



**PROGRAMS LIST**

**1st Quarter**

**January 2022**

**Family Talk**

1/03/22

4:30 AM

30 MIN

**Screens and Teens (Part 1)**- Dr. Kathy Koch (pronounced Cook), author of Screens and Teens: Connecting with Our Kids in a Wireless World, urges parents to set reasonable limits for their children and to remember that it's not their phone; it's their parents' phone. Insist on regular phone blackouts. Encourage your teen to engage with you, have a meaningful conversation inside the home, play board games, do a jigsaw puzzle, read a physical book, or shoot hoops with a sibling.

**Focus on the Family**

1/03/22

8:00 PM

30 MIN

**Giving Up Sugar, Tasting God's Goodness**- Author Wendy Speake explains how she developed a closer relationship with God after overcoming her sugar addiction which she had been turning to for comfort in the face of life's difficulties, and challenges listeners to pursue spiritual transformation by overcoming their own addictions. Jim Daly's wife, Jean, joins the conversation to share her personal experiences.

**Family Talk**

1/04/22

4:30 AM

30 MIN

**Screens and Teens (Part 2)**- Dr. Kathy Koch (pronounced Cook), author of Screens and Teens: Connecting with Our Kids in a Wireless World, urges parents to set reasonable limits for their children and to remember that it's not their phone; it's their parents' phone. Insist on regular phone blackouts. Encourage your teen to engage with you, have a meaningful conversation inside the home, play board games, do a jigsaw puzzle, read a physical book, or shoot hoops with a sibling.

### Family Talk

1/05/22

4:30 AM

30 MIN

**March for Life-** Jeanne (JEAN-ee) Mancini, President of March for Life, says that 60% of Americans oppose taxpayer-funded abortions and the Supreme Court seems open to overturn Roe v Wade. Thankfully, Gen Z has become the pre-born baby's biggest advocate. The 3D-sonogram pictures of these preborn children, created in the image of God have revealed their humanity. Indeed, the theme of this year's March for Life, slated for January 21st, is "Equality Begins in the Womb."

### Family Talk

1/06/22

4:30 AM

30 MIN

**From Poverty to PhD (Part 1)-** Growing up in a two-room shack in rural Virginia, Dr. Carol Swain lived without indoor plumbing and dropped out of school after eighth grade. Despite enduring a short-lived marriage at 16, the crib death of her daughter, and several suicide attempts, the Lord had a plan for her life.

### Focus on the Family

1/06/22

8:00 PM

30 MIN

**Showing Love to Your Child Everyday-** Julie Lavender shares some fun ways to build lasting memories from small moments. From exercising your imagination while running errands to celebrating silly minor holidays, you'll pick up some great tools to enjoy your child and help them feel loved.

### Family Talk

1/07/22

4:30 AM

30 MIN

**From Poverty to PhD (Part 2)-** Growing up in a two-room shack in rural Virginia, Dr. Carol Swain lived without indoor plumbing and dropped out of school after eighth grade. Despite enduring a short-lived marriage at 16, the crib death of her daughter, and several suicide attempts, the Lord had a plan for her life.

### Focus on the Family

1/07/22

8:00 PM

30 MIN

**Learning to Relish Life With Your Spouse-** Author and speaker Alexandra Kuykendall describes a nine-month experiment she undertook to renew her appreciation for daily life with her husband. She encourages married listeners to embrace life with their spouse by finding joy and contentment in everyday moments.

### Family Talk

1/10/22

4:30 AM

30 MIN

**The Faith of Mike Pompeo-** Former U.S. Secretary of State Mike Pompeo, a devout Christian and a man whose life has been defined by public service, shares the story of his conversion to Christ as a young cadet at West Point. Not surprisingly, Pompeo became a champion of religious liberty and, during his time at the State Department, he even helped to create the Unalienable Rights Commission concerning international human rights matters.

### Focus on the Family

1/10/22

8:00 PM

30 MIN

**Equipping Your Kids' Faith For A Challenging Culture-** Natasha Crain gives you the tools you need to build that foundation by conveying the most crucial facts about Jesus. You'll learn some tips and tools to take a deep-dive into faith conversations to have with your kids.

### Family Talk

1/11/22

4:30 AM

30 MIN

**Shared Hope: Rescuing Children from Sex Trafficking-** When Congresswoman Linda Smith traveled into the brothel district of Mumbai, India on a fact-finding mission, she was horrified by the brutal reality she encountered there. On today's edition of Family Talk, Linda shares that she quit her political career to found Shared Hope International. Her goal? To help and heal those who have been exploited or are enslaved, and to assist people in identifying individuals in their communities who are trapped in the dark web of trafficking.

### Focus on the Family

1/11/22

8:00 PM

30 MIN

**Why It's Important to Honor Others-** Pastor Ted Cunningham shares the importance of seeing all human beings as image-bearers of God. He'll challenge you to encourage your friends and family by "calling out" their positive attributes, and shares humorous examples from his own family. He recommends writing "honor" lists and giving them to family and friends, especially as a birthday gift.

### Family Talk

1/12/22

4:30 AM

30 MIN

**Mom Fog (Part 1)**- Hannah Keeley, the mother of seven, was out of shape and deeply in debt. One night while cooking mac and cheese for her kids, the electric company cut her power off for lack of payment. But as Psalm 30 says, weeping may last for the night but joy comes in the morning. On today's edition of Family Talk, the author of Mom Fog: 8 Steps to Overcoming Mom Fatigue Syndrome shares her miraculous turnaround after she made a decision to trust God and practice simple action steps with faith and discipline.

### Focus on the Family

1/12/22

8:00 PM

30 MIN

**Saving Your Marriage From Divorce (Part 1)**- Dr. David Clarke shares that if you are struggling in your marriage that you are not alone and there is hope.

### Family Talk

1/13/22

4:30 AM

30 MIN

**Mom Fog (Part 2)**- Hannah Keeley, the mother of seven, was out of shape and deeply in debt. One night while cooking mac and cheese for her kids, the electric company cut her power off for lack of payment. But as Psalm 30 says, weeping may last for the night but joy comes in the morning. On today's edition of Family Talk, the author of Mom Fog: 8 Steps to Overcoming Mom Fatigue Syndrome shares her miraculous turnaround after she made a decision to trust God and practice simple action steps with faith and discipline.

### Focus on the Family

1/14/22

8:00 PM

30 MIN

**Breaking the Silence**- Dr. David Clarke shares that if you are struggling in your marriage that you are not alone and there is hope.

### Family Talk

1/14/22

4:30 AM

30 MIN

**Mom Fog (Part 2)**- Pastor Duane Miller was forced to take a sabbatical for three years when a virus damaged his vocal cords, prohibiting him from talking above a whisper. Throughout his illness, he felt as though someone's hand was around his neck. On today's edition of Family Talk, you will hear the moment when God restored Duane's voice, which was captured in an audio recording of him teaching a Sunday School class.

**Focus on the Family**

1/14/22

8:00 PM

30 MIN

**Finding Space to Connect With God-** Kathi Lipp and Cheri Gregory share ideas on how you can find the space and the place to spend time nurturing your relationship with God. They reflect on some of their imperfections and the abundant grace God offers to cover those shortcomings.

**Family Talk**

1/17/22

4:30 AM

30 MIN

**The Path Out of Loneliness (Part 1)-** Licensed counselor Dr. Mark Mayfield confides that at his lowest point years ago, he kept himself busy to avoid his growing anxiety, depression, and suicidal thoughts, which were driven by painful loneliness.

**Focus on the Family**

1/17/22

8:00 PM

30 MIN

**Building Racial Harmony in Our Communities-** Carey Casey shares an inspiring message about racial unity and Christian love, and discusses the legacy passed on to him by his father and grandfather.

**Family Talk**

1/18/22

4:30 AM

30 MIN

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**Focus on the Family**

1/18/22

8:00 PM

30 MIN

**Experiencing God's Grace in a Special Needs Family-** Sandra Peoples paints a picture of what life looks like for many special needs families and how the church can better reach out and minister to these families.

**Family Talk**

1/19/22

4:30 AM

30 MIN

**All Life is Sacred-** Because Christene Jackman felt estranged from her alcoholic father, she moved out at age 17 and married the first boy who paid attention to her. Not surprisingly, that relationship dissolved in divorce, and when her new relationship resulted in her being pregnant again, Christene got an abortion despite her unsettling conscience. On today's edition of Family Talk, she shares the remarkable story of her conversion to Christ and God's restoration.

**Focus on the Family**

1/19/22

8:00 PM

30 MIN

**Embracing Hope and Love After a Loss-** Dr. Gary Chapman and Candy McVicar describe the grief process and offer practical help & comfort to couples who have experienced infant loss.

**Family Talk**

1/20/22

4:30 AM

30 MIN

**Standing Strong for Life (Part 1)-** Dr. William Lile asks the logical question, "If I'm providing medical care, doesn't that qualify the developing baby as my patient? It sure does! And if he's my patient, then he's a person, no matter how small." The scientific evidence that life begins at conception has become inescapable.

**Focus on the Family**

1/20/22

8:00 PM

30 MIN

**How I Found God Through My Abortion Journey (Part 1)-** Cynthia Wenz shares her incredible testimony of discovering God's love and forgiveness. As a teenager, Cynthia lived recklessly and strayed away from the Lord. By age 29, she had three abortions, numbing herself from the reality of killing her children. After realizing her mistakes, Cynthia became pro-life.

**Family Talk**

1/21/22

4:30 AM

30 MIN

**Standing Strong for Life (Part 2)-** Dr. William Lile asks the logical question, "If I'm providing medical care, doesn't that qualify the developing baby as my patient? It sure does! And if he's my patient, then he's a person, no matter how small." The scientific evidence that life begins at conception has become inescapable.

**Focus on the Family**

1/21/22

8:00 PM

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**Family Talk**

1/24/22

4:30 AM

30 MIN

**Jesus Followers (Part 1)**- Anne Graham Lotz and her daughter, Rachel-Ruth Lotz Wright, urge believing parents to be intentional about sharing Christ with their children. The co-authors of Jesus Followers explain that the key to disciplining your kids is to model a vibrant relationship with Christ.

**Focus on the Family**

1/24/22

8:00 PM

30 MIN

**Simple Habits to Embrace in Your Marriage**- Dr. Randy Schroeder has counseled thousands of married couples and has discovered simple tools that help couples avoid divorce and build a thriving marriage. In this broadcast, he describes practical habits to help couples navigate expectations in marriage, build emotional closeness, and resolve disagreements.

**Family Talk**

1/25/22

4:30 AM

30 MIN

**Jesus Followers (Part 2)**- Anne Graham Lotz and her daughter, Rachel-Ruth Lotz Wright, urge believing parents to be intentional about sharing Christ with their children. The co-authors of Jesus Followers explain that the key to disciplining your kids is to model a vibrant relationship with Christ.

**Focus on the Family**

1/25/22

8:00 PM

30 MIN

**Fueling Great Relationships With Others**- Dr. John Townsend offers practical ideas on how to create incredibly meaningful relationships in every area of your life. He describes the types of people who are needed on your “life team” to help you grow – and others who need to be held at arm’s length, as you seek balance in your relationships.

**Family Talk**

1/26/22

4:30 AM

30 MIN

**Nothing to Lose, Everything to Gain**- Kathy Barnette and Dr. Ben Carson share how they did not let their environment and adversities define their lives. Despite the struggles and hardships each faced, neither felt they were a victim.

**Focus on the Family**

1/26/22

8:00 PM

30 MIN

**Finding True Joy in Blessing Others-** Becky Kopitzke encourages you to find small, simple ways to bless those around you. Through personal stories and practical tips, she explores the Four P's of blessing others with your presence, your possessions, your perspective and your prayers.

**Family Talk**

1/27/22

4:30 AM

30 MIN

**God's Wisdom for Raising Children (Part 1)-** Dr. James Dobson and his guest, John Rosemond, explain how this change in focus has been a disaster. The author of Parenting by The Book: Biblical Wisdom for Raising Your Child, Rosemond throws frazzled parents a lifeline, encouraging them to return to a biblical method for raising and disciplining their kids that both instills respect and inspires obedience.

**Focus on the Family**

1/27/22

8:00 PM

30 MIN

**The Greatest of These is Love (Part 1)-** Dutch watchmaker Corrie ten Boom explains how she got involved in hiding Jews from the Nazis, how she survived years in a concentration camp, and how the Lord helped her forgive her captors.

**Family Talk**

1/28/22

4:30 AM

30 MIN

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8:00 PM

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### Family Talk

1/31/22

4:30 AM

30 MIN

**Unlikely Fighter (Part 1)**- Greg Stier (pronounced "steer") grew up as a fatherless street kid in north Denver. During his childhood he witnessed bloody brawls instigated by his brutish, violent uncles. Greg shares that his home life was a mess, he was afraid of his own family, and he almost died three times in two years. But after the Lord radically saved him through an altar call at his grandparents' church, Greg set out on a mission to lead every family member to Christ, including his guilt-ridden mother, who didn't think God could forgive her.

### Focus on the Family

1/31/22

8:00 PM

30 MIN

**My Search for a Father's Love (Part 1)**- 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.

### Family Talk

2/1/22

4:30 AM

30 MIN

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### Family Talk

2/2/22

4:30 AM

30 MIN

**Broken and Beautiful: Let God Turn Your Mess into a Masterpiece (Part 1)**- Christine Soule shares how her traumatic childhood led her down a dark path filled with pain, confusion, and sin. Miraculously, at the age of 21, she came to know Christ and He turned her life around. Today, Christine is empowering other traumatized young women to make wise decisions through her Seattle ministry, Providence Heights.

### Focus on the Family

2/2/22

8:00 PM

30 MIN

**Dating Tips For Today's Singles-** Jonathan Pokluda and Lisa Anderson, host of the Boundless Show, discuss the importance of single Christians pursuing dating in God's way. This conversation will offer encouragement to parents of young adults who are hoping to see their son or daughter get married.

### Family Talk

2/3/22

4:30 AM

30 MIN

**Broken and Beautiful: Let God Turn Your Mess into a Masterpiece (Part 2)-** Christine Soule shares how her traumatic childhood led her down a dark path filled with pain, confusion, and sin. Miraculously, at the age of 21, she came to know Christ and He turned her life around. Today, Christine is empowering other traumatized young women to make wise decisions through her Seattle ministry, Providence Heights.

### Focus on the Family

2/3/22

8:00 PM

30 MIN

**How to Speak Your Child's Love Language (Part 1)-** Dr. Chapman helps parents understand their child's primary and secondary love language to keep their son or daughter's "love tank" filled and to strengthen the parent-child bond. Jean Daly joins the discussion to share personal examples from the Daly family.

### Family Talk

2/4/22

4:30 AM

30 MIN

**Who Switched the Labels? Clarifying the Pro-Life Message-** According to Scott Klusendorf, the term "pro-life" is being redefined and changed in front of our very eyes, both inside and outside the church. On today's edition of Family Talk, Scott, 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.

### Focus on the Family

2/4/22

8:00 PM

30 MIN

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**Family Talk**

2/7/22

4:30 AM

30 MIN

**Beloved Unbeliever (Part 1)**- First Peter 3 counsels Christian wives of unbelieving husbands to win them to the faith through their purity and reverence rather than simply with words. Easier said than done. Jo Berry, who was a lecturer, Bible study teacher, and faithful wife, clarifies that this is not a strict prohibition from ever talking about God or church activities.

**Focus on the Family**

2/7/22

8:00 PM

30 MIN

**The Biblical Truths Your Kids Need to Know**- As a parent, you are the most important influence in your child's faith development – more than friends, social media, or even the youth pastor. Ruth Chou Simons offers practical help for teaching kids God's Word. She describes why you don't have to be a perfect parent to model Biblical truths at home.

**Family Talk**

2/8/22

4:30 AM

30 MIN

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**Focus on the Family**

2/8/22

8:00 PM

30 MIN

**Who is the Author of Your Faith? (Part 1)**- Pastor Andy Stanley encourages Christians to base their faith on the historically proven life and death of Jesus Christ, rather than their perception of God's involvement in their personal circumstances.

**Family Talk**

2/9/22

4:30 AM

30 MIN

**When Family Disappoints (Part 1)**- Dr. Sharon May explains that we each long to be loved and stay connected with our God-given family, despite the past disappointments we've endured. Because families can be messy, she recommends establishing healthy boundaries and following three keys: Choose to be self-reflective, speak with gentle honesty, and ask God to restore the peace.

### Focus on the Family

2/9/22

8:00 PM

30 MIN

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### Family Talk

2/10/22

4:30 AM

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### Focus on the Family

2/10/22

8:00 PM

30 MIN

**Improving Your Sex Life to Improve Your Marriage (Part 1)**- Gary Thomas and Debra Fileta help couples understand and experience mutually fulfilling sexual intimacy in marriage. Our guests describe God's design for sex and how many couples don't recognize its great value within marriage.

### Family Talk

2/11/22

4:30 AM

30 MIN

**The Laughter of Life, Love, Marriage, and Kids**- 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 counsels spouses to plug into God, not each other, as their source of life.

### Focus on the Family

2/11/22

8:00 PM

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### Family Talk

2/14/22

4:30 AM

30 MIN

**Life Lessons and Love Languages (Part 1)-** Dr. Tim Clinton is joined by Gary Chapman, author of the best-seller, *The Five Love Languages*, to discuss Gary's most recent book, *Life Lessons and Love Languages*. You'll hear about pivotal moments in Gary's life, from his profession of faith at the age of 10, to discovering the five love languages during his years of counseling married couples.

### Focus on the Family

2/14/22

8:00 PM

30 MIN

**Showing True Love to Your Spouse-** Bob Lepine addresses the cultural confusion around marital love today. He outlines the major differences between AGAPE love and EROS (erotic) love, and why self-sacrifice is the only kind of love that is lasting. Bob points out why God's love is pivotal in helping you move toward unconditional love with your spouse.

### Family Talk

2/15/22

4:30 AM

30 MIN

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**Focus on the Family**

2/15/22

8:00 PM

30 MIN

**Helping Teen Girls Love Their Families Well (Part 1)** - Jessie Minassian believes our messy, imperfect families are part of God's plan to transform us to be more like Jesus Christ. She provides an abundance of great advice to parents and teens about navigating issues like attitude, parent/child conflict, trust and freedom, siblings, and more.

**Family Talk**

2/16/22

4:30 AM

30 MIN

**When Love Ends (Part 1)**- Jackie M. Johnson, author of When Love Ends and the Ice Cream Carton Is Empty, empathizes with other Christian singles who've gone through painful breakups. In her search for Mr. Right, Jackie turned to God for comfort, hope, and encouragement when the bottom fell out of a relationship that she thought would lead to marriage.

**Focus on the Family**

2/16/22

8:00 PM

30 MIN

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**Family Talk**

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4:30 AM

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**Focus on the Family**

2/17/22

8:00 PM

30 MIN

**Embracing God's Truth in a Hostile Culture (Part 1)**- Rod Dreher describes how you can teach your children to honor God, find fellowship and solidarity with other believers, and even discover value in suffering for the Gospel. He shares powerful stories of Christian dissidents under communism and encourages families to live counterculturally as radical disciples of Jesus Christ.

**Family Talk**

2/18/22

4:30 AM

30 MIN

**Defusing Anger in Marriage-** Jean Lush suggests that you can defuse the intensity by talking to a close friend, exercising, or even doing something constructive such as cleaning the garage. These strategies will help you to cool off and wisely address your spouse in a gentle manner that will be pleasing to the Lord.

**Focus on the Family**

2/18/22

8:00 PM

30 MIN

**Embracing God’s Truth in a Hostile Culture (Part 2)-** Rod Dreher describes how you can teach your children to honor God, find fellowship and solidarity with other believers, and even discover value in suffering for the Gospel. He shares powerful stories of Christian dissidents under communism and encourages families to live counterculturally as radical disciples of Jesus Christ.

**Family Talk**

2/21/22

4:30 AM

30 MIN

**Facing the Future with the Bible – President Ronald Reagan addresses the NRB Convention-** "Jesus can lift our hearts, soothe our sorrows, heal our wounds, and drive away our fears." Those words sound like something Franklin Graham or John MacArthur would say. But on today’s edition of Family Talk, you’ll discover that America’s 40th President, Ronald Reagan, made that declaration. In his 1983 speech at the National Religious Broadcasters convention, this God-fearing president cited Isaiah 40:8 which says, "The grass withers, the flower fades, but the Word of our God shall stand forever." Reagan’s contention that "the Bible can touch our hearts, order our minds, refresh our souls" is as true today as it was then.

**Focus on the Family**

2/21/22

8:00 PM

30 MIN

**Championing Parents’ Rights in Education-** Senator James Lankford addresses key concerns of many parents as well as a new school choice resolution he’s introduced – SR 493. In addition, he examines the meaning of critical race theory and its origins, other harmful ideologies, and controversial mask mandates in schools.

**Family Talk**

2/22/22

4:30 AM

30 MIN

**Liz Wheeler: The State of Our Fractured Nation-** Liz Wheeler, firmly declares that what we are facing today in our culture is a blatant attempt to delegitimize our nation. Citing the 1619 Project, Critical Race Theory and the transgender movement, Wheeler believes there is an outright agenda to destroy institutions that have defined our nation since its origin.

**Focus on the Family**

2/22/22

8:00 PM

30 MIN

**Friendship or Flirtation? Danger Signs for Couples (Part 1)-** As a young Christian, Dave Carder saw two pastors commit adultery, losing both their families and their ministries. He was determined to find out why people commit adultery and to help couples recognize “close call friendships” that could blossom into affairs. Pastor Carder provides over a dozen “red flags” that warn of inappropriate intimacy.

**Family Talk**

2/23/22

4:30 AM

30 MIN

**A Story of Cancer and Comfort (Part 1)-** In 1994, Dr. David Jeremiah, founder of Turning Point Ministries, was diagnosed with cancer. While he wasn't afraid of dying, he was afraid for his family and their future. On today's edition of Family Talk, the author of When Your World Falls Apart, recounts his health journey with Dr. Dobson and the role that faith played in his recovery. During times of pain and disillusionment, Dr. Jeremiah believes the church needs a theology of adversity. The Christian life does not guarantee smooth sailing, but King David reassures us in Psalm 46, that "God is our refuge and strength."

**Focus on the Family**

2/23/22

8:00 PM

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2/24/22

4:30 AM

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### Focus on the Family

2/24/22

8:00 PM

30 MIN

**Recognizing Your Son's Need for Respect (Part 1)**- Best-selling author Emerson Eggerichs talks to moms about a boy's need for respect, and explains how they can give that respect to their sons.

### Family Talk

2/25/22

4:30 AM

30 MIN

**Training the Next Generation to Lead like Christ**- Jeff Hunt, director of the Centennial Institute at Colorado Christian University, claims the reason is simple. These young people who are that vital next generation, grew up seeing the sonogram pictures of their baby brothers and sisters taped to the refrigerator door before they ever met them. Therefore, this new generation of pro-lifers rejects the lie that babies in the womb are just a clump of cells that you can get rid of without any remorse or guilt.

### Focus on the Family

2/25/22

8:00 PM

30 MIN

**Recognizing Your Son's Need for Respect (Part 2)**- Best-selling author Emerson Eggerichs talks to moms about a boy's need for respect, and explains how they can give that respect to their sons.

### Family Talk

2/28/22

4:30 AM

30 MIN

**Rediscovering God in America**- Former House Speaker Newt Gingrich discusses his book, *Rediscovering God in America*. From the Latin inscription, "Praise be to God" atop the Washington Monument, to the engraving on the Lincoln Memorial referencing that we are "one nation under God," Gingrich reminds us of our nation's rich Christian heritage.

**Focus on the Family**

2/28/22

8:00 PM

30 MIN

**Establishing Healthy Boundaries With Adult Children (Part 1)**- Allison Bottke shares a dramatic story of raising an adult son who has struggled with drug addiction, multiple arrests, and imprisonment. She is quick to admit to her mistakes of enabling her son over the years, and shares stories of other parents who have unwittingly crossed the line of “helping” to enabling their adult children.

**Family Talk**

3/1/22

4:30 AM

30 MIN

**Fathers: Shaping A Daughter’s Life**- Dr. Kevin Leman, father of five, discusses his book, What a Difference a Daddy Makes. He explains that a good dad honors his wife, affirms his daughter’s strengths, and is quick to ask for forgiveness. A father’s unconditional love will boost his daughter’s self-confidence, academic achievement, and future family life when she’s grown.

**Focus on the Family**

3/1/22

8:00 PM

30 MIN

**Establishing Healthy Boundaries With Adult Children (Part 2)**- Allison Bottke shares a dramatic story of raising an adult son who has struggled with drug addiction, multiple arrests, and imprisonment. She is quick to admit to her mistakes of enabling her son over the years, and shares stories of other parents who have unwittingly crossed the line of “helping” to enabling their adult children.

**Family Talk**

3/2/22

4:30 AM

30 MIN

**Embrace Grace: A Loving Ministry for Unplanned Pregnancies**- you’ll discover that she ultimately chose life for her son, and in turn founded "Embrace Grace," a network of support groups in 700 churches in 47 states that empowers women to choose life.

**Focus on the Family**

3/2/22

8:00 PM

30 MIN

**Finding God’s Purpose in Adversity**- Daniel Ritchie has faced remarkable adversity, yet he claims being born without arms was a gift. He shares how he overcame despair and discovered how to glorify God through his pain.

**Family Talk**

3/3/22

4:30 AM

30 MIN

**Defeating Dementia (Part 1)**- Dr. Richard Furman, author of Defeating Dementia, explains that dementia is not a foregone conclusion as we get older. In fact, exercising 5 days a week and making mindful food choices can cut its likelihood by 67%!

**Focus on the Family**

3/3/22

8:00 PM

30 MIN

**Embracing Your Unique Love Story**- Rhonda Stoppe is challenging you to remember the spouse you dreamed of being on your wedding day, to literally write down your love story, and lean on Jesus as your ultimate unfailing love so you can fully embrace the unique love story God has written in your life.

**Family Talk**

3/4/22

4:30 AM

30 MIN

**Defeating Dementia (Part 2)**- Dr. Richard Furman, author of Defeating Dementia, explains that dementia is not a foregone conclusion as we get older. In fact, exercising 5 days a week and making mindful food choices can cut its likelihood by 67%!

**Focus on the Family**

3/4/22

8:00 PM

30 MIN

**The Importance of Showing Love to Others**- Pastor Phil Waldrep shares heart-warming stories of his godly grandmother and the important principle that she helped him find in Romans 16: People love people who love people.

**Family Talk**

3/7/22

4:30 AM

30 MIN

**Is Atheism Dead? (Part 1)**- Christian radio host Eric Metaxas, author of Is Atheism Dead?, declares that science makes the case for God in this fine-tuned universe. For example, did you know that Jupiter, which is 400 million miles away from earth, enables us to live? This gas giant is so massive and has such a strong gravitational pull that it attracts the asteroids, meteorites, and comets that would otherwise bombard earth and destroy all forms of life.

### Focus on the Family

3/7/22

8:00 PM

30 MIN

**Understanding the Hot Buttons in Your Marriage-** Dr. Bob Paul and his wife Jenni explain how seemingly innocent disagreements can spiral into a major argument because of unidentified personal hot buttons that trigger primal reactions that are out of proportion to the issue at hand.

### Family Talk

3/8/22

4:30 AM

30 MIN

**Is Atheism Dead? (Part 2)-** Christian radio host Eric Metaxas, author of *Is Atheism Dead?*, declares that science makes the case for God in this fine-tuned universe. For example, did you know that Jupiter, which is 400 million miles away from earth, enables us to live? This gas giant is so massive and has such a strong gravitational pull that it attracts the asteroids, meteorites, and comets that would otherwise bombard earth and destroy all forms of life.

### Focus on the Family

3/8/22

8:00 PM

30 MIN

**Helping Kids Navigate Worry in Healthy Ways-** You may think your child is acting out when, in fact, they are struggling with worry. Dr. Josh and Christi Straub describe how to help your young child identify their emotions and navigate fear in a healthy way.

### Family Talk

3/9/22

4:30 AM

30 MIN

**Contagious Faith (Part 1)-** Dr. Tim Clinton and his guest, Mark Mittelberg, discuss how you can break through the barriers of sharing your faith. The author of *Contagious Faith: Discover Your Natural Style for Sharing Jesus with Others*, Mittelberg encourages listeners that God wants them to be out on the edge of adventure serving Him, and there's no better way to do so than to take small risks by talking to people about your faith.

### Focus on the Family

3/9/22

8:00 PM

30 MIN

**Seeing Suffering Through God's Eyes (Part 1)-** Levi & Jennie Lusko share the tragic story of the unexpected death of their 5-year-old daughter, Lenya, and how God worked through their family in the aftermath. The Luskos maintained their ministry obligations, sharing the Gospel at their church after Lenya's death, which led many to the Lord

**Family Talk**

3/10/22

4:30 AM

30 MIN

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**Focus on the Family**

3/10/22

8:00 PM

30 MIN

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**Family Talk**

3/11/22

4:30 AM

30 MIN

**Loving Your Prodigal Child**- The late Ruth Bell Graham explains that she can relate to the anguish parents face, but she also offers hope to mothers and fathers who suffer residual pain.

**Focus on the Family**

3/11/22

8:00 PM

30 MIN

**Practical Advice for Raising Responsible Children**- Author Kay Wyma offers advice to parents on training their children for adulthood by teaching them the value of hard work and taking responsibility for their lives.

**Family Talk**

3/14/22

4:30 AM

30 MIN

**Planting Shade Trees (Part 1)**- speaker and comedian Dennis Swanberg, urges people of faith to be spiritual shade trees for the next generation by leaving a godly legacy. Psalm 1 describes the believer who delights in the Lord as a tree planted by streams of water.

### Focus on the Family

3/14/22

8:00 PM

30 MIN

**Building A Solid Christian Worldview-** Greg Koukl helps listeners discover, develop, and nurture a Christian worldview by examining the story of the Bible. Based on his book *The Story of Reality*, Greg Koukl offers believers a glimpse of the bigger picture, along with their role in the overarching Christian Story.

### Family Talk

3/15/22

4:30 AM

30 MIN

**Planting Shade Trees (Part 2)-** speaker and comedian Dennis Swanberg, urges people of faith to be spiritual shade trees for the next generation by leaving a godly legacy. Psalm 1 describes the believer who delights in the Lord as a tree planted by streams of water.

### Focus on the Family

3/15/22

8:00 PM

30 MIN

**Surviving Divorce and Single Parenthood (Part 1)-** Susan Birdseye shares her dramatic story of learning about her husband's affair after 17 years of an apparently happy marriage. She describes the devastating effects of her husband's decisions on her family and her struggles navigating her eventual separation and divorce.

### Family Talk

3/16/22

4:30 AM

30 MIN

**Planting Shade Trees (Part 3)-** speaker and comedian Dennis Swanberg, urges people of faith to be spiritual shade trees for the next generation by leaving a godly legacy. Psalm 1 describes the believer who delights in the Lord as a tree planted by streams of water.

### Focus on the Family

3/16/22

8:00 PM

30 MIN

**Surviving Divorce and Single Parenthood (Part 1)-** Susan Birdseye shares her dramatic story of learning about her husband's affair after 17 years of an apparently happy marriage. She describes the devastating effects of her husband's decisions on her family and her struggles navigating her eventual separation and divorce.

**Family Talk**

3/17/22

4:30 AM

30 MIN

**Social Justice at a Crossroads-** In the midst of the racial tension and trauma over the last few years, and the uprising of the secular Black Lives Matter movement, Kevin McGary knew there needed to be a righteous and biblical alternative to reflect that black lives do indeed matter.

**Focus on the Family**

3/17/22

8:00 PM

30 MIN

**Finding God on the Streets (Part 1)-** Pastor Dimas Salaberrios shares his remarkable testimony of coming to faith in Jesus Christ after he spiraled out of control as a young drug dealer whose life was consumed by addiction, violence and crime.

**Family Talk**

3/18/22

4:30 AM

30 MIN

**Praying Boldly-** Pastor Mark Batterson, author of The Circle Maker, invites listeners to see prayer in a new way. He finds that prayer is the difference between the best we can do, and the best God can do. Most importantly, prayer is not about outlining our agenda to the Lord—it's about getting into His presence and letting Him outline His agenda to us.

**Focus on the Family**

3/18/22

8:00 PM

30 MIN

**Finding God on the Streets (Part 2)-** Pastor Dimas Salaberrios shares his remarkable testimony of coming to faith in Jesus Christ after he spiraled out of control as a young drug dealer whose life was consumed by addiction, violence and crime.

**Family Talk**

3/21/22

4:30 AM

30 MIN

**Pray Big Things (Part 1)-** The daughter of Pastor Robert Jeffress shares with Dr. Tim Clinton the lessons she learned as described in her book, Pray Big Things. After praying for three biological children and multiples, the Lord answered both prayers with triplets! Like Joseph in the Bible, Julia urges us to never give up on our God-given dreams, despite the struggles and suffering along the way.

**Focus on the Family**

3/21/22

8:00 PM

30 MIN

**Parenting A Child with Down Syndrome-** In 2005, Shauna Amick was surprised to learn during her third pregnancy that her child would have Down Syndrome and a life-threatening heart defect. Shauna's doctors immediately & repeatedly recommended termination, which she refused to do, relying upon pro-life verses she had learned from the Bible.

**Family Talk**

3/22/22

4:30 AM

30 MIN

**Pray Big Things (Part 2)-** The daughter of Pastor Robert Jeffress shares with Dr. Tim Clinton the lessons she learned as described in her book, Pray Big Things. After praying for three biological children and multiples, the Lord answered both prayers with triplets! Like Joseph in the Bible, Julia urges us to never give up on our God-given dreams, despite the struggles and suffering along the way.

**Focus on the Family**

3/22/22

8:00 PM

30 MIN

**Nurturing Your Child's Personality (Part 1)-** Based on her book Growing Kids With Character, Hettie Brittz outlines the four main personality types of children and how parents can better nurture, communicate with, and discipline them. She explains what to do when your child is a hybrid of the types, when your personality clashes with your child's, and more.

**Family Talk**

3/23/22

4:30 AM

30 MIN

**Grandparenting: A Higher Calling (Part 1)-** Author Jay Kesler proves that grandparenting is indeed a higher calling. Whether they are helping raise their grandkids because of an adult child's divorce or they live down the street or miles away, Christian grandparents should do what they can to provide a safe haven for their grandchildren.

**Focus on the Family**

3/23/22

8:00 PM

30 MIN

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### Family Talk

3/24/22

4:30 AM

30 MIN

**Grandparenting: A Higher Calling (Part 2)**- Author Jay Kesler proves that grandparenting is indeed a higher calling. Whether they are helping raise their grandkids because of an adult child's divorce or they live down the street or miles away, Christian grandparents should do what they can to provide a safe haven for their grandchildren.

### Focus on the Family

3/24/22

8:00 PM

30 MIN

**Focusing On Your Family's Mental Health**- Counselor Debra Fileta answers some general questions on mental and emotional health, covering topics like toxic people, codependency, anxiety and depression, and getting professional help. This insightful conversation will encourage you as you assess your own health and relationships.

### Family Talk

3/25/22

4:30 AM

30 MIN

**Grandparenting: A Higher Calling (Part 3)**- Author Jay Kesler proves that grandparenting is indeed a higher calling. Whether they are helping raise their grandkids because of an adult child's divorce or they live down the street or miles away, Christian grandparents should do what they can to provide a safe haven for their grandchildren.

### Focus on the Family

3/25/22

8:00 PM

30 MIN

**Abandoning Idols to Cling to God**- American Idol contestant and recording artist Phil Stacey reflects on his life. From growing up in a Christian home to his time in the US Navy, then auditioning for American Idol, Phil encourages others to be true to God, to love with abandon, and to find freedom in Christ.

### Family Talk

3/28/22

4:30 AM

30 MIN

**Beyond Suffering: Hope for Parents with Special Needs Kids**- When Steve Bundy discovered that his newborn son, Caleb, had multiple disabilities, he was devastated and struggled with a crisis of faith. He and his wife, Melissa, traded toy trucks for full-time caregiving. On today's edition of Family Talk, the senior vice president at Joni and Friends Ministries confesses that he was angry, lost, and disillusioned after his son's diagnosis.

**Focus on the Family**

3/28/22

8:00 PM

30 MIN

**The Legacy of a Godly Dad-** What makes a great dad? How 'bout honesty, integrity, and a robust prayer life! Tune in for a touching tribute to a godly dad as shared by his adult son.

**Family Talk**

3/29/22

4:30 AM

30 MIN

**Give Them Unshakable Faith - Are Your Kids Prepared? (Part 1)-** Dr. Jeff Myers, president of Summit Ministries, explains that after young adults graduate from the Summit's 2-week summer program, 86% have a biblical worldview compared to the 4% national average.

**Focus on the Family**

3/29/22

8:00 PM

30 MIN

**Thriving as a Wife and Mom in the Middle Years (Part 1)-** In this broadcast, Lisa-Jo Baker depicts how to be comfortable in the "middle years" of your life. She describes coming to terms with her own sense of beauty and accepting her body after birthing 3 kids.

**Family Talk**

3/30/22

4:30 AM

30 MIN

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**Focus on the Family**

3/30/22

8:00 PM

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### Family Talk

3/31/22

4:30 AM

30 MIN

**The Frontlines of Pro-Life Conscience and Care (Part 1)**- Dr. Christina Francis explains that the American Association of Pro-life Obstetricians and Gynecologists was formed to reaffirm the value and dignity of individual human life in all stages of growth and development. Their pro-life members, who are all doctors, assert that science is demonstrably on the side of life — from the moment of conception.

### Focus on the Family

3/31/22

8:00 PM

30 MIN

**Seeing Through Our Culture to Find God**- Alexandra Kuykendall explores ways we can cling to and offer God's goodness and love while interacting with others. She shares ways to find truth and moral courage in the tough moments and encourages you to lead with grace.