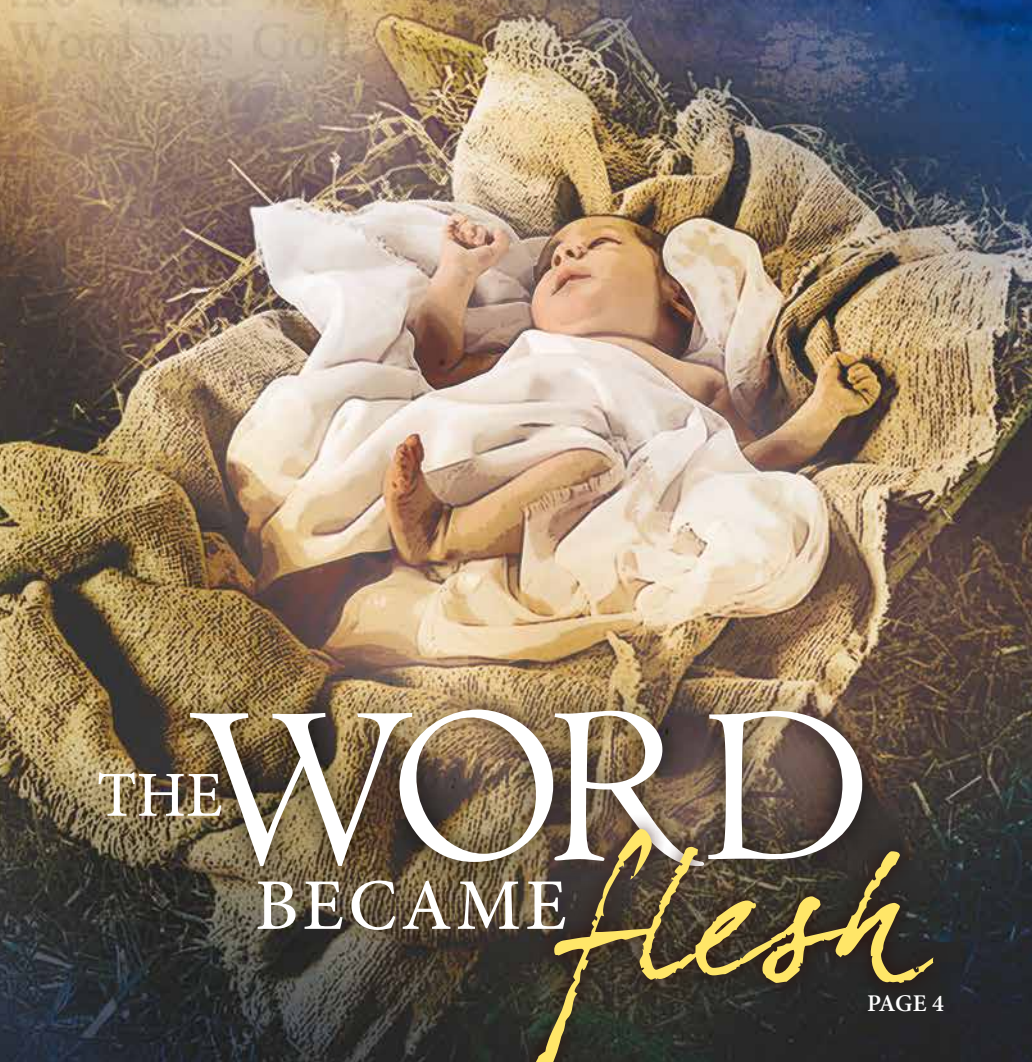


WORLD

MAGAZINE



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Letter from the PRESIDENT

Evangelism

Together We Can Finish the Work!



Danny Shelton
President

Dear Partner,

It's hard to believe that another year has come and gone! I want to take this opportunity to thank all of you who continue to support 3ABN prayerfully and financially. God has allowed us to reach many millions of people this year who have never been exposed to the preaching of the undiluted three angels' messages, and now they've heard it preached through the media of 3ABN television, radio, Internet, satellite, Roku, mySDATV, and even smart phones and iPads!

Winning Souls to Christ

This has been an amazing year on the front lines of the army of God. Thousands of people are answering the call to follow Jesus and join His remnant church. We've now seen over one hundred baptized in London through 3ABN's evangelistic outreach in September, where we joined hands with the South England Conference. Many more have joined God's church in the Philippines after our 3ABN evangelistic campaign with Pastor C. A. Murray.

Recently, Ambassador Bien Tejano from the Philippines said this in regards to 3ABN broadcasting in the Philippines: "Thousands and thousands of people have been brought to the foot of the Cross because of this ministry!"

We want to say how thankful we are that God has placed Elder Ted N. C. Wilson at the helm of the Seventh-day Adventist Church in these closing hours of earth's history. We ask you to join all of us here at 3ABN in lifting up Elder Wilson in prayer as he continues to be a strong leader, uncompromising in fulfilling the mission of the Seventh-day Adventist Church to reach the world with the good news of the gospel of Jesus Christ!

Elder Wilson recently said this on a 3ABN interview: "On behalf of the General Conference and the world-wide church family of Seventh-day Adventists, let me take this opportunity to congratulate 3ABN, Danny Shelton, and the network team on their thirty-second anniversary of a network that is reaching the world with the gospel of Jesus Christ and the three angels' messages. We thank 3ABN and other supporting ministries for their evangelistic contribution to the growth of the advent movement, and the spiritual growth of church members. In *Gospel Workers*,

page 352, Ellen White indicates, 'The work of God in this earth can never be finished until the men and women comprising our church membership rally to the work and unite their efforts with those of ministers and church officers.' What a fantastic quotation! Thank you for joining hands with the church to help finish the work!"

Yes, as we continue to work together as church and laity, the work of God on this earth will be finished, and we can all go home with Him for eternity. No more sickness, sorrow, or death. What a day that will be!

Staying Connected

During 2016, even though we made many cuts in expenses in order to save on operation costs, our donations were down nearly \$750,000 from the previous year. Because we're responsible to God for the stewardship of this ministry, we're working to trim whatever expenses we can, to ensure we remain within our budget. One of these cuts will affect our *3ABN World Magazine*. We have mailed this magazine out for over 12 years, free of charge, and we know it has touched hearts and lives around the world! However, this will be the last issue of the magazine, and beginning next month, we will mail out a newsletter in its place. By making this switch, we're able to cut expenses considerably, while still remaining connected to each one of you!

Please pray about making a sacrificial gift to 3ABN as we come to the end of 2016. We believe that it is the Lord's will that 3ABN will end December 31 "in the black." Philippians 4:19 says, "But my God shall supply ALL your need according to his riches in glory by Christ Jesus." Please pray and ask the Holy Spirit what He would have you do to financially support 3ABN in the coming new year, as well.

Thank you so much, and may God richly bless you!

Danny Shelton
3ABN President & CEO



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THE WORD BECAME *flesh*

by Shelley Quinn

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. *John 1:1-4.*

One of the most amazing acts of faith recorded in the Bible is that of a young Jewish girl named Mary, whose explicit trust in God opened her heart to receive His life-altering Word. It happened over 2,000 years ago, in the village of Nazareth, when the angel Gabriel appeared to tell this teenaged virgin she would give birth to God's Son.

Although she had entered a marriage covenant with a godly and gracious man named Joseph, they still lived separately during a preparatory period for marriage, as was the custom of the day. Their wedding ceremony and date of consummation was yet in the future.

TROUBLED

Mary was understandably troubled and curious as to how she would conceive a child. Gabriel explained that the Holy Spirit would overshadow her, and concluded, "For with God nothing is ever impossible and no word from God shall be without power or impossible of fulfillment." Luke 1:37 (AMPC).

Surely, the words of Isaiah 7:14 penetrated her mind like a prophetic arrow: a promised sign of the Messiah would be that a virgin would conceive and bear a Son who would be called Immanuel, which is translated, "God with us." Could she—in her lowly state and in as much need of a Savior as anyone else (Luke 1:47–48)—be so highly favored as to serve as the vessel of honor in whom this unsurpassed miracle would transpire to bring forth the Messiah?

Just as surely, Mary's swirling thoughts included the realization that this event would be extremely difficult to explain to others—and especially to Joseph. He could divorce her. She could be mocked and ridiculed for the rest of her life.

Confronted with the message from God, she had to make a decision. Boldly she replied, "Behold the maidservant of

the Lord! Let it be to me according to your word." Luke 1:38. With unfaltering faith she submitted to God's will, trusting Him with the consequences.

Consider this amazing thought: Scripture frequently refers to God's Word as "seed" (lower-cased s), and to Christ as God's "Seed" (upper-cased s). When Mary received the Word seed of God, His Seed was planted in her. When the Holy Spirit subsequently overshadowed her, God's purpose was birthed in her.

OBEDIENT

The Word of God grew within her womb, and she shared this incredible report with the humble carpenter who was legally bound to her as husband. But he was troubled. He knew he wasn't responsible for her condition, so he assumed she had committed the unacceptable act of adultery.

Imagine him lying on his bed, agonizing, as he wrestled with these thoughts. Joseph was a just man who adhered to strict observance of the laws of Moses, and being yet more merciful, he resolved to spare her further public humiliation by divorcing her privately.

Then an angel of the Lord appeared in a dream, saying, "Joseph, son of David, do not be afraid to take to you Mary your wife, for that which is conceived in her is of the Holy Spirit. And she will bring forth a Son, and you shall call His name Jesus, for He will save His people from their sins." Matthew 1:20–21.

With unwavering commitment to the word received from the Lord, Joseph obeyed immediately. "Then Joseph, being aroused from sleep, did as the angel of the Lord commanded him and took to him his wife, and did not know her [intimately] till she had brought forth her

It happened nearly 2,000 years ago, in the village of Nazareth, when the angel Gabriel appeared to tell this teenaged virgin she would give birth to God's Son

firstborn Son. And he called His name Jesus." Matthew 1:24–25.

Mary brought forth the Son of God and "The Word became flesh and dwelt among us, and we beheld His glory..." John 1:14. The Living Word of God—Jesus Christ, our Creator—entered the world, uniting His divine nature with human nature for the purpose of becoming the perfect Savior. He would deliver us from both the penalty and power of sin.



I WONDER

When shepherds arrived in search of the Babe lying in a manger, they declared what the angels had told them concerning the Child, astounding the couple and causing them to marvel at the words they shared. Mary clung to these sayings, weighing and pondering them in her heart (Luke 2:16–19).

It seems evident that both Mary and Joseph enjoyed an intimate knowledge of God, but I wonder if they appreciated that their Son—His Son—came to fulfill more than 125 Messianic prophecies of the Old Testament during His life on earth.

Did Mary understand the Babe who suckled her was sent to die for us while we were yet sinners? As these earthly parents taught Him Scripture, did they recognize they were instructing the Author and Finisher of their faith? In the midst of the hustle and bustle of life, when they reclined at the supper table, did they observe the sinless One within arm's reach and consider they were supping with Him who had existed eternally in the form of God? Could Joseph, without tears, have taught Jesus to use the tools of a carpenter if he

knew the excruciating pain a hammer and three nails would one day inflict upon this precious One who would stand as our Substitute?

I wonder how often they pondered the prophecies, trying to foresee Jesus' future. Did Mary tremble when she heard Isaiah 53:4–6, knowing her Son would bear our griefs and carry our sorrows; be stricken, smitten, and afflicted; be wounded for our transgressions and bruised for our iniquities; have the chastisement of our peace upon Him; and bring us healing by His stripes?

In the midst of their fatigue from the exhausting daily activities and hardships of life, surely they had glimpses of the grace He came to reveal. But, how often did they take the Living Word for granted? They may have known the prophecies in part, but—like others of their day—they didn't fully understand, since it seems prophecy is only fully understood after it has been fulfilled.

Looking back to the time Mary accepted God's Word and was implanted with His seed, the Bible records a spectacular statement made when she visited her cousin, Elizabeth, who had just experienced a miraculous conception of her own. When Elizabeth heard Mary's greeting, her baby leaped in her womb. The Holy Spirit revealed to her that Mary was carrying the Son of God, and Elizabeth declared, "Blessed is she who has believed that what the Lord has said to her will be accomplished!" Luke 1:45 (NIV).

That makes me wonder: What if Mary had merely believed all things are possible with God, but thought, *Surely He can't mean that it will happen to me!* What if she

Could Joseph, without tears, have taught Jesus to use the tools of a carpenter if he knew the excruciating pain a hammer and three nails would one day inflict upon this precious One?

had disregarded God's Word—rejecting His Seed and His purpose for her life? God would have found another handmaiden to fulfill His plan, but Mary's history would have to be rewritten.

Don't you think that is true for everyone? If we don't accept God's promises, we revise our own history.

LIFE-ALTERING WORDS

I'm struck by examples of others who received life-altering words from God. Over 32 years ago, another humble carpenter, Danny Shelton, was impressed by the Lord to build a television network that would reach the world with the undiluted truths of the three angels' messages of Revelation 14. Having no money, and knowing nothing about broadcasting, he submitted to God's will with unfaltering faith. He believed that with God nothing is impossible, and received the "seed" by which God birthed the ministry of 3ABN.

Of course, God used all of our sup-

porters to bring this heaven-born mission into reality—and now 3ABN broadcasts the gospel of salvation by grace around the world! We, and tens of thousands who have accepted Christ because of this ministry, praise God and give you heartfelt thanks for your continued prayers and financial support.

Our prayer for you at this special time of year is that you open your heart to receive the "seed" He has for you. No word of God is without power, or impossible of fulfillment. Come to Him, believing that He exists and has the power to do all that He vows to do. God rewards those who earnestly seek Him with this attitude.

Pray for the Holy Spirit to overshadow you, and our Creator will cause you to become pregnant with expectancy of His promises found in Scripture. He wants to birth the purposes of His Word in you. He wants His Word to become flesh in your life today! ☪

Lessons from Lodi

by Nikki Anderson

KSTG-LP 101.5 FM, whose call letters stand for **Keep Sending The Gospel**, went on the air July 2, 2004, and since it's been a while, we thought we'd catch you up on how things have been going.

No one wanted to help Carolyn Meeks build a radio station, but she was certain the voice she heard was the Holy Spirit's. From the beginning, she knew it would be just her and God, and although she felt so alone, she also felt God would make a way.

Through many obstacles and sacrifices, Carolyn formed Lodi Christian Radio, Inc., and God built the radio station! KSTG covers all of Lodi and some surrounding areas, reaching about 65,000 potential listeners.

God Brings Helpers

Not long after the station was built and on the air, God brought David Marson to help her, and today, David is both station manager and technical engineer. God also brought Arne Romstad, another technical engineer who manages the station when David's away, and Duane Miller, their program manager. Each takes turns at doing local announcements, too. What talented help God brought to operate a radio station that no one else wanted!

Carolyn is the president of Lodi Christian Radio, while her son Lawrence DeFehr, Esq., is vice president and a tremendous help with the paperwork and record keeping. He'll be moving in the near future and is anxious to get involved with operating the radio station, too.

In September, KSTG began airing 3ABN Latino Radio programming a few hours a week to reach the Latino population in the community, and Duane has added sermons from speakers who've conducted seminars at church. Local community members have been contributing financially to keep the radio station on the air. God is so good!



Nikki Anderson is the administrative assistant for 3ABN Radio.

Ministering to Others

Carolyn often hears how the radio station ministers to those who are elderly and homebound. Here's one example, from an e-mail she received:



PHOTOS SUPPLIED



Left: KSTG-FM president, Carolyn Meeks. Above (L to R): David Marson, station manager; Duane Miller, program manager, and Arne Romstad, technical engineer.

"Lee is my brother's father-in-law, who started listening to KSTG almost 24/7 while living at an assisted living facility in Lodi. He was a very devoted Pentecostal church member, and his daughter said that, as a

young man, Lee and some friends had a Bible study, and always believed that Sunday was not the Sabbath. According to their studies, they thought Friday was the Sabbath, but by listening to 3ABN Radio, Lee learned that Saturday was actually the Sabbath.

"My other brother and his friend started taking Lee to church on Sabbaths, and he also attended a cooking class. Lee attended a Revelation seminar, and after that, became a member of the Fairmont Seventh-day Adventist Church by profession of faith, since he'd previously been baptized. When Lee moved into Ashley Place, he was around 88 years old, so he was probably close to 90 when he became a member. He learned much information from listening to 3ABN Radio, and studying and reading his Bible. He had a computer, and would type many pages regarding what he studied. He would sometimes give me pages to read, and ask me what I thought about them.

"He's been laid to rest now, but was a very godly and sincere Christian man. He had lost two wives and a son, but still had much faith in God. He asked me to pray for his daughter, that she would give her life to God. Please pray for God to give me the right words to say to them, because I also want to reach his grandchildren and great-grandchildren. He had such a heavy heart to bring them all to the Lord."

Kathy

Thank you for your prayers for all our radio affiliates! ☺

KSTG-LP 101.5 FM covers all of Lodi and some surrounding areas, reaching about 65,000 potential listeners.

LORD, PLEASE HEAL MY HANDS

by John Dinzey

My wife Idalia and I were privileged to be part of the team that recently traveled to London, England, to preach the gospel. Our evangelistic series was held in the Walthamstow Seventh-day Adventist Church, in northeastern London. This warm and active church has about two hundred members, under the leadership of Pastor Mohan Abbadasari.

Ricardo Leon was baptized during the series, and he shared his fascinating story about how God had worked. As a carpenter, some six years ago, he was hired by the Clapton Seventh-day Adventist Church to build their baptistery. As he

worked, one of the members engaged him in conversation, eventually asking, “Have you been baptized?”

“No, no, that’s not for me,” Ricardo replied. “I’m not ready for that!” But when the lady heard this, she said, “It seems to me you should be baptized in the baptistery you’re building!”

Five years passed, and it was obvious God was calling Ricardo to give his heart to Jesus. His marriage had begun to collapse, and his wife had gone back to Jamaica. But every time he approached the Lord, he was drawn back into a worldly lifestyle.

PAIN AND DISCOMFORT

Several months before our series began, his hands started to swell and crack, making it nearly impossible to work. The medicines prescribed brought no improvement, and the pain and discomfort brought on discouragement as his condition worsened.

Then, one day he prayed, “Lord, if you heal my hands, I promise to give you my heart!” Beginning that day, his hands began healing, and the cracks

“GOD HAS ANSWERED MY PRAYERS! HOW CAN I NOT GIVE MY HEART TO HIM?”

began to disappear. “Look at them now!” he exclaimed. “God has answered my prayers! How can I *not* give my heart to Him?”

“Before being baptized, I felt I had to make things right with my wife, so I called to ask her forgiveness. She had no idea I’d decided to give my heart to the Lord; she thought I was calling her to ask her to speed up the divorce! As soon as she heard my voice, she said, ‘I don’t have the paperwork from the attorney yet, but I’m expecting them to arrive soon,’ but I interrupted and said, ‘That’s not why I am calling! I’m calling to ask for forgiveness for all I’ve done to you. I’m so sorry that I’ve hurt you so much. Please forgive me!’”

His wife was shocked and could hardly believe what she was hearing; but she was completely unprepared for what he said next. “I’ve decided to give my heart to the Lord,” he said, “and I’m getting baptized soon!”

There was joy in his voice as he shared how God had completely transformed his life, and then he said, “I really do love you! Please give me another chance. Will you accept me back? I think that if we both give our hearts to the Lord, our marriage will really work.”

For a moment she was silent; then, with tears of joy in her voice, she said, “Yes, yes! I’m willing to try again, if God is in our marriage.” They talked for a long time as they made plans to be reunited. And what a happy smile Ricardo had

as he kept telling us how good the Lord had been to him. Then he added, “I’m sorry, but I’m not getting baptized in the Walthamstow Church. I must be baptized in the baptistery I built! It will make me so happy to be baptized there.”



Ricardo Leon told John Dinzey a fascinating story of healing.

“Ricardo, we’d love to see you get baptized—and we fully understand!” I replied. “We’re just happy you’ve made the best decision of your life!”

Please remember those who were baptized in the evangelistic series 3ABN helped organized in London with the South England Conference, and many others. Because of you, there are many who are now taking Bible studies and making their decisions to be baptized. ☺



John Dinzey is the general manager for 3ABN Latino Network. Originally from the Dominican Republic, his passion is to preach the gospel. His wife, Idalia, works with him at 3ABN Latino, and they’ve been blessed with two wonderful sons, Samuel and Caleb.



FOUNDATION — OF OUR FAITH —

by Dr. Yvonne Lewis

I love this time of the year! Many folks are happy, and have a giving spirit. For those who have, it's often a happy time; however, for the have-nots, it can be a sad time. Sometimes we all just need a word of encouragement. On Dare to Dream, we set a goal of supporting individuals and families through inspiring programming. *Foundation of Our Faith* is a consistent source of inspiration and hope to our viewers.



Dr. Yvonne Lewis is a naturopathic doctor, author, lecturer, and singer, as well as the general manager of 3ABN's Dare to Dream Network for urban audiences.

Wonderful Sermons

I don't know about you, but I love a good sermon! *Foundation of Our Faith*, alternately hosted by Pastor John Lomacang and John Dinzey, is Dare to Dream's preaching program, featuring speakers from around the country.

We recently produced programs with two presenters: Evangelist Dwayne Lemon, and Dr. Morgan Medlock. Elder Lemon is the co-host of D2D's hip-hop exposé program, *TKS: True Knowledge of Self*, the director of P.T.H. (Preaching, Teaching, and Healing) Ministries, and co-director of Tekoa Ministries. The Lord brought him out of the darkness of the entertainment industry, where he was a professional dancer and choreographer in the Hip-Hop and R&B culture. What a transformation! Now, he is devoted to spreading the light of Jesus Christ to those living in darkness. More than anything else, he desires to minister to youth, letting them know that they can truly live a sur-

Dr. Morgan Medlock is both a medical doctor and an evangelist.



Evangelist Dwayne Lemon has a passion for reaching young people, letting them know they can truly live a surrendered life to Jesus Christ.

rendered life to Jesus Christ. He believes that medical missionary work and the three angels' messages will help us prepare to meet our God. Elder Lemon is married to Alexandra, and they have four children: Jahred, Kayla, Kaleb, and Jada.

Dr. Morgan Medlock also has had an interesting journey. She's a very accomplished woman of God, and is both a medical doctor and an evangelist. In 2007, Morgan was graduated from Oakwood University with a degree in Biology/Pre-Med. In 2011, she received her Masters of Divinity degree from Andrews University Theological Seminary, and then returned to the Mayo Clinic College of Medicine to finish her medical training. In 2013, she completed her Doctor of Medicine degree, and is currently completing her residency in psychiatry at Massachusetts General Hospital, a teaching hospital affiliated with Harvard Medical School in Boston.

Dr. Medlock aspires to bring assistance to the whole person: physically, emotionally, and spiritually, and wants to specialize in addiction recovery and substance abuse.

Sometimes we all just need a **word of encouragement**. On Dare to Dream, we set a goal of supporting individuals and families through inspiring programming.

What is a great sermon without great music? Our musical evangelists for these presenters were Esther Alonso-Neal and Jason Bulgin, who provided a meditative song before each presentation. What a blessing!

My prayer this season, and for years to come, is that you'll be inspired and encouraged by *Foundation of Our Faith*, and all the programs on Dare to Dream designed with you in mind. Blessings! ☺

Esther Alonso-Neal and Jason Bulgin give honor and glory to God through their musical talents.





One day, a young lady had a front row seat at church to something truly wondrous. It happened just a few seats down the pew from her, and she had to admit that the event embarrassed, and in a sense, rebuked her. The pastor broke the normal routine of the church to announce that Crockett, a young man (really a young boy) who had been on a path to trouble, had given his heart to the Lord the previous week. Another boy, about six years of age, leaped from his seat, pumped his fists in the air, and exclaimed at the top of his

lungs, “Yeah, Crockett!” This was followed by additional words of encouragement like, “You go, man!” and “Jesus loves you, dude!”

The truth was that this young man’s utterance was totally unselfconscious. His joy and exuberance were a rebuke to the young adult woman, who along with several others, glared their disapproval. Notwithstanding, almost immediately, her knee-jerk reaction to the young boy’s ecstatic words of encouragement turned her glare into a self-deprecating frown. She was at once exhilarated, saddened, and rebuked. In fact, she actually felt a bit

Too bad, the young lady thought to herself. The whole congregation should have been standing and cheering that young man on.

of pity and empathy as the young lad’s mother grabbed him by the shirt collar, ending his impromptu celebration by unceremoniously yanking him back into his seat.

Too bad, the young lady thought to herself. The whole congregation should have been standing and cheering that young man on. Old and young should have broken with decorum and stood on the pews to cheer on and encourage this young “brand plucked from the fire!”

A Cause For Celebration

The truth is that when a person has felt the call of the Holy Spirit and given their life to Christ, their changed life is the greatest of all miracles. We ought to stand and cheer when in the presence of such a miracle from God. That is precisely what a changed life is: it is a bona fide miracle from God!

In the life of any church, history is made when a person receives Christ. These are moments that are certainly celebrated in Heaven, and should be celebrated on earth. How dare we celebrate a Thanksgiving, or even a Christmas or New Year, and not kick up our heels, as it were, in celebration when a new soul is born to the Kingdom? It is like a type of Independence Day—the day that a soul is liberated from the prison of darkness. If it is true that Heaven celebrates these events, can we do any less?

Celebrating the Word

At 3ABN Proclaim! we celebrate the Word of God, and the power of that Word. Each sermon is a celebration of the life that we can, and indeed do enjoy in Jesus. A member and viewer from the Philippines remarked to me just the other day how her life has been changed by the sermons that she’s watched on 3ABN Proclaim! She and her retired husband are now preparing for a second career of full-time mission service! For good reports like that, I say hip, hip, hooray! *That is worth celebrating!* ☺



C. A. Murray is the general manager for 3ABN Proclaim! and also hosts and produces the 3ABN Today program. His wife Irma is a producer for 3ABN Latino.

A Real Holiday Celebration

by C.A. Murray



PHOTO: SHUTTERSTOCK/WASER BOWERO

BIBLE PROPHETS

of the Qur'an

by Alexey Britov



At Zaoksky Theological Seminary



On the set of *Bible Prophets of the Qur'an*



Pastor Dzhobir Iskhakov

There are over 21 million Russian-speaking Muslims living in the Russian Federation, and the Republic of Tatarstan, located close to Nizhny Novgorod, has one of the largest Muslim populations in our country. As far as religion goes, 80 to 90 percent of Tatars consider themselves Muslims, and the rest consider themselves Christians—even though maybe only five to seven percent are true believers.

MIRACLES

In Tatarstan, the two largest cable operators are Tat-telecom and TatAISneft, whose services are used by several million people; and since cable TV is becoming more common in Russia, cable operators are in big need of good content.

In March of this year, God opened a new door of opportunity by adding 3ABN Russia's Christian satellite channel to Tat-telecom's lineup. As one of the largest cable operators in this region, we give God glory for this miracle that makes it possible for millions of Muslims to watch our programs around the clock. However, God was not finished. He had more miracles in store!

In May, our production crew traveled with me to a Bible conference at the Zaoksky Theological Seminary to make a presentation about 3ABN Russia and record some interviews. There we met Pastor Dzhobir Iskhakov, a native of the former Soviet Republic of Uzbekistan, who now serves as a pastor in Moscow—a city where many Muslim migrants from former Soviet Union republics come to work. Pastor Dzhobir

told me he'd be happy to record a series of programs for the Russian-speaking Muslim population. He added that due to the present controversial attitude toward Muslims, these programs would appeal to Christians and secular people, alike. His idea seemed very appealing, so I invited him to our headquarters. However, the Lord had not finished showing us His mighty hand, and that same day, a lady from our marketing department phoned me and said that TatAISneft, the other large cable operator in Tatarstan, was ready to carry our channel to its subscribers 24 hours a day!

A NEW SERIES

We began taping the *Bible Prophets in the Qur'an* series in June, and Pastor Iskhakov and his host, pastor Sergei Larionov, revealed the most amazing topics. As it turns out, the Qur'an speaks about Creation, Adam and Eve, the great Flood, and gives the stories of the Bible prophets. It also says that God gave the Torah to the people through Moses, the Psalms through David, and the gospel through Jesus Christ! Acknowledging the truthfulness of these books in many places, it also states that they were given before the Qur'an to provide guidance and admonition for the God-fearing—that is, for the Muslims, since the word "Muslim" means, "obedient to God."

In many ways, the lifestyle of Seventh-day Adventists and Muslims is similar. Both reject the use of alcohol, tobacco, unclean foods, and image worship. Both teach the importance of honoring parents, and the traditional family model of a

**"AND I SAW ANOTHER ANGEL
FLY IN THE MIDST OF HEAVEN,
HAVING THE EVERLASTING GOSPEL TO
PREACH UNTO THEM THAT DWELL ON
THE EARTH, AND TO EVERY NATION,
AND KINDRED, AND
TONGUE, AND PEOPLE."
REVELATION 14:6.**

union between one man and one woman.

How sad that Islam, which in Arabic means, "the religion of peace," is associated today with violence and terrorism. May our new series develop under the continued guidance of our dear Lord, and may it help Muslims living in Russia and the former Soviet Union republics to receive the light of truth and our Lord, Jesus Christ—the Greatest Sacrifice referred to in the Qur'an—as their personal Savior.

Thank you, dear readers and viewers, for your support! As a preacher recently said, "The poor widow who gave two mites for God's work, will receive the most stars in her crown, since so many have followed her example, leading to the salvation of so many!" Your prayers and financial support of 3ABN is bringing the gospel to every nation, kindred, tongue, and people. ☺



Alexey Britov is 3ABN Russia's general manager. A former pastor in Nizhny Novgorod, he holds degrees in theology and law. He also hosts 3ABN Russia's *I Believe* series.



GATHERING TIME!

by John Lomacang

Opportunities come and go, and seasons change—in fact, that’s just how God intended it to be. The Bible declares, “To everything there is a season, a time for every purpose under heaven.” Ecclesiastes 3:1.

Not long ago, I watched one of our local church members pulling a plant out of a planter. I asked her what she was doing, and she said, “The season for this plant is over.” As I



John Lomacang is 3ABN’s director of World Evangelism. He pastors our local church and is an author, singer/songwriter, and host of *House Calls* and *A Sharper Focus*. His wife Angela works for 3ABN Radio.

I looked a little closer, I realized that the plant’s leaves had faded, and in a very vivid way, the words of Jesus poured into my mind: “Do you not say, ‘There are still four months and then comes the harvest’? Behold, I say to you, lift up your eyes and look at the fields, for they are already white for harvest!” John 4:35.

NO TIME TO LOSE

We are living in the time of the harvest, when there is no time to lose. All around us are precious souls, waiting to be invited into the fellowship of believers. The challenge is, not all crops are alike. Wheat, corn, soybeans, spinach, oranges, and apples—each ripens in its season, and each has a slightly different harvest time.

3ABN’s London series was quite successful for a two-week series. With over 100 baptisms, and a few hundred more preparing to be baptized, it’s important not to let their “season” pass. The members who attended, and the leaders of each church have their hands full with harvesting these precious souls.

One of the focal points of our series was to provide materials that would be used as a catalyst to continue the evangelistic thrust. The 14 outlines designed for this series are a great springboard to plant new seeds, and bring others to harvest. The complete series is available on the 3abnlondon.com website, so you can

By sharing the gospel, we’re preparing the world for the soon return of Jesus—and conversely, by *not* sharing the gospel, we’re delaying His return.

use your home or church to share them with others. With these Christ-centered messages, it’s impossible to share them without eternal impact!

GOD IS CALLING YOU

Working to lead others to Jesus is the very work we’re called to do once we’re saved. When Paul wrote that, our “works” do not save us, he added that we are saved *for* “work.”

By sharing the gospel, we’re preparing the world for the soon return of Jesus—and conversely, by *not sharing* the gospel, we’re delaying His return. The Lord presents us with a field of labor. He waits and longs for dedicated Christians to work alongside Him to “reap the harvest.”

One of the counsel members of biblical Jerusalem listened to the apostle Paul as he passionately shared the gospel. However, Felix’s response was, “Go away for now; when I have a convenient time I will call for you.” Acts 24:25.

As we near the closing scenes of earth’s history, the wintry blast of challenging circumstances continues to increase. Therefore, we need to gather in the precious harvest while we still have the freedom and the time. Don’t wait until a “convenient time;” the fields, “are already white for harvest.”

As I close this article, allow me to point you to the inspiring words of Deborah Ann Belka in this simple poem:



“It’s Always Harvest Time”

Not just at harvest time,
do we need to have a reason
we can plant seeds of hope
in and out, of every season.

We can reap souls to Jesus,
no matter the time of year
it doesn’t have to be Autumn
harvest time, is always here.

Seeds of faith can be planted,
into the hearts of everyone
whether under snowy covers
or the warm blanket of the sun.

We can gather in the lost,
bring back a wandering soul
it doesn’t have to be Fall
for the harvest, God controls.

It’s always harvest time, we don’t
need to have a reason we can
sow seeds of eternal hope in and
out, of every season!

The Messiah's Mission

by Shelley Quinn

He stepped out of Heaven to enter our world over two thousand years ago. The Messiah's mission was to reveal the infinite love of His Father's character, and to unveil the mystery of God's plan of salvation.

Our Creator could have appeared as He existed in Heaven, dazzling mankind with His magnificence and commanding respect. But His glorious presence would have overwhelmed His fallen creatures, striking fear—not love—in the heart of humanity.

Instead, laying aside His glory, the One who inhabits eternity chose to come as a humble Babe in a manger.



Shelley Quinn is 3ABN's Program Development manager and a well-known author and speaker. Her husband J.D. is manager of 3ABN's Pastoral Ministries Department.

Sharing our flesh and blood, He suffered our weaknesses and our common human experiences. He was tempted in all points as we are, yet without sin. He understands us as no one else can.

Christ was not just like God—He is God (John 1:1; Hebrews 1:3). He sought us, served

us, and willingly died as our Substitute on the cruel cross of Calvary. The humiliation our Savior suffered in His condescension was so great it cannot be measured—all to pay the price to redeem sinful humanity, and draw us to Himself through lovingkindness.

ENTRUSTED WITH HIS MISSION

Finishing His work of redemption on earth, He returned to Heaven to complete His work of salvation as our faithful High Priest; but before He departed, he said to His disciples, “As the Father has sent Me, I also send you.” John 20:21.

We, His followers, have been entrusted with the Messiah's mission. We are all accountable to participate. It is left to us to reveal the love of God, and unveil His will for the salvation of sinners.

God “desires all men to be saved and to come to the knowledge of the truth.” 1 Timothy 2:4. Fulfilling the mission means fulfilling His Great Commission of going into all the world to make disciples of all nations. Our mission seems daunting—even impossible—if we look to our individual abilities. But, empow-

WHEN CHRIST RETURNS
TO RESCUE HIS PEOPLE HE
WILL NOT COME AGAIN TO A
HUMBLE MANGER AS A BABE,
BUT AS KING OF KINGS AND
LORD OF LORDS.

ered by the Holy Spirit and joining our efforts as a team, we know that God can and will fulfill His purposes through us.

That's why 3ABN began a movement to involve all of our viewing and listening audience. We invite you to join The Blessing is on the “GO!” Evangelistic Team. Simply register to make a recurring monthly donation of any amount to support 3ABN's mission of world evangelism, and as a team member you will receive an evangelistic resource—a book, music CD, sermon DVD, or Bible study—from 3ABN each month to share with your family, friends, or neighbors who need to know the truth of God's amazing grace.

People everywhere need to know that today is the day of salvation! When Christ returns to rescue His people, He will not come again to a humble manger as a Babe, but as King of kings and Lord of lords to put an end to sin.

Oh, Lord God, pour out Your self-sacrificing love into our hearts! Let the humble mind of Christ guide us through Your Spirit and Your Word. Help us to share Your good news of salvation by grace, and fulfill the Messiah's mission. ☺



3ABN
the blessing is on the
“GO!” Evangelistic Team

Join the “GO!” Evangelistic Team

Setting up a monthly donation of any amount to support evangelism is easy! Just visit 3ABN.tv, click the Donate button, then choose to become a “GO!” Evangelistic Team member. Be sure to check the “Make This Recurring (Monthly)” box.

Easy-to-follow instructions and a video tutorial will guide you through the process. Not comfortable doing this online? No problem. Just call us at 618-627-4651, or send us your information by mail.

This Month's Evangelistic Tool

Celebrating His Birth DVD

You're sure to enjoy this beautiful two-hour DVD featuring



classic Christmas songs like, “Silent Night,” “Bethlehem Morning,” “O Come All Ye Faithful,” and many more. Soon you'll be singing along with many of the members of our 3ABN musical family, as you watch this DVD, then prayerfully consider whom God is impressing you to share it with! There's no better news we can give a lost and dying world. Our Savior has come, that whoever believes in Him should not perish but have everlasting life!

Kids for the KINGDOM

by Brenda Walsh



A very special 3ABN Kids Network fundraising event took place on September 10 at the Leila Patterson Center in Fletcher, North Carolina. Talented children from the Carolina Conference came together to share



Martha Brown and Miss Brenda.

has a unique talent for creating a dynamic team of helpers, and they all did an incredible job.

Host

I hosted the event, along with my good friend, Charlie Ferguson. Charlie and I were in a singing group together when we were in college years ago at Southern Missionary

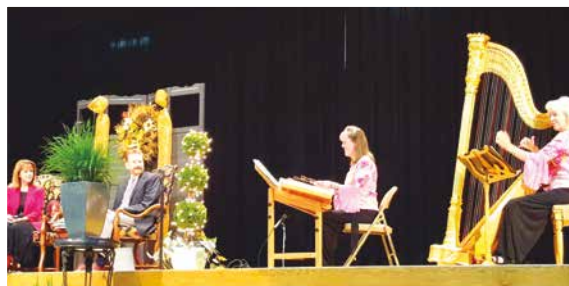
College in Collegedale, Tennessee. He is a pastor in the Carolina Conference and he and his wife Sharon are a mighty soul-winning team for Jesus.

Musical Talent

Judy Wolter Bailey was in charge of finding the talent and choosing a wide variety of musical kids to produce a well-balanced program. It was an added blessing when she and her daughter Jillionna, who played on *Kids Time* years ago, played a couple of songs with Judy on the harp and Jillionna on the hammered dulcimer. Musical selections featured both vocal and instrumental talent.

Volunteers

It takes a team of people to have a successful program like this, and there



Miss Brenda and Pastor Charlie Ferguson enjoy a beautiful song played by Jillionna and Judy Bailey.

Children's choir, led by Sheri Baker.



Ellen Echevarria praising Jesus in song.

are so many who stepped up to answer God's call. The Leila Patterson Center gave a discount on the rental of their facility. Judith Thomas assisted Martha in marketing to the community as well as all the area churches. The Fletcher Academy Press reduced the cost of posters and many faithful volunteers baked cookies. Others donated their time to set up chairs, sweep floors, decorate, and anything else that was needed.

Funds Raised

I'm so grateful to Martha Brown, who worked tirelessly to make this event happen. God blessed abundantly by helping us raise almost \$3,000; and as a result of this event, a sizeable donation was pledged, too! We have much to praise Jesus for!



Musical group, Kerusso, also shared their God-given talents.



Pastors David Wright, Charlie Ferguson, and Eric Bates throwing frisbees to the children.

Kids Time Program at Your Church?

If you would like to have a *Kids Time* program at your church, you can contact me at: brenda@brendawalsh.com for more information. Please prayerfully consider supporting 3ABN Kids Network. If the Holy Spirit impresses, please send your tax-deductible love gifts to 3ABN's Kids Network, Post Office Box 220, West Frankfort, Illinois, 62896, or call us at 618-627-4651. You may also donate online through PayPal from many countries at 3abnkids.tv. Thank you for all you do for this ministry and for God's children around the world. ☺



Brenda Walsh is the general manager of 3ABN Kids Network, as well as producer/host of *Kids Time* and *Kids Time Praise*. She is a published author, singer, cook, and international speaker. She is married to Tim, and they have two daughters and four grandchildren.

"But let all those rejoice who put their trust in You; let them ever shout for joy, because You defend them; let those also who love Your name be joyful in You." Psalm 5:11

SNOW LEOPARDS

by Mellisa Hoffman

Have you ever tried going to the store to buy a swimsuit in the middle of winter? If so, you may have discovered that they are impossible to find! Instead, you'll see racks of snow boots, snow pants, coats, mittens, hats, and other things to keep you warm in the cold weather. Store owners know that no one wants to be outside in a swimsuit during the frigid winter months—in fact, the warmer the clothing they can offer, the better, because . . . no one likes to be cold.

Staying warm is important, and that's exactly why God equipped the snow leopard with everything it would need to survive the extremely cold temperatures in the mountains where they live. Surviving temperatures that get down to -150° F requires a lot of protection, so it's no wonder that the fur on a snow leopard is very thick—up to five inches deep on its belly. In fact, they have so much fur that if the temperature in the lower part of the mountains rises too much, the leopards will climb higher looking for colder weather.

Having thick fur isn't enough to protect the snow leopard from the sting of the cold air. Their nasal cavities are short and wide, which helps to heat the freezing air before it reaches the lungs. They also have long, furry tails that they use to shield their nose and mouth from the harsh conditions. And their gigantic furry paws help them to navigate the snowy terrain.

This world we live in can be pretty cold and harsh. Sometimes we feel like we're not loved, or that we mess up too much and are nothing but a failure. There are even times when others hurt our feelings. Sad things happen all the time, but just like the snow leopard is protected from the coldness around it, we are protected, too . . . by God's love. No matter how sad we get, or how much people hurt us, remember that God loves us more than anyone else possibly could! He loves us so much that He gave His only Son to die on a cross so that we can live with Him in Heaven for all eternity—where there will be no more tears, sadness, or pain, and each day will be even better than the day before! ☺



Mellisa Hoffman is the assistant to Brenda Walsh, general manager for 3ABN Kids Network, as well as their program manager. She is also a talented copy editor and has two teenage children, Hannah and Lance.



Sadly, due largely to poaching, these beautiful animals are on the endangered list.

COVER UP

Discover each cold-weather clothing item listed below by covering up, or crossing off, the letters that don't belong in each word.

EGAJRAMUFOPFS

SACNARLF

MDITBTEANRS

GSLKOPVENS

SAWREAWTPER

CWOLMACT

BMOPOKTEIS

SAOTRCKGS



A snow leopard's paws act like snowshoes. The thick fur protects their toes from the cold.

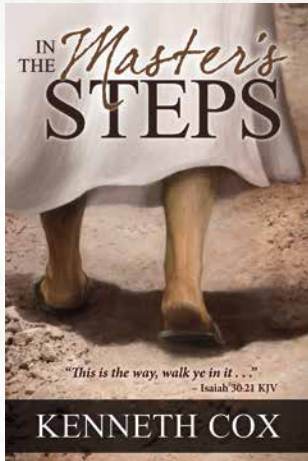
Snow leopards are very quiet animals. Unlike other big cats, they can't roar.



PHOTOS: GETTY IMAGES, ANTON CORRIJN/ALAMY

GREAT GIFT IDEAS!

3ABN MINISTRY MATERIALS



IN THE MASTER'S STEPS - BOOK

Kenneth Cox

This book is written to share some of the beliefs that Jesus taught as He walked through the cities and villages of Galilee. Many of these teachings have been lost sight of, for in today's society, a person can believe almost anything and still claim to be a Christian. Would people be surprised to hear that you profess to be a follower of Christ? Do you really know what Jesus taught? Are you sure?

Your heart will rejoice in the blessings and promises that Christ gave as you walk in the Master's steps.

(BITMS) \$14.50 Suggested Donation

UNCLEAN SPIRITS UNPLUGGED - 2 DVD SET

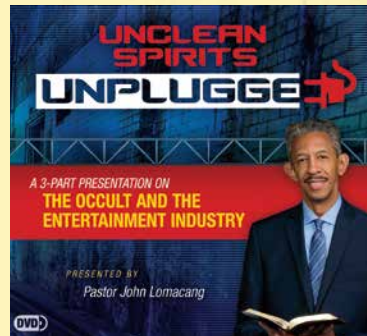
John Lomacang

This three-part series will amaze you, as you discover just how much the occult and the entertainment industries have in common!

Disc 1: Attack on the Mind of Worship
Attack on the Life of Worship

Disc 2: Attack on the God of Worship

2 DVD set **(USU DSET) \$20.00 Suggested Donation**



CELEBRATING HIS BIRTH - CD OR DVD

This delightful collection of 12 beautiful songs heralds the birth of Jesus and features familiar artists from 3ABN's musical family.

CD **(3ABN042-2) \$16.50 Suggested Donation**

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All prices are in US dollar amounts

3ABN TV SCHEDULE DECEMBER 2016

FOR A COMPLETE SCHEDULE OF ALL THE NETWORKS PLEASE VISIT [HTTP://3ABN.ORG/SCHEDULE](http://3abn.org/schedule)

For Pacific time -2 hours • Mountain time -1 hour • Eastern time +1 hour **CC** = Closed Captioned. **L** = Live program. **★** = New series. **↺** = Repeat of live program. **Program titles in red are changes effective this month.**

| CST | SUNDAY | CST | MONDAY |
|--------|--|--------|---|
| 2:00a | Pillars of Faith CC | 2:00a | Life Discovery Series (Jim Reinking) CC |
| 2:30 | | 2:30 | |
| 3:00 | Featured Ministries CC | 3:00 | Homecoming 2015 CC |
| 3:30 | From Sickness to Health (Rico Hill) CC | 3:30 | |
| 4:00 | In the Beginning (Stan Hudson) | 4:00 | Revelation Speaks Peace |
| 4:30 | | 4:30 | ...(Shawn Boonstra) CC |
| 5:00 | Revelation Now (Jac Colon) CC | 5:00 | Praise! (Kelly Mowrer) |
| 5:30 | | 5:30 | Wonderfully Made CC |
| 6:00 | Body & Spirit Aerobics (Dick Nunez) CC | 6:00 | Body & Spirit (Dick Nunez) CC |
| 6:30 | Heart Lift (Jill Morikone) CC | 6:30 | Pressing in to His Presence (Shelley Quinn) CC |
| 7:00 | Kids Time (Brenda Walsh) CC | 7:00 | Digging Up the Past (David Down) CC |
| 7:30 | Praise! (Kelly Mowrer) | 7:30 | Ultimate Prescription (Dr. James Marcum) CC |
| 8:00 | 3ABN Today | 8:00 | 3ABN Today |
| 8:30 | | 8:30 | |
| 9:00 | Divine Design (Patti Barnes) /Grandma's House (Neal) CC | 9:00 | House Calls (John Lomacang) CC |
| 9:30 | Adventures in Missions CC | 9:30 | |
| 10:00 | Focus on God's Word CC | 10:00 | Free Indeed (C. A. Murray) CC |
| 10:30 | | 10:30 | Books of the Book CC |
| 11:00 | Inspirational Hour CC | 11:00 | Revelation of Hope (Taj Pacleb) CC |
| 11:30 | | 11:30 | |
| 12:00p | Melody From My Heart | 12:00p | Behold the Lamb Presents |
| 12:30 | Pressing in to His Presence (Shelley Quinn) CC | 12:30 | ...(Kenny Shelton) CC |
| 1:00 | A Sharper Focus (John Lomacang) L | 1:00 | Off the Grid CC |
| 1:30 | | 1:30 | Abundant Living (Curtis & Paula Eakins) CC |
| 2:00 | Body & Spirit CC | 2:00 | Action 4 Life (Casio Jones) CC |
| 2:30 | Tiny Tots for Jesus (Linda Johnson) CC | 2:30 | Heaven's Point of View (Frank Fournier) CC |
| 3:00 | 3ABN Today LIVE L | 3:00 | 3ABN Today CC |
| 3:30 | | 3:30 | |
| 4:00 | | 4:00 | Tiny Tots for Jesus (Linda Johnson) CC |
| 4:30 | | 4:30 | Kids Time (Brenda Walsh) CC |
| 5:00 | The Carter Report (John Carter) CC | 5:00 | Liberty Insider (Lincoln Steed) CC |
| 5:30 | | 5:30 | Help in Daily Living CC |
| 6:00 | Books of the Book CC | 6:00 | Grace Pipeline (Shelley Quinn) CC |
| 6:30 | Cook:30.2 (Jeremy Dixon) CC | 6:30 | Mission 360 (Gary Krause) CC |
| 7:00 | Jesus for Asia Now (Jon & Natalie Wood) | 7:00 | Celebrating Life in Recovery CC |
| 7:30 | The Heavens Declare (Jim Burr) CC | 7:30 | ...(Cheri Peters) |
| 8:00 | 3ABN Today | 8:00 | 3ABN Today CC |
| 8:30 | | 8:30 | |
| 9:00 | Table Talk CC | 9:00 | Pillars of Faith CC |
| 9:30 | | 9:30 | |
| 10:00 | It Is Written Canada (Chris Holland) CC | 10:00 | The Carter Report (John Carter) CC |
| 10:30 | Help in Daily Living CC | 10:30 | |
| 11:00 | 3ABN Today | 11:00 | 3ABN Today |
| 11:30 | | 11:30 | |
| 12:00a | Secrets Unsealed Presents... | 12:00a | ASI Conventions CC |
| 12:30 | ...(Stephen Bohr) | 12:30 | |
| 1:00 | GYC 2015 CC | 1:00 | Books of the Book CC |
| 1:30 | | 1:30 | Battles of Faith CC |

| CST | TUESDAY |
|--------|--|
| 2:00a | Optimize 4 Life CC |
| 2:30 | Descendants of Abraham (Shakeela Yasuf) CC |
| 3:00 | Melody From My Heart |
| 3:30 | Free Indeed (C. A. Murray) CC |
| 4:00 | House Calls (John Lomacang) CC |
| 4:30 | |
| 5:00 | Salvation in Symbols and Signs (Myers, Rafferty) CC |
| 5:30 | Cook:30.2 (Jeremy Dixon) CC |
| 6:00 | Body & Spirit Aerobics (Dick Nunez) CC |
| 6:30 | The Heavens Declare (Jim Burr) CC |
| 7:00 | Special Feature CC |
| 7:30 | |
| 8:00 | 3ABN Today LIVE |
| 8:30 | |
| 9:00 | |
| 9:30 | |
| 10:00 | Heaven's Point of View (Tom Shepherd) CC |
| 10:30 | Pressing in to His Presence (Shelley Quinn) CC |
| 11:00 | Featured Ministries CC |
| 11:30 | Books of the Book CC |
| 12:00p | Spring Camp Meeting 2016 CC |
| 12:30 | |
| 1:00 | Hope in Motion |
| 1:30 | Cook:30.2 (Jeremy Dixon) CC |
| 2:00 | Body & Spirit CC |
| 2:30 | Heart Lift (Jill Morikone) CC |
| 3:00 | 3ABN Today |
| 3:30 | |
| 4:00 | Tiny Tots for Jesus (Linda Johnson) CC |
| 4:30 | Kids Time (Brenda Walsh) CC |
| 5:00 | Kids Time Praise CC |
| 5:30 | Multitude of Counselors CC |
| 6:00 | House Calls (John Lomacang) CC |
| 6:30 | |
| 7:00 | Secrets Unsealed Presents... |
| 7:30 | ...(Stephen Bohr) |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | Behold the Lamb Presents CC |
| 9:30 | ...(Kenny Shelton) |
| 10:00 | Revelation Insights (Lyle Albrecht) CC |
| 10:30 | |
| 11:00 | 3ABN Today |
| 11:30 | |
| 12:00a | Heaven's Point of View (Hal Steenson) CC |
| 12:30 | Exalting His Word (Shelley Quinn) CC |
| 1:00 | Contending for the Faith (Clifford Goldstein) CC |
| 1:30 | Ultimate Prescription (Dr. James Marcum) CC |

| CST | WEDNESDAY |
|--------|--|
| 2:00a | Celebrating Life in Recovery CC |
| 2:30 | ...(Cheri Peters) |
| 3:00 | Revelation Insights (Lyle Albrecht) CC |
| 3:30 | |
| 4:00 | Digging Up the Past (David Down) CC |
| 4:30 | Thunder in the Holy Land (Charles Byrd) CC |
| 5:00 | White Horse Media Presents (Steve Wohlberg) CC |
| 5:30 | Adventures in Missions CC |
| 6:00 | Body & Spirit (Dick Nunez) CC |
| 6:30 | ASI Video Magazine (Dan Houghton) CC |
| 7:00 | Amazing Facts Presents... (Doug Batchelor) CC |
| 7:30 | Help in Daily Living CC |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | Remodeling Your Life (Jim Ayer) CC |
| 9:30 | Grandma's House (Neal) /Divine Design (Patti Barnes) CC |
| 10:00 | Melody From My Heart |
| 10:30 | Salvation in Symbols & Signs CC |
| 11:00 | Table Talk CC |
| 11:30 | |
| 12:00p | 3ABN On the Road CC |
| 12:30 | |
| 1:00 | Issues and Answers CC |
| 1:30 | Optimize 4 Life CC |
| 2:00 | Action 4 Life (Casio Jones) CC |
| 2:30 | Back to Our Roots (Alex Schlussler) CC |
| 3:00 | 3ABN Today |
| 3:30 | |
| 4:00 | Tiny Tots for Jesus (Linda Johnson) CC |
| 4:30 | Kids Time (Brenda Walsh) CC |
| 5:00 | Everlasting Gospel CC |
| 5:30 | |
| 6:00 | Revelation Speaks Peace CC |
| 6:30 | ...(Shawn Boonstra) |
| 7:00 | A Sharper Focus (John Lomacang) |
| 7:30 | |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | Amazing Facts Presents... (Doug Batchelor) CC |
| 9:30 | Books of the Book CC |
| 10:00 | It Is Written CC |
| 10:30 | Liberty Insider (Lincoln Steed) CC |
| 11:00 | 3ABN Today CC |
| 11:30 | |
| 12:00a | A Sharper Focus (John Lomacang) |
| 12:30 | |
| 1:00 | In the Footsteps of Paul (Tony Moore) CC |
| 1:30 | Take 15 / Divine Design (Patti Barnes) |

| CST | THURSDAY |
|--------|--|
| 2:00a | Books of the Book CC |
| 2:30 | Grace Pipeline (Shelley Quinn) CC |
| 3:00 | Up Close |
| 3:30 | |
| 4:00 | Remodeling Your Life (Jim Ayer) CC |
| 4:30 | Issues & Answers CC |
| 5:00 | Origins (Terry McComb) CC |
| 5:30 | |
| 6:00 | Body & Spirit Aerobics (Dick Nunez) CC |
| 6:30 | Jesus for Asia Now (Jon & Natalie Wood) CC |
| 7:00 | Homecoming 2015 CC |
| 7:30 | |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | GYC 2015 CC |
| 9:30 | |
| 10:00 | From Sickness to Health (Rico Hill) CC |
| 10:30 | Heart Lift (Jill Morikone) CC |
| 11:00 | Celebrating Life in Recovery |
| 11:30 | ...(Cheri Peters) CC |
| 12:00p | Ultimate Prescription (Dr. James Marcum) CC |
| 12:30 | Multitude of Counselors CC |
| 1:00 | Books of the Book CC |
| 1:30 | Taste of Paradise (Nyse Collins) CC |
| 2:00 | Body & Spirit (Dick Nunez) CC |
| 2:30 | Melody From My Heart |
| 3:00 | 3ABN Today |
| 3:30 | |
| 4:00 | Tiny Tots for Jesus (Linda Johnson) CC |
| 4:30 | Kids Time (Brenda Walsh) CC |
| 5:00 | Optimize 4 Life CC |
| 5:30 | Heaven's Point of View (Tom Shepherd) CC |
| 6:00 | The Carter Report (John Carter) CC |
| 6:30 | |
| 7:00 | Sabbath School Study Hour |
| 7:30 | |
| 8:00 | 3ABN Today LIVE |
| 8:30 | |
| 9:00 | |
| 9:30 | |
| 10:00 | Kenneth Cox Ministries CC |
| 10:30 | |
| 11:00 | 3ABN Today |
| 11:30 | |
| 12:00a | Table Talk CC |
| 12:30 | |
| 1:00 | 3ABN Today LIVE |
| 1:30 | |

| CST | FRIDAY |
|--------|--|
| 2:00a | 3ABN Today LIVE (continued) |
| 2:30 | |
| 3:00 | Revelation of Hope (Taj Pacleb) CC |
| 3:30 | |
| 4:00 | Liberty Insider (Lincoln Steed) CC |
| 4:30 | Battles of Faith CC |
| 5:00 | Sabbath School Study Hour CC |
| 5:30 | |
| 6:00 | Body & Spirit (Dick Nunez) CC |
| 6:30 | His Words Are Life (Mowrer)/Grandma's House (Neal) CC |
| 7:00 | Revelation Now (Jac Colon) CC |
| 7:30 | |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | Behold the Lamb Presents CC |
| 9:30 | ...(Kenny Shelton) |
| 10:00 | Health for a Lifetime (Don Mackintosh) CC |
| 10:30 | It Is Written Canada (Chris Holland) |
| 11:00 | Secrets Unsealed Presents... |
| 11:30 | ...(Stephen Bohr) CC |
| 12:00p | Revelation Speaks Peace CC |
| 12:30 | ...(Shawn Boonstra) |
| 1:00 | Remodeling Your Life (Jim Ayer) CC |
| 1:30 | Cook:30.2 (Jeremy Dixon) CC |
| 2:00 | Action 4 Life (Casio Jones) CC |
| 2:30 | Steps to Christ in Song CC |
| 3:00 | 3ABN Today |
| 3:30 | |
| 4:00 | Tiny Tots for Jesus (Linda Johnson) CC |
| 4:30 | Kids Time (Brenda Walsh) CC |
| 5:00 | Featured Ministries CC |
| 5:30 | Melody From My Heart CC |
| 6:00 | Jesus for Asia Now (Jon & Natalie Wood) CC |
| 6:30 | The Heavens Declare (Jim Burr) CC |
| 7:00 | Pillars of Faith |
| 7:30 | |
| 8:00 | 3ABN Today CC |
| 8:30 | |
| 9:00 | It is Written CC |
| 9:30 | Maranatha Mission Stories CC |
| 10:00 | Mission 360 (Gary Krause) CC |
| 10:30 | Hope in Motion |
| 11:00 | 3ABN Today |
| 11:30 | |
| 12:00a | A Sharper Focus (John Lomacang) |
| 12:30 | |
| 1:00 | Breath of Life (Carlton Byrd) CC |
| 1:30 | Thunder in the Holy Land (Charles Byrd) CC |

| CST | SATURDAY |
|--------|--|
| 2:00a | Praise! (Kelly Mowrer) |
| 2:30 | In the Footsteps of Paul (Tony Moore) CC |
| 3:00 | Give Me the Bible (Kenneth Cox) |
| 3:30 | |
| 4:00 | Focus on God's Word CC |
| 4:30 | |
| 5:00 | Breath of Life (Carlton Byrd) CC |
| 5:30 | Digging Up the Past (David Down) CC |
| 6:00 | It Is Written CC |
| 6:30 | Tiny Tots for Jesus (Linda Johnson) CC |
| 7:00 | Kids Time Praise CC |
| 7:30 | Kids Time (Brenda Walsh) |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | Sabbath School Study Hour CC |
| 9:30 | |
| 10:00 | Kenneth Cox Ministries CC |
| 10:30 | |
| 11:00 | Worship Hour CC |
| 11:30 | |
| 12:00p | Pillars of Faith CC |
| 12:30 | |
| 1:00 | New Perceptions (Dwight Nelson) CC |
| 1:30 | |
| 2:00 | Table Talk CC |
| 2:30 | |
| 3:00 | 3ABN Today CC |
| 3:30 | |
| 4:00 | Maranatha Mission Stories CC |
| 4:30 | Kids Time (Brenda Walsh) CC |
| 5:00 | Kids Time Praise |
| 5:30 | Tiny Tots for Jesus (Linda Johnson) CC |
| 6:00 | Laymen Ministries (Jeff Reich) CC |
| 6:30 | Salvation in Symbols and Signs (Myers, Rafferty) CC |
| 7:00 | Breath of Life (Carlton Byrd) CC |
| 7:30 | White Horse Media Presents (Steve Wohlberg) CC |
| 8:00 | 3ABN Today |
| 8:30 | |
| 9:00 | Spring Camp Meeting 2016 CC |
| 9:30 | |
| 10:00 | Grace Pipeline (Shelley Quinn) CC |
| 10:30 | Making Waves (Jim Ayer) CC |
| 11:00 | 3ABN Today |
| 11:30 | |
| 12:00a | Special Feature CC |
| 12:30 | |
| 1:00 | GYC 2014 CC |
| 1:30 | |

the Blessing is on the GO!

DANNY SHELTON

the Blessing is on the GO!

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Join thousands of young people who are heeding the call of Solomon to remember their Creator in their youth. See the good news of the judgment presented, and grow in understanding of God's plan of salvation!



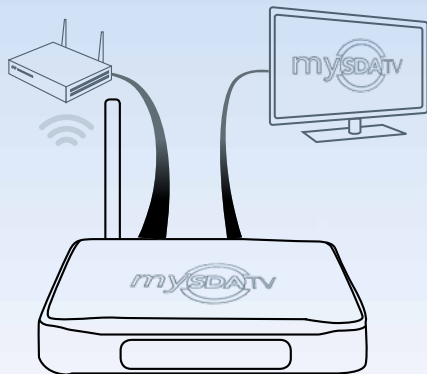
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Consider mySDATV—the marvelous new way to get each of 3ABN’s TV and radio channels, as well as all other Seventh-day Adventist programming anywhere in the world with just an Internet connection! The mySDATV box uses the latest technology to deliver high definition 3ABN TV channels without a computer or a satellite dish!

This inexpensive device comes in a variety of sizes, including a small one that plugs directly into your television and uses your Wi-Fi connection. Each device provides all of 3ABN’s channels, and an increasing number of Seventh-day Adventist networks. To put it simply, watching Seventh-day Adventist programming has never been easier.

Use the provided Ethernet cable to connect to your router, or connect with WiFi.



From the beginning, mySDATV has been committed to uniting all the Adventist television ministries onto a single Internet-based gateway—a portal for believers and non-believers who are seeking truth, as well as faith and family programming. There is no subscription or monthly fee for the programming, and the devices are small and inexpensive.

The mySDATV device comes in three models—two set-top boxes, and a small “dongle” version that literally fits in the palm of your hand. All models deliver the same number of channels, as well as the same video features and functions.

True to its name, all channels are Seventh-day Adventist based, so you don’t have to worry about giving it to a friend or a relative.

Since most people are short on time, mySDATV automatically records all of 3ABN’s TV channels all day long, so you can watch any programs on your schedule! Even better, now you can watch any program aired in the past 30 days—pausing, rewinding, or fast forwarding it, just like a DVD.

Found a program you want to keep or share with a friend? The three box models have USB ports where you can plug in a memory stick or an external hard drive and save it! You can also use those ports to play back your videos, look at your pictures, or listen to your favorite music files!

MULTIPLE LANGUAGES

Currently, we offer channels in English, Spanish, Portuguese, French, Russian, Korean, Arabic, and other South

Asian Languages. Free software updates will make even more languages available as they are added.

“I realize that 90 percent of those who are reading this article already can watch 3ABN,” says Moses Primo, 3ABN’s director of broadcasting and engineering, “but this is something you can give to someone you love. This gift will stay with them and minister to them 24/7. These boxes are small, but they carry a big message! Their size gets their curiosity, and helps them to watch the message we want to give.”

MySDATV is a family commitment Moses has made with his wife Adima, his son Moses, Jr., and the assistance of his dedicated board members. “This is all about God’s love,” he says, “and I’ve appreciated 3ABN’s cooperation and support of our non-profit ministry. Those who feel impressed to help us can make a tax-deductible donation, or purchase a box by calling or visiting our website.”

SPECIAL OFFER

Do you know someone who needs to hear the truths you hold dear? There’s no easier way to witness 24 hours a day than mySDATV. During the month of December 2016, while supplies last, purchase 5 boxes or more and receive a bonus mySDATV dongle model, *free of charge!*

To order visit: mySDATV.org. Questions? Call: 877-369-8560

The mySDATV devices are very easy to install. If you have questions, please call 618-627-2300 from 9:00 a.m. to 4:00 p.m. Central Time to speak with a knowledgeable support tech. Each device carries a 30-day money back guarantee, as well as a one-year warranty on parts and labor. Give a gift this season that’s worth eternity to someone. Give the three angels’ messages—and the hope of a soon-coming Savior. ☺

Your gateway to faith and family programming



\$99 M10 – Metal case, clock, USB, Ethernet, and A/V Out connections, external Wi-Fi antenna that works better if box is some distance from router. Takes 25 seconds to start viewing a channel.



\$89 M8 – Plastic case, USB and Ethernet connections, internal Wi-Fi antenna and A/V Out. It takes 30 seconds to start viewing a channel.



\$59 Dongle
Small device (slightly larger than a USB memory stick), hangs on the back of TV using HDMI input of TV, wireless remote (no Ethernet or A/V Out connections).



MY SPIRITUAL JOURNEY

by Bobby Davis

Roberta Rice shared a story recently that many of our viewers and listeners can relate to; and as she spoke with us, it was obvious she was overwhelmed with joy!

“I was born in Galveston, but raised in Montgomery, Texas,” she began. “And when I was a little girl, my parents moved to San Francisco, California, where my father found a job as a longshoreman, and my mother was a ‘Rosie the Riveter.’ Because they worked long hours, they decided to temporarily leave me back on the farm with my grandparents.

“My grandparents were Baptists,” she continues, “and over the years I heard many sermons on Creation. Even though they read the texts that said ‘Sabbath,’ it never occurred to me that the Bible meant Saturday, and it would be many years before I’d finally understand what God was saying!”

Roberta moved to the west coast and back several times before settling in San Pablo, California, at the age of thirteen. She began attending nearby Richmond High, but says her life changed dramatically when

she got married at age 15. “I was the first person to graduate from that high school with a child,” she says, “and when my husband joined the armed forces, I moved in with my in-laws and their children, who became like my siblings.

“After three-and-a-half years in Wiesbaden, Germany, my husband returned and we moved to San Francisco, where he began working on the waterfront. Twelve years later, I began college, and then went on to get my master’s degree.

“My first marriage didn’t work out, and I raised three sons by myself. I worked as a counselor for the Educational Opportunities Program and Services at Solano College in Fairfield, California, and then taught English as a Second Language (ESL) in Oakland, where I retired. I also made sure all my boys received bachelor’s degrees, and today, my eldest son Dorsie lives in Portland, Oregon, and my youngest son Ronald lives in Chandler, Arizona. Unfortunately, I lost my middle son Phillip in a car accident when he was just 44 years old.”

PHOTOS: WILIE SHAW/ANSE

Roberta expresses remorse when she thinks about how she didn’t provide her sons with religious training. “Although I was raised in church, I was baptized at the age of five, and never really felt as if it was my choice. So when I became a mother, I didn’t train them in the ways of the Lord, and today, I feel badly that my children didn’t get a good foundation—except from my son who passed away. He’d walk to the nearby Unitarian church every Sunday with his little Bible, and basically, he educated himself.

“During my second marriage, when my children were away at college, my second husband and I found a house across the street from a church. We wanted that house so badly, that I promised, *Lord, if you allow us to get this house, I’ll go to church again!* So after we got the house, I made good on my promise. My husband and I weren’t evenly yoked, and that marriage didn’t last. When my oldest told me he was an atheist, I understood that all this had affected him—and I still see it with my youngest, and my grandchildren.”

WHAT SHE PRAYED FOR

In 2014, Roberta had just finished retraining for medical billing and coding when she suffered three mini-strokes. “Those strokes made me ‘inbound,’” she explains, “and while convalescing, I began setting rational goals of what I could do with my life. I also prayed that God would

allow me to have a true understanding of the Bible, so I could discuss it with others. You see, I hadn’t memorized Bible verses growing up, and I needed His help to recall them to support various topics.

“Three days after I prayed, I wanted some music while I wrote some letters. So I turned on Dish Network and dialed in what I thought was a music channel. Suddenly,

“[Roberta] found the church that teaches the Bible, and she was so happy to know she was in a church family that followed Jesus’ teachings.”

I came across a TV station I’d never seen—3 A B N, on channel 9393. I could tell it

was a religious station, and thought, *I don’t know if I want to watch this or not.* But just then, the Holy Spirit whispered to me, *Listen a little bit and see what they’re talking about.*

“As I watched, I suddenly realized this was just *exactly what I wanted*, so I kept watching. I had no idea what 3ABN was, and I wasn’t familiar with the Seventh-day Adventist teachings; but as Ranko Stefanovic spoke about Revelation, I suddenly realized this was what I’d prayed for! Then, Terry McComb came on with *Origins: The First Week in Time*, speaking about the days of Creation and the seventh-day



Programs like the one Roberta watched: *Origins: The First Week In Time* with host Terry McComb are available for purchase on our website **3ABNstore.com**. These programs make great witnessing gifts.

Sabbath. It made perfect sense! Now, I had the beginning, *and* the end—and I was excited! It seemed like somehow, every issue I had was explained on 3ABN. When the question came up, it was there for me.”

Although most of her friends weren’t receptive to these new truths, Roberta was determined. “I began taking notes, and now I’m on my third composition book!” she says. “When I talk to those who will listen, I have my Bible texts written down; but I want to get to the point where I can go without notes.”

A couple of Bible verses have really given her strength, lately. “The first one is 1 Corinthians 10:13, ‘No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.’ That’s the verse I rely on when I’m tempted by a donut, or a snack!” she says. “Another one is Ephesians 6:10, that says, ‘Finally, my brethren, be strong in the Lord and in the power of His might.’ God is helping me to remember these wonderful verses now, and that’s really a miracle, since those strokes make it hard on my memory!”

INTO ACTION

Roberta didn’t watch 3ABN for long before she took action. “A week later, I called 3ABN to see if there was a Seventh-day Adventist church here in Mesa, Arizona,” she says. “They gave my name to the Mesa Palms Seventh-day Adventist Church, and soon Arlene Beck and Sharon Higginbotham called to ask if I’d like to have someone study the Bible with me.

I agreed, and began taking the Amazing Facts lessons. I learned so much, and my knowledge of the Bible became far better than I’d ever had. When Pastor Darnall came to see me, that was quite impressive, so I told him I wanted to join the church!”

Pastor Terry Darnall was delighted. “Roberta joined our Mesa Palms Seventh-day Adventist Church after studying



Pastor Terry Darnall was delighted when Roberta decided to be baptized and joined his church.

with two of our church members, Michael Battle and Carol Crider,” he says. “We set May 28 of this year as her baptismal date, and when she came out of the water, she was smiling from ear to ear! She’d found the church that teaches the Bible, and she was so happy to know she was in a church family that followed Jesus’ teachings. Now she has many new brothers and sisters in Christ who care for and nurture her. Roberta is a wonderful addition to our church family, and tells everyone she meets—both friends and relatives—how happy she is to be a Seventh-day Adventist. We praise the Lord for her, and the blessing she is to our church!”

Roberta says she’s grateful for the friends who studied with her, and for Janice



Roberta’s special friends (L to R): Leona Kuhn, Michael Battle, Carol Crider, and Sharon Higginbotham.

Ketchum and Leona Kuhn, who’ve made sure she gets to church each week.

After her baptism, she felt impressed to get more involved. “I’d say to myself, *I don’t know what my gifts are*—until I watched Jill Morikone on 3ABN. Then I thought, *Yes, I can hand out those little gospel tracts when I go to my doctor’s appointments!*

“A few weeks ago, my pastor asked, ‘Who all knows they’re going to Heaven?’ and I didn’t raise my hand, because I wasn’t sure. Then, just this week, I heard Shelley Quinn talking about God’s grace, and justification and sanctification became so much clearer!

“Now I know that I can be secure about my salvation—because I’m a work in progress. I’ll still make mistakes. But if I stay with Jesus Christ and acknowledge my sins, I’ll become more and more like

Him. I am His temple, and His Spirit lives in me. That’s wonderful to know, and it brings me peace.

“I wasted so much time,” Roberta continues, “and then I felt useless because I couldn’t quote Scripture from memory. But as I listen to 3ABN, I realize we’ve all been given a gift. Even though I’m ‘inbound,’ I know I must evangelize, and God will give me a clearer approach. He’s already instilled in me that it doesn’t matter how much I know about Scripture; He’ll put words in my mouth when the time comes!

“Right now, I’m focusing on my neighbor. We pray together at least three times a week over the phone, and she says that when I pray with her, it’s very comforting!

“I also pray for my children, grandchildren and great-grandchildren who live in different states, since I can’t directly participate in their lives. However, I’m blessed that my oldest son now says he believes in God. I almost dropped the phone when he said that! He went from being an atheist to a believer, and now he says, ‘My God has blessed me over and over again, and I know now through my experience, whereas before, I was leaning on my reasoning.’ I pray for all my descendants, that they will come to know Jesus Christ and will be covered with His blood.” ☺

VISIT US!

If you’re in the Mesa, Arizona area, please plan to visit the Mesa Palms Seventh-day Adventist Church at 6263 East Thomas Road. And when you do, please be sure to say hello to Roberta and Pastor Darnall. They’ll be thrilled to meet you!



PHOTO: JOHN MINICK

SWANNANOVA

by Jill Morikone



Jill and Greg Morikone joined part of the Carolina Conference ministry team at Swannanoa. (L to R): April Stevenson, Jim Wetmore, Nicole Stalings, and Letitia Bell.

I had just put the toothbrush in my mouth when the phone rang. *That must be Jim. I wonder if the prison will let us in today.*

“Good morning, Jim!”

“Great news, Jill. I just called the prison and they will let us in today.”

“Praise God!” *We’re going in.*

Greg and I had just spent a wonderful Sabbath at the Arden Seventh-day Adventist Church in North Carolina. Jim Wetmore, Carolina Conference Prison Ministries Coordinator, had invited us for their prison ministry Sabbath. However, the prisons were put on lockdown, and the night before Greg hadn’t been allowed to go into the men’s facility. Somehow, though, God had just opened the women’s prison, because we were going in!

I sat down at the desk to review my notes, but an uneasy feeling settled in my stomach. *Something isn’t right about this topic, but what? I prayed about, so why should I change it now?*

The unsettled feeling remained. For whatever reason, I felt like I was supposed to change the topic. I jotted a couple of notes down on a piece of paper and stuck it in my Bible, for it was time to leave.

I sat down at the desk to review my notes, but an uneasy feeling settled in my stomach. Something isn’t right about the topic. But what?

Driving through the mountains of Asheville, I prayed, *God, You know I do jail ministry, but this is a prison. And You know I’m not very prepared with the topic. Why did I have to change it anyway?*

TOO LATE TO CHANGE

Suddenly, the prison was before us. A fence enclosed several buildings and acres of grass. Beautiful mountains ranged about. A blue sign hung over the entrance: Swannanoa Correctional Center for Women.

The air felt chilly as I hurried into the building. After going through the metal detector and signing in, one of the guards took us by golf cart to the prison chapel.

I stood at the entrance to the chapel as the women began to come. Individually and in groups, they walked across the lawn. Many different women, many different backgrounds, but all eager to come to church.

We sang, “The Old Rugged Cross” and “I’ll Fly Away.” Some stood in worship, some raised their hands in praise, while others clapped in rhythm. Each worshipping in her own way.

Suddenly, it was my turn. I grabbed my notes and walked to the lectern. *Am I really supposed to do this new topic?* It was too late to change now, so I began to speak. About taking God at His Word and walking by faith instead of our feelings.

WHAT IF?

At the end of the service, the women came forward to talk and share. Two of them hung around, while the others talked. They’d sat on the front row and cried during the service. When everyone had gone, they came over and hugged me tightly.

They’d experienced such pain the day before, and had many questions about their Christian walk. One of them smiled, “And then you started talking this morning, about the very issue we were struggling with yesterday. I wanted you to know, what you spoke was just for me!”

So that was why God wanted me to change the topic this morning. It had nothing to do with me, or what I felt. He had heard my sister’s heart’s cry, had seen her tears, and worked to bring her healing.

What if I had refused to listen? How many other times have I turned my back on His advice, stumbling blindly ahead on my own, thinking I knew best?

We said our goodbyes, and headed back toward the parking lot. *Thank You, Father, for showing up this morning! Help me never to get so stubborn that I neglect to hear and obey the voice of Your Spirit!* ☺



Jill Morikone is the administrative assistant to 3ABN’s president, a columnist for the *Adventist Review*, and involved in teaching Sabbath School and women’s ministries. She’s married to 3ABN production manager, Greg Morikone.

PHOTO SUPPLIED

Stuffed Gluten Roast

From the kitchen of **The Micheff Sisters**

Stuffing

- 1 ½ cup sweet onion, finely chopped
- 1 ¾ cup celery, finely diced
- 2 cloves fresh garlic, minced
- 3 cups portabella mushrooms (or your favorite mushrooms), coarsely chopped
- 2 Tbsp extra virgin olive oil
- 4 cups stuffing mix
- 1/4 cup soy margarine, melted
- 1 cup water
- 1 Tbsp McKay's Chicken Style Seasoning

Directions:

Sauté the first 4 ingredients until the onion is clear and the celery is soft. Pour into a large mixing bowl and add the stuffing mix and stir to combine. Pour the water into a separate bowl, then stir in the melted soy margarine and McKay's seasoning. Add to the vegetable mixture. Stir well to combine. Set aside.

Yields: 6 cups

Gluten Roast

In a blender or food processor, place:

- 3 cloves fresh garlic
- 1 ½ cups canned pinto beans, drained and rinsed
- 2 cups vegetable broth
- 3 Tbsp Bragg Liquid Aminos
- 2 Tbsp extra virgin olive oil

Blend until smooth and set aside.

In a large bowl, place:

- 2 cups vital wheat gluten
- ½ cup wholewheat flour
- ½ cup nutritional yeast flakes
- 2 tsp VegeSal (or other all-purpose vegetable seasoning)

Stir to combine and then add the contents in the food processor. Stir until a soft dough forms and then gently knead with your hands until everything is well incorporated.

Directions:

Preheat oven to 350° F. Put two large pieces of tin foil on a flat surface, making sure the pieces overlap. Place the gluten in the middle of the foil and begin to smooth it out to approximately a 17 x 14-inch rectangle. Spread the stuffing mixture evenly over the gluten, and then begin to gently roll until a log is formed. Gently push together until the log is about 13 inches long. Roll up the foil around it, making sure the ends are folded tightly. Place on a baking sheet and bake for 90 minutes, making sure to turn the roll every 20 minutes for even cooking. Remove from oven and allow to cool. At this point the roast may be stored in the refrigerator for 2-3 days until ready to serve. A couple of hours before serving, wrap the roast in puff pastry and bake according to the directions on the puff pastry box, or until golden brown. Transfer to serving dish, slice, and serve with your favorite gravy.



the Micheff Sisters

The Micheff family is known for their love of cooking and it all started with our mom, who taught all five of her children to cook. We especially like to make our holiday meals extra festive, so each year we serve a new entrée, in addition to our usual family favorites. This gluten roast not only looks elegant, but tastes delicious, too—and you'll be surprised at just how easy it is to make!

PHOTO: NICOLE WARREN



There's not a day that goes by when I do not feel some type of muscle pain, since muscles help our bodies move. We control our voluntary muscles, and they help us move from place to place, or accomplish a task. On the other hand, our involuntary muscles perform their roles without us giving them any thought. The heart is one such specialized muscle tissue.

The medical term for muscle pain is *myalgia*, and by far, the most common type of muscle pain is related to trauma. Pain may come as the result of too much exercise, a bump, a fall, or even too much life stress, which causes the muscles to become tense. These types of myalgias are usually localized and self-limiting. With a little rest and immobilization the muscle heals on its own.

Pain throughout the entire body may be secondary to an infection. Viral infections frequently cause diffused myalgias. Pain in a muscle group occurring only

Pain may come as the result of too much exercise, a bump, a fall, or even too much life stress, which causes the muscles to become tense.

MUSCLE PAIN

by Dr. James Marcum



when that muscle is exerted may be from a poor blood supply. Medications including the class of medications called statins, as well as vaccinations, may also cause muscle aches. Hypothyroidism (low thyroid), and electrolyte deficiencies (low potassium, calcium or magnesium) can cause muscle pains. Certain immune diseases like lupus, polymyalgia rheumatica, polymyositis, and fibromyalgia also may cause muscle pains. Muscle pain associated with dehydration or muscle pain associated with shortness of breath is a more concerning problem.

Here are the three most common questions I receive regarding muscle pain:

What should I do if I have muscle pain?

1. Rest
2. Make sure the muscle has water and the proper electrolytes needed to function
3. Icing the area for two or three days may help the trauma
4. Massaging the area
5. Swimming may help relax the muscles
6. A short course of over-the-counter pain medication may help
7. If inflammation is causing the pain, ginger, turmeric, or omega-3's may help
8. Heat may help certain types of muscle pain, as well. I have seen muscle pain associated with nerve problems supplying the muscle respond to heat
9. Treat the cause, if possible



When should I see my provider?

1. Pain doesn't go away
2. Pain and a rash
3. Pain and a tick bite
4. Pain and persistent swelling
5. Pain after a medication change
6. Pain associated with dehydration or shortness of breath

How do I prevent muscle problems?

1. Hydrate – muscles are predominantly water
2. Greens and beans – electrolytes needed for muscle function
3. Stretching and warming up – dynamic stretches work better than static stretches
4. Stress-reducing activities – a stressful life causes muscles to contract
5. Don't sit in the same position too long – the National Institute of Health suggests moving the parts every hour
6. Work on good/correct posture – this keeps the muscles in the correct position
7. Daily exercise

I hope you are not having muscle pains, but if you are, the above information may help. Remember to praise God, for you are fearfully and wonderfully made. If you have more specific questions about muscle pain, visit heartwiseministries.org and I will try to point you in the right direction. ☺

James L. Marcum M.D. FACC is a board certified, practicing cardiologist who also serves as speaker/director for Heartwise Ministries. His latest books, *Medicines that Kill*, and *Ultimate Prescription*, are available from 3ABN.



www.heartwiseministries.org

PLACIDE CAPPEAU, 1847; LYRICS BY JOHN S. DWIGHT

ADOLPH ADAM, ARR. BY G. B. H.



1. Oh, ho - ly night, the stars are bright - ly shin - ing; It is the night of the dear Sav - ior's birth!
 2. Led by the light of faith se - renely beam - ing, With glow - ing hearts by His cri - dle we stand.
 3. The night us to love one a - noth - er; His law is love and His Gos - pel is peace.

CANTIQUE DE NOËL

by Xenia Capote

After a Christmas concert a few years back, my friend and I talked about one of my favorite carols. “Does God use non-believers to accomplish His purpose in the world?” she asked. My first response was no. But the more I pondered her question and the story of Jesus’ birth, the more I realized that everyone is God’s creation, and that He can use His creation to do His bidding. The Bible says in Luke 19:40 that even the stones will cry out if we fail to proclaim His name.



Xenia Capote finds great comfort in music, especially the lyrics. She works in 3ABN’s Accounting Department and is also a frequent guest on 3ABN Latino’s family worship television programs.

Because the people of Israel were not expecting their Messiah to be born in a manger, God used the Wise Men from the east to announce his arrival, in Matthew 2. These men saw a star in the sky and studied to find out its meaning. They came to the conclusion that Jewish prophecies

indicated it was time for the King of the Jews to be born.

Even before that, God had used Caesar Augustus to send out a decree that everyone must return to their birthplace to be counted in the census, so Mary would give birth to Jesus in Bethlehem, as prophesied in the book of Isaiah.

“But what does God using unbelievers have to do with a Christmas carol?” I asked, and my friend began to tell me the story behind, “O Holy Night.”

Cantique de Noël

“In 1847, a priest commissioned the part-time poet member of the socialist movement, Placide Cappeau, to write something special for the Christmas Eve midnight mass in the town of Roque-maure, France,” she began. “On his way to Paris, Cappeau thought of the Christmas story in Luke 2, and since he was a poet, he imagined how it might have been to be there that night, long ago.

“Placide named his work *Minuit Chrétiens*, nevertheless once he read

the poem, he knew it had to be put to music. He immediately contacted his famous Jewish composer friend, Adolphe Charles Adams, who composed a beautiful melody. ‘*Cantique de Noël*,’ as it became known, was a success—so much so that it became the first Christmas carol ever broadcast on radio, in 1906.”

Once the Catholic Church found out about its origins, it deemed the carol unfit for religious services. However, their effort to ban it did not succeed, and to this day, “O Holy Night” is sung in many languages around the world, transporting us to that night when baby Jesus was born, and when angels announced His birth. We fall on our knees and praise God for His gift. ☺

O Holy night, the stars are brightly shining

It is the night of our dear Savior’s birth

Long lay the world in sin and error pining

’Til He appeared and the soul felt its worth

A thrill of hope the weary world rejoices

For yonder breaks a new and glorious morn

Fall on your knees O hear the angel voices

O night divine! O night when Christ was born

O night divine! O night, O night divine!

“But what does God using unbelievers have to do with a Christmas carol?” I asked... and she began to tell me the story.

JOY BEHIND THE WALLS

by Grace Yost

Christians everywhere need to read the short book of Jude, which precedes Revelation, the last book in the Bible. It teaches us how to maintain our life with God, and a young inmate had to remind me of that fact. False teachings are prevalent today, just as they were when Jude wrote his letter. We must be on guard, as heresy and false teachings that began in the first century continue to this very day. Early Christians were often taught they could do whatever they wanted without fear of God's punishment, and even today, that theory still exists. Have you considered the value of God's Word?

I don't believe you can read Jude and not determine to stand firm in your faith, and defend God's truth at all costs. Just listen to these verses:

"But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life." Jude 20-21.

"Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy, to God our Savior, Who alone is wise, be glory and majesty, dominion and power, both now and forever. Amen." Jude 24-25.

JOY AND A PRAYER

The message began with, "Hello, my name is Adrian* and I am asking for a New King James Version of the Bible. If possible, would you send me one? I would cherish it."

He ended his letter with the following words, which touched me deeply, so I would like to share a portion of his letter with you:

"Joy inside these prison walls... I never thought I could be grateful for this time in here and say it is for my good, but it is my Father's plan to use this just that way; so much has He done as I seek His holy face. The world is not my home and neither is this place; but I know I can bear it by God's sufficient grace. The time that I am in prison, however long that may be, will find me faithful to Him; His loving Spirit leads me from overwhelming grief. Sorrow cannot weigh me down, nor condemnation wear me out; loneliness cannot bring despair as God's Holy Spirit dispels all doubt."

The young man who shared this message has now been released, and I will look forward to seeing him in the heavenly kingdom.

Recently, another inmate I've corresponded with for a considerable length of time shared a prayer he often prays:

"Lord, make me a beacon of joy to shine forth to everyone I see. Let them see the difference in my life that comes solely from You. Amen."

I AM BLESSED

While my desire is to minister to the inmates with whom I correspond, I often find that I am ministered to, as I read their heartfelt letters.

Nehemiah 8:10 reminds us, "Do not sorrow, for the joy of the Lord is your strength." When we are able to interact with others with joy in our very countenance, we are strengthened spiritually, and filled with even more joy. As we honor God, let us allow Him to fill us with His joy. Let's praise God together with the glorious benediction of praise found in Jude 24-25! ☺

*A pseudonym.



Grace Yost is a full time volunteer. She is an integral part of our pastoral team and is fulfilling a childhood desire to work for the Lord. She and her husband Don moved here from Florida in 2003.



The Battle is the Lord's

Based on Joshua 5 and 6

by Dr. R. Dean Davis

The children of Israel now face Jericho, their first major obstacle in the conquest of Canaan. Joshua is near the city when a Man appears with a drawn sword. When asked if He's for Israel or against them, the Man's answer is that He is the Commander of the Lord's army. He tells Joshua to take off his sandals because he's standing on holy ground—indicating that He's Divine. Then He gives him instruction on how to conquer this impregnable city. The soldiers are to march around Jericho once a day for six days without speaking a word, and on the seventh day, they are to march seven times in silence.



Dr. R. Dean Davis is a retired theology professor who writes from South Lancaster, Massachusetts. His son, Bobby Davis, is the managing editor for 3ABN World.

Warriors lead the procession, followed by seven priests with ram's horn trumpets. The Ark of the Covenant comes next, carried by priests in special vestments. The remaining soldiers march behind them, each under their tribe's standard. Six days they march once around the city, the sound of their

feet occasionally pierced by the blasts from the trumpets. On the seventh day, they march seven times,* and at the end of their seventh circuit, the trumpets blare and Joshua commands them to shout.

The walls fall flat, and the soldiers invade the city, killing both humans and animals, and setting fire to everything! However, they spare Rahab, the prostitute, and her family. Later, she marries Salmon, a prince of Judah, and becomes the mother of Boaz, an ancestor of Christ.

The conquest of Canaan parallels our struggles with sin. In Exodus 23:20–23, the Lord makes it clear that His Angel—the Man Joshua met with the drawn sword—is the One who will fight every battle, and drive out the enemy. To illustrate this dramatically, He says He “will send hornets before you, which shall drive out the Hivite, the Canaanite, and the Hittite.” Exodus 23:28.

In the same way, our will must be surrendered, and the fight must be left to the Commander of Heaven. When He fights our battles, the strongholds of sin crumble.

The fight must be left to the Commander of Heaven.
When He fights our battles, the strongholds of sin crumble.

Ruthless and Uncaring?

Most of us have an immediate problem with the fact that Israel is to totally destroy every living creature—men, women, children, and beasts. Why would God destroy “innocents?” Is He suddenly heartless and ruthless?

The genealogy of Genesis 4 sheds light on this. When Cain's wickedness was established, his descendants followed his lead. By Noah's time, “the Lord saw the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually.” The Lord was sorry that He'd made man, and was grieved in His heart. So the Lord said, “I will destroy man whom I have created from the face of the earth, both man and beast, creeping thing and birds of the air, for I am sorry that I have made them.” Genesis 6:5–7. However, God's love for fallen man is so great that He extends grace to them *for another 120 years!*

Long before Jericho, the Lord tells Abraham that “the iniquity of the

Amorites [a general term for Canaanites] is not yet complete” (Genesis 15:16), then strives with them for *another four centuries!* Finally, when Israel's ready to move into Canaan, the Amorites' probation is complete. They've proved they won't change, and God commands their complete destruction. However, this *does not* mean that righteous ones won't be saved. Rahab proves this, and because of her family's belief in God, they become part of His people.

Cleansing Canaan

Canaan is to be the Lord's sanctuary, where He dwells with His people. In cleansing the land, the wicked become their own sin offerings—like Nadab and Abihu. As fire burns the sacrifices in the sanctuary for cleansing, so fire cleanses the sanctuary of Canaan. The Lord and His people can now dwell together in the Promised Land. ☺

*The number seven used repeatedly in this story clearly indicates this is the Lord's battle



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Letters and other materials sent to 3ABN November be used in whole or in part, and edited for content, grammar, and readability, unless otherwise requested.

Via e-mail to our 3ABN Radio staff: “I love your 3ABN Radio station; and from what I heard of your 3ABN Australia Radio, I love that one, too. You have been a huge blessing to me. I appreciate all you do for the furtherance of the everlasting gospel of Jesus Christ. Keep up the good work and may we all be found in Christ when He returns in glory.”

New York, New York: “I have been blessed by all your programs. They’ve led me to know Christ—the true Jesus Christ of the Bible. My faith has been renewed, and I have been born again. Thank you!”

Pontiac, Illinois: “I’m getting better at being alone since my husband passed away two-and-a-half years ago. I couldn’t have done it without all of you—and God, of course! I know I’m never alone with Him! Whenever I’m feeling down or anxious, I play Danny’s CD, *Don’t Give Up*. By the time I finish listening to it, all my cares and problems just seem to vanish. It is such an inspiration to me. Thank God for 3ABN. It’s on all the time in my house. God bless all of you.”

Via e-mail to our 3ABN Latino staff: “I really love 3ABN Latino, and I’m sure that God is guiding you with His Holy Spirit to finish the preaching of the gospel to all the world, because Jesus wants us to be

with Him. I’m 83 years old and a widow. My husband sleeps in the Lord, and when the final trumpet sounds, he will be raised with all the saints through the ages. Pray for me, and I will keep praying for you.”

Salinas, California: “I started watching 3ABN in 2011, and I have learned more about my Lord through you. I get real upset if I don’t get the signal, and I start to pray, and there you are, again. Please keep 3ABN Proclaim! on the air. I just love it! I will keep praying for you.”

Shillong, Meghalaya, India: “I just want to say how much I love you all. If it were not for 3ABN, my elder sister and I would not be baptized Seventh-day Adventists. We were baptized on November 22, 2014. Thank you very much, and may God continue to bless each and every one of you abundantly.”

Worcester, Massachusetts to our 3ABN Radio staff: “I had let the love that brought me to God 40 years ago grow lukewarm, but in February 2015, my husband tuned into 3ABN Radio on his phone. I was playing games on mine, and the song, “I Came To the Lord” was playing. The Holy Spirit touched my heart, and I asked Jesus for forgiveness for letting the world interfere with my relationship with Him. As the Holy Spirit worked on my heart, I made

the decision to remove cable from my home. We only watch Christian programming now. I thank God for 3ABN and the supporting ministries of the Seventh-day Adventist Church that help to bring the eternal gospel to the world.”

Leander, Texas: “My husband and I received such a blessing from the book about Sabbath keeping, called, *What’s the Big Deal?* We are firmly convinced in our minds now. The book fully examined the details as they are, without tearing down any other church. We thank you immensely.”

Madison, Wisconsin: “We had a tornado in July 2014, here in Madison. Up until that day, we’d never had 3ABN—never even heard of you. The next day after the tornado—voilà! Now we receive 3ABN on channel 23, and we’ve never lost you since. God’s mysterious, awesome ways!”

From a prisoner in Spassk-Dalny, Primorsky Krai, Russia, to our 3ABN Russia staff: “I am happy to study your New Life Bible course. I’ve already finished four of the six lessons.

Currently I am in a jail and I can’t watch your programs on TV, but in 10 months, I will be released and I want to have a family, based on biblical principles. Please send me literature on family relations in the light of the Bible.”

Via e-mail: “I want to give praise to God for your Friday Night Family Worship. I look forward to this every week. I live alone, and it is so good to join in worship with the group. I make sure I’m ready with my Bible and hymnal for worship. It has been a blessing to know about this service. I encourage others to tune in for worship on Friday nights, so they may receive a blessing, also. May God continue to bless 3ABN.”

Via e-mail: “I have learned so much from your telecast and magazine. I believe that I turned to drugs and alcohol because of years of sinful lifestyle. I’ve stayed clean and sober for 11 years now, and I’m coming up on 12 years in November. I love your programming, and I am learning the Bible!”

“What is this you have in your hand?”

If you’d like to donate something, please contact Bruce or Tammy Chance at (618) 627-4651, or e-mail tammy.chance@3abn.org. All gifts are U.S. tax-deductible.

Although we appreciate your support, please call us before you ship anything, since we cannot accept afghans, clothing, and old hymnals, sheet music, and many other items. Thank you for your generosity!

Another way to support 3ABN—our eBay® store: giftshop.3abn.org

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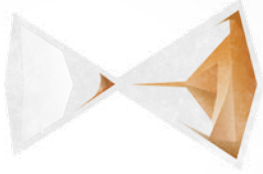


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What does this all mean
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