

# **Focus on the Family**

2024 1st Qtr. Issues

(In reverse order)

**MARCH 29, 2024**

## **Jesus and His Power**

In this engaging message, Dr. Tony Evans explains that in the cosmic chess game between good and evil, Jesus is the winner. The death and resurrection of Jesus Christ provides power for victorious living for those who identify with Him, who testify about Him to others, and who love Him more than life itself.

**MARCH 28, 2024**

## **Building Strong Father-Son Relationships**

This father and son team describe the problem of disengaged dads — men who may be present physically but not emotionally with their families. The Beckers encourage dads and sons to be “tender lions” who will confront societal ills and yet remain tender and compassionate in their relationships.

**MARCH 27, 2024**

## **Creating a Shared Vision for Your Marriage (Part 2 of 2)**

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 2 of 2)

MARCH 26, 2024

Creating a Shared Vision for Your Marriage (Part 1 of 2)

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MARCH 25, 2024

Establishing Clear Boundaries in Your Life

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.

MARCH 22, 2024

Bringing Laughter to Your Marriage

On this lighthearted broadcast, Pastor Ted Cunningham shares humorous stories from life with his spouse to illustrate how laughter is a key component for a thriving and lasting marriage. He explores the emotional, physical, and spiritual benefits of laughter, and encourages listeners to discover their "humor muscle" and flex it on a daily basis.

MARCH 21, 2024

Seeing God's Goodness During Medical Crises

As a former trauma surgeon, Dr. Kathryn Butler saw suffering and death firsthand more times than she could count. Sometimes her patients would have a happy outcome, while others endured unspeakable tragedies. Before becoming a Christian, these tragedies led Kathryn to question God and to struggle with intense depression. She shares about the glimmers of grace that helped her embrace God's sovereignty in times of suffering and loss.

**MARCH 20, 2024**

**Praying for Your Teen's Heart and Future (Part 2 of 2)**

Parents often face the teen years with fear because we often don't fully understand what struggles teens are dealing with. Jodie wants to equip parents of teens to pray with confidence about dating, peer pressure, social media, prodigals and more — using the power of God's Word. (Part 2 of 2)

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**Praying for Your Teen's Heart and Future (Part 1 of 2)**

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**MARCH 18, 2024**

**Overcoming Obstacles to Pursue God's Direction in Life**

**What can you do when God gives you a task that seems impossible? Join Robyn Dykstra for a fascinating look at a time when Jesus did the impossible – raising Lazarus from the dead. Learn how the principles found in that story helped Robyn as she sought to right a wrong that impacted her earthly father, with the help of her Heavenly Father.**

**MARCH 15, 2024**

**Becoming Screen Savvy As a Family**

**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. It's a great conversation you won't want to miss!**

MARCH 14, 2024

### **Identifying Triggers in Your Marriage (Part 2 of 2)**

Based on their book *Marriage Triggers*, Amber and Guy Lia discuss common, everyday things – from house cleaning and backseat driving to workaholism and lack of intimacy – which can provoke anger and tension in marriage. Our guests explain how couples can identify those 'triggers' and deal with them in a healthy way. Jim Daly's wife, Jean, joins the conversation. (Part 2 of 2)

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### **Identifying Triggers in Your Marriage (Part 1 of 2)**

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MARCH 11, 2024

### **From Rebellion to Redemption**

Duck Dynasty's Phil and Al Robertson lived portions of their lives in direct rebellion against God, until they were redeemed by the work of the Holy Spirit. They share their moving testimonies and the simple truth of the Gospel of Jesus Christ, which has led to an incredible family legacy. In this discussion with Jim ...

MARCH 8, 2024

### **Choosing Joy in Healthy Relationships**

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. As joy overflows into your relationships, you'll be able to connect with others in healthy, thriving ways.

**MARCH 7, 2024**

**Never Perfect: Finding More Joy, and Less Guilt, As a Mom**

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.

**MARCH 6, 2024**

**God’s Amazing Grace in a Transgendered Person’s Life (Part 2 of 2)**

Laura Perry Smalts shares about her 7-year journey of transitioning and identifying as a male before realizing she was living a lie and then fully embracing her female gender. She tells about her painful experiences living with a self-created identity outside of God’s design and incredible plan for her, revealed through her loving parents and other believers. Laura and Dr. Meg Meeker, a pediatrician, speak compassionately about the issues surrounding gender confusion in today’s culture, offering practical insights, hope and help. (part 2 of 2)

**MARCH 5, 2024**

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**MARCH 4, 2024**

**Embracing Your Role as a Spouse**

Pastor Kevin Thompson explores three primary roles in marriage – friend, partner, and lover – and explains how spouses can live out those roles optimally by investing in their relationship mentally, emotionally, and physically.

**MARCH 1, 2024**

**Teaching Kids to Love God and Serve Others Well**

Monica Swanson shares a story about taking her son Jonah through “character training” when he was 13 to learn more about the importance of godly character in his life. She also shares why allowing kids to suffer and learn through adversity will help them become stronger and healthier adults.

**FEBRUARY 29, 2024**

**Who God Says You Are**

Speaking to an enthusiastic crowd of two-thousand women, J. John uses his trademark humor and compelling stories to convey four traits that God sees in each of us: We are lovable, we are valuable, we are forgiven, and we are capable.

**FEBRUARY 28, 2024**

**When Lives Collide: Navigating Remarriage and Stepfamily (Part 2 of 2)**

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)

**FEBRUARY 27, 2024**

**When Lives Collide: Navigating Remarriage and Stepfamily (Part 1 of 2)**

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FEBRUARY 26, 2024

### **Learning to Live Out God's Call on Your Life**

Did you know that God uses ordinary people like you to do extraordinary things? Pastor Jeff Simmons shares insights into living a fulfilling and joyful life by embracing God's call. He'll encourage you to invest your time and money wisely, with your focus on God and others instead of yourself.

FEBRUARY 23, 2024

### **Restoring Your Marriage After an Affair (Part 2 of 2)**

Infidelity can rip a marriage apart — and it's hard to imagine a betrayal more painful than finding out your spouse is involved with someone else. Josh and Katie Walters share the story of Katie's affair with the husband of their good friend couple, and how Katie vacillated for quite a while, torn between doing the right thing (ending the affair) and still feeling love for the other man. Meanwhile, Josh was convinced by God that divorce was wrong and he needed to love Katie as Christ loves the Church, which meant pushing through the pain and hoping against hope to rescue his marriage. (Part 2 of 2)

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FEBRUARY 21, 2024

### **Practical Advice for Parenting Strong-Willed Children (Part 2 of 2)**

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)

FEBRUARY 20, 2024

### **Practical Advice for Parenting Strong-Willed Children (Part 1 of 2)**

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)

FEBRUARY 19, 2024

### **Changing Minds to Save the Pre-Born**

Kristan Hawkins, the president of Students for Life of America, shares inspiring stories about the pro-life movement and will help you to speak up for the preborn and vulnerable women. She talks about what motivated her as a teenager to get involved in the pro-life movement, her work with Students for Life of America, and how to graciously deal with criticism, attacks, and misinformation from abortion advocate

FEBRUARY 16, 2024

### **The Impact of a Life Well Lived**

Dr. Gary Chapman reflects on the lessons God has taught him throughout his life—through his parents, his wife, and his children. He recalls how he identified the Five Love Languages and offers some solid insight on marriage and parenting. As he reflects on his personal journey, you'll be encouraged to do the same!

FEBRUARY 15, 2024

### **Believing God's Promises Despite Hard Circumstances**

Are you waiting for a miracle from God? In this winsome presentation, author and bible teacher Lisa Harper shares how the Lord redeemed gut-wrenching disappointments in her life. She encourages believers to see "waiting on God" as the bold stance of a prayerful warrior, not an attitude of defeated pessimism.



FEBRUARY 14, 2024

### **Discovering the Secrets to a Lifelong Romance (Part 2 of 2)**

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)

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FEBRUARY 12, 2024

### **Cultivating a Mentally Healthy Family**

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. He encourages parents to establish a solid spiritual environment in the home to help improve mental health.

FEBRUARY 9, 2024

### **Leading Your Family as a Single Mom (Part 2 of 2)**

Pam Farrel (raised by a single mom) and PeggySue Wells (a single mom of seven!) offer guidance to single moms (and dads!) as they navigate life with their children. They examine some of the best decisions a single mom can make—things like choosing to thrive, creating a nurturing home, introducing your child to Jesus, and learning to respond to situations in healthy ways. It's an encouraging conversation for the single parent! (Part 2 of 2)

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### **Leading Your Family as a Single Mom (Part 1 of 2)**

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FEBRUARY 7, 2024

### **Using Your Unique Personality to Share Your Faith (Part 2 of 2)**

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 2 of 2)

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### **Using Your Unique Personality to Share Your Faith (Part 1 of 2)**

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)

FEBRUARY 5, 2024

### **How to Avoid Bad Influences On Your Marriage**

Dave and Ashley Willis encourage husbands and wives to share as much as possible, rather than have separate bank accounts, hobbies, and even friends. The risk is pursuing your own life rather than prioritizing your spouse.

FEBRUARY 2, 2024

**Inviting God Into Your Dating Relationship (Part 2 of 2)**

Debra Fileta discusses finding your identity before you make it your relationship, having emotional boundaries, and focusing on Christ as the true healing and fulfillment in your life. Her practical advice and fun stories are something you don't want to miss! (Part 2 of 2)

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JANUARY 31, 2024

**Finding Hope For Lasting Relief From Depression (Part 2 of 2)**

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. He tells success stories from patients who've found hope and healing for mind, soul and body, by developing healthy habits, growing spiritually in your faith community, and taking prescribed medication when appropriate. (Part 2 of 2)

JANUARY 30, 2024

**Finding Hope For Lasting Relief From Depression (Part 1 of 2)**

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JANUARY 29, 2024

### **Teaching Children to Celebrate Their Strengths**

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.

JANUARY 26, 2024

### **Enjoying the Earth Without Loving the World**

Is it wrong to experience pleasure? Many Christians assume "pleasure" and "sin" are synonymous. Others define godly pleasure so narrowly that they drastically minimize the powerful and Holy role that pleasure can play in their lives. Still others feel guilty even thinking about how to build a life of pleasure. Pastor Gary Thomas invites Christians to embrace a life of true pleasure as a pathway to obedience, worship, and service. Gary provides a theological and inspirational framework to help us cultivate the kind of life that pleases God.

JANUARY 25, 2024

### **Engaging Others With Love, Kindness and Service**

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.

JANUARY 24, 2024

### **When Your Money and Marriage Clash**

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.

JANUARY 22, 2024

### **Abortion Survivors Share the Value of Pre-Born Lives (Part 2 of 2)**

Priscilla Hurley shares about being recruited to work in the abortion industry before her heart was broken with the realization that precious lives were being taken. Melissa Ohden shares her story of surviving a saline abortion, against all odds, and later founding the Abortion Survivors Network. Both women now inspire and encourage thousands of people (part 2 of 2)

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JANUARY 19, 2024

### **Allowing Grace to Transform Your Marriage (Part 2 of 2)**

Brad and Marilyn Rhoads openly share their terrible first year of marriage and how God intervened to introduce the concept of grace in their relationship. You'll better understand how marriage is a picture of the gospel and learn ways to honor your spouse in a more grace-filled, loving manner. (Part 2 of 2)

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### **Allowing Grace to Transform Your Marriage (Part 1 of 2)**

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JANUARY 17, 2024

### **Investing in Your Child for the Teen Years**

A panel of parents join with Jim Daly and John Fuller to discuss preparing their children for the teen years and adulthood, providing a biblical perspective on sexuality, peer relationships and technology.

JANUARY 16, 2024

### **Homesteading: Embracing a Simpler Life**

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.

JANUARY 15, 2024

### **Seeing God's Image in All Men**

Pastor Miles McPherson challenges believers of all skin tones to consider the fact that grouping humans by skin color promotes racism, which hinders the gospel. He encourages us to treat every person like they truly were created in the image of God.

JANUARY 12, 2024

### **Growing Closer Through Family Devotions**

NFL chaplain Jonathan Evans and his wife, Kanika, offer parents practical ideas for effectively leading family devotions.

JANUARY 11, 2024

### **Breaking Bad Habits in Your Life (Part 2 of 2)**

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)

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### **Breaking Bad Habits in Your Life (Part 1 of 2)**

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JANUARY 9, 2024

### **Special Needs and the Imago Dei: Encouragement for Parents**

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. Some days involve going to physical therapy or undergoing surgery, other days include coping with a school bully or a difficult diagnosis. Laura and Erin remind us that the smallest acts of inclusivity, such as a kind word or a friendly smile, can make all the difference.

JANUARY 8, 2024

### **Filling Your Marriage With Joy**

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.

JANUARY 5, 2024

### **Finding Freedom Through the Art of Forgiveness**

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. The benefits of forgiveness include relief from the pain of the betrayal, release from the need for retribution, and a healthy sense of detachment from the situation.

JANUARY 4, 2024

### **How to Experience Great Intimacy and Love in Your Marriage (Part 2 of 2)**

Dave and Ashley Willis help husbands and wives rediscover God's design for a marriage that enables them to be emotionally, spiritually and physically vulnerable and transparent with each other. They share their own love story and describe how “love is not enough” to sustain a lifelong marriage; couples need to commit to serving and sacrificing for each other.

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JANUARY 2, 2024

### **How to Take Your Family Through a Digital Fast**

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. And she discovered alarming research that the average child spends more than 7 hours per day on a screen for entertainment purposes! Molly is not anti-tech; she simply wants to equip families to put technology in its proper place as a tool for our families.



JANUARY 1, 2024

### **Understanding the Goodness of God's Word**

Wendy Speake returns to discuss how to ingest and digest the Word of God in a beneficial way. Through compelling stories, practical help for your own spiritual life,

well as Wendy's F.E.A.S.T. acronym, you'll be able to take a hold of your walk with Christ and learn how to taste and see His character.