

July 2022

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# 3ABN WORLD MAGAZINE



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Dear 3ABN Family,

John 15 is a beautiful chapter in the Bible. It starts with Christ describing Himself as the Vine and us as the branches. If we remain connected to Him, we will bear much fruit. Just as the sap gives life to the branches, so Jesus gives us power to live for Him.

Next comes a reminder to love one another as He has loved us. The famous passage in verse 13 says, "Greater love has no one than this, than to lay down one's life for his friends." Christ exemplified this verse by dying on the Cross for each of us so we could have the opportunity to choose Him—and eternal life. What a gift!

Toward the end of the chapter, Jesus says that the world will hate those who choose Him. That's persecution. And the very last verse describes His disciples as bearing witness of Him. As disciples of Christ, each of us can bear witness of Him every day. What a privilege!

But in order to bear witness of Jesus, we must know Him. We can do this by spending time in His Word—the Bible—and communicating with Him throughout the day through prayer and praise. By spending time with Him, we stay connected to the Vine, and we will increasingly shine as bright lights for Him, bearing fruit (souls) for His Kingdom.

I encourage you today to become connected—and *stay connected* to Jesus! Eternity is just before us; we have no time for delay!



## Very Berry Fruit Sauce

with *Fruit Bowls*  
by Heidi Tompkins and Ivan Raj



- 2 cups frozen strawberries
- 1 cup frozen raspberries
- 1 cup cashews, soaked 2+ hrs
- 1 can coconut cream
- 2 lemons, juiced
- ¾ cup xylitol sweetener
- ½ small beet, peeled
- pinch of cayenne pepper
- mint leaves for garnish

1. Blend all ingredients until smooth.
2. Pour fruit sauce over your favorite diced fruit or fruit bowl.
3. Garnish with mint leaves if desired.

Find the video for this recipe and more on 3ABNPlus.tv.  
Just look for "Brain Powering Breakfasts" (TDYC220001) in the 3ABN Today Cooking playlist.

Greg Morikone  
3ABN President



# A Cuban Miracle

God's Perfect Timing

by Bobby Davis



As we see God bringing Christian TV programming to Cuba, His words from Habakkuk 1:5 come to mind: “Look among the nations and watch—be utterly astounded! For I will work a work in your days which you would not believe, though it were told you.”

Reaching Cuba for Jesus has always been a dream for 3ABN Latino General Manager John Dinzey, who realized that *3ABN was the first Christian network to ever produce programs in Cuba* as we recorded *La Voz de la Esperanza's* evangelistic series there in 2001! Although hundreds of souls were baptized, John couldn't help but think of that country's 11 million people we still couldn't reach.

## The Package

Over the years, John had tried things like duplicating DVDs of 3ABN Latino programs with limited results. But a conversation one day with Chaplain Hernell Hernandez sent him down a new path.

“Hernell is from Cuba, and as I spoke with him, he asked, ‘Do you think 3ABN might want

to be part of *El Paquete* (The Package)?’ Then he told me that Cuba had a well-established system in every city that brought in foreign TV entertainment through download sites where customers could copy hundreds of TV shows, sporting events, and soap operas each week onto external drives to play on their TVs for a very small cost.

“Of course, I was interested!” John says. “So we took some 3ABN Latino programs to the Cuban Council of Churches that answers to the Cuban Office of Religious Affairs, and they were amazed, calling them ‘wonderful and exquisite!’ Then we set out to find someone in charge of *El Paquete*. This was not easy since they don't have storefronts, but work out of their homes, instead. We had a number to call, but after initial contact, we could no longer reach them. Then the pandemic hit with its quarantines and travel restrictions; but in April 2021, Hernell and I landed in Cuba again. We had three days to find someone in charge—and there are 200 *Paquete* outlets in Havana, alone!”

Heading to their second address, Hernell spotted another outlet. As they spoke with the man in charge, he felt this contact

was promising. Coming back the following day, they spoke with Giovanis again, and by divine Providence, he turned out to be one of the men in charge and an agreement was made to distribute our programs!

“What are the odds that out of 200 places in Havana, we'd find the right man?” John asks. “God's timing is perfect, and one year ago last month, 3ABN's Christian programming became available to millions in Cuba for the first time ever!”

John says that Giovanis' wife began watching our programs and said, “This is the best thing on The Package!” Now she shares our programs every week with her Christian friends. Giovanis lost all interest in secular programming and now turns down any revenue from selling it. Instead, he's created a separate Christian “package” that includes 3ABN programming called *Majestad* (Majesty).

“But there's more!” John exclaims. “Although the pandemic severely affected communication between churches, we know of at least six people who have already been baptized through watching 3ABN Latino programs! We praise the Lord for Pastor Raciél Hernández Campos in Pinar del Rio who has baptized them, and we're sure there are others we haven't heard of yet.”

## Big Plans for Cuba

John is excited about plans for Cuba this year. “This month, we started up our Cuban call center to connect our viewers with local Seventh-day Adventist churches for Bible studies and support,” he says. “We're also planning an evangelistic campaign in Cuba in October, a major free medical event, and we've gotten approval from the government to bring in free Bibles! God has given us favor with the government, and we're grateful!”



Left: John Dinzey at El Capitolio, the Cuban National Capitol building in Havana. Top: Home church members gather to worship.

Bottom: One of the hundreds of outlets where Cubans can download TV programming on El Paquete (The Package).

“The impact of Christian TV on Cubans is huge,” he continues. “They've only seen secular TV, so our programs are a sign to them that Jesus is coming soon, and they say, ‘This just doesn't happen in Cuba!’”

“God still works miracles today!” says 3ABN Vice President/COO Jill Morikone. “It amazes me to think of the millions of men, women, and children in Communist Cuba who are searching for Jesus and can now have access to the gospel through 3ABN Latino. Look at God! Our God is faithful, and He uses your faithfulness to make it happen. Thank you for standing with this ministry.”



# ASI ANNUAL CONVENTION 2022 REVIVED TO WITNESS ASI'S CALL TO REVIVAL

This summer, 3ABN will once again broadcast live coverage of the Adventist-laymen's Services and Industries Convention that will be held from August 3-6 in Orlando, Florida.

3ABN has been a member and strong supporter of ASI for many years. In fact, our ministries first crossed paths in 1985 at the ASI Convention in Big Sky, Montana, when our founder, Danny Shelton, was unexpectedly given the opportunity to share how God had impressed him to "build a television station that would reach the world with the undiluted three angels' messages—one that would counteract the counterfeit."

ASI's history began with a self-supporting institution called Madison College, established in 1904 near Nashville, Tennessee. As they grew, they planted satellite schools around the country, and by 1947, they'd formed an association with other self-supporting educational and health organizations. Over the years, Adventist business entrepreneurs and professionals joined in, but their commitment to the Seventh-day Adventist Church and its health, education, community service, and evangelism projects remained the same.

## REVIVED TO WITNESS

This year's ASI Convention theme is "Revived to Witness: United. Transformed. Sent." It's based on the events recorded in the Bible soon after Christ ascended to Heaven, recorded in Acts 2:1-3: "When the Day of Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues of fire, and one sat upon each of them."

ASI President Dr. Andi Hunsaker says the theme came as ASI's leadership realized the urgency of the times we live in. They've chosen four focus points for their presentations: Revival, Unity, Transformation, and being Sent.

"A person wholly transformed by the power of the Holy Spirit can do great things for God," she says, "so our theme is a call for personal revival which will lead to transformation and unity. This will take introspection—and only then are we safe to be sent.

"When the disciples met daily in the Upper Room, I do not believe they

were strategizing about how to witness," she notes. "I think there was a lot of soul-searching, humility, and confession which led them to be of one accord and in one place. Only then was the Holy Spirit poured out mightily, and I believe we can expect no less. This is my prayer for our convention."

## INSPIRING SPEAKERS

According to Dr. Hunsaker, this year's convention will feature inspiring speakers like John Bradshaw, Mark Finley, Dee Casper, Calvin Kim, T. J. Knutson, and others.

3ABN will broadcast the morning and evening programs and throughout the day on Saturday, and our great hope is that you'll be moved by ASI's passion to Share Christ in the Marketplace.

"We are all about fulfilling Jesus' Great Commission to 'Go ye into all the world' preaching the gospel," says 3ABN President Greg Morikone. "So we consider it a great privilege to work hand in hand with ASI to help accomplish this."

Tune in for a front-row seat to this committed, passionate, and exciting group of Christians, and hear what the Lord is doing as they serve Him every day! ☺



Join Greg and Jill Morikone and others as 3ABN broadcasts this year's ASI Convention in Orlando, Florida!

## 3ABN'S ASI BROADCAST SCHEDULE

### WEDNESDAY, AUGUST 3

6:00 p.m. - John Bradshaw  
Evening Keynote

### THURSDAY, AUGUST 4

8:00 a.m. - James Hartley  
Morning Keynote

6:00 p.m. - Members in Action

### FRIDAY, AUGUST 5

8:00 a.m. - Robert Hunsaker  
Morning Keynote

6:00 p.m. - Calvin Kim  
Evening Keynote

### SATURDAY, AUGUST 6

8:00 a.m. - T. J. Knutson  
Sabbath School

9:45 a.m. - Dee Casper  
Worship Service

6:00 p.m. - Mark Finley  
Evening Keynote

# AUGUST 3 - 6 | ORLANDO, FLORIDA



# JULY 2022 | 3ABN TV SCHEDULE

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

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

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



## 100 Days of Praise

A 10-minute daily podcast featuring prayers from your 3ABN family!  
 Visit 3ABN.tv and click Podcasts.

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

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



**WHEN YOU NEED PRAYER, 3ABN IS THERE!**

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



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

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



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



**Begins Friday, July 1!**



**Every life has moments that set the course of the journey.**

Don't miss the fascinating stories of ordinary people on their quest to find the meaning of life.

This series investigates the reliability of the Bible in an informed, articulate, and intelligent manner—and how each person finds a loving God eagerly waiting to embrace them with open arms.

**FRIDAYS at 2:15 p.m.**  
**SATURDAYS at 6:45 p.m.**

All Times Central (UTC-5)

“It shall come to pass that before they call, I will answer; And while they are still speaking, I will hear.” ISAIAH 65:24

**WATCH IT ON 3ABN.TV**

# Letters OF Gratitude

Throughout the global pandemic, we've heard from many who have been greatly helped by 3ABN's different television and radio networks. Here are some of their letters of gratitude that have blessed us and touched our hearts!

## FOR 3ABN LATINO

Natali writes from Barranquilla, Colombia: "I am grateful to God for this channel. I am a secluded Adventist, but I am trusting in God. By watching your channel in the middle of the quarantine, I have returned to the ways of God. Thank you for everything, and may God bless you."

Brenda in Guatemala writes, "I've been watching 3ABN Latino programming for 15 years, and it has been a blessing in my life. With this pandemic, our churches have been closed, but having 3ABN at home is a blessing!"

Lourdes in Puerto Rico says, "I love your programming! I'm Pentecostal, but I love watching your shows. I became a vegetarian after watching your cooking programs and I'm eating a healthy diet. I have been blessed by 3ABN Latino!"

And a young man named Carlos wrote us from Colombia, saying, "I want to thank you for 3ABN Latino. You have been of immense help to me, giving me encouragement and instructing me on the right path to take. From a very young age, my life has not been easy, but now I'm 24 and I've made my decision to give my life to the Lord Jesus Christ. I am a vile human being, but by His grace, I've been able to change—even though I haven't been able to go to church. You see, I couldn't find a church where I felt I could fit in because I had an evil power within me that wouldn't allow me to attend. But thanks to God, He made it possible to expel that through fasting, prayer, and worship. Before I found you, Christian books had helped me; but 3ABN Latino finished the work God started in me.... Friends in Christ, I just gave my life to Jesus as a servant—I am nothing more. Please pray for me, because I've begun a task of witnessing to the world, and many to whom I speak are living under the dominion of evil. I'm using social media to share the true message you have taught me... but I want to be baptized. I know that's what's missing. Should I wait for the pandemic to pass, or can you contact a church in my town to baptize me? I love and appreciate you all, and even if I never meet you in this life, I hope to see you in Heaven. I ask that in Jesus Name, Amen!"

## FOR 3ABN RADIO

Paul from Wisconsin writes, "Thank you, 3ABN people! I don't have TV or Internet anymore, but I listen to you by radio. I appreciate all the Bible studies and sermons and became a Seventh-day Adventist 12 years ago. 3ABN helped educate me into the Remnant faith."

## FOR SERMONS

Jessica watched a sermon by Pastor John Lomacang entitled, "The Big Lie Preachers Keep Telling You (And Where it Came From)." Then she wrote the following note: "I love how the Holy Spirit leads us to reaffirm what we share with others. I was just talking to my brother in Christ about the state of the dead, spiritualism, and immortality. Then I told him I would find a video to give him a better understanding and knowledge of what we were talking about. Lo and behold, if you allow the Holy Spirit to guide, God will provide! This is the perfect video—and perfect timing! Thank you, Jesus!"

Interestingly, we received a letter from Yoko at the same time, saying, "The Lord knew I would need to see this sermon! This morning my brother called and said our mother, who has been dead for 36 years, came to him last night with a message. I said, 'Brother, your dream isn't true,' and shared Pastor Lomacang's sermon with him. Please pray that he will watch it, and that the Holy Spirit will reveal the truth to him."

## FOR SABBATH SCHOOL

Ralph in North Carolina loves 3ABN's *Sabbath School Panel*, and writes, "Your spirit, your enthusiasm, and your love for Christ are evident. We appreciate every one of you, including the 'background people' who keep things going so well. Please pass on our encouragement to all the others."


## FOR PREACHING TRUTH

Barbara in Minnesota says, "Since COVID-19 hit, we haven't been able to attend church in person... but I've been watching 3ABN and have grown in my understanding of God's Word through this network. I thank you and pray that you will continue to preach the truth."

## FOR GOD'S BLESSINGS

Marvin and Judy in Michigan write, "Thank you for your ministry. God is certainly blessing many people through 3ABN. We are thankful for His blessings to us throughout our lives, and now that we're old, He continues to watch over us. We are enclosing a small gift to you. We aren't rich, but we want to store our treasure in the Bank of Heaven!"

Thank you for your undying love and support of 3ABN's ministry. Today, many souls have been added to God's kingdom because you cared! ☺



"I love and appreciate you all, and even if I never meet you in this life, I hope to see you in Heaven. I ask that in Jesus' Name, Amen!"

# PRAYER POWER

## 3ABN PRAYER WARRIORS NEEDED

Our 3ABN Pastoral Department has many duties, including answering Bible questions, corresponding with prisoners, reviewing the content of programs, and answering our Prayer Line. We are honored to bring your petitions to the Lord, and our staff prays with hundreds of callers each week. However, there are many more requests coming in each day by email, through our website, and even as text messages.

“Because few things unify God’s people like corporate prayer, we saw an opportunity to involve our viewers as prayer partners, fulfilling the Biblical directive to bear each others’ burdens. So, in 2009 we engaged our audience in praying for hurting people they had never met through the Prayer Warrior program,” says 3ABN’s Pastoral Department Manager, J. D. Quinn. “We started by sending ten prayer requests each week, but that soon turned into fifty—and through the years, the number of prayer requests has grown tremendously. Currently, we have 2,400 people on every inhabited continent signed up to pray for the needs that come into our pastoral department. But, we need YOU!

“James 5:16 promises that ‘The effective, fervent prayer of a righteous man avails much,’ and what a tremendous comfort it is to know that prayers on someone’s behalf are ascending to Heaven day and night! Being a Prayer Warrior is a special calling, and we appreciate those who make that commitment to pray for others, as Christ prayed for us.

“God is not deaf. He hears each cry for help,” J. D. concludes. “Most of those who call are looking for hope, and they are touched by the fact that someone cares enough to join them in prayer. I believe all who engage in intercessory prayer reap a special blessing as God binds their hearts together with His great heart of compassion. I truly look forward to hearing from those who will join us in this ministry of prayer!” ☺

### JOIN OUR PRAYER WARRIORS

- 1 Visit 3ABN.tv. and click the “Pastoral” button.
- 2 Find the box that says, “Join Our Prayer Warrior Team” and click “Sign Up.”
- 3 Fill out a short form.

*Praying for others is a blessing!*

# THE House-keeper

by Risë Rafferty



Blessed is the land when those who live in it “eat at a proper time.” Ecclesiastes 10:17 (NIV). Having a proper time for eating must mean that there’s a time when it’s good to eat and a time when it’s good not to eat. This verse makes me think of the migrating motor complex (MMC)—the term given to the activity and work of the digestive system when it is in a fasting state.

The MMC has been nicknamed “the housekeeper” of the digestive tract. After the stomach and intestines have done their job digesting a meal, this housekeeper shows up. An increase in secretions from the stomach, gall bladder, and pancreas occurs in conjunction with muscular contractions and activity. Its job is to clean out debris from the previous meal, sweeping out the small intestine of bacteria that don’t belong there.

Then, it stimulates the production of enzymes that enable us to digest our food well. Getting all the digestive juices and enzymes primed and prepped for the next meal and ensuring enough energy to take on the next party is the job of the housekeeper.

Let’s say you eat a lovely breakfast. Your food spends its time being digested and absorbed in the stomach and intestine and is now making its way down the canal. As your stomach is emptied, the housekeeper begins to work... until the donuts in the breakroom prove irresistible. The MMC is halted and its housekeeping role can only resume when the party is over. It is estimated that the MMC takes about one-and-a-half to two hours, so fasting between meals for five or so hours enables complete digestion and gives time for the housekeeper to do her thing.

The housekeeper is so valuable, since it promotes an optimal environment for healthy gastrointestinal function. It’s worth the wait.

“The eyes of all look to you, and you give them their food at the proper time.” Psalm 145:15 (NIV).





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