

WBCL First Quarter 2024 Community Issues

PUBLIC SAFETY, HEALTH & WELFARE

Focus on the Family

10:00 p.m. (28:30)

January 10, 2024

Debra Fileta wants to help people experience change in healthy ways. She warns about the typical pattern of changing a few externals in our lives but not working on our “internal wiring”. Debra examines our thought life and how easy it is for our brains to follow the path of least resistance. (Part 1 of 1)

Focus on the Family

10:00 p.m. (28:30)

January 11, 2024

Debra Fileta wants to help people experience change in healthy ways. She warns about the typical pattern of changing a few externals in our lives but not working on our “internal wiring”. Debra examines our thought life and how easy it is for our brains to follow the path of least resistance. (Part 2 of 2)

Focus on the Family

10:00 p.m. (28:30)

January 16, 2024

Author and homesteader Kathi Lipp offers insightful ideas on homesteading. Her practical tips include creative cooking, gardening, and getting through harsh weather. Even if you live in a busy city, you can simplify and use your resources intentionally.

Focus on the Family

10:00 p.m. (28:30)

January 30, 2024

Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. (Part 1 of 2)

Focus on the Family

10:00 p.m. (28:30)

January 31, 2024

Dr. Gregory Jantz, a leading authority on mental and behavioral health, shares encouragement and help for those overwhelmed by feelings of guilt and shame associated with depression. (Part 2 of 2)

WBCL First Quarter 2024 Community Issues

PUBLIC SAFETY, HEALTH & WELFARE (continued)

Focus on the Family

10:00 p.m. (28:30)

February 12, 2024

Research increasingly shows that our culture is in the midst of a mental health epidemic, especially among children and youth — persistent feelings of sadness and hopelessness, anxiety and even suicidal thoughts. But Dr. Danny Huerta believes parents can offset these issues by routinely initiating conversations with their children to assess their mental and emotional well-being.

FAMILY, PARENTING AND RELATIONSHIPS

Focus on the Family

10:00 p.m. (28:30)

January 2, 2024

Like most parents of children born after 2010, Molly DeFrank embraced the new digital technologies of smart phones and tablets for her kids. But she grew increasingly alarmed as she observed detrimental effects of “zombified kids,” emotional outbursts, loss of other interests, etc.

Focus on the Family

10:00 p.m. (28:30)

January 5, 2024

Have you ever been betrayed by a close friend or a loved one? Does it seem impossible to forgive that person? In this transparent message, Pastor Phil Waldrep shares how to overcome the natural feelings of denial, bitterness, and a need for vengeance, by embracing biblical forgiveness.

Focus on the Family

10:00 p.m. (28:30)

January 8, 2024

In a discussion based on their book *The 4 Habits of Joy-Filled Marriages*, Dr. Marcus Warner and Pastor Chris Coursey offer practical guidance for how a husband and wife can work together to experience greater joy in their relationship.

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Focus on the Family

10:00 p.m. (28:30)

January 9, 2024

One in five households care for a child with a disability. Laura Wifler and Erin Smalley are included in this count as they are both mothers to daughters with special needs. Over the years they have learned how to navigate parenting through the lens of disabilities.

Focus on the Family

10:00 p.m. (28:30)

January 24, 2024

Money is one of the top reasons why couples experience conflict in marriage. Taylor and Megan Kovar believe the conflict isn't about money but about a lack of communication about money. They explain how to be more content with your financial situation and trust God for the future.

Focus on the Family

10:00 p.m. (28:30)

January 25, 2024

In a discussion centered around her book Listen, Love, Repeat, Karen Ehman offers inspiration and practical advice for stepping out of our comfort zone to bless others, particularly those who are lonely, sick or hard to love.

Focus on the Family

10:00 p.m. (28:30)

January 29, 2024

Lucille Williams equips you with ways you can nurture your child's strengths and help them learn to overcome their weaknesses. She shares her story of struggle and challenges as she discovered her own abilities. By building a strong identity in Christ, you can develop strategies to highlight their talents.

Focus on the Family

10:00 p.m. (28:30)

February 7, 2024

If you're a Christian who struggles with feelings of inadequacy when it comes to evangelism or guilt for not doing more to share your faith, listen in as Dr. Mike Bechtle offers encouragement, explaining why there's no prescribed method that's 'best,' and that God can use your unique personality to accomplish the same goal. (Part 1 of 2)

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Focus on the Family

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Focus on the Family

10:00 p.m. (28:30)

February 13, 2024

Popular guest Dr. Kevin Leman offers practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of "24/7 intimacy," using feelings to strengthen your relationship, and more. Jim Daly's wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years. (Part 1 of 2)

Focus on the Family

10:00 p.m. (28:30)

February 14, 2024

Popular guest Dr. Kevin Leman offers practical suggestions for maintaining a lasting, thriving marriage, including identifying your spouse's key needs, living a lifestyle of "24/7 intimacy," using feelings to strengthen your relationship, and more. Jim Daly's wife, Jean, joins the conversation to offer her insights from their marriage of over 30 years. (Part 2 of 2)

Focus on the Family

10:00 p.m. (28:30)

February 20, 2024

Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult. (Part 1 of 2)

Focus on the Family

10:00 p.m. (28:30)

February 21, 2024

Educator and author Cynthia Tobias offers encouragement and practical advice for the difficult scenarios faced by frustrated parents of strong-willed children, ranging from very young to adult. (Part 2 of 2)

WBCL First Quarter 2024 Community Issues

Focus on the Family

10:00 p.m. (28:30)

February 27, 2024

In this broadcast, Sabrina Beasley McDonald will help couples and single adults prepare for remarriage and the formation of a stepfamily. She also talks about the unique challenges that couples face in remarriages and stepfamilies face. (Part 1 of 2)

Focus on the Family

10:00 p.m. (28:30)

February 28, 2024

In this broadcast, Sabrina Beasley McDonald will help couples and single adults prepare for remarriage and the formation of a stepfamily. She also talks about the unique challenges that couples face in remarriages and stepfamilies face. (Part 2 of 2)

Focus on the Family

10:00 p.m. (28:30)

March 7, 2024

Leslie and her husband Duncan have raised six kids on two remote islands in Alaska. She shares her journey from perfect mother, to fishing-crew mother, to embattled mother, to happy “good-enough” mother who discovers the power of true love.

Focus on the Family

10:00 p.m. (28:30)

March 8, 2024

Chris Coursey helps you better understand the role of joy in your marriage, your parenting, and your friendships. He’ll explore the joy center in your brain, so you can know how it works and how to keep it from turning off.

Focus on the Family

10:00 p.m. (28:30)

March 11, 2024

Cynthia Tobias shares practical advice on how to best maximize your student’s environment, attitude, time-management, learning style, organizational skills, and mental capacity. She will help parents understand the various schooling options so they can decide what method of education will be best for their child.

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Focus on the Family

10:00 p.m. (28:30)

March 15, 2024

Adam Holz and Paul Asay from Focus on the Family's Plugged In team equips you to guide your family to make healthy media choices. They explain what the Bible says about entertainment and how to engage with and teach your kids discernment when it comes to what they are watching and playing.

Focus on the Family

10:00 p.m. (28:30)

March 25, 2024

Pastor Kevin Thompson helps you learn how to navigate the roads of life—circumstances, situations relationships—by staying in your lane. By examining what belongs to us, what belongs to others, and what belongs to God, you'll get a strong grasp on boundaries and how to apply them in your life.

Focus on the Family

10:00 p.m. (28:30)

March 27, 2024

Pastor Sean and Lanette Reed describe their marital journey and God's faithfulness. Although many wondered if their relationship would survive, the Reeds were proactive about creating a long-term plan and a godly legacy for future generations of their family. (Part 1 of 2)

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