

October 2023

# 3ABN WORLD MAGAZINE



## The Blessings of Praise

PG 4

3ABN Praise Him Music Network

PG 6

SPECIAL FEATURE

### NURTURING BODY AND SOUL

New programs this month!

3ABN AMBASSADORS PG14

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Dear 3ABN Family,

Recently, Kristin\* told me a thought-provoking story about her three-year-old daughter Lily.\* Kristin had just explained how much Jesus loves her and why He wants to live inside us, if we'll let Him.

Lily looked at her mommy and said, "I want Jesus to live in me!"

Hugging her little girl tightly, Kristin whispered in her ear, "Oh, sweetie, that's wonderful. I'm so glad."

Lily's blue eyes widened as she exclaimed, "Be careful Mommy. Don't hug me too tight or you might squash Jesus inside of me. You see, He's living in my heart!"

We may chuckle at a three-year-old's imagination of Jesus having enough room to live inside of her. Yet spiritually speaking, what a powerful lesson that is!

How many times do I hang on tightly to earthly, temporal things that are crowding out Jesus, not giving Him full access to my heart?

Now let's put physical things aside and talk about emotional issues like bitterness, hate, jealousy, and pride, just to name a few. The more I hold on tightly to things that are not of God, the less room I have for Him.

Full surrender to Jesus should be our prayer every day. May you be encouraged today by knowing that Jesus wants to live in your heart and give you victory!

\*A pseudonym

Greg Morikone  
3ABN President



**NEW PROGRAMS!**



**MORE INFO ON PAGE 6**





# The Blessings of Praise

by Bobby Davis

Praise HIM NOW

It's beautiful to note how God continues blessing our youngest television network, and when we spoke with 3ABN Praise Him Music Network General Manager, Ryan Day, we

heard about those blessings, first-hand. His passion for singing and evangelism were what brought him to us several years ago, and he began working with Tim Parton on the fledgling network. Then he worked in our Pastoral Department while appearing on *3ABN Today Bible Q & A* and *3ABN Sabbath School Panel* programs, recording music, and giving weekend concerts. "It was an eventful two-and-a-half years, but God was preparing me for the work I'm doing today!" he exclaims.

With Tim's departure, Ryan took on the general manager responsibilities for Praise Him, and his wife Stephanie joined him as the network's administrative assistant. "That's when I realized God had arranged it all," he says. "Stephanie is incredibly organized, and now we could work with each other as a team even when I was on the road!"

## New Programs

It's been a whirlwind year, but the biggest news was the launch of a new network flagship program called *Praise Him Now*. "We're already recording new programs that will begin airing in January," he says, "and we've invited new musical artists for our Christmas Specials that will air each week during the month of December.

"We're also launching two new series next year," he continues. "The first is called *All About Hymn* and will feature music artists telling the stories behind our favorite Christian hymns. At the end of each program, they'll be singing the hymn for us, too.

"The second series is called *Testify*, and it will be especially tailored for young adults and will feature young musical artists who share songs that have blessed or touched them in a relaxed, documentary style."

Ryan recently returned from the Seventh-day Adventist North American Division Educators' Convention, where he had the opportunity to invite groups, choirs, and talented young people to record with us. "We had a wonderful time connecting with all the educators, and we hope to highlight their students' God-given talents on future programs,"



Left: (L to R): Tim Parton, Stephanie Day, and Ryan Day discuss plans for a program on the *Praise Him Now* set.  
Right: N'Harmoné praise God with their special arrangements on *Praise Him Now*.



he adds. "This is part of a concerted effort, since we're also re-opening our Adventist Collegiate Auditions by traveling to all the major Adventist college and universities in the U.S. to hold auditions. We believe this will bring many more young artists to our network.

"As we have in the past, we're planning to attend future National Quartet Conventions in Pigeon Forge, Tennessee, to connect with the brightest Southern Gospel talent. In this way we not only bring awareness of 3ABN's Praise Him Music Network to them, but also create lasting friendships that will bring them to our studios.

"On another note, I'm happy to say that Tim Parton will return to produce more of *Your Favorites by Request* and will also appear on other programs throughout the year."

## Using Our Talents for the Lord

Ryan reflects for a moment. "It's been an awesome ride," he says, "and I've learned so much about how 3ABN functions. I have a much greater appreciation and respect for the complexity of this ministry, and how much work and content we put out on a weekly basis. Music produced for many of our networks now falls under 3ABN Praise Him, with various processes like mixing, and editing. In fact, on average, we produce anywhere from 40 to 60 different pieces of music every month.

"After a year in this position, I have a greater respect for all that is involved—not just in production, but in all the communication and coordination behind the scenes. I honestly wouldn't be able to do what I do if it were not for Stephanie. There would be no Praise Him Music Network without her. She keeps me aware, organized, and informed, and I thank God for the chance to work with her as a team."

In addition to his other responsibilities, Ryan also holds multiple evangelistic series, revivals, and concerts, while participating in 3ABN Rallies throughout the year. "That's when I get to meet our 3ABN Family!" he says with a smile, "and these folks love 3ABN! It's so gratifying to hear how our programming has blessed them, and many tell us they have 3ABN Praise Him on in the background all day long!

"I'm humbled, privileged, and honored to be on a network that goes around the world. I want to thank each of our viewers and everyone who has supported this network financially. With your help and God's blessing, we will continue to produce fresh new programming and look forward to all the other exciting plans God has in store for us!"

# Nurturing Body & Soul

Three new series will begin airing this month on 3ABN, and we believe they will be a tremendous blessing to you!

## Spotless

The first is Shelley Quinn's new series, called *Spotless*. In this series, Shelley magnifies the love of God as she takes you on a panoramic journey through Redemption's Story from Genesis through Revelation, delivering an end-time message of righteousness by faith. This eye-opening story brings into focus an intimate picture of the Messiah-Christ through understanding God's covenant language.

No matter your level of Bible knowledge, *Spotless* will provide fresh insights into God's faithful interactions with humanity—and His expectations of His people.

## Made for Health

Our next series is called *Made for Health*, and is hosted by Risë Rafferty. In this series, she interviews health professionals on a variety of topics addressing the underlying health conditions that drive sickness and disease.

"We tend to ask questions like, 'What virus?' Or 'What was I exposed to?' However, we should be asking, 'What made me vulnerable to this?' or 'How can I strengthen myself to fight this better?' Risë says. "This takes us out of victim mode and puts us into warrior mode! We want to focus on unhealthful conditions we can change, or what wrong habits we can correct.

"Our goal in this series is to move in deeper and get closer to understanding ourselves better, as well as the underlying weak areas in our physiology. Then we can look at what we can do about it. We'll also look at the interconnectivity of our physiology—that pain in my knee could be related to what is going on in my gut.

"We want to inspire and motivate you to implement practical, simple strategies that can improve your quality of life, because we were all *Made for Health!*"

Shelley Quinn



Risë Rafferty



## Recipes from Russia

And finally, this month we'll also launch our first English cooking series produced in our 3ABN Russia studios! *Recipes from Russia* will be hosted by our 3ABN Russia Executive Director, Julia Outkina, and will feature the tasty and healthy recipes the Lord has taught them since they first received the health message during Pastor John Carter's historic evangelistic series in 1992.

"Along with the recipes, we'll be sharing memories of over 30 years of 3ABN Russia, including the miracles during the construction of our 3ABN Russia Evangelism Center and many other outstanding events that continue, even today," Julia explains. "We'll be sharing God's recipes for success in our history, and we're so grateful to our viewers and supporters who sustain our ministry to the Russian-speaking people of the world. They need to hear the Good News, now more than ever before!"

Our thanks goes out to all those who through their faithful prayers and financial support make program series like these possible. You are changing lives day and night through your support, and we thank God for you. ☺



With Shelley Quinn Begins October 1

Sundays at 5:00 a.m.  
Mondays at 6:30 p.m.  
Thursdays at 1:00 p.m.



With Risë Rafferty Begins October 1

Sundays at 9:00 p.m.  
Wednesdays at 3:00 a.m.  
Fridays at 11:00 a.m.



With Julia Outkina Begins October 1

Sundays at 9:45 a.m.  
Wednesdays at 3:45 a.m.  
Fridays at 11:45 a.m.

All times Central

You are changing lives day and night through your support



# OCTOBER 2023 | 3ABN TV SCHEDULE

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

SUNDAY CENTRAL TIME	
2:00a	It's Coming <b>CC</b> 1hr
3:00	Featured Ministries <b>CC</b>
3:30	From Sickness to Health <b>CC</b>
4:00	Thompsonville Worship Hour <b>CC</b> 1hr
5:00	Spotless <b>★</b> <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	The Incredible Journey <b>CC</b>
12:30	Imperative Life Lessons <b>CC</b>
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit <b>CC</b>
2:30	Kids X-Press / Creation Is! Science <b>CC</b>
3:00	3ABN Today LIVE <b>↻</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	Made For Health <b>★</b> <b>CC</b>
9:30	Mission Revival / Recipes from Russia <b>★</b>
10:00	Strategies for Strongholds <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	When We Talk <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	Praise Him Now <b>CC</b>
9:30	Books of the Book <b>CC</b>
10:00	Daniel All Access <b>CC</b> 1hr
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	IIW Sabbath School <b>CC</b>
6:30	Spotless <b>★</b> <b>CC</b>
7:00	Unlocking Bible Prophecy <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Summer 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	Mark Finley Presents <b>CC</b> 1hr



Don't miss 3ABN's 39th Anniversary Special!  
 Thursday, November 16 at 8:00 p.m. CENTRAL

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life <b>CC</b>
2:30	The Incredible Journey <b>CC</b>
3:00	Sanctuary, Salvation, & Our Savior <b>CC</b>
3:30	Authentic <b>CC</b>
4:00	Pioneer Media <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>↻</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	When We Talk <b>CC</b>
12:00p	Mark Finley Presents <b>CC</b> 1hr
1:00	Multitude of Counselors <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	Kids X-Press / Bible Treasures <b>CC</b>
5:00	Evolution Impossible <b>CC</b>
5:30	The Incomparable Jesus <b>CC</b>
6:00	Mission 360 <b>CC</b>
6:30	Imperative Life Lessons <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	Digital Disconnect <b>CC</b>
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Featured Ministries <b>CC</b>
12:30	Jesus For Asia Now <b>CC</b>
1:00	Child Impact Int./ Journeys <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	Made For Health <b>CC</b>
3:30	Mission Revival / Recipes from Russia <b>★</b>
4:00	Summer Camp Meeting <b>CC</b> 1hr
5:00	White Horse Media <b>CC</b>
5:30	Enjoy Healthy Eating <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	Shelley Quinn Presents <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	Kids Praise Too <b>CC</b>
5:00	3ABN Homecoming <b>CC</b> 1hr
6:00	When We Talk <b>CC</b>
6:30	Salvation in Symbols & Signs - Revelation <b>CC</b>
7:00	It's Coming 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Amazing Facts with Doug Batchelor <b>CC</b>
9:30	Eternal Truths Matter <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	Unlocking Bible Prophecy <b>↻</b> 1hr
1:00	Lineage <b>CC</b>
1:30	Unshackled Purpose/Raw Questions Relevant Answers <b>CC</b>



3ABN Praise Him Music Network can bring you closer to Jesus every day. Scan the QR code with your smartphone to quickly donate to 3ABN Praise Him with PayPal.



#### THURSDAY CENTRAL TIME

2:00a	Laymen Ministries <b>CC</b>
2:30	Maranatha Mission Stories <b>CC</b>
3:00	House Calls <b>CC</b> 1hr
4:00	The Carter Report <b>CC</b> 1hr
5:00	Discover <b>CC</b> 1hr
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</b> 1hr
9:00	ASI Conventions <b>CC</b> 1hr
10:00	From Sickness to Health <b>CC</b>
10:30	Eternal Truths Matter <b>CC</b>
11:00	God's Last Message to the World <b>CC</b> 1hr
12:00p	Ultimate Prescription <b>CC</b>
12:30	Digital Disconnect <b>CC</b>
1:00	Spotless ★ <b>CC</b>
1:30	Amazing Facts with Doug Batchelor <b>CC</b>
2:00	Body & Spirit <b>CC</b>
2:30	Country Wisdom <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	Creation Crafts / Creation Is! Science <b>CC</b>
4:30	The Creation Case <b>CC</b>
5:00	Sabbath School Panel <b>CC</b> 1hr
6:00	The Carter Report <b>CC</b> 1hr
7:00	Bible Answers Live <b>CC</b> 1hr
8:00	3ABN Today LIVE ⚡ 2hrs
10:00	Kenneth Cox Ministries <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Table Talk <b>CC</b> 1hr
1:00	3ABN Today LIVE ⚡ 2hrs

#### FRIDAY CENTRAL TIME

3:00	Strategies for Strongholds <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	Multitude of Counselors <b>CC</b>
5:30	Ultimate Prescription
6:00	Body & Spirit <b>CC</b>
6:30	Contending for the Faith <b>CC</b>
7:00	Amazing Adventures <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Optimize 4 Life <b>CC</b> 1hr
9:30	Cook:30
10:00	Enjoy Healthy Eating <b>CC</b>
10:30	Life After Choice / Divine Design <b>CC</b>
11:00	Made For Health ★ <b>CC</b>
11:30	Mission Revival / Recipes from Russia ★
12:00p	Generation. Youth. Christ. <b>CC</b> 1hr
1:00	Behold the Lamb Presents <b>CC</b> 1hr
2:00	Raw Questions Relevant Answers/Journeys <b>CC</b>
2:30	HeartLift <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
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	Child Impact Int. / Unshackled Purpose <b>CC</b>
7:00	3ABN Sabbath School Panel <b>CC</b> 1hr
8:00	3ABN Today Family Worship <b>CC</b> 1hr
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	Child Impact Int. / Pause to Pray <b>CC</b>
11:00	3ABN Today Family Worship <b>CC</b> 1hr
12:00a	ASI Conventions <b>CC</b> 1hr
1:00	Breath of Life <b>CC</b>
1:30	Eternal Truths Matter <b>CC</b>

## NEW SERIES, NEW BOOK!

# SPOTLESS

#### SATURDAY CENTRAL TIME

2:00a	Praise! <b>CC</b>
2:30	It Is Written <b>CC</b>
3:00	Daniel All Access <b>CC</b> 1hr
4:00	Revelation Now <b>CC</b> 1hr
5:00	Revelation Insights <b>CC</b> 1hr
6:00	Amazing Facts with Doug Batchelor <b>CC</b>
6:30	Tiny Tots for Jesus <b>CC</b>
7:00	Sing Along / Bible Gems <b>CC</b>
7:30	IIW Sabbath School <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	3ABN Sabbath School Panel <b>CC</b> 1hr
10:00	3ABN Worship Hour <b>CC</b> 1hr
11:00	Pioneer Media <b>CC</b> 1hr
12:00p	Bible Answers Live <b>CC</b> 1hr
1:00	Summer Camp Meeting <b>CC</b> 1hr
2:00	Praise Him Now <b>CC</b>
2:30	Adventist World Radio
3:00	3ABN Today <b>CC</b> 1hr
4:00	Maranatha Mission Stories <b>CC</b>
4:30	Child Impact Int. / 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	Secrets Unsealed Presents 1hr <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	White Horse Media
9:30	Sanctuary, Salvation, & Our Savior <b>CC</b>
10:00	Mark Finley Presents <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Discover <b>CC</b> 1hr
1:00	Secrets Unsealed Presents <b>CC</b> 1hr



Shelley Quinn magnifies the love of God as she takes you on a panoramic journey through Redemption's Story—from Genesis through Revelation—delivering an end-time message of righteousness by faith. It's an eye-opening story that brings into focus an intimate picture of the Messiah-Christ through understanding God's covenant language.

No matter what your level of Bible knowledge is, **Spotless** will give you fresh insights into God's faithful interactions with humanity—and His expectations of His people. Don't miss the series, or the opportunity to add this valuable companion resource to your library!

- Written in simple narrative form
- Ample Scripture References
- Features all 28 Seventh-day Adventist Fundamental Beliefs
- Helpful Chapter Summaries
- 286 pages

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Suggested Donation \*Postpaid in the U.S.

**Case of 40 books BSPL-C**  
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Shelley Quinn, Author

"O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation."

PSALM 95:1

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We love to hear from viewers and listeners who enjoy each of our television and radio networks. God is blessing those who tune in, and we are truly encouraged by your emails, social media comments, and phone calls. Here are some of the latest we've received.

## PRaising GOD THROUGH MUSIC

We heard from **Barbara** who comments, "Christian music is so much of my life. I thoroughly enjoy the music and worship brought to us through the 3ABN Praise Him Music Network."

**Holly** agrees, adding, "Every weekend we were blessed to bring in the Sabbath with your network. We just heard Allison Speer sing the song 'God is Good' with Tim Parton on 3ABN, and we were so blessed."

**Jeanie** is not only enthusiastic, but has a suggestion. "I love the music!" she writes, "But I can't keep up with the names of the singers, so I'd love to

see a list with pictures so we can find their music." And **Lureen** writes, "3ABN Praise Him has been an inspiration to me. I love it!"

## BIBLE TRUTHS

We received a comment from **Marie** stating, "I cannot praise God enough for 3ABN on the Internet. That's where I heard for the first time what the Bible says about where our body and soul come from. It's time for people to understand this deep truth, because there are so many lies about the immortality of the soul out there. Many people will be deceived if they never hear this truth!"

After watching a 3ABN *Worship Hour* sermon, a viewer in **Sarawak, Borneo**, wrote, "Thank you, Pastor Lomacang, for giving me the understanding about the difference between worshipping on the Sabbath and on Sunday. I pray that our Lord will continue to help me worship Him as I journey through the toughest times in my life.... All these years I've experienced tough times, but I keep telling God my troubles. Thanks to YouTube,

online prayers, your *Worship Hour*, and all the Bible truths, I stand tall and manage to smile, be happy, and laugh with my children and grandchildren so they don't know anything of my troubles. May God continue to bless you in your work of spreading the gospel and God's Word so that the last day will come sooner."

## NEWFOUND HOPE

After listening to a recent 3ABN *Sabbath School Panel* program, a viewer wrote, "Thanks for this week's lesson, 'How God Rescues Us.' This lesson really gave me hope. I'd almost lost hope because I felt that I was a lost sinner."

**Sheila** watched a 3ABN *Sabbath School Panel* lesson on YouTube called, "The Power of the Exalted Jesus." When it was over, she wrote her comment in the form of a prayer: "Thank you, Lord, for the men and women on 3ABN that help us understand Your Word. I pray that one day soon I will be baptized in the Adventist faith I never really understood until now. Thank you, Lord for not giving up on me!"

Another viewer who watched a 3ABN *Worship Hour* sermon titled, "The Eternal Consequences of Your Thoughts" wrote: "All glory be given to God! I thank the Holy Spirit for leading me to this sermon, since I'm on my journey back home. I'm a prodigal daughter, and I had given up on God. But I'm going back, and I feel so encouraged. God opened His arms of love and guided my steps in His Word. I pray that He will not let my iniquities have dominion over me."

## SPECIAL TIMES OF BLESSING

Social media and YouTube comments encourage us, too—like this one, referring to a 3ABN *Today Live* that focused on our most recent 3ABN *Kids Camp* series.

"This is a cool behind-the-scenes look at this wonderful program for kids that was recently filmed. It reminds me of all the vacation Bible schools I have played a part in producing over the last three decades!"

**Al** from Medford, Oregon, was thrilled by our most recent 3ABN *Summer Camp Meeting* with the theme, "Majoring in the Minors." He writes, "Thank you all very much for one of the best camp meetings I've ever seen. Everyone was so passionate and focused. I would love to be there for one of those! Majoring in the Minors is getting me back to rereading those minor prophets again!"

We love to hear from distant lands, too! **Bula** was blessed by watching "Mending Broken People: The 3ABN Miracle Story," and wrote, "Thank you, Jesus, for 3ABN reaching us in the South Pacific Islands!"

Yes, we praise God for all those who watch and listen to 3ABN's many networks. And we praise Him for impressing viewers like **Paulette**, from Swannanoa, North Carolina, who writes, "Enclosed is my donation to further spread God's good news. I have been enjoying your programs so much! I love your 3ABN *Sabbath School Panel*, sermons, and musical specials. I don't know my Bible well enough to preach, nor can I sing, but I can give you my full attention and my prayers as I learn from home. Thank you so much."

Thank you for watching and listening, for your prayers, and for your love. We couldn't ask for a better family, because God has chosen each of you!

We'd love to hear from you, and we hope you'll share what the Lord has done for you through 3ABN's ministry. Just email us at [mail@3abn.tv](mailto:mail@3abn.tv) and may God bless you abundantly! ☺



# 3ABN AMBASSADORS

by Jasmine Carter



Want to share what you've learned on 3ABN with those around you? 3ABN Marketing Manager Jasmine Carter (above) is happy to send you proven ideas and resources that work!

Are you curious about the buzz surrounding 3ABN's latest marketing venture? Then let me introduce you to the exciting 3ABN Ambassador Program. Our mission is to partner with churches and spread the three angels' messages through cable TV, digital media, and print content. Our goal is simple: raise awareness of 3ABN's life-changing programs, help your church grow, and win more souls for God's Kingdom.

What's motivating 3ABN Ambassadors to team up with us? Well, Karie Young says she wants to share good news throughout Colorado. Brenda Reese from Tennessee feels the urgency to spread the gospel in these last days, and she and her husband are eager to do more for God's Kingdom. Steve and Martha Brooks from Texas are thrilled to introduce their community to the treasure of 3ABN TV and the truth of Jesus through our networks. And Laura McKinnon from Tennessee is excited that God changed her life and sent 3ABN to help her and her family get closer to Him. She wants to help others find that same connection.

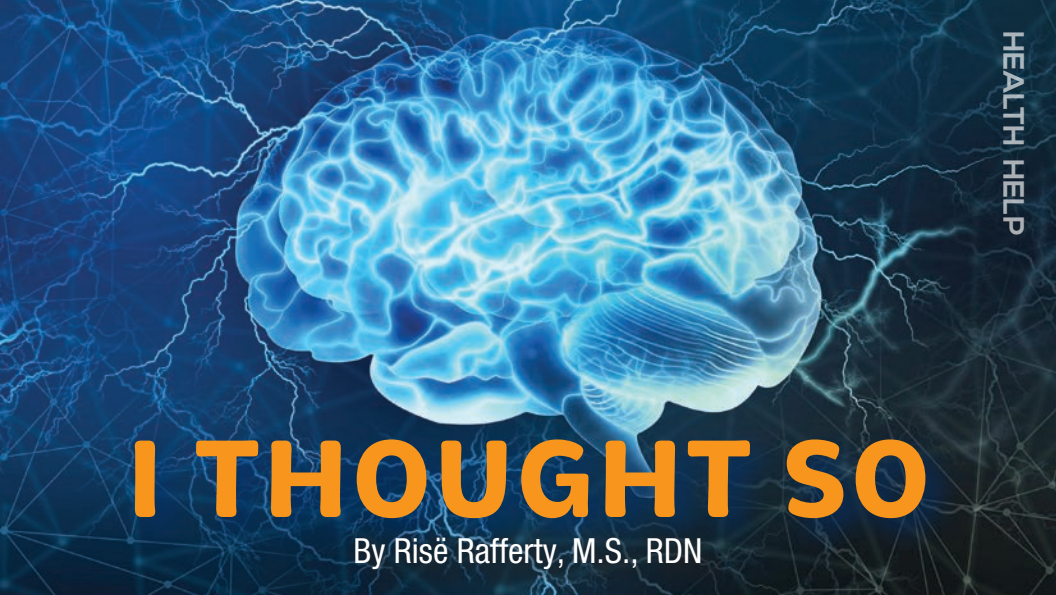
Do you share our passion for helping people discover healing and salvation through Jesus Christ? Then join forces with us in preparing more souls for God's Kingdom by becoming a 3ABN Ambassador and spreading the word. Learn about 3ABN's evangelistic resources for your church and community; enrich your church's discipleship program; partner with 3ABN to bring free programming to more prisons and retirement homes; and network with other 3ABN ambassadors.

To learn more or to join 3ABN's Ambassador private Facebook Community, email me at [jasmine.carter@3abn.org](mailto:jasmine.carter@3abn.org) or call 618-627-4641 ext. 3130 and we can discuss further details. Come make a difference with us through 3ABN's Ambassador Program! ☺



Steve & Martha Brooks from Texas (top) and Chuck and Brenda Reese from Tennessee (below) are eager to share what they've found on 3ABN with their church family! They are truly ambassadors with good news!

PHOTOS SUPPLIED



Someone asks, "What are you thinking?" and the next person answers, "Nothing." Really? Are you sure? How can someone think *nothing*? Perhaps it depends on how we define *thinking*, but from my perspective, the word "nothing" never applies. A thinking brain is always on—like the ocean that sometimes has a rippling surface, and at other times surges with currents, swells, and crashing waves.

Thoughts and emotions, as a function of the brain, are physiological processes. We think of a heart beating, a lung breathing, or hormone production as physiological processes that require energy and biochemical interactions that influence our health. Although thoughts may seem ethereal and nebulous, they are also electrochemical reactions with physical components. They release neurotransmitters—chemical messengers that communicate and influence. These set off events not only in nearby neurons, but in virtually all body functions, since it's constantly translating and responding to what is going on in our brain.

Our thoughts have astonishing transformative capabilities and can literally turn up or down genetic expression. When thoughts become common and chronic, they form mindset and can literally change the structure of cells as they adapt to the consistent signaling from the brain. The mind and body are intimately connected.

Thoughts exist as part of our mental, emotional, social, and spiritual selves—which, I believe, is the largest contributor to our state of health. We can't control our thoughts as we may desire, but we can take advantage of the most effective and powerful intervention we have to promote health-restoring thoughts. Brain waves transition in the morning like the changing of the guard, making our brain most susceptible, receptive, and vulnerable at this time of the day to being adjusted and directed. Instead of grabbing our phones, reading the news, or exposing ourselves to that which promotes stress and fear, why not connect with the Holy Spirit, experiencing God's love, and being filled with gratitude and praise?

"... Be transformed by the renewing of your mind ..." (Romans 12:2). ☺



Join us in Medford, Oregon!

 **3ABN** Rally

**OCTOBER 28, 2023**

*Please note that this event will not be broadcast*



Medford Seventh-day Adventist Church | 1900 Greenwood St | Medford, OR | For more information call (541) 772-6021 or visit [MedfordSDA.org](http://MedfordSDA.org)



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