

March 2022

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3ABN WORLD MAGAZINE



God's *Perfect* Timing

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3ABN Russia's New Documentary



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Dear 3ABN Family,

Have you ever wanted to make a positive impact in someone's life? You are.
Have you ever wanted to make a difference in the world? You are.
Have you ever wanted to further the work of the Lord? You are!

"How?" you ask. One way is through your prayers and financial support of 3ABN. Below are just a small sample of the letters and comments that pour into 3ABN. I thought you might like to see how you have made a difference in someone's life.

"I have been a Christian for decades and have never heard anything make more sense than this teaching on the End Times. I must say that God has been tugging on my heart to keep His Sabbath (Saturday) for months, now. No coincidences with God! Thank you for posting this video."

"I am not a Seventh-day Adventist, but I always watch your programs and I've learned so much. I am falling in love with this faith, and I see the love in the programs like 3ABN Sabbath School Panel and the 3ABN Today programs. Thank you, thank you for these programs, and may God bless you all!" - Philadelphia, Pennsylvania.

Yes, the Holy Spirit is working on the hearts of untold millions who watch and listen every day. Thank you so much for being a vessel God can pour through to reach someone with the gospel of Jesus Christ!

"I want to say thank you for sharing the truth concerning the Sabbath. I come from a Pentecostal background and I needed confirmation. Thank you so much for sharing God's truths. I believe the Holy Spirit guided me to your channel to be convinced. . . . God bless you greatly." - South Africa

Greg Morikone
3ABN President

**HE IS MY LIGHT,
YES, JESUS MY LIGHT!**



PHOTOS: SVETLANA CHRISTIAN

When we learn about Jesus, we grow closer to Him. Join Aunt Francine in an all-new treehouse adventure called *Jesus My Light*, where we'll explore the character of Jesus and learn how to make Him the Light in our hearts.

FRIDAYS at 4:45 p.m. and MONDAYS at 7:30 a.m. CENTRAL on 3ABN.tv.
Or watch them on demand—anytime, anywhere—on 3ABNPlus.tv.

God's Perfect Timing

by Julia Outkina

We live in unprecedented times. The labor pains of Matthew 24:3–8 have begun, and their intensity grows each day. But, as Matthew 24:8 says, these are just “the beginning of sorrows.”

I believe God is allowing humankind to realize, with growing intensity, the true scale of destruction caused by sin as people reject God, His Word, and His covenant of love, peace, and protection. I also believe we can see by the example of 3ABN in general—and 3ABN Russia in particular—that God’s faithful people, and the ministries He has set up for a time like this, are being kept safe as they develop and expand. Not that we don’t suffer from the troubles around us. Far from it! But these trials mature our faith and strengthen our reliance upon God. Each day, we realize that whatever the Ruler of the Universe and Master of our lives allows to happen is best for the salvation of each person—and humanity at large.

What a huge task the Lord gives us now with greater urgency than ever before: to bring the good news of salvation through Jesus to our suffering and bewildered world, and He makes provisions for this task to be fulfilled to the utmost. He gives vision, talent to fulfill it, and resources to

bring it to the world; and He leads our willing and sometimes misunderstanding hearts every step of the way.

An Important Documentary

Several months ago, we discussed a new idea with 3ABN Russia’s program developer, Irina Kirichenko, about a documentary on the life and ministry of Dmitry Onisimovich Yunak. Born into a Baptist family in 1936, he became a Seventh-day Adventist through an interesting series of events. Then, standing firm in the face of persecution, he became a pastor and author, translating the Russian Bible into a poetic format. His is a story of a conscious choice for God, and although he suffered persecution for his faith, he gained victory in Christ. His life story is truly a reflection of the history of the Adventist Church in Russia.

This program became a two-part historical documentary that includes several interviews with him, along with rare documents, pictures, and historical information from those times. We also re-enacted several of the most dramatic moments of his life and recorded interviews and stories with his fellow pastors, friends, and his two sons, Vassily and Andrey—both

Cover (L to R): Vadim Trusyyuk, Production Manager; Elena Varnavskaya, Satellite Director; Julia Outkina, Executive Director; Valeriy Malyshev, Chief Engineer.

Left: Julia and her dedicated staff produce programs watched by Russian-speaking people all over the world on satellite, broadcast stations, and cable systems.

Right: Shooting *Following My Father’s Example* episodes.

Adventist pastors now. We called it *Following My Father’s Example*, a quote from one of his sons that not only speaks of their experience, but also of his following the example of Jesus.

God’s Perfect Timing

Our documentary was ready last December, and little did we know of the Lord’s providential timing, because several days before we put it on the air and on YouTube, a Russian TV channel showed a shocking program in which the Seventh-day Adventist name was shamelessly misused.

We immediately contacted our churches, pastors, and all of 3ABN Russia’s friends, asking them to massively spread our documentary to show Russians who Adventists really are—their deep and sincere faith, their utter dedication to God and the salvation of His people, and the tremendous good they bring to Russian society.

This project, its content, and its timing were totally on the Lord’s mind from the very first time He impressed us to move forward with it. What an awesome God we serve! He’s in charge of everything—both big and small!

We’re a huge family of believers and supporters of the great cause the Lord has entrusted us with—to bring His message of salvation to the world. We’re so thankful to you, our dear readers, for supporting 3ABN Russia in every way you can, and we want to assure you from our ever-growing experience with the Lord that 3ABN Russia is fulfilling His Great Commission to “Go into all the world” under His complete guidance! ☺



If you’d like to get an idea about our documentary, *Following My Father’s Example* (in Russian), here are links and QR codes to the two parts on YouTube:

<https://youtu.be/ptHFCCDBccc>



<https://youtu.be/Q0so8TYP8kE>



“But now, O Lord, You are our Father.” Isaiah 64:8

They Beg for a Bible

There's a passion in J. D. Quinn's voice when he speaks of 3ABN's Prison Ministry office. As the General Manager of our Pastoral Department, he well remembers how a volunteer named Grace Yost began responding to prisoner letters. "She began receiving requests for Bibles," he says, "and although we mailed all we had, we soon ran out. Then Grace began buying and collecting Bibles on her own! We prayed about it, and the Lord heard our prayers. 3ABN stepped out in faith, and under the leadership of our beloved Grace, Carolyn Mitchell,* and now Dolores Taylor,* our office sends out hundreds of study Bibles, Ellen White books, and Bible study guides each month. In fact, before the pandemic we were mailing an average of 1,000 study Bibles a month!"

Good Seeds

"The Holy Spirit is active inside those walls, and constantly draws the hearts of those who are in custody to God," J. D. continues. "And when they respond to Him, they develop a great hunger for Jesus!"

"A man who grew up in a Christian home often feels a deep longing to have the Lord in his life again. Good seeds were sown when he was young, and although the ground may have been hard, it often softens behind those bars—and that's where we fit

in. Led by their requests, we follow up and find the Holy Spirit hard at work!"

They Write to Us

A man in custody wrote, "Someone told me I can request a free study Bible, so I'd like to request one, please, if possible. I usually don't like to ask for anything for free, but I don't have the means to purchase one for myself right now. Thank you."

Some time later, he wrote back, saying, "Thank you, 3ABN, for my new Bible! I love it, and in my prayers, I thank God for it every day. He reveals Himself to me through His Word... and during this time of personal correction, He has lovingly brought me to a point of repentance and remorse over my sins. But His forgiveness is like sweet honey on my lips! He's the One who runs in my direction, while the whole world walks away. He's the God who stays. I want to believe that He has a purpose for me after all this. But for now, I'll take it one day at a time and seek His will for today. To be in my situation, yet be acknowledged, is truly uplifting."

Another prisoner sent us a letter, saying, "My name is Michael and I have a radio on my table, but I forego listening to music stations. Instead, I listen to 3ABN Radio. I firmly believe I discovered your station by divine appointment. I'm in prison, so my

"While many are running from the Lord, others are *begging* for a Bible!"

access to information about your doctrines is very limited, but I just happened to hear your address, so I'm prayerfully requesting you please send me anything you can about your beliefs. I currently have a Life Recovery Bible, but anything you could send to help deepen my understanding of the Word of God would be such a blessing. I apologize for being destitute, but I'm only poor financially. Spiritually, I am as rich as there are grains of sand on a beach!"

Another wrote Dolores* recently, saying, "I'm an inmate who found your network through another inmate, who had one of your books.... I've been a Christian for many years and I enjoy reading my Bible every day, but your book, *The Acts of the Apostles* was incredible, and I was moved to tears at the end. You are in my prayers."

Fields Ripe for Harvest

"There's a huge evangelistic field out there, and 3ABN gets in through those bars," J.D. says. "My eyes fill with tears when I read letters saying, 'This is the first Bible I've ever owned.' They sob as they write, saying no one has ever given them anything so precious as a high quality study Bible."

Dolores* agrees. "I think of Matthew 25:36 that says, 'I was in prison and you came to Me.' And although we can't go in and visit them in person, we *can* be there through our letters. They change as they open up to the Holy Spirit, and as we read where they come from... well, all we can say is, 'Thank you Father; one more saved for Your kingdom!' I just received a letter from someone who meets with 18 people to study the Bible! The Holy Spirit is moving in their lives. We're just the conduit."

"Our needs are simple," J. D. concludes. "We need more funds for study Bibles, other books, and hard drives with 3ABN programming for prisons. We never know the outcome of each small gift we hand out."

"Many are looking for a ministry, and ask, 'What can I do for you, Lord?' I believe the Holy Spirit will make it perfectly clear."

"While many are running from the Lord, others are *begging* for a Bible! We want them to get one, and by God's blessing, and the generosity of those who hear the Holy Spirit calling them to help, we can send them a Bible—and the hope of salvation through Jesus Christ!" ☺

*A pseudonym.

Study Bibles, books, and Dare to Dream hard drives bring spiritual truth and 3ABN programs to thousands of prisoners.

Please consider helping by visiting [3ABN.tv/donate](https://3abn.tv/donate).



MARCH 2022 | 3ABN TV SCHEDULE

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

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

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

UNSHACKLED PURPOSE

Object Lessons You'll Remember!

Watch *Unshackled Purpose*
 SAT 6:30 p.m., TUE 2:30 p.m.,
 THU 1:30 a.m. CENTRAL

LEMUEL VEGA AND JASON BRADLEY

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

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

It's easy to donate to 3ABN Russia!

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



CDT THURSDAY

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

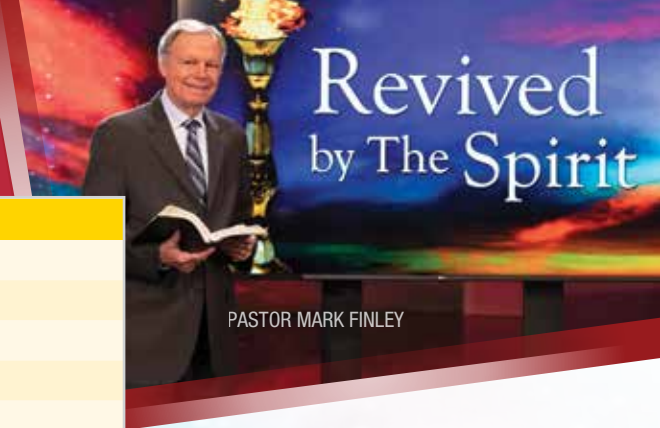
CDT FRIDAY

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

**NEW SERIES
BEGINS MARCH 5**

CDT SATURDAY

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



PASTOR MARK FINLEY

**Revived
by The Spirit**

Do you want to experience unprecedented intimacy with God? Do you want to receive Christ's supernatural power to live a victorious Christian life? Would you like to be a powerful witness for Jesus in the world? Then Pastor Mark Finley's new series is for you!

Revived by the Spirit shows how understanding who the Holy Spirit is and receiving Him into your life is the key to a fulfilled Christian life!

Don't miss this new series with International Evangelist, Mark Finley.

**WATCH IT ON 3ABN.TV
OR ON-DEMAND ON
3ABNPLUS.TV**

**SAT at 11:00 a.m.,
SUN at 1:00 p.m.,
TUE at 1:00 a.m. Central.**



Hungry for Truth

In 2013, when 3ABN Russia began broadcasting on satellite, who could have dreamed of the millions of souls in far-flung places across that vast country where the gospel would take hold and flourish? But today, the testimony of thousands is that 3ABN Russia has become a lifeline to them—bringing spiritual food to those who are hungry for the truth and the peace only our Lord Jesus can give them. Through satellite broadcasts, cable, and increasingly through the Internet, 3ABN Russia’s message of hope and salvation is reaching souls in every corner of the world. Take a look at a few of the thousands of letters we have received.

From Russia

Valentina in Sinegorye, Russia, says, “Thank you for the magazine you sent me. It was exactly what I needed. I thank the director of your TV company and all of your ministers, too, and pray every day that God would give you even more wisdom and revelations concerning His Word. Let the light of the gospel shine throughout our land!”

Venus, in the village of Sytrakasy, Russia, says, “We received your package today and were very happy with the children’s Bible! Our family could not afford one like it, and my younger children were delighted. Then, as Paul unpacked the large adult Bible, he hugged it to his chest and couldn’t tear himself away from it. These days, when children are carried away by ‘virtual life,’ you help them be carried away by the Lord and the knowledge of His teachings! May the Lord help us raise our children for Him! Thank you, thank you!”

Alexander writes from Saltykovo, Russia, and says, “Thank you very much for the books you’ve sent me. Thank God for your channel, which I get to watch sometimes on Saturdays.... I bought a SIM card with unlimited Internet in order to watch and listen when I have a spare moment. Each time is an opportunity to learn about the Word of God, and now I’ve set a goal to quit smoking before the New Year! Thank you, again.”

“I watch your sermons and programs, and the Lord is answering all my questions.”

Lyubov in Krymsk, Russia, writes, “You are my angels! Thank you for your support—and for the package you sent me. I read the book you sent and wept. Your channel has opened my eyes to the observance of the Sabbath. Thank you for your sincere, unobtrusive, and noble channel.”

Natalia writes from Penza, Russia, saying, “We greet you with the peace and love of our Lord Jesus Christ, and we’re returning our completed New Life Bible lessons. They gave us a lot of food for thought. In the constant daily hustle and bustle of life, the enemy of the soul strives to divert our thoughts from Jesus, but your lessons revive the fire that burns within our hearts!”

Angela writes from Perm, Russia, saying, “God has opened my eyes to many things, and He gives me new knowledge and the greatest revelations.... I wish all believers could go through these lessons, because it’s so important for us to learn more and more about who our Heavenly Father really is, and how valuable we are to Him!”

Tamara, who lives in the Altai region of Russia, writes, “Thank you very much for your work for the Lord. Your books are wonderful and help me a lot. I always give them away so my friends can read them, too. Everything in them is so clear and they help me to grow spiritually. May the Lord bless you, your work, and your families.”

From Tatarstan

Anna in Nizhnekamsk, Tatarstan, writes, “I had read the Bible before and didn’t understand anything. But now, all I feel is happiness because your channel is being broadcast in my city! I feel much joy as I watch your sermons and programs, and the Lord is answering all my questions. I’m drinking in the Word of God—and I really like to see the servants of God in suits, and not robes!”

Tatiana also lives in Tatarstan in the city of Zelenodolsk, and writes, “Recently, we were watching your TV channel and now we’re interested in receiving the children’s magazine advertised—and the Bible lessons, too. We really want to study them, and thank you for your attention.”

From Germany

And finally, Veronica in Germany, writes, “I give endless gratitude and glory to our God for you! Thank you for your blessed service to all of us! I want to thank every minister, Bible study course compiler, even the postmen, for the Light you bring into the world!”

By God’s grace, and through the technology He provides us, we are proclaiming the three angels’ messages of Revelation 14 to millions who speak the Russian language around the world, calling them to worship the true God who created heaven and earth, keep His commandments, and have the faith of Jesus. Thank you for your support of 3ABN Russia. Because of you, the gospel is being preached with a mighty voice! ☺



We Prayed for a Miracle

For 60 years, it has been very difficult to spread the gospel of Jesus Christ in Cuba. But even as 3ABN Latino grew, there was always a longing in our hearts to reach that island nation and the millions who need to hear the three angels' messages of Revelation 14!

So we prayed for a miracle—and God opened the door! Last year, 3ABN Latino became available to over 11 million viewers in every Cuban city on El Paquete (“The Package”)—their most popular source of TV programming!

The Miracle Continues

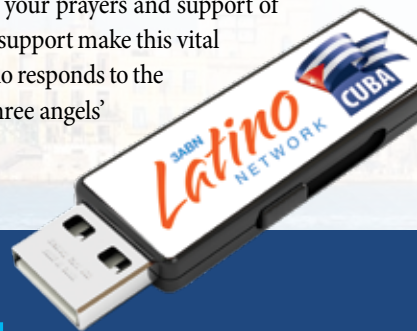
“El Paquete (The Package) is a weekly selection of TV series, soap operas, music, films, and other programs that are available for download onto memory sticks or hard drives for a small fee,” explains 3ABN Latino General Manager, John Dinzey. “Then they take them home and play them back on their TV sets.

“Currently, there is no other method of video distribution, since all the local television stations are run by the government. And although it was developed to distribute secular programs, I marvel at how the Lord is using this method to reach millions who are hungry for the gospel!”

The Doors are Open Wide

Every day, the seeds of the gospel are planted, and then the Holy Spirit takes over, creating a hunger and thirst for truth in the hearts of the viewers. And praise God, the requests for Bible studies are coming in as the Lord holds the doors open wide for the salvation of millions of souls!

“This is a marvelous opportunity, and we are taking full advantage of it because we don't know when things will become more difficult,” John adds. “We need to do what we can now, while we still have the opportunity. And we thank you for your prayers and support of 3ABN's efforts in Cuba! Your faithful prayers and financial support make this vital ministry link possible, and we thank God for each of you who responds to the Holy Spirit's prompting to spread the good news and the three angels' messages in Cuba. May God richly bless you!”



Be sure to earmark your donation

#338 - Cuba Programming



What possesses anti-cancer activity, promotes detoxification of excess estrogen, fights insulin resistance, promotes healing of diabetic neuropathy, reduces damage from oxidative stress, inhibits inflammation, and some say is beneficial for autism? Have you heard of sulforaphane? It's a powerful activator of our body's warrior molecules that protect, defend, detoxify, and repair. Free radicals are wiped out, inflammation is reduced, healthy energy production is restored. Plus, research has demonstrated sulforaphane's ability to improve neuro and intestinal inflammation and promote protection of DNA and the proteins it produces.

If you ask your pharmacist about sulforaphane, I hope they would let you know you were in the wrong aisle and point you to the produce section. Sulforaphane is made when you chew or chop raw broccoli, kale, cabbage, and other cruciferous vegetables and two separate ingredients combine when teeth or knife burst the vegetable cells. Once united, sulforaphane is formed. Then it rolls up its sleeves and gets to work inside cells, where problems begin.


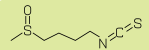






While cruciferous vegetables are excellent sources of sulforaphane, broccoli sprouts provide 100 times more! In research, broccoli sprouts have been observed to be powerful medicine. A 12-week study was conducted on 291 Chinese men and women living in an area of high air pollution. Researchers observed a 61 percent increased excretion of the carcinogen benzene in those who received broccoli sprout powder. This was evident on day one of receiving supplementation and continued for the full 12-week trial.¹ Individuals with type 2 diabetes experienced reduced fasting blood sugar and hemoglobin A1c with concentrated broccoli sprout powder supplementation.² Plus, simply eating radish or rocket sprouts with broccoli sprouts can double the formation of sulforaphane compared to eating broccoli sprouts alone.³

God designed our bodies as beautiful systems that depend daily on food from which we derive powerful nutrients that support us. Yet, He left it up to our free will to choose what foods we eat. I hope you're inspired by sulforaphane to “eat that which is good.” Isaiah 55:2.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4125483/>

2. <https://pubmed.ncbi.nlm.nih.gov/28615356/>

3. <https://pubmed.ncbi.nlm.nih.gov/30263824/>

SULFORAPHANE		
		
brussel sprouts	antioxidant	cabbage
	antimicrobial	
kale	anticancer	kohlrabi
	anti-inflammatory	
cauliflower	anti-aging	cress salad
	neuroprotective	
broccoli	anti-diabetic	

We care about your mind, body, and spirit!



Watch *Body & Spirit*, *Action 4 Life*, and *Optimize 4 Life* on 3ABN.tv or on-demand on 3ABNPlus.tv



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