

October 2021

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3ABN WORLD MAGAZINE



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Taking Cues from the Psalms

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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

Several months ago, Jill and I were on a trip and had the opportunity to take an evening walk by a small lake, just as the sun was setting. As we breathed in the stillness of the air and the beauty of the lake, we noticed the stunning reflection of the clouds, trees, and sky in the water. We both like photography, and this setting was perfect to try to capture. But when we saw the photos, they seemed to show the reflections even more vividly than we could see with our own eyes.

I began to think about the word *reflection* and how it applies to me, spiritually. To start with, a reflection just reflects the source—so I must reflect Jesus in all that I do. Sadly, I reflect myself when I'm impatient with others or don't respond the way I should. I've found that the only way to reflect Jesus, instead of me, is to be completely submitted and committed to Him on a moment-by-moment basis.


My encouragement to you, my dear friend, is to strive to reflect Jesus every day. How does this work? For me, it's through a daily process called *sanctification*, and to do that, I must spend time in God's Word—the Holy Bible. I must take time to communicate with God through prayer, then I must be quiet in order to hear what He's saying to me.

The more we get to know Him, the more we will be like Him. How wonderful it is that we don't have to be stressed about being a good reflection, since it is God who does the work in us, changing us into a reflection of Him. We must allow that work to be done in us every day!

Thank you for partnering with us as we strive to reflect Jesus Christ and His Word to a lost and dying world.

Greg Morikone
3ABN President



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HOW DO YOU *Praise Him?*

Taking Cues from the Psalms

by Tim Parton

During a Bible study on the Book of Psalms, I learned that the Hebrew title is “Praise Songs,” while the Greek title, *Psalmoi*, means “Songs to the Accompaniment of Stringed Instruments.” I’ve been singing and playing stringed instruments most of my life, but I never imagined I would help manage a worldwide Christian music network called Praise Him. And though I’m honored to serve God in this capacity, I admit that I get bogged down by temporal tasks and bland busyness that steal the praise that God deserves.

Work and daily tasks cause us to forget that we have a greater purpose and that wherever we are is the perfect place to share the hope that only Christ brings. Over the past year, I’ve heard from around the world how you’ve shared the ministry of the Praise Him Music Network with your coworkers, friends, and family. You’ve spoken of the encouragement of the gospel message through music that has carried you through the heaviness of weary days, loss, and uncertainty. I thank God for the ministry of the Praise Him Music Network.

A Dress Rehearsal for Eternity

My heart races when I read Revelation 14:6–7 (NASB) because it is the exact purpose of the Praise Him Network: “And I saw another angel flying in midheaven, having an eternal gospel to preach to those who live on the earth, and to every nation and tribe and tongue and people; and he said with a loud voice, ‘Fear God, and give Him glory, because the hour of His judgment has come; worship Him who made the heaven and the earth and sea and springs of waters.’”

Give Him glory! I want the Praise Him Network to be a dress rehearsal for eternity. So, while we fight the good fight in these last days, I’m sending out a clarion call to all our viewers to lift up the name of the Lord. Praise Him!

But maybe life has distracted you or depleted your joy in the Lord, and stolen your song. Go with me to Psalm 89:1 (NASB), where the Psalmist wrote, “I will sing of the mercies of the Lord forever.” God is abundant in mercy. Praise Him for His mercy! The second part of the verse says, “With my mouth will I make known Your faithfulness to all generations.” Has God been faithful to you? Praise Him for His faithfulness!

Verse 15 says, “How blessed are the people who know the joyful sound! O Lord, they walk in the light of Your countenance.” In Bible days, trumpets would announce

a feast or remind the people of the goodness of God. How sweet the sound! Praise Him for His goodness!

And as God’s children, our steps are illuminated by His Word. Praise Him for the light He sheds on our way!

Then we read in verse 16, “In Your name, they rejoice all the day, and by Your righteousness they are exalted.” One thing that overwhelms me as general manager of a network that airs content 24 hours a day, seven days a week, is having enough content so there aren’t too many reruns. We aren’t there yet, but our programming is rejoicing all the day, and by magnifying God’s righteousness, He lifts us above our troubled world. Praise Him for His great name and His righteousness!

Those are powerful reasons to praise God. Still, we’ve all had those seasons of feeling praise-less, or maybe you’ve even felt abandoned by God. If you read the rest of Psalm 89, you’ll see the Psalmist had lost his praise. Verse 46 says, “How long, O Lord?” But as he talked it out, reminding God of how limited his days were, reminding God that He should keep His promises, reminding God of the price he’d paid for following Him, David is reminded that God already knows how many days we have, He well remembers His vows and keeps His promises, and He knows more about sacrifice and paying the price than David or any of us will ever know. Thus, David’s final words are, “Blessed be the Lord forever. Amen.”

Whatever you’re going through, it won’t last forever. And you are not alone. God is faithful and He will never leave you. Our hope is secure. So lift your voice and sing, “I will praise Him!”

How Do You Praise Him?

I understand that music is not everyone’s gift or talent. And worshipping looks different to each person. So, let me ask you, how do you Praise Him? Over the next few months, I’m encouraging you to share with me how you praise. I would love to see pictures or a video of you in your workplace, enjoying your hobby, shopping for groceries, worshipping at church, performing acts of kindness, or sharing time with friends. You see, that’s the great thing about praising God—if you have breath, you can Praise Him no matter what you’re doing. So, email me at tim.parton@3abn.org, and make time today to Praise Him! ☺



LONGING FOR GOOD NEWS

3ABN Français Reaches Out to Millions

by Moses Primo



God is blessing our efforts to proclaim the three angels' messages of Revelation 14 to the 275 million or so French-speaking souls who are longing to hear, in their own language, the good news of eternal life with Jesus. Since we began streaming in 2009, 3ABN Français has operated on your prayers and financial support, and with God's blessing, we are reaching an ever-widening audience.

NEW APP

I praise the Lord for the opportunity to reach a new audience of over 500,000 people who speak the French language—not only in France, but all over the world. A company called TNT Flash TV launched an app for Android phones and tablets and made it available on the Amazon Store and Google Play Store. Then they asked if they could start carrying the 3ABN Français Network in their lineup!

As soon as they did, we began receiving messages from people saying how blessed they were to be watching our network on the TNT Flash TV app. What a wonderful new opportunity this is to spread the gospel!

The app is rapidly growing in popularity, so if you have any French-speaking friends, please tell them about it and have them search for 3ABN Français.

NEW PROGRAMS

We just finished recording and began airing Pastor Michel-Ange Duchaine's new series called *Les*

Métaphores du Salut (The Metaphors of Salvation). These 23 new episodes focus on the many aspects of Salvation through Jesus Christ.

You can watch new episodes of our Sabbath School and Divine Worship Services each week, produced by the Saint-George Seventh-day Adventist Church in Quebec, Canada.

We also have a new series that was recorded here in our 3ABN studios, called, *Clés de Santé (Keys to Health)* with Lucia Tiffany. This program gives our viewers tips on improving their lifestyle, and how to live a longer, healthier life.

A series, recorded with Pastor Doug Batchelor during his visit to Martinique, is being translated into French and will begin airing soon, as well.

And finally, we are grateful to Wayne Atwood at Mieux Vivre (Better Living) for sending us a new 20-episode series called *À Ciel Ouvert (Open Air)*. They are produced in a podcast format, but are made for television. I believe our audience will find them informative and engaging.

It's a challenge to keep new programs coming every month, but we thank God for the help of other ministries that pro-

(L) Lucia Tiffany on the set of *Clés de Santé (Keys to Health)*. (R) Important topics such as salvation are covered in new programs like, *Les Métaphores du Salut (The Metaphors of Salvation)* with Pastor Michel-Ange Duchaine.

duce programs in French and send them to us. I'm so grateful to our 3ABN administration, too, for sharing studios and staff with us to record new programs.

It takes a lot of coordination to find speakers, reserve studio time, help our guests come to our headquarters, produce the programs, edit them, review them, and finally schedule them for playback in master control, twenty-four hours a day. But God makes it all possible.

Each time you pray or financially support 3ABN Français, the Lord blesses your efforts by helping us produce more programs and by bringing new volunteer speakers and hosts. Without you, we would not exist, so I ask you to please continue praying for our French network.

Won't you ask the Holy Spirit what He would have you do for this important ministry? And if you are impressed to help, please earmark your tax-deductible donation with the code #306 – 3ABN Français.

Look for us on social media, and share our posts with your friends. But most of all, continue to pray earnestly for the precious souls who God brings in contact with our life-saving messages. 📞

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TELL YOUR FRIENDS



3ABN
Français
NETWORK

Moses Primo, 3ABN Français Network General Manager

3ABNFRANCAIS.TV

OCTOBER 2021 | 3ABN TV SCHEDULE

PDТ -2 hours • MDT -1 hour • EDT +1 hour **Red titles are changes effective this month.**
CC = CLOSED CAPTIONED **L** = LIVE PROGRAM **★** = NEW SERIES **↻** = REPEAT OF LIVE PROGRAM

CDT SUNDAY

2:00a	Pillars of Faith CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	House Calls CC 1hr
5:00	Digital Disconnect CC
5:30	Evolution Impossible CC
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Amazing Adventures CC 1hr
8:00	3ABN Today CC 1hr
9:00	Your Favorites By Request CC
9:30	Adventures in Missions CC
10:00	3ABN Sabbath School Panel CC 1hr
11:00	3ABN Worship Hour CC 1hr
12:00p	Live to Be Well CC
12:30	Billy Blackwood & Friends CC
1:00	Revelation's Ancient Discoveries L 1hr
2:00	Body & Spirit CC
2:30	Tiny Tots Kitchen/Creation Is! Science CC
3:00	3ABN Today LIVE L 2hrs
5:00	The Carter Report CC 1hr
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Daniel CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Unlocking Bible Prophecy CC 1hr
10:00	Featured Ministries CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

CDT MONDAY

2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	His Words Are Life/Grandma's House CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	Pressing in to His Presence CC
7:00	Tiny Tots for Jesus CC
7:30	Bible Gems / Creation Crafts CC
8:00	3ABN Today CC 1hr
9:00	House Calls CC 1hr
10:00	Free Indeed CC
10:30	Books of the Book CC
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	Heaven's Point of View CC
3:00	3ABN Today CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Liberty Insider CC
5:30	Your Favorites by Request CC
6:00	Country Wisdom CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Three Cosmic Messages: Earth's Final Conflict CC
8:00	3ABN Today CC 1hr
9:00	Spring Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today CC 1hr
12:00a	The Carter Report CC 1hr
1:00	ASI Conventions CC 1hr

3ABN kin·dling BLOG

Connect with your 3ABN Family for encouragement, motivation, and inspiration!

3ABNKindling.org

CDT TUESDAY

2:00a	Optimize 4 Life CC
2:30	Mission TREK CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	New Perceptions CC 1hr
5:00	Salvation in Symbols & Signs - Revelation CC
5:30	Wonderfully Made CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Tiny Tots for Jesus CC
7:30	Maranatha Mission Stories CC
8:00	3ABN Today LIVE L 2hrs
10:00	Piano Praise CC
10:30	Thunder in the Holy Land CC
11:00	Featured Ministries CC
11:30	Exalting His Word CC
12:00p	Revelation's Ancient Discoveries CC 1hr
1:00	Digital Disconnect CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Unshackled Purpose/Intimate Clarity CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	The Creation Case CC
5:00	Evolution Impossible CC
5:30	Multitude of Counselors CC
6:00	Mission 360 CC
6:30	The Incomparable Jesus CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	The Creator Revealed CC
11:00	3ABN Today CC 1hr
12:00a	Raw Questions Relevant Answers/Intimate Clarity CC
12:30	Jesus For Asia Now CC
1:00	Adventures in Missions CC
1:30	The Creator Revealed CC

CDT WEDNESDAY

2:00a	Kenneth Cox Ministries CC 1hr
3:00	Three Cosmic Messages: Earth's Final Conflict CC
4:00	Spring Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	Adventist World Radio CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Grace Pipeline CC
9:30	The Incomparable Jesus CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	3ABN Sabbath School Panel CC 1hr
6:00	Sanctuary, Salvation, & Our Savior CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	A Sharper Focus L 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Digital Disconnect CC
10:00	It Is Written CC
10:30	Liberty Insider CC
11:00	3ABN Today CC 1hr
12:00a	Unlocking Bible Prophecy L 1hr
1:00	Lineage CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC

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NEW ON 3ABN AND DARE TO DREAM NETWORKS

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PURPOSE



Jesus taught in parables, revealing divine truths through earthly things with which the people were familiar. Natural things became the means by which He revealed the truths of the spiritual kingdom—and everyone understood them.

Lemuel Vega has worked for many years to reach those who are incarcerated through his Christmas Behind Bars ministry, attending to their physical and spiritual needs. Now, he shares some of his best prison talk observations with us, taking ordinary objects and giving them extraordinary purpose.

“You shall know the truth, and the truth shall make you free.” John 8:32.



PHOTO: SIVELANA CHRISTIAN

CDT THURSDAY

- 2:00a Laymen Ministries **CC**
- 2:30 Maranatha Mission Stories **CC**
- 3:00 Spring Camp Meeting **CC 1hr**
- 4:00 The Carter Report **CC 1hr**
- 5:00 Discover **CC 1hr**
- 6:00 Body & Spirit Aerobics **CC**
- 6:30 Jesus for Asia Now **CC**
- 7:00 Kids Camp Kitchen Fun **CC**
- 7:30 Tiny Tots Kitchen / Tiny Tots Worship **CC**
- 8:00 3ABN Today **CC 1hr**
- 9:00 ASI Conventions **CC 1hr**
- 10:00 From Sickness to Health **CC**
- 10:30 Mission Trek **CC**
- 11:00 God's Last Message to the World **CC 1hr**
- 12:00p Ultimate Prescription **CC**
- 12:30 Multitude of Counselors **CC**
- 1:00 The Heavens Declare **CC**
- 1:30 Amazing Facts with Doug Batchelor **CC**
- 2:00 Body & Spirit **CC**
- 2:30 Contending for the Faith **CC**
- 3:00 3ABN Today **CC 1hr**
- 4:00 Creation Crafts / Creation Is Science **CC**
- 4:30 The Creation Case **CC**
- 5:00 3ABN Homecoming **CC 1hr**
- 6:00 The Carter Report **CC 1hr**
- 7:00 Sabbath School Study Hour **CC 1hr**
- 8:00 3ABN Today LIVE **2hrs**
- 10:00 Kenneth Cox Ministries **CC 1hr**
- 11:00 3ABN Today **CC 1hr**
- 12:00a Table Talk **CC 1hr**
- 1:00 3ABN Today LIVE **2hrs**

CDT FRIDAY

- 3:00 Battles of Faith **CC**
- 3:30 Live to Be Well
- 4:00 Liberty Insider **CC**
- 4:30 Action 4 Life **CC**
- 5:00 Sabbath School Study Hour **CC 1hr**
- 6:00 Body & Spirit **CC**
- 6:30 Contending for the Faith **CC**
- 7:00 Amazing Adventures **CC 1hr**
- 8:00 3ABN Today **CC 1hr**
- 9:00 Optimize 4 Life **CC 1hr**
- 9:30 Cook:30
- 10:00 Secrets to Wellness **CC**
- 10:30 Life After Choice / Divine Design **CC**
- 11:00 Thompsonville Worship Hour **CC 1hr**
- 12:00p Daniel All Access **CC 1hr**
- 1:00 Behold the Lamb Presents **CC 1hr**
- 2:00 Billy Blackwood & Friends **CC**
- 2:30 HeartLift **CC**
- 3:00 3ABN Today **CC 1hr**
- 4:00 A Day With the King **CC**
- 4:30 Sing Along / Bible Treasures **CC**
- 5:00 Featured Ministries **CC**
- 5:30 Your Favorites By Request **CC**
- 6:00 Jesus for Asia Now **CC**
- 6:30 Salvation in Symbols & Signs - Revelation **CC**
- 7:00 3ABN Sabbath School Panel **CC 1hr**
- 8:00 3ABN Today Family Worship **CC 1hr**
- 9:00 It is Written **CC**
- 9:30 Maranatha Mission Stories **CC**
- 10:00 Mission 360 **CC**
- 10:30 Hope in Motion / Pause to Pray **CC**
- 11:00 3ABN Today Family Worship **CC 1hr**
- 12:00a ASI Conventions **CC 1hr**
- 1:00 Breath of Life **CC**
- 1:30 Thunder in the Holy Land **CC**

CDT SATURDAY

- 2:00a Praise! **CC**
- 2:30 It Is Written **CC**
- 3:00 Daniel All Access **CC 1hr**
- 4:00 Revelation Now **CC 1hr**
- 5:00 Revelation Insights **CC 1hr**
- 6:00 Amazing Facts with Doug Batchelor **CC**
- 6:30 Tiny Tots for Jesus **CC**
- 7:00 Bible Gems / Bible Buzz **CC**
- 7:30 Sing Along / Bible Treasures **CC**
- 8:00 3ABN Today **CC 1hr**
- 9:00 3ABN Sabbath School Panel **CC 1hr**
- 10:00 3ABN Worship Hour **CC 1hr**
- 11:00 Three Cosmic Messages: Earth's Final Conflict **CC**
- 12:00p Sabbath School Study Hour **CC 1hr**
- 1:00 New Perceptions **CC 1hr**
- 2:00 Kids Praise Too! **CC**
- 2:30 Adventist World Radio
- 3:00 3ABN Today **CC 1hr**
- 4:00 Maranatha Mission Stories **CC**
- 4:30 Hope in Motion / Pause to Pray **CC**
- 5:00 Breath of Life **CC**
- 5:30 Authentic **CC**
- 6:00 Laymen Ministries **CC**
- 6:30 Unshackled Purpose / Raw Questions Relevant Answers **CC**
- 7:00 Spring Camp Meeting **1hr CC**
- 8:00 3ABN Today **CC 1hr**
- 9:00 White Horse Media
- 9:30 Salvation in Symbols and Signs - Daniel **CC**
- 10:00 Table Talk **CC 1hr**
- 11:00 3ABN Today **CC 1hr**
- 12:00a Discover **CC 1hr**
- 1:00 Anchors of Truth **CC 1hr**



Keep Singing! by Tim Parton

Psalm 40:2–3 (NASB) says, “He brought me up out of the pit of destruction, out of the miry clay, and He set my feet upon a rock making my footsteps firm. He put a new song in my mouth, a song of praise to our God; many will see and fear and will trust in the Lord.”

I’m always amazed at the power of the saving gospel and testimony through music. I thrill at the letters and emails that pour in from 3ABN viewers regarding their favorite songs. People around the world find great strength in the music on the Praise Him Music Network. I can almost hear you singing along. *And it’s beautiful!*

You Write In

Here are a few comments from precious viewers, like you: “My mother turned 92 this year and would love to hear the song ‘O Brother, Be Faithful! Soon Jesus Will Come.’ She has fond memories of this song when she and her husband answered a mission call to Bethel College [in South Africa]. An older missionary would call the missionaries and workers together to sing this song and it was such an encouragement to them. Later, they served in

Zimbabwe and Kenya, where they suffered a tragic mission plane crash that killed her husband.... She now resides in British Columbia, *loves* your music program, and has always hoped to hear ‘O Brother, Be Faithful!’ Another she dearly loves is ‘I’ll Go Where You Want Me to Go, Dear Lord,’ a song my father Gene actively kept in his heart. It would bring so much joy to hear these songs. Thanks so much for blessing my mother with your music.”

Nathaniel from Indonesia writes, “Hello Mr. Parton, I love *Your Favorites By Request* and always sing along. If possible, could you play, ‘Master the Tempest is Raging?’ God Bless you and the 3ABN family!”

Joan in Queensland, Australia, writes, “I usually start my day listening to Praise Him Music Network. I cannot express how much it is appreciated! God bless you richly for your ministry, Tim.”

More Requests

When I joined 3ABN, I sent out a plea for our viewers’ requests and they’re still pouring in. Leonie in Palm Bay, Florida, sent me a picture of a handwritten list of 13 song requests! *I love that!*

Ruby from Airway Heights, Washington, says, “I enjoy listening to you every Sunday at 7 a.m. I have quite a few favorites songs, like ‘It Took a Miracle,’ ‘Wonderful, Merciful Savior,’ and ‘Rock of Ages.’”

Satomi writes, “Hello! I’m a Japanese Adventist and a big fan of your program. I want to request ‘How Far From Home’ and ‘There’s a Great Day Coming.’ And please pray for us. God bless you.”

A dear family emailed me, “Hi, dear Tim! Greetings from Egypt. This is Rufaro, Sylvia, and baby Jonathan greeting you in the name of our Lord Jesus.... Please sing ‘My Lord and I’ for us, and a kid song of your choice for our 14-month-old Jonathan.”

Dean wrote, “We enjoy singing along with you and the varied guest. It makes our Sabbath afternoons very special! I watched an older show where you played the tune ‘I Must Tell Jesus,’ but Ryan Day sang words I had never heard before. I am guessing that, like many other hymns, they share the same melody with different lyrics and names. Perhaps a fun program would be one full of hymns with the same tune but different lyrics. Or maybe you can share with me the story behind your favorite song!”

Lorene sent me the following story behind one of my favorites, “No One Ever Cared For Me Like Jesus.” She writes, “Charles F. Weigle was an itinerant evangelist and songwriter. One day he returned home after preaching and found a note from his wife that read, ‘I’m leaving, Charlie. I don’t want to live the life you are living. I want to go the other way—to the bright lights.’ She had taken their only daughter with her, too. That night, he wound up on a pier at Biscayne Bay, contemplating suicide; but despite all that had happened, Charles vowed to live his life for Jesus. About eight months later, he saw his estranged wife in

Los Angeles and she mocked him, telling him of the sins she had committed. A couple of years later, she lay on her death bed, and remembering the better life she had lived, she said to her daughter, ‘If you know where your father is, please ask him to pray and see if God can forgive a sinner like me.’ About five years later, Charles sat down at the piano, thinking about all that God had brought him through. And as the music and words began to flow, he penned the following lyrics: ‘I would love to tell you what I think of Jesus, since I found in Him a friend so strong and true. I would tell you how He changed my life completely; He did something that no other friend could do. No one ever cared for me like Jesus. There’s no other friend so kind as He. No one else could take the sin and darkness from me. O how much He cared for me.’”

Perhaps you simply want to sing along, like Angelia, who says, “I like it when you have at least two singing harmony; the more voices and harmony the better. I often harmonize with you and Danny, and imagine being there with you two.”

Send Me Your Ideas

Do you have an idea for a musical program for 3ABN Praise Him Network? You can be a part of creating great programming! Email or write your suggestion to me at the address below. Whatever role you play in 3ABN’s Praise Him Music Network, *I want to thank you.* You are part of our worldwide family, so keep singing as you Praise Him! ☺



EMAIL: tim.parton@3ABN.org

WRITE: Praise Him Music Network
PO BOX 220
West Frankfort IL 62896



Reaching Through THE BARS

Imagine the pain our Heavenly Father feels every time a cry for help escapes through the bars of a prison and makes its way into Heaven. The anguished cries of His children ascend to Him day and night and pierce His heart. How He longs to reach them with comfort, words of encouragement, and the promise of salvation—but He must rely on us to do this for Him.

Jesus has a special affinity to those who are living behind bars. He came to this earth because He cared about every fallen soul, and His heart aches when He sees them being destroyed, imprisoned, and attacked by Satan. He knows all too well of the corruption that surrounds them as the devil tries to snuff out their hope.

However, His great love touches the hearts of those who support the work of bringing the good news of salvation and the love of Jesus to prisoners through television and radio programs, as well as study Bibles that provide sustenance to the soul.

YOU MAKE IT POSSIBLE

Our Dare to Dream Network has a special burden to reach those who are in custody through the 3ABN Hard Drives for Prisons Initiative. Each hard drive is preloaded with thousands of television programs on topics that are especially relevant to this audience. Providing them to prisons makes it possible to set up our programs on a closed-circuit television channel that can be watched at any time by those in custody.

Your generous help with this project makes it possible for us to continue stretching the reach of the gospel to include the souls in prison where, due to pandemic restrictions, Christian volunteers are no longer admitted.

STUDY BIBLES

In addition, our Pastoral Department has dedicated staff that mails study Bibles and other spiritual literature to prisoners, while answering their questions and offering encouragement by mail. Your support allows us to provide these materials free of charge.

Is there a more noble work than to work for the lost? On Judgment Day, Jesus will say to those who did what they could for the prisoners, “Inasmuch as you did it to one of the least of these My brethren, you did it to Me.” Matthew 25:40. Thank you for all you do for the Lord.



Sauteed Cabbage and Carrots with COCONUT

by Padmaja Medidi

INGREDIENTS

- 1–2 Tbsp olive oil
- ½ tsp mustard seeds
- ½ tsp cumin seeds
- 1 tsp urad dal
- 1–2 red chilies, cut in half*
- 1–2 green chilies, chopped
- 5–10 curry leaves
- 1 clove garlic, crushed
- ½ medium cabbage, cut thinly or grated
- 2 medium carrots, grated
- ¼ cup grated coconut
- salt to taste

DIRECTIONS

1. Heat oil in frying pan, add mustard seeds, cumin seeds, urad dal, and red chilies.
2. Stir quickly, then add green chilies, curry leaves, and crushed garlic.
3. Add cabbage, carrots, and salt to taste. Cover and cook for 5–8 minutes on medium heat.
4. Add grated coconut and mix well. Taste for salt and add more, if desired. Cover and cook for 5 more minutes—but do not overcook.
5. Serve over rice or with roti (Indian unleavened flatbread).

*Can substitute with red pepper flakes

Be sure to earmark your donation
#420 – D2D Hard Drives for Prisons
#436 – Prison Ministries

🌐 For more great recipes, visit 3ABNRecipes.org

📺 Find this cooking video on [3ABNPlus.tv!](https://3ABNPlus.tv)
Just look for “Authentic Indian Cuisine, Part 1” (TDYC18023)



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