	BLINDING SUFFERING: KELLY & TABITHA KAPIC Whether you're bowled over by cancer, chronic pain, or other blinding forms of suffering, even the next step can feel bleak. But the experience of Covenant College professor Kelly Kapic and his wife Tabitha has filled them with unspeakable hope and nearness to the God who suffers alongside us. Don't miss this broadcast with the author of Embodied Hope: A Theological Meditation on Pain and Suffering, one of Christianity Today's books of the year.	27:00
Family "Focus on the Family"	12/1/2023 1:00 p.m.	Robin Jones Gunn and Jenny Coffey	Best of 2023: Guiding Your Daughter Into Womanhood In this best of 2023 broadcast, Robin Jones Gunn and Jenny Coffey stress that Mom should be the safest person in her daughter's life – where the conversation about puberty and development can be ongoing. The duo explains that a girl's self-image and self-esteem will be profoundly impacted by how parents navigate this child's first exposure to sexuality. Robin and Jenny also describe how moms can initiate the "sex talk" conversation with their daughters.	28:30
Family "Family Life Today"	12/1/2023 6:03 p.m.	Kelly Kapic, Tabitha Kapic	UNSPEAKABLE HOPE: KELLY & TABITHA KAPIC Drawing on his own family's experience with prolonged physical pain, author and professor Kelly Kapic and his wife Tabitha reshape our understanding of suffering into the image of Jesus and bring us to a renewed participation in our embodied hope. Don't miss this conversation with the author of one of Christianity Today's books of the year.	27:00
Family "Focus on the Family"	12/4/2023 1:00 p.m.	Greg and Erin Smalley	Best of 2023: How to Stay Crazy In Love With Your Spouse (Part 1 of 2) In this best of 2023 broadcast, Greg and Erin Smalley discuss the importance of couples prioritizing time together, connecting on a deeper emotional level. They stress the importance of physical intimacy in marriage; urging men to care for their wives and encouraging women to "prepare" themselves for intimacy.	28:30
Family "Family Life Today"	12/4/2023 6:03 p.m.	Lysa TerKeurst	GOOD BOUNDARIES AND GOODBYES: LYSA TERKEURST Do you struggle with saying 'no'? You're not alone. Join Bestselling Author Lysa TerKeurst in a compelling conversation about setting healthy boundaries in relationships. True identity, biblical wisdom to navigate chaos and insights on self-care. If you're seeking to enhance relationships and emotional well-being, this episode is a must-listen.	27:00

Family "Focus on the Family"	12/5/2023 1:00 p.m.	Greg and Erin Smalley	Best of 2023: How to Stay Crazy In Love With Your Spouse (Part 2 of 2) In this best of 2023 broadcast, Greg and Erin Smalley discuss the importance of couples prioritizing time together, connecting on a deeper emotional level. They stress the importance of physical intimacy in marriage; urging men to care for their wives and encouraging women to "prepare" themselves for intimacy.	28:30
Family "Family Life Today"	12/5/2023 6:03 p.m.	Lysa TerKeurst	BOUNDARIES IN RELATIONSHIPS: LYSA TERKEURST Is it unloving or selfish to set a boundary? Are Christians ever called to walk away from a relationship that's no longer safe or sustainable? Lysa TerKeurst deeply understands these hard questions in the midst of relational struggles.	27:00
Family "Focus on the Family"	12/6/2023 1:00 p.m.	Rhonda Stoppe and son Brandon	Best of 2023: How Godly Moms Can Raise Godly Sons (Part 1 of 2) In this best of 2023 broadcast, Rhonda Stoppe and her son Brandon provide practical advice and encouragement for moms raising sons. The pair discuss discipline, equipping sons for independence, talking in ways that sons will listen, and giving boys a vision for manhood.	28:30
Family "Family Life Today"	12/6/2023 6:03 p.m.	David and Meg Robbins	AM I IN A HEALTHY RELATIONSHIP? DAVID & MEG ROBBINS Are you feeling trapped in a relationship? Join us as we take on a journey to unlock healthier relationships and rewrite your family story. With David & Meg and Shelby Abbott, we explore setting boundaries, shifting perspectives, and creating brighter family futures. It's not too late!	27:00
Family "Focus on the Family"	12/7/2023 1:00 p.m.	Rhonda Stoppe and son Brandon	Best of 2023: How Godly Moms Can Raise Godly Sons (Part 2 of 2) In this best of 2023 broadcast, Rhonda Stoppe and her son Brandon provide practical advice and encouragement for moms raising sons. The pair discuss discipline, equipping sons for independence, talking in ways that sons will listen, and giving boys a vision for manhood.	28:30
Family "Family Life Today"	12/7/2023 6:03 p.m.	John Yates	PRAYING: MEN WHO STRUGGLE: JOHN YATES Many men struggle with praying. John Yates discusses why men struggle, steps to help, and how it can affect their whole lives.	27:00
Family "Focus on the Family"	12/8/2023 1:00 p.m.	Gary Thomas	Celebrating the True Meaning of Advent Gary Thomas explains the meaning of Advent, "God with us," by using a true story about a visit to a ranch where he saw a great word picture: a lone horse and a lone sheep who wouldn't leave each other's sides. The rancher explained that there used to be an entire flock of sheep, but they were all picked off by coyotes. This one sheep figured out that as long as he stayed near that big horse, he was safe. And he remains there to this day. And we, like that sheep, are safe because of Advent – "God with us."	28:30

Family "Family Life Today"	12/8/2023 6:03 p.m.	John Yates	PRAYING MEN: A GIFT TO FAMILIES: JOHN YATES Men want to do things they feel they can do well. On FamilyLife Today, retired pastor and long-time speaker for FamilyLife, John Yates, breaks down the simple nature of prayer and how a man's prayer life blesses his family.	27:00
Family "Focus on the Family"	12/11/2023 1:00 p.m.	Kenn Kington	Best of 2023: Seeing the Funny Side of Life 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.	28:30
Family "Family Life Today"	12/11/2023 6:03 p.m.	Jon Tyson	THE INTENTIONAL FATHER: JON TYSON Without strong mentors, boys are walking alone into a wilderness of conflicting messages about who they should be as men. It's no wonder that our sons are confused about what the world expects from them and what they should expect of themselves. Jon Tyson lays out a clear path for fathers and sons that includes specific activities, rites of passage, and significant "marking moments" that can be customized to fit any family.	27:00
Family "Focus on the Family"	12/12/2023 1:00 p.m.	Abby Johnson	Best of 2023: Experiencing God's Mercy After Leaving the Abortion Industry (Part 1 of 2) In this best of 2023 broadcast, Abby Johnson recounts what God has done in her life since she originally released her book <i>Unplanned</i> and her healing process since leaving Planned Parenthood. She describes how the Lord helped heal her marriage and gave her a desire for more children. She also discovered a passion to help other people leave the abortion industry like she did, and formed a ministry called <i>And Then There Were None</i> .	28:30
Family "Family Life Today"	12/12/2023 6:03 p.m.	Jon Tyson	FATHERHOOD HAS SECOND CHANCES: JON TYSON It's not enough to hope our sons will become good men. We need them to be good at being men. Discover the influence you have on your family through second chances. Join Author Jon Tyson as he dives into how your habits and wounds shape your sons. Learn why it's critical to bring in the right people to fill the gaps you can't.	27:00
Family "Focus on the Family"	12/13/2023 1:00 p.m.	Abby Johnson	Best of 2023: Experiencing God's Mercy After Leaving the Abortion Industry (Part 2 of 2) In this best of 2023 broadcast, Abby Johnson recounts what God has done in her life since she originally released her book <i>Unplanned</i> and her healing process since leaving Planned Parenthood. She describes how the Lord helped heal her marriage and gave her a desire for more children. She also discovered a passion to help other people leave the abortion industry like she did, and formed a ministry called <i>And Then There Were None</i> .	28.30

Family "Family Life Today"	12/13/2023 6:03 p.m.	Jon Tyson	ARE YOU AN EMOTIONALLY EXHAUSTED DAD? JON TYSON Ever wonder how it's possible to spend time with your kids when you're emotionally exhausted? Strategize your time and energy with purpose. Ever wondered how just 10 minutes a day can make a difference? Jon Tyson provides practical insights for improving parenting styles.	27:00
Family "Focus on the Family"	12/14/2023 1:00 p.m.	Jodie Berndt	Best of 2023: Praying For Your Marriage is Essential (Part 1 of 2) In this best of 2023 broadcast, Jodie Berndt encourages couples to pray for their marriages! She explains how you are responsible for your own faith, how to pray with different personalities, praying through conflict over finances, and praying the scriptures through a season of difficulty. This is a discussion you won't want to miss!	28:30
Family "Family Life Today"	12/14/2023 6:03 p.m.	Dave & Meg Robbins	THE IMPACT OF A GOOD MAN: DAVID & MEG ROBBINS As a man, what are your weaknesses? True manhood goes beyond the physical, embracing family responsibilities like providing with security, nurturing and service, and maybe even the thrill of fantasy football drafting. Dave & Meg Robbins teach us what it means to be a good man.	27:00
Family "Focus on the Family"	12/15/2023 1:00 p.m.	Jodie Berndt	Best of 2023: Praying For Your Marriage is Essential (Part 2 of 2) In this best of 2023 broadcast, Jodie Berndt encourages couples to pray for their marriages! She explains how you are responsible for your own faith, how to pray with different personalities, praying through conflict over finances, and praying the scriptures through a season of difficulty. This is a discussion you won't want to miss!	28:30
Family "Family Life Today"	12/15/2023 6:03 p.m.	Nana Dolce	WOMEN IN THE BIBLE: DO YOU FEAR THE UNKNOWN? NANA DOLCE Do you fear the unknown? Join Nana Dolce as she explores Old Testament stories of women struggles, overcoming fear, and finding redemption. Discover the key to having hope in difficult times!	27:00
Family "Focus on the Family"	12/18/2023 1:00 p.m.	Joe Dallas	Best of 2023: Leaving Pro-Gay Theology for the True Faith In this Best of 2023 broadcast, Joe Dallas shares his testimony of being repeatedly molested as a boy and pursuing homosexual encounters as a teenager. After becoming a Christian, Joe struggled to reconcile the gospel with his promiscuous lifestyle, to the point of joining a pro-homosexual church in his quest for peace. Joe explains how the combination of misleading, 'pro-gay' theology and the conviction of the Holy Spirit propelled him into becoming a very angry gay activist. Eventually, God's truth penetrated Joe's armor, and his whole life was transformed.	28:30
Family "Family Life Today"	12/18/2023 6:03 p.m.	Brant Hansen	HOW TO OVERCOME LONELINESS: BRANT HANSEN How can we overcome loneliness? Brant Hansen shares practical ways to finding peace in Jesus in this disconnected world. Tune in to learn how to stand firm and the importance of community and meaning!	27:00

Family "Focus on the Family"	12/19/2023 1:00 p.m.	Crystal Paine	Best of 2023: Making Time For What Matters Most In this best of 2023 broadcast, Crystal Paine shares her four-step system that can help moms feel less frazzled and have more room to breathe in your everyday life. She says that moms should pray for their day, prioritize their goals, plan out their time, and prep for new routines.	28:30
Family "Family Life Today"	12/19/2023 6:03 p.m.	David & Meg Robbins, Shelby Abbott	THE IMPACT OF A GOOD MAN: DAVID & MEG ROBBINS WITH SHELBY ABBOTT Struggling to say no? Embracing your limitations can feel overwhelming. David & Meg Robbins, Shelby Abbott, Brant Hansen, Jeremiah Johnston, Lysa TerKeurst, and Heather Holleman all share insights on how life's challenges introduce the need for learning new boundaries. Join us to discover ways to accept your limitations amidst life's chaos.	27:00
Family "Focus on the Family"	12/20/2023 1:00 p.m.	Lysa TerKeurst	Best of 2023: Setting Boundaries in Your Most Difficult Relationships (Part 1 of 2) In this best of 2023 broadcast, Lysa TerKeurst reflects on the death of her marriage and how she had to place boundaries in her life to protect her own mental, emotional, and spiritual well-being. She offers insight, biblical wisdom, and encouragement to those needing to establish boundaries with others.	28:30
Family "Family Life Today"	12/20/2023 6:03 p.m.	Brant Hansen	BLESSED ARE THE MISFITS: BRANT HANSEN If you've ever felt like you don't fit into American church culture... Brant Hansen has been there, too. Join Hansen as he explores modern Christianity, the beauty of being different, and the astonishing goodness of God. Rediscover Jesus' true love with us.	27:00
Family "Focus on the Family"	12/21/2023 1:00 p.m.	Lysa TerKeurst	Best of 2023: Setting Boundaries in Your Most Difficult Relationships (Part 2 of 2) In this best of 2023 broadcast, Lysa TerKeurst reflects on the death of her marriage and how she had to place boundaries in her life to protect her own mental, emotional, and spiritual well-being. She offers insight, biblical wisdom, and encouragement to those needing to establish boundaries with others.	28:30
Family "Family Life Today"	12/21/2023 6:03 p.m.	Brant Hanson	I BELONG IN THE KINGDOM OF GOD – I'M SOCIALLY AWKWARD: BRANT HANSEN In a dark place? Brant Hanson discusses: 1) the valuable lessons from his spiritual journey, 2) the importance of knowing the truth and finding security in God's love among doubts, and 3) how skepticism led him back to Jesus. For those struggling to be social, confident, or happy, this podcast is for you.	27:00

Family "Focus on the Family"	12/22/2023 1:00 p.m.	Chaplain Bill Goodrich	Best of 2023: Caring for the Forgotten Generation In this best of 2023 broadcast, Chaplain Bill Goodrich of God Cares Ministry describes the vibrant opportunity to befriend and share Christ with the elderly in your community. He shares his heart for this forgotten generation of precious people who deserve our love and attention.	28:30
Family "Family Life Today"	12/22/2023 6:03 p.m.	Brant Hanson	DOUBTING JESUS AS AN INTROVERT: BRANT HANSEN Feel lost in the crowd? Brant Hanson talks about the Taylor Swift phenomenon and how some feel left out at church. If you doubt, Brant discusses misfit Christians, the stigma around doubt, and the importance of open conversations. Join us as we look at the different gifts in the church and why it's important to understand and include introverts.	27:00
Family "Focus on the Family"	12/25/2023 1:00 p.m.		God's Extravagant Gift A Collection of Christmas stories that includes a dramatic reading of "When Mother Was Eleven Foot Four: A Christmas Memory."	28:30
Family "Family Life Today"	12/25/2023 6:03 p.m.	Dane Ortlund	GENTLE AND LOWLY: DANE ORTLUND Christians know what Jesus Christ has done—but who is he? Dave Ortlund, author of 'Gentle and Lowly: The Heart of Christ for Sinners and Sufferers,' captures the meaning of Isaiah 25 & 26, exploring God's grace, fulfillment, and longing. What is his deepest heart for his people, weary and faltering on their journey toward heaven? Jesus said he is "gentle and lowly in heart."	27:00
Family "Focus on the Family"	12/26/2023 1:00 p.m.	Ted Lowe	Best of 2023: Changing Your Mindset in Marriage In the best of 2023 broadcast, Ted Lowe helps you better understand how a shift in your thoughts toward yourself and your spouse can give you a healthier and more loving marriage. By looking at your spouse through the filter of Philippians 4:8, you'll learn ways to examine your mindset and embrace a positive perspective!	28:30
Family "Family Life Today"	12/26/2023 6:03 p.m.	Dane Ortlund	WHY DOES GOD ALLOW SUFFERING? DANE ORTLUND Why does God allow suffering? Dave Ortlund captures the meaning of Isaiah 25 & 26, exploring God's grace, fulfillment, and longing. Sometimes, even when we're in our physical homes, we feel lost. Discover where your heart truly belongs and uncover the real secret to contentment.	27:00
Family "Focus on the Family"	12/27/2023 1:00 p.m.	Lee Strobel	Best of 2023: Believing in the Hope of Heaven (Part 1 of 2) In this best of 2023 broadcast, Lee Strobel examines why our culture chases immortality and how we want to make a name for ourselves that survives the test of time. He shared evidence for the existence of the soul—and how science actually backs that up! You'll also get a glimpse into what heaven looks like through the eyes of those who have had near-death experiences.	28:30

Family "Family Life Today"	12/27/2023 6:03 p.m.	Amberly Neese	WAIT...I CAN HAVE FUN AT CHURCH? AMBERLY NEESE Wait...I can have fun at church? Are you hungry for true community, deeper connection with God, and friendships that are greater than just "likes" on social media? Are you ready for real connections with those around you? Tune in with Author Amberly Neese as she explores the theology of laughter and embracing life with Jesus!	27:00
Family "Focus on the Family"	12/28/2023 1:00 p.m.	Lee Strobel	Best of 2023: Believing in the Hope of Heaven (Part 2 of 2) In this best of 2023 broadcast, Lee Strobel examines why our culture chases immortality and how we want to make a name for ourselves that survives the test of time. He shared evidence for the existence of the soul—and how science actually backs that up! You'll also get a glimpse into what heaven looks like through the eyes of those who have had near-death experiences.	28:30
Family "Family Life Today"	12/28/2023 6:03 p.m.	Amberly Neese	HOW TO STOP COMPARING YOURSELF TO OTHERS: AMBERLY NEESE Struggling with comparison? Author Amberly Neese emphasizes the importance of community and creating a safe space where people can be seen, heard, and supported. Learn practical ways to find a community that will lift you up.	27:00
Family "Focus on the Family"	12/29/2023 1:00 p.m.	Dr. Erwin Lutzer	Best of 2023: How to Be a Prayer Warrior For Your Children In this best of 2023 broadcast, Dr. Erwin Lutzer shows parents how to abandon their routine lists of requests and trade them for scriptural prayers, immersing them in God's promises and will.	28:30
Family "Family Life Today"	12/29/2023 6:03 p.m.	DAVID & MEG ROBBINS	THE POWER OF FEELING SEEN: DAVID & MEG ROBBINS Explore the power of "I see you" in relationships, with FamilyLife President David Robbins and his wife Meg, along with Real Life Loading... host Shelby Abbott. They explore groundbreaking insights from top 2023 guests like Ted Lowe, Dane Ortlund, Don Everts and Amberly Neese.	27:00

ISSUES / PROGRAMS LIST

ISSUE #3

HEALTH

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
Family "Focus on the Family"	1:00 p.m.			28:30

ISSUES / PROGRAMS LIST

ISSUE #4

MORALS

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
Morals "UNSHACKLED!"	Saturdays & Sundays 4:30 pm	Various	Various personal testimonies of people whose lives were changed from depravity, drugs, alcohol, crime and abhorrent social behavior by the saving grace and power of Jesus Christ.	30:00

ISSUES / PROGRAMS LIST

ISSUE #5**CRIME**

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
Crime "UNSHACKLED!"	Saturdays & Sundays 4:30 pm	Various	Various personal testimonies of people whose lives were changed from depravity, drugs, alcohol, crime and abhorrent social behavior by the saving grace and power of Jesus Christ.	30:00

ISSUES / PROGRAMS LIST

ISSUE #6

Public Service Announcements/Interviews

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
PSA's – Enrique Yanez				

ISSUES/ PROGRAMS LIST

ISSUE #7

MISCELLANEOUS

TOPIC/PROGRAM	DATE & TIME	GUEST(S)	PROGRAM SUMMARY	LENGTH
Miscellaneous "On Target with the Word – Hispanic Program"	6:30 p.m. Weekly Saturday evenings	Enrique Yanez	This is a target time to minister to Hispanics. This is totally in Spanish, Christian music, Christian discussion and Biblical discussion and preaching.	120:00