

February 2019

Visit us online at 3ABN.tv

3ABN WORLD MAGAZINE



19
Years of
Broadcasting!

3ABN | radio
network

3ABN RADIO'S ANNIVERSARY
PG 4

**FOLLOWING
THE HOLY SPIRIT**

Jabe's Story Continues

PG 12

REKINDLING EVANGELISM

3ABN Latino Spreads the Gospel

PG 6

INSIDE: RECIPE FOR CAROB CHIA SEED PUDDING!

NEWS & EVENTS

4 *19 Years of Broadcasting!*
3ABN Radio's Anniversary

NETWORK FEATURE

6 *Rekindling Evangelism*
3ABN Latino Spreads the Gospel

8 **3ABN TV SCHEDULE**

CHANGED LIVES

12 *Following the Holy Spirit*
3ABN Ministers to Prisoners

HOW CAN I HELP?

14 *Illuminating the World for His Glory*
The Blessing Is on the "GO!"

3ABN RECIPES

15 *Carob Chia Seed Pudding*
Melody Caviness



Vol. 14 #162
FEBRUARY 2019

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

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

Subscriptions & Feedback

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

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

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

By email: 3abnworld@3abn.org or online at 3ABN.tv

Copyright © 2018, Three Angels Broadcasting Network, Inc. Three Angels Broadcasting Network (3ABN) is a 501(c)(3) nonprofit company. 3ABN is not owned by any person or organization, but is governed, instead, by a board of directors who work very hard behind the scenes to ensure we stay true to our mission and reach people of all cultures and backgrounds. The biblical truths presented on 3ABN are consistent with the teachings of the Seventh-day Adventist Church. All donations are tax-deductible in the United States. Scripture is taken from the New King James Version® unless otherwise noted. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. Cover Image: Svetlana Christian

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

PRESIDENT'S LETTER | Danny Shelton



Dear 3ABN Family,

Praise the Lord for His continued blessings! There are things happening here in the United States and around the world that point to His soon return! We are divided as a nation, and even in the Church, but the Spirit of Prophecy assures us that God's Church will go through.

We at 3ABN have designated 2019 as the Year of Prayer. We believe that we cannot make it on our own, but with Christ at the helm, we will make it through the great time of trouble fast approaching. The devil is angry because he knows his time is short on planet earth. John 10:10 says, "The thief cometh not, but for to steal, kill, and destroy," but Jesus says, "I am come that they might have life, and that they might have it more abundantly." Praise the Lord!

We have been given a solemn responsibility, as a Church and a people, to give the undiluted three angels' messages, one that will counteract the counterfeit, to a lost and dying world. It's an end time message for an end times people. Thank you for joining hands with 3ABN as we continue to proclaim the good news all around the world to hundreds of millions of homes through television, radio, and the Internet. We couldn't do it without you, our friends, prayer partners, and financial supporters!

"You have no idea how amazing this book has been to me.... This is what I've been praying for."

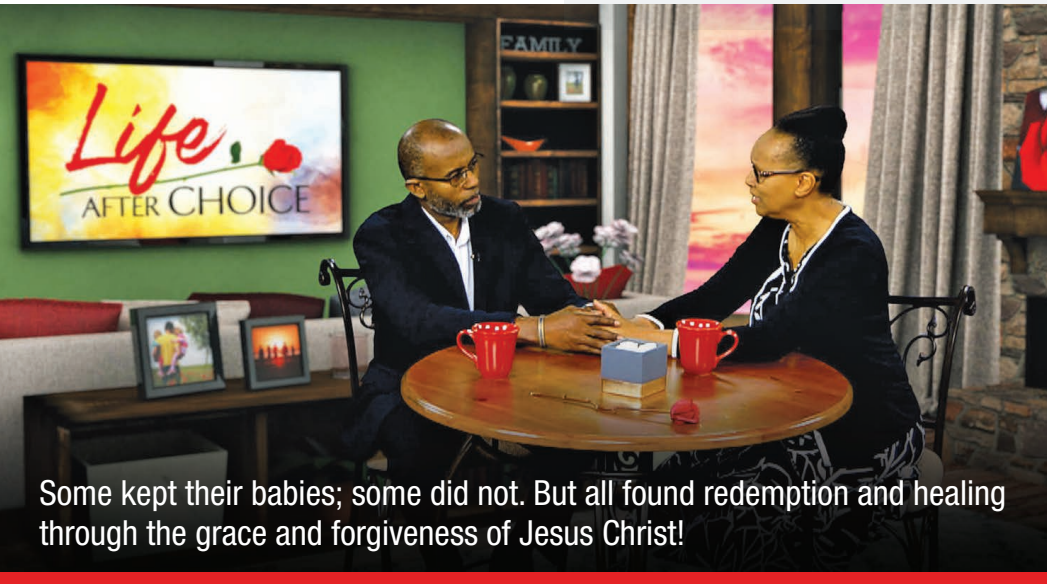
As many of you know, with your help, we recently sent 1,000,000 copies of the *The Ten Commandments Twice Removed* book to Alabama and many other states, and we've received so many great responses. Here is just one: "Hi Danny, you have no idea how amazing this book has been for me. I know it was God working through you guys to get it to me. You are speaking so much of His truth and it has been the most amazing and refreshing thing for me! I am so glad you shared all of this information and I will definitely be tuning in. I cry tears of joy reading the words in this book. It is everything I believed to be true but this is just the proof I needed to fully accept this truth, to fully love His law, to fully know my God, and to be able to share with proper knowledge and wisdom. This is what I have been praying for."

I don't know about you, but letters like this still bring tears of joy to my eyes after 34 years of ministry. There are people just like this all around the world that are praying that God will use someone to reach them with the truth.

Again, thank you for your prayers and financial support of 3ABN!

Danny Shelton

Danny Shelton
3ABN Founder/President

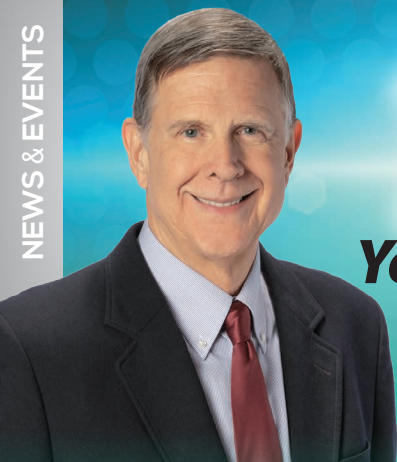


Some kept their babies; some did not. But all found redemption and healing through the grace and forgiveness of Jesus Christ!

WATCH ON 3ABN.TV

WEDNESDAYS 6:00 P.M., THURSDAYS 1:30 A.M.

FRIDAYS 10:30 A.M. CST (UTC-6)



19

3ABN radio network

Years of Broadcasting!

3ABN RADIO'S ANNIVERSARY

by Nikki Anderson

Nineteen years? How can that be? Wasn't it just yesterday that I came to 3ABN Radio? I guess time really does fly when you're having fun. This month 3ABN Radio is celebrating its nineteenth anniversary. Jay Christian, our general manager, has been here the longest at 19 years. He came during the building stage as production manager. I'm next at 18 years, and started as the receptionist. Mike Babb is third longest at 17 years, and is our engineer, followed by Angela Lomacang who started as a production assistant in the fall of 2003. Finally, there's Kevin Poling, the youngster, at six years who also is a production assistant.



Theresa Boote came from Canada to be our first operations manager.

Theresa Boote was our first operations manager, and she needed help, so I soon filled those shoes by working as her administrative assistant, and with affiliate relations.

Now, Jay is the general manager (as well as production and programming manager!) and I am his assistant. Our job descriptions don't look much like they did when we began

this journey with God all those years ago, and how we've all grown! Jay wears three hats; Mike has become our computer troubleshooter, on top of his engineering duties; and Kevin has done voice work and learned how to engineer when someone's recording. Angela and I have done voice work, and now we even host our own radio programs! No doubt about it, God has a sense of humor!

A BIG BLESSING

Let's go back to June 2018, when the Lord not only blessed us tremendously with our 3ABN Spring Camp Meeting, but also with a big move for 3ABN Radio. Yes, at last we moved into our new offices and studios—and we still don't miss that icy old country road leading out to our old studios in the "uplink building!" They built a whole building for us inside our old auditorium at 3ABN's headquarters!

It's quite an amazing process to see a building go up—especially the wiring for all the studios. We moved into our offices before the studios were finished, and we still needed to build and hang acoustic panels on the walls and refinish the studio desks—but at least we were getting closer to having functioning studios! By last

Jay Christian (left) has been 3ABN Radio's production manager since our 3ABN Radio Network started.

October, we had one studio ready, and although we still cannot do any remote recording, that will hopefully be possible very soon. We just have to keep remembering that God is always on time, and that the new programs we've developed, and are anxious to produce, are in His hands and on His schedule!

During all this organized chaos, our engineer, Michael Babb, worked on many, many projects, one of which was making the 3ABN Radio Music Channel available via satellite to our affiliate stations. Prior to August 2018, the 3ABN Radio Music Channel was only available through the Internet. But very quickly, after the satellite signal was ready, five station owners called to sign carriage agreements allowing them to air our Music Channel programming during part of their broadcast day. Several other affiliates have expressed interest, too, because they know the message is in the music!

We each want to say thank you, and that we appreciate all your prayers and support for 3ABN Radio. Please tune in when you can and let us hear from you! ☺



From listeners of the 3ABN Network and the Music Channel:

I am blessed by your music and exhortations. Thank you. Thank You, Lord. — Ria

For some time, I've watched 3ABN via my Internet connection and my Roku player. While watching a program this morning, I heard someone mention 3ABN's 24/7 radio channel. All of a sudden it dawned on me that your radio channel was listed, among the many choices available but, for whatever reason, I've never listened to it. Well, today I did, and I want to tell you that it's fantastic! Love it! Thank you! — Martin

I just want to say thank you for your music station online. It is a blessing. Thank you, and may God richly bless your work for Him. Thank you, 3ABN Radio! — Dawn



NIKKI ANDERSON



ANGELA LOMACANG



MIKE BABB



KEVIN POLING



Rekindling Evangelism

John Dinzey

3ABN Latino Spreads the Gospel

Rejoice dear friend, because God continues to work day and night to save as many as possible all over the world! In this brief report I will just focus on what He did in September of 2018, so you may praise the Lord for the lives transformed through the ministry of 3ABN Latino. However, please keep in mind that God uses every minute we are on the air on radio and television stations, cable companies, and the Internet to rescue, restore, heal, and bring hope and salvation to millions of people.

Bogotá

To help you understand what happened in September 2018, I must tell you what happened in Colombia during September of 2017. That year, 3ABN Latino partnered with the Southern Colombia Union of Seventh-Day Adventists and dozens of members and pastors who held evangelistic campaigns in Bogotá, the capital and largest city in Colombia. The results were amazing and hundreds of people were baptized.

Pastor Juan Caicedo, president of the Southern Colombia Union of Seventh-day Adventists, was very happy, and the leadership and members of the Church were inspired and blessed. Then, about four days before leaving, he said to us, “Please come to Cali (the second largest city in Colombia) next year, and let’s do there what we did here.”

We thanked Pastor Caicedo for the invitation, but explained that we must bring these evangelistic campaigns to other countries, as well.

“Yes, I understand,” he replied, “but you know that 3ABN Latino is very strong there, and

Cali, Colombia



Pastors and volunteer speakers gathered in Cali to preach the gospel, and, as a result, hundreds were baptized wherever water was available!



you have many viewers. Think and pray about it, and let me know.”

The next day, he asked the same thing, and we responded the same way; and the third day, he asked again. We smiled, but he noticed that we hesitated to answer, so he said, “The people in Cali need you, and if you don’t come, you’re going to have to answer for this in the Judgment.”

His words led us to pray about this matter more earnestly, and finally, we saw it as a Macedonian call (like the story recorded in Acts 16:6–10), and decided to go to Cali, after all. When he made this appeal, we didn’t know what we would find out in September of 2018, and you’ll soon find out, as well, as you continue to read.

Cali

Early in 2018, we invited our viewers to volunteer to go with us to Cali, Colombia, to preach during a week of evangelistic meetings. Each speaker was invited to sponsor their own series by raising the funds to pay for their airfare, hotel, and meals.

The results were amazing! Forty people decided to join us from the United States, Mexico, Puerto Rico, Costa Rica, Ecuador, Peru, and Chile. Members of the nearby cities of Buenaventura and Palmira heard about the Cali evangelistic campaigns and told the church leadership, “Please don’t leave us out. We want evangelistic campaigns in our cities, too!

In the end, 87 simultaneous evangelistic campaigns were held that week, with four more the second week. Those four sites were chosen for their proximity to nearby churches, and during those meetings, God blessed in a magnificent way and over 600 people were baptized!

According Pastor Aicardo Arias, president of the Pacific Conference of Seventh-day Adventists in Cali, the churches had declined in their evangelistic efforts during the past four years, and their zeal for winning souls had diminished. “One of the things God did through these evangelistic campaigns was to inspire the members of the Church and rekindle their evangelistic zeal,” he said. “In addition, all the preachers were blessed, and most have said, ‘If you are going to do this again count me in!’”

The Dominican Republic

In November of this year, by God’s grace, we are going to do it again! This time we’re heading to the Dominican Republic. Please remember us in your prayers, and if you would like to help with the expenses, or in acquiring Bible study booklets, your support will be welcomed and helpful. God is willing and waiting to use you and as many as are willing to do great and marvelous things! ☺

3ABN TV SCHEDULE

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

CST	SUNDAY
2:00a	Pillars of Faith CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	House Calls CC 1hr
5:00	Revelation of the Coming King CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Tiny Tots for Jesus CC
7:30	Praise CC
8:00	3ABN Today CC 1hr
9:00	HeartLift CC
9:30	Adventures in Missions CC
10:00	Focus on God's Word CC 1hr
11:00	Inspirational Hour CC 1hr
12:00p	Your Favorites by Request CC
12:30	The Creator Revealed CC
1:00	A Sharper Focus ↻ 1hr
2:00	Body & Spirit CC
2:30	Tiny Tots Kitchen/Tiny Tots Worship CC
3:00	3ABN Today LIVE ↻ 2hrs
5:00	The Carter Report CC 1hr
6:00	Raw Questions/Intimate Clarity CC
6:30	Salvation in Symbols & Signs CC
7:00	Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Celebrating Life in Recovery CC 1hr
10:00	Featured Ministries CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

CST	MONDAY
2:00a	Revelation of Hope CC 1hr
3:00	Homecoming Camp Meeting CC 1hr
4:00	Table Talk CC 1hr
5:00	Divine Design/Grandma's House CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	Pressing in to His Presence CC
7:00	Tiny Tots for Jesus CC
7:30	Ultimate Prescription CC
8:00	3ABN Today CC 1hr
9:00	House Calls CC 1hr
10:00	Free Indeed CC
10:30	Books of the Book CC
11:00	Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	Heaven's Point of View CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Liberty Insider CC
5:30	Your Favorites by Request CC
6:00	Grace Pipeline CC
6:30	Salvation in Symbols & Signs CC
7:00	Revelation's Ancient Discoveries CC 1hr
8:00	3ABN Today CC 1hr
9:00	Anchors of Truth CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Multitude of Counselors
12:30	Music CC
1:00	ASI Conventions CC 1hr



STARTS SUNDAY, FEBRUARY 3

Sundays 12:30 p.m., Tuesdays 10:30 p.m.,
 Wednesdays 1:30 a.m. *CST (UTC-6)*

CST	TUESDAY
2:00a	Optimize 4 Life CC
2:30	Perfecting Me CC
3:00	Melody From My Heart CC
3:30	Free Indeed CC
4:00	Daniel All Access CC 1hr
5:00	Salvation in Symbols & Signs CC
5:30	Wonderfully Made CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Tiny Tots for Jesus CC
7:30	Maranatha Mission Stories CC
8:00	3ABN Today LIVE ↻ 2hrs
10:00	Pressing in to His Presence CC
10:30	Thunder in the Holy Land CC
11:00	Featured Ministries CC
11:30	Books of the Book CC
12:00p	Spring Camp Meeting CC 1hr
1:00	Battles of Faith CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	The Creation Case CC
5:00	From Sickness to Health CC
5:30	Multitude of Counselors CC
6:00	Mission 360 CC
6:30	Salvation in Symbols & Signs CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	The Creator Revealed CC
11:00	3ABN Today CC 1hr
12:00a	Raw Questions/Intimate Clarity CC
12:30	Exalting His Word CC
1:00	Adventures in Missions CC
1:30	The Creator Revealed CC

CST	WEDNESDAY
2:00a	Celebrating Life in Recovery CC 1hr
3:00	Revelation's Ancient Discoveries CC 1hr
4:00	Spring Camp Meeting CC 1hr
5:00	Praise CC
5:30	Making Waves CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Remodeling Your Life CC
9:30	Free Indeed CC
10:00	Revelation Insights CC 1hr
11:00	Table Talk CC 1hr
12:00p	Daniel All Access CC 1hr
1:00	Issues and Answers CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Sabbath School Panel CC 1hr
6:00	Life After Choice/Divine Design CC
6:30	Salvation in Symbols & Signs
7:00	A Sharper Focus L 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	HeartLift CC
10:00	It Is Written CC
10:30	Liberty Insider CC
11:00	3ABN Today CC 1hr
12:00a	A Sharper Focus ↻ 1hr
1:00	Lineage CC
1:30	Life After Choice/Divine Design CC

For the most up-to-date schedule for all the 3ABN networks, please visit 3ABN.tv

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



Secrets To WELLNESS

In *Secrets to Wellness*, you will discover practical principles that will help you live longer, healthier, and happier. Learn how to reduce the risk of the chronic diseases that are plaguing 21st century society.

Host
Teenie Finley

CST	THURSDAY
2:00a	Laymen Ministries CC
2:30	Maranatha Mission Stories CC
3:00	Spring Camp Meeting CC 1hr
4:00	Remodeling Your Life CC
4:30	Issues & Answers CC
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Tiny Tots for Jesus CC
7:30	Tiny Tots Kitchen /Tiny Tots Worship CC
8:00	3ABN Today CC 1hr
9:00	ASI Conventions CC 1hr
10:00	From Sickness to Health CC
10:30	Grace Pipeline CC
11:00	Revelation of Hope CC 1hr
12:00p	Ultimate Prescription CC
12:30	Multitude of Counselors CC
1:00	The Heavens Declare CC
1:30	Amazing Facts with Doug Batchelor CC
2:00	Body & Spirit CC
2:30	Contending for the Faith CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	The Creation Case CC
5:00	Revelation of the Coming King CC 1hr
6:00	The Carter Report CC 1hr
7:00	Sabbath School Study Hour CC 1hr
8:00	3ABN Today LIVE 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Table Talk CC 1hr
1:00	3ABN Today LIVE 2hrs

CST	FRIDAY
3:00	Action 4 Life CC
3:30	Heavens Point of View
4:00	Liberty Insider CC
4:30	Battles of Faith CC
5:00	Sabbath School Study Hour CC 1hr
6:00	Body & Spirit CC
6:30	Contending for the Faith CC
7:00	Secrets Unsealed CC 1hr
8:00	3ABN Today CC 1hr
9:00	Optimize 4 Life CC 1hr
9:30	Cook:30
10:00	Health for a Lifetime CC
10:30	Life After Choice/Divine Design CC
11:00	Thompsonville Worship Hour CC 1hr
12:00p	Sabbath School Panel CC 1hr
1:00	Behold the Lamb Presents CC 1hr
2:00	Music CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	A Day With the King CC
4:30	Grandma's House/Tiny Tots Worship CC
5:00	Featured Ministries CC
5:30	Your Favorites by Request CC
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs CC
7:00	Daniel All Access CC 1hr
8:00	3ABN Today Family Worship CC 1hr
9:00	It is Written CC
9:30	Maranatha Mission Stories CC
10:00	Mission 360 CC
10:30	Hope in Motion CC
11:00	3ABN Today Family Worship CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Breath of Life CC
1:30	Thunder in the Holy Land



BEGINNING IN MARCH!

Start Living Life to its Fullest!

CST	SATURDAY
2:00a	Praise! CC
2:30	It Is Written CC
3:00	Kenneth Cox Ministries CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Tiny Tots for Jesus CC
7:00	Grandma's House/Tiny Tots Worship CC
7:30	A Day With the King CC
8:00	3ABN Today CC 1hr
9:00	Sabbath School Panel CC 1hr
10:00	Revelation's Ancient Discoveries CC 1hr
11:00	3ABN Australia Homecoming CC 1hr
12:00p	Sabbath School Study Hour CC 1hr
1:00	New Perceptions CC 1hr
2:00	Lineage
2:30	Making Waves
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	Hope in Motion CC
5:00	3ABN Camp Meeting CC 1hr
6:00	Laymen Ministries CC
6:30	Salvation in Symbols & Signs CC
7:00	Table Talk 1hr CC
8:00	3ABN Today CC 1hr
9:00	Breath of Life CC 1hr
9:30	Raw Questions / Intimate Clarity CC
10:00	GYC CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Anchors of Truth CC 1hr

GREAT RESOURCES FOR SMALL GROUP DISCUSSIONS OR INDIVIDUAL BIBLE STUDIES



HEARTLIFT Special February Combo

Real stories of real pain. Real battles—and real victories. With candor and sensitivity, Jill Morikone invites you to address some of the difficult issues and emotions that all women face. Forgiveness, fear, lust, and shame. You don't have to struggle in the mist. Your Father wants you to break free!

BOOK, WORKBOOK, & DVD SERIES SET (COMHL)

Regular Price: USD \$104.00

February Special:
USD \$50.00 *Suggested Donation*

TO ORDER, USE THE ENVELOPE ATTACHED, VISIT 3ABNSTORE.COM, OR CALL 618-627-4651

Free Shipping in the United States.
All prices are in U.S. dollar amounts.

FOLLOW THE HOLY SPIRIT

by Bobby Davis

In our October 2018, we printed a letter from a prisoner named Jabe, a self-proclaimed atheist who had come to believe in God while he struggled with drug withdrawals. In his despair, he asked the God he didn't believe in to take away his desire for drugs, and the next day he discovered he was not only free from his withdrawals, but from his obsession for drugs, as well. Later that day, when another prisoner approached Jabe with drugs, he turned him down flat, and was thus convinced that God was real! Soon afterward, Jabe was transferred to a prison where all the inmates are Christians, but found that most of them wanted to argue about doctrines. We sent him Mark Finley's booklet, *Why So Many Denominations?* and recently, he wrote our Pastoral Department this amazing letter.

"Thank you for Mark Finley's book. Wow! For the first time in my life, I truly feel cared about outside of the little family I still have. Thank you for being a part of the body of Christ.

"As I said, I have surrendered all, and every time the Holy Spirit reveals something new, all I need to do is surrender. A group called Journey to the Heart came for a week and during that time I was opened up to who I truly am to Christ. All this time I've felt like I was doing so well in changing everything about myself—but,

come to find out, when I surrender it is Jesus who does everything... it is all Him who lives in us and bears fruit through those who accept Him as their Lord and Savior. After understanding that, He just reveals things I must surrender to Him, and I allow Him to carry my burdens.

"I spent so many years being mad at my father. He was my best friend and he died in 1996, when I was just 13 years old. I didn't know I held a grudge against him, but the Holy Spirit revealed it to me. You see, I'd been suspended from school for five days for fighting, and on my last day of my suspension, I woke up to my mom screaming. When I ran into her bedroom, I found him dead. That was one of the hardest days of my life—calling the police and trying to help my mom, while not knowing what to even feel, myself. As I look back now, after getting to know God and having a relationship with Him, I see how He allowed me to be suspended so I would be there for my mom. There is no way she could've handled things by herself, and I'm so thankful He did that for her.

"From there, the Holy Spirit allowed me to see that I'd run from God for so long because I was mad at Him for taking my father and best friend. I was also bitter toward my dad for leaving us. I've used

"All I tell them is,
'If the Bible doesn't say it,
I don't believe it.'"

these two things as excuses for how I lived my life, but it feels so good to now be able to say that I've forgiven my dad, and that I see why God allowed what He did.

"There's so much power in our testimonies, and He's given me one He can use to save so many souls. He chose me way back then as a servant, and today I welcome the opportunity to serve. Just giving God that burden has opened my eyes and given me so much insight into His Word.

"I'm around 65 men who believe in Christ Jesus as their Savior, but they argue over things, and that drives me crazy. I don't give into any of that, even though they try to drag me into it. All I tell them is, 'If the Bible doesn't say it, I don't believe it.' The Word of God is all that matters, and He speaks directly against debating differences. Just as Mark Finley's booklet states, it's not enough for them, and they want to add to it, or make it mean something it doesn't.

"I'd like to read everything you can send me on the Seventh-day Sabbath. I don't have a certain religion I consider myself a part of yet, but I feel the Holy Spirit is leading me in that direction. There are a couple of things that have happened that make me feel this way. First, the Sabbath must be kept, because the Bible says it's very important! Next, there are a couple

of people who the Lord has put in my life—like my mentor, who I now know is a Seventh-day Adventist, but who wouldn't tell me what religion he belonged to because he wanted the Holy Spirit to guide me from what the Word of God says. Then there's my uncle, who has been an Adventist for longer than I know. And now I have you, and I'm pretty sure you're an Adventist, although you haven't said so.

"Oh, and my mentor said his wife read an article in 3ABN World magazine that had something on my story. I don't know the details, but I'd really like to have a copy of the magazine if you could send me one. To know that the Lord is using my story to save souls even before I'm released is so inspiring, and I feel it would help build up some of the men in here.

"I still have three years left, but I'm so thankful for the time to build an unbreakable relationship with the Lord so He can use me in a mighty way. May God bless every aspect of your life."

What a powerful testimony! Please pray for Jabe. We've sent him the materials he's asked for, and we can't wait to see where the Holy Spirit leads him next! ☺



Email: 3abnworld@3abn.org
Write: 3ABN WORLD MAGAZINE
PO BOX 220
West Frankfort IL 62896

Illuminating the World for His Glory

by Shelley Quinn

Are you a star? If you're a member of *The Blessing Is on the "GO!"* Evangelistic Team, you shine "like stars in the universe as you hold out the word of life" and "like the brightness of the heavens" as you help lead many to righteousness. Philemon 2:15-16; Daniel 12:3 (NIV).

Your monthly donations make it possible for us to offer God's love and hope for the hurting, and salvation by grace for the lost; to preach the undiluted truth of God's Word to counteract the counterfeit; and proclaim the present truth of the three angels' messages of Revelation 14.

God is reaching untold thousands of people through His 24/7 world evangelism ministry at 3ABN, and we always thank Him for all of you who make this possible by partnering with us through the "GO!" Evangelistic Team movement. We couldn't do it without you!

If you have yet to join our team, why delay any longer? As a team member, you have the option to receive regular resources from 3ABN to share with your family, friends, and neighbors—or you can direct your monthly contributions entirely to world evangelism. Become a member by registering to make a monthly, tax-deductible donation of any amount to support God's mission.

Join The Blessing Is on the "GO!" Evangelistic Team in one of three ways:

- Register on our website, 3ABN.tv
- Call us at 618-627-4651
- Or send your letter and tax-deductible donation to:

The Blessing Is on the "GO!"
PO Box 220, West Frankfort, IL 62896



Together, we can illuminate the world for His glory!



CAROB CHIA SEED PUDDING

by Melody Caviness

INGREDIENTS

- 3 cups vanilla-flavored almond, soy, or coconut milk
- 1/2 dropper chocolate-flavored stevia
- 1/3 cup carob powder
- 2/3 cup chia seeds
- your favorite vegan whipped topping

DIRECTIONS

1. In a medium mixing bowl add milk, carob powder, and chocolate-flavored stevia.
2. Blend with hand blender until smooth.
3. Add chia seeds and stir well with spoon, then refrigerate until ready to serve.
4. Add your favorite vegan whipped topping, and sprinkle carob powder on top.

BENEFITS OF Chia Seeds



A one-ounce (28 grams) serving of chia seeds contains:

- Fiber: 11 grams
- Protein: 4 grams
- Fat: 9 grams (5 of which are omega-3s)
- Calcium: 18% of the RDI*
- Manganese: 30% of the RDI
- Magnesium: 30% of the RDI
- Phosphorus: 27% of the RDI
- They also contain a decent amount of zinc, vitamin B3 (niacin), potassium, vitamin B1 (thiamine) and vitamin B2

Chia seeds are a whole-grain food, usually grown organically. Plus, they're non-GMO and naturally free of gluten.¹

*Recommended Dietary Intake

¹www.healthline.com/nutrition/11-proven-health-benefits-of-chia-seeds#section1



For more great recipes visit 3ABNRecipes.org.



Find this cooking video our YouTube playlist, 3ABN Today Cooking. Just look for TDYC18032



Secrets To WELLNESS



BEGINNING IN MARCH!

with Teenie Finley

Discover practical principles that will help
you live longer, healthier, and happier!
It's time to live life to the fullest!



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

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