

June 2023

Visit us online at 3ABN.tv

3ABN WORLD MAGAZINE



FOLLOWING JESUS PG 4

3ABN's School of Discipleship Intensive

CHANNELS OF LIGHT PG 12

Front Cover: (L to R): James Rafferty, 3ABN Director of Discipleship; Ryan Day, 3ABN School of Discipleship Coordinator; Ian Vandervalk, 3ABN School of Discipleship Assistant Coordinator

NEWS & EVENTS

4 Following Jesus

3ABN's School of Discipleship Intensive

SPECIAL FEATURE

6 "If I Were to Go to Church ..."

His response surprised her

8 3ABN TV SCHEDULE

CHANGED LIVES

12 Channels of Light

Bible truths change lives!

HOW CAN I HELP?

14 Faithfulness

You can be a soul winner for Christ

HEALTH HELP

15 The Tsimané

Health clues from a primitive tribe



Vol. 18 #214
June 2023

Executive Editor: Jill Morikone
Managing Editor: Bobby Davis
Creative Director: Adam Dean
Graphic Designers: Janelle Owen, Svetlana Christian
Photographer: Svetlana Christian
Proofreaders: Lynette Jaque, Valerie Morikone, Kiersten Poling, J.D. Quinn

3ABN World is a monthly publication. Subscriptions are free and available in the United States. Overseas subscriptions by request. ISSN 1552-4140

Subscriptions & Feedback

To subscribe, change your subscription, or send us feedback, please contact us in the following ways:

By phone: 618-627-4651 Sun–Fri 8:00 a.m.–11:00 p.m. (CT)

By mail: 3ABN Call Center / Attn: Subscriber Services / Feedback, P.O. Box 220, West Frankfort, IL 62896-0220

By email: 3abnworld@3abn.org or online at 3ABN.tv
Copyright © 2023, Three Angels Broadcasting Network, Inc.

Three Angels Broadcasting Network (3ABN) is a 501(c)(3) nonprofit company. 3ABN is not owned by any person or organization, but is governed, instead, by a board of directors who work very hard behind the scenes to ensure we stay true to our mission and reach people of all cultures and backgrounds. The biblical truths presented on 3ABN are consistent with the teachings of the Seventh-day Adventist Church. All donations are tax-deductible in the United States. Scripture is taken from the New King James Version® unless otherwise noted. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. All photos courtesy of Shutterstock.com unless otherwise noted. Cover Image: Group photo - Svetlana Christian

618-627-4651
3ABN.TV | 3ABNSTORE.COM



Find this and more favorite summertime recipes on 3ABNPlus.tv



TINY TOTS KITCHEN EPISODE 20

PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

The deafening roar of the surf beating upon the coral beach was awe-inspiring. Jill and I had to shout to be heard as the waves crashed, one after another, on the craggy coastline. The late-afternoon sun was perfect for photography. It was exhilarating to try and capture a “wave shot” while avoiding the salty ocean spray.

To me, the ocean is so beautiful, with all its varying shades of blue green, and the incredible sea creatures that live in it. At the same time, the ocean can be dangerous—there is so much power in those waves!

As I watched wave after wave beat the rocky shore, I was reminded of the well-known parable in the Bible about two houses, and the storm that came upon them. One house was built on sand, and it washed away. The other was built upon rock, and it stood firm.

There is so much turmoil in the world, and we know it will only get worse before Jesus comes. It's like the ocean waves of the world are attacking everyone in the form of finances, health, sexual identity, spiritualism, family strife, and war. They are all coming in like a flood and we must be rooted and grounded in the Word of God so we're not spiritually swept away. Time is short and Jesus is coming soon!

What a blessing it is for 3ABN to team up with God and with you to reach the world with Bible truths that will keep us firmly planted on the Rock—Jesus Christ.

Greg Morikone
3ABN President





FOLLOWING JESUS

3ABN's School of Discipleship Intensive

We are excited to announce our 3ABN School of Discipleship's one-week Intensive session that runs from October 6–14 on our campus! Coordinated by Ryan Day (who also serves as General Manager of 3ABN's Praise Him Music Network), the courses will address different elements of personal, public, and digital evangelism. But the more unique and exclusive training will be in how to grow into more confident and well-grounded disciples for Christ.

"Our goal is to train disciples who make more disciples," Ryan says. "Not only will our students receive the highest quality of in-class instruction from some of their favorite 3ABN speakers, but our instructors are committed to making time for extra small-group and individual discipleship sessions *outside* of class hours."

The Idea is Born

Ryan had worked for five years as an Amazing Facts evangelist and says that attending the Amazing Facts School of Evangelism (AFCOE) was a life-chang-

ing experience for him. "It solidified my faith and launched me into ministry," he says, "so of course, I dreamed about the prospect of being a part of something like that at 3ABN."

As he worked with Tim Parton at 3ABN's Praise Him Music Network, Ryan brought up the idea to 3ABN President, Greg Morikone; however, COVID-19 held things up until 2022. But now, with God's blessings and the help of 3ABN Director of Discipleship, Pastor James Rafferty and 3ABN School of Discipleship Assistant Coordinator and Producer, Ian Vandervalk, we're excited to announce our first one-week Intensive this fall!

Inspiring Courses

Courses will be taught by well-known 3ABN speakers Pastor James Rafferty, Ryan Day, Risë Rafferty, and Daniel Perrin.

Essentials of Evangelism will show how to establish an appropriate evangelism cycle in our personal lives, church, and community through practical application.

How to Study the Bible will offer the fundamentals of personal Bible study and daily devotions to gain more knowledge and a deeper relationship with God.

Apologetics will study the fundamental doctrines of the Seventh-day Adventist Church, bringing a solid understanding of what sets this church apart from the rest of evangelical Christianity.

Sanctuary Doctrine will present the very blueprint of Scripture—the Sanctuary—and capture the cadence of the Sanctuary Message, its themes, and its prophetic significance.

Church History, Mission, and Religious Context will reveal the rich history and origin of the Seventh-day Adventist Movement. Students will understand how the Adventist Church was founded, and the major roles of her founders.

The Great Controversy will highlight the cosmic battle between Christ and Satan, and present the depths, influence, and prophetic implications of the War behind all wars. Students will gain a deeper understanding of the serious nature of sin, as well as Christ's redemptive work to save us and give us eternal life.

Healthy, Happy, Holy - The Häl Thing will bring into focus the Health Message, establish its proper place within the gospel experience, and reveal the great need for medical missionary work in these End Times.

Discipleship

We're committed to prepare you for gospel work through what we call *The Three E's*. We'll *edify* our students with invigorating Bible instruction that will *equip* them to live and share the three angels' messages of Revelation 14 with a lost and dying world. Through personal scriptural training, you

MEET YOUR INSTRUCTORS



Ryan Day



Daniel Perrin



James Rafferty



Risë Rafferty

will *excel* in becoming genuine disciples, and thrive in your soul-winning efforts.

"Discipleship is about coming alongside people and teaching about God and His great love in a more personal, relational experience," says Pastor Rafferty. "Jesus exemplified discipleship by spending three-and-a-half years in a personal relationship—teaching, training, and correcting His disciples, who then became the foundation of the Christian Church. Christ's investment in human beings turned the world upside down, and our great hope is that the Holy Spirit will empower us to disciple as Christ did."

Space is limited to 50 applicants, so if God is calling you to be a disciple, visit 3ABNSOD.com for more information and to apply for this exciting Intensive. We'll see you this fall! ☺

3ABNSOD.COM
SPACE LIMITED TO 50 APPLICANTS
SEE YOU OCTOBER 6-14



"If I Were to Go to Church..."

Wanda Harder had prayed for her husband for many years, and now she brought up the question, *again*. "Scott, do you ever think about going to church?" she asked, almost timidly. But this time, his answer was not what she'd expected!

Scott's father served in the military, and his family never talked about God or prayer. "My only exposure to church was when my parents put my brother and me on the church bus; but they never went themselves, so I never understood why we had to go."

Later, Scott fell in love with Wanda and asked her to marry him. "By that time, my mother was going to church, so we asked her pastor to marry us. However, he refused unless we both got baptized," he continues, "so we complied, just to appease everyone."

After their first daughter was born, Wanda began attending church, as well. But the more she urged him, the more Scott resisted. Then a few years later, they moved into a house that didn't have cable TV, and when Scott would come home from his night shift, he'd click through the channels—and that's how he found the 3ABN station in Richland, Washington. "Someone on there was talking about

Bible prophecy, and it was interesting, so I watched," he says. "But it wasn't long before I noticed the speaker was wrong! I'd been reading the *Left Behind* series, so I knew about the secret rapture," he adds. "But I'd never read the Bible. So when I looked up the passages, I discovered the pastor was right, after all!"

"About that time, we decided to sell our home and build another one, and since our apartment didn't have cable, I began watching 3ABN again. September 11 caused me to take a real interest in End Time events, and the messages from pastors like Doug Batchelor, David Asscherick, and Kenneth Cox got through and convicted me. So when Wanda asked me, 'Scott, do you ever think about going to church?' I answered, 'Well, if I were to go to church, it would be a Seventh-day Adventist church!'

"Then fine! Let's do that!" she said. And we did."

PRAYERS ANSWERED

"I'd been praying for my husband to become a Christian man for 12 years," Wanda says, "but I didn't know he was looking for truth on TV because I was asleep when he got home from work. So when he said he'd consider a Seventh-day

Adventist church, I ran to the phone book and found one! My daughter, my girlfriend, and I drove by there on our way to a performance of *The Nutcracker* at our local high school, but it was dark, so we couldn't see when the services were. Deciding we'd come back in the daytime, we got the last few seats at the play—right next to one of my girlfriend's friends.

"Oh, Wanda, this is my friend Stephanie," she said, "and she attends the Seventh-day Adventist Church in Richland!"

"Needless to say, we left that night with all the information we needed!"

A SIGN

Scott says that when they first visited the Richland Seventh-day Adventist Church he was a bit reserved and quiet. "I knew that what I'd heard on 3ABN was truth," he says. "I couldn't argue with Bible prophecies because they were history written in advance, given by God to mankind. The Sabbath and the state of the dead made sense, too. But despite the warm greeting, we wondered if we were doing the right thing, so we sat in the back of the church. Fortunately, the pastor saw us, though, and we were soon connected with many of the members and leaders."

Years before, Wanda had invited a pastor over three times to explain his church doctrines, but he never even called. So now, she made a point of inviting Pastor Keith Hanson to their home—and two days later, he called!

THE DREAM

Scott and Wanda have been members of the Seventh-day Adventist Church now for 21 years, but that's not where their story ends!

Wanda was born in Korea, but never knew her American soldier father. "Mom and I were very poor," she says. "And although we were Buddhists, I had a dream about God one night. I saw a bright light and heard a voice saying, 'You need to go to America!' Mom thought it was probably my grandpa's spirit, but a week later, a lady on the street asked, 'Do you want to go to America?' and I said, 'Yes!'

"Mom was upset when I moved into an orphanage, but eventually I was adopted and moved to America. Sadly, my Mom was sick and suffered terribly; and she continued to practice Buddhism. Before I became an Adventist, I'd asked a Korean pastor at my church to find someone to speak with mom about Jesus, but nothing came of it. But now, as an Adventist, I contacted Amazing Facts, and with the help of an Adventist pastor, she became a Christian and was baptized!"

"What joy I felt when she would tell us, 'I'm free, I'm not hurting, and I'm so happy!' But, sadly, she died just three months later.

"I am so grateful that God held her until she could be free from the spiritualism she'd battled all her life, but when I found out she'd died, I cried, 'Lord, I should have been there!' And then I heard His still, small voice saying, *Wanda, I was there!*

"God is so good! I didn't even know Him when He came to me in a dream! He is doing everything He can to reach those who don't know Him."

Isn't that a beautiful story? Scott and Wanda are living testimonies to what God is doing through 3ABN's television, radio, and Internet ministries. Thank you for helping to make that possible! ☺

JUNE 2023 | 3ABN TV SCHEDULE

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

SUNDAY CENTRAL TIME	
2:00a	It's Coming CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	Thompsonville Worship Hour 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	The Incredible Journey CC
12:30	Timeless Healing Insights CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press / Creation Is! Science CC
3:00	3ABN Today LIVE ↻ 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	Three Cosmic Messages: Earth's Final Conflict CC 1hr
10:00	Strategies for Strongholds 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

MONDAY CENTRAL TIME	
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	When We Talk CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today CC 1hr
9:00	Praise Him Now CC
9:30	Books of the Book CC
10:00	Daniel All Access CC 1hr
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	ASAP Ministries CC
5:30	Your Favorites by Request CC
6:00	IIW Sabbath School CC
6:30	Enjoy Healthy Eating CC
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today CC 1hr
9:00	Summer 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	Mark Finley Presents CC 1hr



3ABN
Français
NETWORK

Pointing 220 million
French-speaking
viewers to Jesus Christ!

WATCH AT 3ABNFRANCAIS.TV

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	The Incredible Journey CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	Pioneer Media 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 ↻ 2hrs
10:00	Piano Praise CC
10:30	Adventures in Missions CC
11:00	Featured Ministries CC
11:30	When We Talk CC
12:00p	Revelation's Ancient Discoveries CC 1hr
1:00	Multitude of Counselors 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	Kids X-Press / Bible Treasures CC
5:00	Evolution Impossible CC
5:30	The Incomparable Jesus CC
6:00	Mission 360 CC
6:30	Timeless Healing Insights 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	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Child Impact Int./ Journeys CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Three Cosmic Messages: Earth's Final Conflict CC
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	Enjoy Healthy Eating 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	Shelley Quinn Presents CC
9:30	Thunder in the Holy Land 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	Kids Praise Too CC
5:00	3ABN Homecoming CC 1hr
6:00	When We Talk CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	It's Coming 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Eternal Truths Matter CC
10:00	It Is Written CC
10:30	Adventist World Radio CC
11:00	3ABN Today CC 1hr
12:00a	Billy Blackwood and Friends ↻ 1hr
1:00	Lineage CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC

NEED PRAYER? CALL THE 3ABN PASTORAL PRAYER LINE AT 618-627-4651.



We're translating programs into Chinese, Arabic, and Hindi!

Scan the QR code with your smartphone to quickly donate to 3ABN with PayPal.



THURSDAY CENTRAL TIME

- 2:00a Laymen Ministries **CC**
- 2:30 Maranatha Mission Stories **CC**
- 3:00 Revelation's Ancient Discoveries **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 Eternal Truths Matter **CC**
- 11:00 God's Last Message to the World **CC 1hr**
- 12:00p Ultimate Prescription **CC**
- 12:30 Digital Disconnect **CC**
- 1:00 The Heavens Declare **CC**
- 1:30 Amazing Facts with Doug Batchelor **CC**
- 2:00 Body & Spirit **CC**
- 2:30 Country Wisdom **CC**
- 3:00 3ABN Today **CC 1hr**
- 4:00 Creation Crafts / Creation Is! Science **CC**
- 4:30 The Creation Case **CC**
- 5:00 Sabbath School Panel **CC 1hr**
- 6:00 The Carter Report **CC 1hr**
- 7:00 Bible Answers Live **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**

FRIDAY CENTRAL TIME

- 3:00 Strategies for Strongholds **CC**
- 3:30 Live to Be Well
- 4:00 The Incomparable Jesus **CC**
- 4:30 Action 4 Life **CC**
- 5:00 Multitude of Counselors **CC**
- 5:30 Ultimate Prescription
- 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 Enjoy Healthy Eating **CC**
- 10:30 Life After Choice / Divine Design **CC**
- 11:00 House Calls **CC 1hr**
- 12:00p Generation. Youth. Christ. **CC 1hr**
- 1:00 Behold the Lamb Presents **CC 1hr**
- 2:00 Raw Questions Relevant Answers/Journeys **CC**
- 2:30 HeartLift **CC**
- 3:00 3ABN Today **CC 1hr**
- 4:00 A Day With the King **CC**
- 4:30 Sing Along / Jesus My Light **CC**
- 5:00 Featured Ministries **CC**
- 5:30 Your Favorites By Request **CC**
- 6:00 Jesus for Asia Now **CC**
- 6:30 Child Impact Int. / Unshackled Purpose **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 Child Impact Int. / 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 Eternal Truths Matter **CC**

WATCH 3ABN'S SUMMER CAMP MEETING LIVE!

SATURDAY CENTRAL TIME

- 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 Sing Along / Bible Gems **CC**
- 7:30 IIW Sabbath School **CC**
- 8:00 3ABN Today **CC 1hr**
- 9:00 3ABN Sabbath School Panel **CC 1hr**
- 10:00 3ABN Worship Hour **CC 1hr**
- 11:00 Pioneer Media **CC 1hr**
- 12:00p Bible Answers Live **CC 1hr**
- 1:00 Summer Camp Meeting **CC 1hr**
- 2:00 Praise Him Now **CC**
- 2:30 Adventist World Radio
- 3:00 3ABN Today **CC 1hr**
- 4:00 Maranatha Mission Stories **CC**
- 4:30 Child Impact Int. / Pause to Pray **CC**
- 5:00 Breath of Life **CC**
- 5:30 Authentic **CC**
- 6:00 Laymen Ministries **CC**
- 6:30 Unshackled Purpose / Journeys **CC**
- 7:00 Secrets Unsealed Presents **1hr CC**
- 8:00 3ABN Today **CC 1hr**
- 9:00 White Horse Media
- 9:30 Sanctuary, Salvation, & Our Savior **CC**
- 10:00 Mark Finley Presents **CC 1hr**
- 11:00 3ABN Today **CC 1hr**
- 12:00a Discover **CC 1hr**
- 1:00 Secrets Unsealed Presents **CC 1hr**

MAJORING IN THE MINORS

FOCUSING ON THE MINOR PROPHETS

JUNE 7-10, 2023

Discover the important messages of hope and salvation given to us by the minor prophets.

Anointed Sermons
Inspiring Music
Powerful Testimonies

Don't miss a single moment of these live broadcasts!

For a complete schedule, visit 3ABNCampMeeting.tv



Channels of Light

As we strive to bring the gospel of Jesus Christ and the three angels' messages of Revelation 14 to the whole world, we are encouraged by the many letters, emails, and phone calls we receive from our viewers and listeners. They tell us how thrilled they are to learn new Bible truths, and how the programs they watch have changed their lives.

Here are just a few of the hundreds of comments, emails, letters, and notes we receive each week. By God's grace and your support, these souls are eager to learn and share truth with others!

Learning New Truths

Ginger is a 63-year-old grandmother who was raised in church. "I also raised my children in church, and now they're raising their children in church," she writes. "But in all my years, I've never heard anything like this teaching on the Mark of the Beast. I've watched the first hour [of the 3ABN Today Live program] three times, and I'm about to get into the second hour. And man, this makes perfect sense! I'm dying to know what the second hour is going to bring!"

Erica writes, "This is such a good teaching [on Revelation's Lake of Fire]. It has changed my whole outlook on this subject. Please keep teaching this—there is so much false doctrine about the subject of hell that pushes people away. If I hadn't had a salvation experience with Jesus, I too would have felt pushed away."

Sonya writes, "Due to lack of transportation, for a long time I've only attended the Divine Worship service at my church. However, in January of this year, 3ABN's *Sabbath School Panel* showed up in my YouTube feed. The importance of the Sabbath School lesson and real-life insight is so encouraging! I pray that as believers we will become more enthusiastic while in this time of waiting. I praise God for your Sabbath School Panel."

Freida writes from North Dakota, saying, "Thank you for the great job you are doing. I am not a Seventh-day Adventist, but I've been watching 3ABN for eight years. I've learned so much, and I am keeping the Sabbath. I enjoy all your programs, but especially the music. I've been a musician all my life, and I love singing those gospel songs!"



And then there's **Augustus**, who writes to say that as he watched a 3ABN *Today Live* program, he completely embraced the Sabbath, too. "Thank you, 3ABN team, for making the Sabbath truth so plain, exciting, and easy to understand," he says. "God bless you all in Jesus' name!"

A Comforting Presence

Dorris writes a note of appreciation for the sermons she's watched. "I have only been listening for a few weeks now, but oh, how I've needed these!" she says. "The Holy Spirit drew me here, and I no longer care about the news, or what goes on in the White House. I lift my head to the heavens and await His return! Thank you for the powerful messages!"

Sharon writes to say that after watching a 3ABN *Today Family Worship* program called "Peace in the Midst of the Storm," she felt the presence of the Holy Spirit. "My life has changed because of your Christ-centered programming!" she writes. "Thank you, Lord, for 3ABN!"

And finally, **Gerri** from Missouri writes, "We want to share how 3ABN Latino touched my husband's life in 2020, when he was in critical condition and was heavily sedated and on a ventilator with COVID-19. Doctors told me to prepare myself to lose him. But by God's grace, he recovered, and shared with me his memories of that time. He said he heard music and talking from church, except it was in Spanish. There were times of silence, times of music, and again, people talking to him. Some-

times, he said, he felt pain, and I told him he remembered correctly, because while he was in ICU, I had made arrangements with the staff to keep his phone playing the 3ABN Latino app, or another Adventist app playing at all times. They would restart it if it stopped, and apparently, the staff mainly chose the 3ABN Latino app. They would restart the app before they moved him, too—which caused him pain—or before they talked to him; hence, the times of music and talking, and the times of silence and discomfort. He believes that prayer and hearing the gospel enabled him to heal and return home, and now he listens to 3ABN Latino constantly—day and night. Thank you for your 3ABN programming, and blessings on

this ministry that God used to touch our lives in such a personal way."



"Oh, how I've needed these! The Holy Spirit drew me here...."

Channels of Light

Yes, lives are being changed for eternity through the power of the Holy Spirit. Time is short, and the Word of God shows us that we are living in the End Times. The world must be warned of Satan's deceptions, and we have the privilege of being laborers with Christ. Together, we can be channels of light to the world, imparting to others the light we receive from our loving God.

Thank you for all you do in support of 3ABN's ministry. Together we are making a difference in the lives of those who are watching and listening! ☺



Faithfulness

by Jeff Doerr

"I have declared Your faithfulness and Your salvation. Your faithfulness endures to all generations." Psalm 40:10; 119:90.

Have you ever been impressed with the thought, *How can I help?* This can be inspired by many things, but in these uncertain times, we don't want to be like the servant who hid his talent in the ground.

Many of you desire to do everything possible to introduce those who are searching to Jesus Christ and the salvation He offers. And now, you can partner with 3ABN to win souls for God's Kingdom by using one or more of the financial or estate planning tools we offer.

As we travel the country assisting others like you with their estate planning, we repeatedly hear, "I am so glad I've made this decision. It's removed a great deal of stress and uncertainty from my life." Our staff is always ready to answer your questions and assist you, but we don't "cold call" or solicit—the only way we'll be in touch is when you contact us.

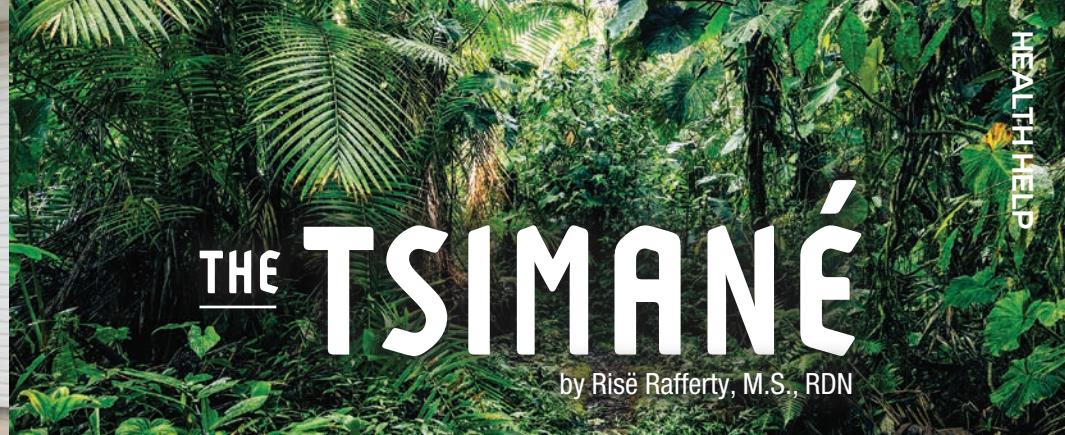
I'm confident that you're like me in that the first two words we want to hear on Resurrection Day is "Well done!" We are each responsible to honor the Lord with all He has blessed us with—including the handling of those assets at our passing.

With the Holy Spirit as your guide, you can bless your family—and be a soul winner for Jesus Christ!

Contact our friendly staff to find out how you can help!

3ABN Planned Giving and Trust Services

Monday through Thursday 8:00 a.m. – 5:30 p.m. Central
800-886-4800 | TrustServices@3ABN.org



Living in the Amazon forest are an indigenous people who reportedly have some of the healthiest brains and arteries in the world. The Bolivian Tsimané (chi-MA-ne) group live very primitively in small communities under bamboo shelters. They cook food over open flames and have little or no modern medical care. They are exposed to extreme humidity, heat, and mosquitos. They wash and bathe in the nearby river, and obtain some of their drinking water from specific vines. As would be expected in this environment, they suffer from respiratory, gastrointestinal, and parasitic infections—with infectious diseases being the leading cause of death. So who would have thought that in this environment, researchers would find the healthiest brains and hearts?

Nearly nine out of ten adult Tsimané studied were reported to have clear arteries with no risk of heart disease. Zero atherosclerosis despite elevated inflammatory markers! The Tsimané "have the lowest reported levels of coronary artery disease of any population recorded to date. These findings suggest that coronary atherosclerosis can be avoided in most people by achieving a lifetime with very low LDL, low blood pressure, low glucose, normal body-mass index, no smoking, and plenty of physical activity."¹ The absence of tobacco and plenty of physical activity are significant. Consider that the Tsimané are inactive for merely ten percent of the day, while Westerners are considered gym rats if they spend an hour-and-a-half working out.

The Tsimané diet is of equal importance. While many in our society consider a low-carb diet as superior for brain health, the Tsimané tell a different story. They experience 70 percent slower brain volume loss as they age, yet 70 percent of their diet consists of high-fiber, carbohydrate-rich foods like plantains, cassava roots, corn, rice, nuts, and fruits. Protein, mostly from hunted animal meat, accounts for 14 percent of their diet.

The Tsimané live in touch with each other and with nature. This combination is a health promoter on different levels—including the support of a rich diversity in the community of microbes that are a considerable part of who we are—and factor into their brain and heart health. As the Tsimané begin living closer to towns and markets and have increased access to processed foods and medical care, they will experience both the positive and negative effects of such changes. However, they remind us that living in harmony with God's natural provisions produces blessing, no matter where we live.



¹ Hillard Kaplan, et al. "Coronary Atherosclerosis in Indigenous South American Tsimané: A Cross-Sectional Cohort Study." *The Lancet* 389, no. 10080 (April 29, 2017).



Join us in New York City!

3ABN Rally

JULY 8, 2023

Free parking at Stable Car Garage, 614 W 153rd St

City Tabernacle Seventh-day Adventist Church | 562 W 150th St | New York, NY | More information, call 917-553-8121

Please note that this event
will not be broadcast



PO Box 220 | 618-627-4651
West Frankfort, IL 62896 | 3ABN.tv

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
THREE ANGELS
BROADCASTING
NETWORK