

June 2024

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3ABN WORLD MAGAZINE



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PRESIDENT'S LETTER | Greg Morikone

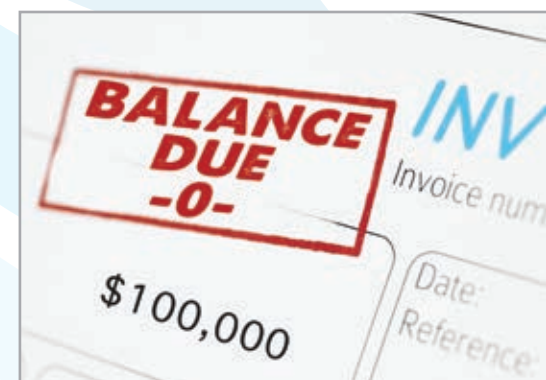
Dear 3ABN Family,

3ABN is a miracle ministry! I never tire of hearing Mr. Danny Shelton tell the incredible stories of how God has provided and sustained this ministry from day one. Like the story of the three-phase power that ran right up to the driveway of 3ABN's first building—the very power needed for our uplink equipment. And what about the two acres donated to 3ABN by a wonderful local Christian lady that turned out to be *the only spot* that had no frequency interference in getting our signal up to the satellite?

Through the years, that miracle list has grown, and a couple of weeks ago, our Director of Broadcasting and Engineering, Moses Primo, stopped by my office to tell me that one of the IPTV providers that distributes 3ABN had just been bought out by a company with a much larger “footprint,” meaning we could potentially reach more people. Then he came back and said, “There is a problem. As you know, the previous company put on 3ABN at no charge, but the new company's contract will cost us over \$100,000 per year!” That's a lot of money, especially going from \$0 to over \$100,000! But we knew this hadn't caught God by surprise, so we prayed for a miracle. Moses would talk to the new owners and explain things again; but if we had to pay, we knew God would provide the funds.

I'll never forget the smile on his face when he came back with the news that the new owners would not charge 3ABN at all. *What a huge miracle!* Right there, we had a praise meeting in the office, thanking God for once again providing for His ministry, 3ABN. God is alive and well. He works miracles now, just as He has in the past. He is always faithful to us, so let's keep our faith and trust in Him!

Greg Morikone
3ABN President

**READY FOR ADVENTURE AND DISCOVERY****3ABN Kids Network Backpack and Accessories**

This beautiful backpack has adventure written all over it! Perfect for the next hike, camping trip, or day trip, it features the eye-catching 3ABN Kids logo, two zippered compartments, and a side pocket for a water bottle.

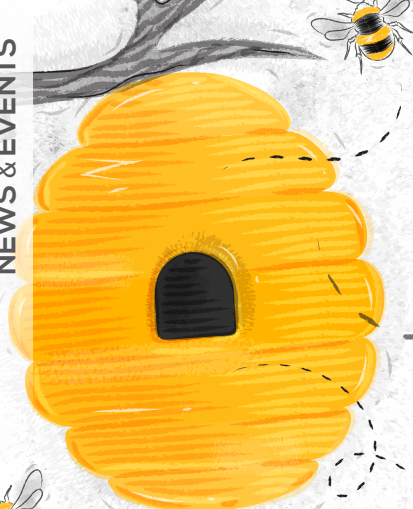
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 \$45 Suggested Donation*

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Cultivating the Buzz

by Aunt Francine

The 3ABN Kids Network is abuzz with excitement as young viewers actively engage in serving their communities and spreading the message of Jesus! Among the many inspiring initiatives is *Kids X-Press*, a program showcasing how children express their love for God through various activities. The excitement comes to us from faraway places like Belize, Guyana, South Africa, and England!

Recently, 8-year-old Zaiden made an effort to talk about our wonderful programs like *Creation IS! Science* with his friends at a public school, and now, several of them have started watching our programs and have a renewed passion for learning about Jesus.

But it doesn't stop there! One friend joined him at church on Sabbath, and the following week, that friend's mother and sister attended church, too! This ripple effect is prompting even more kids and their families to show an interest not only in our programs but also in visiting their local church—all thanks to Zaiden's contagious enthusiasm to share Jesus.

Lessons From the Bees

Let's look at nature for a moment. Observing bees in action, my family and I noticed a swarm gathering on an arborvitae. Swarms typically occur when a hive is healthy and needs more space. In preparation for establishing a new hive, bees gorge themselves on honey and depart with the mature queen, while those who stay behind nurture a new queen with "royal jelly." In time, both hives thrive and continue doing what they do best—making honey.

This makes me think, *As we work for the kingdom of God are we helping our children feed on the "Royal Word" of God? Are we*

encouraging our youth with opportunities to grow and thrive? Like Zaiden, are others coming around us to learn more about our Savior, Jesus Christ? Let's keep searching for ways to increase God's kingdom—just as the beehive increases in strength and numbers.

Soon we'll not only have Detective of Truth Bible studies that can be downloaded for free on our 3ABNKids.tv website, but they will also be available in printed form! Many children are looking for tools to be able to study together, while others are asking for their very own Bible. These young people are so motivated to do their part to help their friends study the "Royal Word" of God. Do you see how important our supporters are in making that happen?

This summer, we're starting on another season of our *Jesus My Light* series, illuminating Jesus as the Master Healer. As He performed healing miracles, Jesus knew that what the multitudes needed most was His healing touch to change their perspective of God's character. And just as Jesus desired to seek and save the lost while He walked among us, there is nothing God desires more than to have His kingdom grow because, unlike a beehive, His house is big enough for everyone!

Zaiden's story is an inspiring call to all of us to foster a fertile environment for our young believers to thrive and spread the gospel. It's a reminder that even the smallest voices can echo the loudest in the halls of faith, inviting others to join in the grand adventure of knowing and sharing the love of Jesus. As we move forward, let's carry the torch passed on by our young ambassadors, ensuring that the buzz for the Kingdom of God grows louder, reaches farther, and draws more souls into the "sweet" love of Jesus and His soon coming. ☺



(Top): Zaiden is excited about sharing his favorite 3ABN Kids Network programs with his fellow students at public school. (Middle): He also invited his friends Elle and Jack to church on Sabbath! (Bottom): "We always have fun recording *Jesus My Light*," says Aunt Francine (back, center). "But the best part is seeing the love of Jesus grow in each young heart."



... Are we helping our children feed on the "Royal Word" of God?



God Moves in COSTA RICA by John Dinzey

PHOTOS SUPPLIED

It has to be done until the Lord says stop! Jesus said in Matthew 24:14, “And this gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come.” But the work is not done, since millions still haven’t accepted the good news of salvation!

Evangelizing With Power

Eight years ago, the Lord impressed me to organize evangelistic campaigns in cities where 3ABN Latino has been on TV or cable for several years, because there are people in the “valley of decision” (Joel 3:14) who have heard the message of salvation, studied the doctrines presented on our programs, but have not made a decision for Jesus.

I truly believe God will save many who are lost if we place ourselves in God’s hands, so this project involves recruiting volunteer speakers who are willing to pay for their own transportation, meals, and hotel expenses. I am truly amazed how the Lord has blessed this evangelistic efforts over the years with thousands of baptisms. *Praise the Lord!* In Acts 1:8, Jesus said, “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and

Samaria, and to the end of the earth.” Our prayer is that our volunteer speakers will understand they are called to be witnesses for Him even “to the end of the earth,” but for this to happen, they must be rid of self and allow the Holy Spirit to work through them with power. This is why we call this project *Evangelizing With Power!*

God Moves in Costa Rica

This year we collaborated with the South-Central Costa Rica Conference of Seventh-day Adventists and thirty volunteers decided to join us. Unfortunately, about a third of them had challenges in securing visas, but I’m happy to say that they will be taking part in another evangelistic effort this summer.

Our plan was to have a speaker in each of the 32 churches in the Costa Rican capital city of San José, but the Conference leaders decided to include churches in other nearby cities for a total of 70 simultaneous evangelistic campaigns held from March 16–23! Our speakers came from vastly different backgrounds. We had lay people, pastors, housewives, factory workers, students, an accountant, and even a doctor. They came from the United States, Guatemala, Mexico, Honduras, and Costa Rica.

Conference president, Pastor Olmedo Martinez, told me that church leaders were hoping for 300 baptisms, and that he was praying for this. I assured him we would join him in prayer, then added that we don’t set goals for our speakers, but encourage them to surrender to the Lord, instead. And even though we might not see immediate results, we trust in God’s promise in Isaiah 55:11 that His Word will never return to Him void!

Prayer Changes Everything

During the event, we met each morning with the speakers for a time of singing, an inspiring devotional, and testimonies from the previous night’s meetings. We also prayed together since that’s such an important part of evangelism.

Of course, when an effort to preach the gospel is made, Satan always tries to cause trouble—and *there was trouble!* A few of the speakers told us that not many members were coming, and that it looked as if they’d face discouraging results. One of them even said, “I believe I’m facing the worst experience I have ever had in preaching evangelistic campaigns!”

But I hope you didn’t miss that I said *prayer is a very important part of evangelism*. We were already praying, but after hearing those reports, we prayed *even more earnestly*.

So what were the results? *Miracles!* By the end of the series, Pastor Martinez expressed his gratitude to God as he reported that 309 people had been baptized. Then he said that *more* were added to that number in the following week! But that’s not all, because they now estimate that *up to 100 more people* will ask to be baptized in the near future as a direct result of those evangelistic campaigns. God even



(Above): Pastor Olmedo Martinez, president of the South-Central Costa Rica Conference of Seventh-day Adventists worked with 3ABN Latino on 70 simultaneous evangelistic campaigns in that country. Over 300 precious souls were baptized—with many more to come!

turned things around in the meetings that were poorly attended. Toward the end of the week, more people came, and some of them made decisions for baptism with tears in their eyes!

Please pray for those who were baptized, as well as for those who are planning to do so, soon. And pray for our plans for the next evangelistic series in 2025. Surely God will bless those efforts too, and your prayers are deeply appreciated. ☺

JUNE 2024 | 3ABN TV SCHEDULE

PT -2 hours • MT -1 hour • ET +1 hour **Red titles are changes effective this month.**

CC = CLOSED CAPTIONED 🔴 = LIVE PROGRAM ★ = NEW SERIES 🔵 = REPEAT OF LIVE PROGRAM

SUNDAY CENTRAL TIME	
2:00a	It's Coming CC 1hr
3:00	Featured Ministries CC
3:30	A Wolf in Sheep's Clothing CC
4:00	Thompsonville Worship Hour CC 1hr
5:00	Spotless CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Ready, Set, X-plore / Critters & Creation
7:30	Bible Treasures/Fit Club
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	The Incredible Journey CC
12:30	Down to Earth CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press / 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	Amazing Facts with Doug Batchelor CC
9:30	Mission Revival / Recipes from Russia
10:00	Strategies for Strongholds 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

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	Adventist World Radio CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	When We Talk CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Evolution Impossible CC
9:30	ASAP Ministries CC
10:00	Prophecy Unsealed CC 1hr
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	Down to Earth CC
3:00	3ABN Today Bible Q & A CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Praise Him Now CC
5:30	IIW Sabbath School CC
6:00	Spotless CC 1hr
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Summer Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today Bible Q & A CC 1hr
12:00a	The Carter Report CC 1hr
1:00	Mark Finley Presents CC 1hr

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	The Incredible Journey CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	Piano Praise CC 1hr
4:30	Adventures in Missions
5:00	Salvation in Symbols & Signs - Revelation CC
5:30	Child Impact Int./ Pause to Pray 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	It's Coming CC 1hr
11:00	Featured Ministries CC
11:30	Multitude of Counselors CC
12:00p	Mark Finley Presents CC 1hr
1:00	The Incomparable Jesus CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Mission Revival/Journeys CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	Kids X-Press / Ready, Set, X-plore CC
5:00	Unshackled Purpose/Impact Hope CC
5:30	Rebuild CC
6:00	Mission 360 CC
6:30	Imperative Life Lessons 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	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Child Impact Int./ Journeys CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Made For Health CC
3:30	Mission Revival / Recipes from Russia
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	Enjoy Healthy Eating 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 Cooking CC 1hr
9:00	Shelley Quinn Presents 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 Cooking CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Critters & Creation / Fit Club CC
5:00	3ABN Homecoming CC 1hr
6:00	When We Talk CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Made For Health 1hr
7:30	A Wolf in Sheep's Clothing CC
8:00	3ABN Today Cooking CC 1hr
9:00	It Is Written CC
9:30	3ABN Music Highlights CC
10:00	Love Me CC 1hr
11:00	3ABN Today Cooking CC 1hr
12:00a	Unlocking Bible Prophecy 🔵 1hr
1:00	Digital Disconnect CC
1:30	Raw Questions Relevant Answers/Intimate Clarity CC

YOUR
Lifestyle
as
MEDICINE

Discover how to enjoy optimal health on this new series from 3ABN Australia with Kaysie Vokurka. Watch it on 3ABN International.





We're bringing the gospel to kids, too! Scan the QR code with your smartphone to quickly donate to 3ABN Kids Network with PayPal.



THURSDAY CENTRAL TIME	
2:00a	Laymen Ministries CC
2:30	Maranatha Mission Stories CC
3:00	House Calls 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	Eternal Truths Matter CC
11:00	God's Last Message to the World CC 1hr
12:00p	Spotless CC 1hr
1:00	Ultimate Prescription CC
1:30	Amazing Facts with Doug Batchelor CC
2:00	Body & Spirit CC
2:30	Country Wisdom CC
3:00	3ABN Today CC 1hr
4:00	Creation Crafts / Creation Is! Science CC
4:30	The Creation Case CC
5:00	Sabbath School Panel CC 1hr
6:00	The Carter Report CC 1hr
7:00	Bible Answers Live CC 1hr
8:00	3ABN Today LIVE CC 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Bible Answers Live CC 1hr
1:00	3ABN Today LIVE CC 2hrs

FRIDAY CENTRAL TIME	
3:00	Strategies for Strongholds CC
3:30	Live to Be Well
4:00	The Incomparable Jesus CC
4:30	Action 4 Life CC
5:00	Rebuild CC
5:30	Ultimate Prescription
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	Enjoy Healthy Eating CC
10:30	Life After Choice / Divine Design CC
11:00	Made For Health CC
11:30	Unshackled Purpose/Recipes from Russia
12:00p	Generation. Youth. Christ. CC 1hr
1:00	Behold the Lamb Presents CC 1hr
2:00	Raw Questions Relevant Answers/Journeys 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	Authentic CC
5:30	Your Favorites By Request CC
6:00	Jesus for Asia Now CC
6:30	Child Impact Int./Impact Hope 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	Child Impact Int. / 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	Eternal Truths Matter CC

Who am I?
What is my worth?
And what is my purpose in life?

SATURDAY CENTRAL TIME	
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	Sing Along / Bible Gems CC
7:30	IIW Sabbath School CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Pioneer Media CC 1hr
12:00p	Summer Camp Meeting CC 1hr
1:00	3ABN Today Bible Q&A CC 1hr
2:00	Praise Him Now CC
2:30	Adventist World Radio
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	3ABN Music Highlights CC
5:00	Breath of Life CC
5:30	Featured Ministries CC
6:00	Laymen Ministries CC
6:30	Salvation in Symbols and Signs CC
7:00	Secrets Unsealed Presents 1hr CC
8:00	3ABN Today CC 1hr
9:00	White Horse Media
9:30	Sanctuary, Salvation, & Our Savior CC
10:00	Mark Finley Presents CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Secrets Unsealed Presents CC 1hr



Unraveling the answers to these questions will make all the difference between a life of fulfillment and a life of continual searching.

3ABN Ignite is a brand-new, live, interactive program on YouTube that can help transform your life through practical Christianity!

Join our dynamic community of Christians and share your thoughts and questions in our live chat! Simply subscribe to get notifications about 3ABN Ignite. The answers you find will set your spiritual life on fire!



Subscribe to 3ABN's YouTube Channel to get notifications about 3ABN Ignite!

"But Jesus said, 'Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven.'" MATTHEW 19:14

You Warm Our Hearts

God has continued to bless 3ABN's ministry through the faithful support of our 3ABN Family. You believe in our mission to reach the world with the undiluted three angels' messages of Revelation 14:6–12, and with your financial support, we have been able to continue ministering for all these years. In addition, your kind words of encouragement bring joy, fresh courage, and determination to do even more for our loving Savior!

Here are just a few of the many letters, emails, and social media comments we've received.

Letters from Children

We get some precious letters from 3ABN Kids Network viewers, like this one from Zaiden, who writes, "I am 8 years old and just started third grade. I love Jesus very

much and I love sharing about Him with my friends. I love talking to my elderly neighbors, Mr. Charles and Ms. Lou, who also love Jesus. I also love watching *Jesus My Light* every morning before going to school, and I watch *Creation IS! Science* whenever I am at home in my free time. Please let me know how I can be on one of your programs to let the world know how much I love Jesus."

Ezekiel and Zachariah sent us a card saying, "Dear Aunt Francine and friends at 3ABN we are thankful for you. Thank you for letting us come and be on the Kids Camp programs. Thank you for being a good example for me."

Young Kaylee loves Kids Network programs, too, and shared her favorites with us. "I like *Bible Buzz*," she says, "and sometimes they be silly. And I like *Cook:30 for Kids*, and I like to be outside."

But young kids are not the only ones who write us. We get letters from the older kids, too—like Luella, who is in her 80s! She writes, "Thank you for the Christmas card. I was surprised when I received it. I donate to many of the different ministries when I can—but decided that 3ABN Kids Network would get the funds so children would know more about Jesus. May God bless 3ABN Kids Network."

Thank you, Luella, and all who support our Christ-centered children's programs!

Online Comments

Many of our viewers comment after watching a program online, either on 3ABN's YouTube Channel, or on the 3ABN+ app. Sharon watched our *3ABN Today Family Worship* program titled, "Peace in the Midst of the Storm" and writes, "I thank the Lord for 3ABN. My life has changed because of your programs on TV!"

A *3ABN Worship Hour* sermon prompted this from Faith: "Glory and praise to the Eternal and glorified Almighty Lord. Your entire message was very informative, and towards the end of the sermon, I cried. It is so profound. I've been searching for an answer for many years, and I finally found it in this message!"

Sheila watches *3ABN Today Bible Q&A*, and writes, "I thank each one of you for your time to help us understand God's Word. It has helped me grow personally, and I am so grateful."

Nancy also loves that program and writes, "My husband and I always learn from the questions and answers. Countless times, we've been seeking answers to the very questions that are asked of you on the program!"

Claudia felt guided to 3ABN. She writes, "I was searching online for some biblical material to enrich my prayer life and was directed to your site. I started listening, and I'm very encouraged!"

And Hniah has been watching Risë Rafferty's *Made for Health*, and writes, "I have learned so much watching this program, and I have shared the link with my friend."

Watching in Distant Lands

Many of our viewers from distant lands leave their greet-

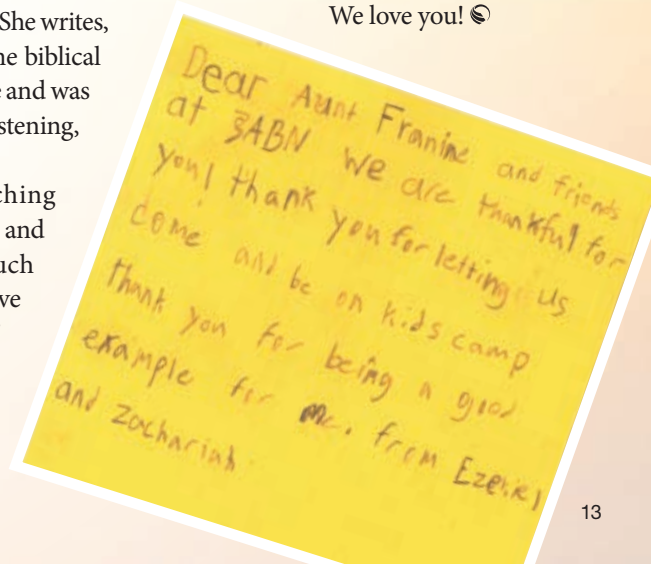
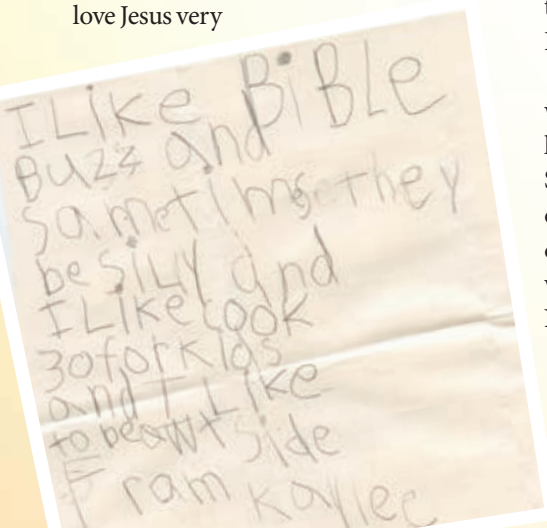
ings and gratitude, like the viewer who writes, "I'm watching from Thailand and this channel helps me change my life for good."

Elena watches 3ABN in Bucharest, Romania, and writes, "Thank you for this initiative, and may God bless you all! You are doing a wonderful work, and I watch you every week!"

Alison watches us from the West Indies and says, "I am a Seventh-day Adventist from the beautiful island of St. Lucia, and I have been hooked on your weekly *3ABN Sabbath School Panel* programs! As a Sabbath School teacher, I've been helped immensely by watching, listening, and taking notes from your panel members. It is divine intervention and wisdom that gave 3ABN the idea to share the panelists' notes with us viewers. Please continue to be a radiant light shining brighter until that perfect day!"

Your support of 3ABN's worldwide television and radio ministry is what sustains us as we spread the gospel of Jesus Christ, and your letters and comments of encouragement warm our hearts and give us fresh courage every day. Thank you for caring about your 3ABN Family.

We love you! ☺



Amazing News from Ghana

by Moses Primo

3ABN-Ghana television is distributed through a nationwide digital television bouquet of channels. It's a huge blessing to be part of this government-owned package because it is available to *every home in the country!* We get lots of testimonies, but let me share a few of them with you that demonstrate how God is using 3ABN-Ghana to reach those who are sincerely seeking for truth:

Ofori, a priest and founder of an independent church, called to say that he was so impressed with the Sabbath message that he shared it with his congregation. And even though his message divided his church, he continues to be excited as he learns more through Bible studies! Then there's the elder of a Pentecostal church in Western Ghana who became a Seventh-day Adventist after watching *Revelation Now* with Pastor Doug Batchelor. There are many stories from Accra, the capital city of Ghana, too. Grace was a Catholic for over 50 years, but after losing her husband, she started watching a prophecy series on 3ABN-Ghana. Soon she was keeping the Sabbath and was baptized in the Ofankor Seventh-day Adventist Church. Three more families joined the church in the nearby suburb of Madina from watching 3ABN-Ghana, along with a Nigerian migrant named Jero who was baptized at the Tantra Hill Adventist Church. Seventy-year-old Emmanuel watched 3ABN-Ghana and was baptized at the Kotobabi Adventist Church; and Grace, who lives in the Eastern Region of Ghana, followed our programs and was baptized at the Agyenna Adventist Church. Then she reached out to Evangelist Seth Ofori, who hosts a program called *The Hidden Treasure*, to conduct an evangelistic series and establish a new church in her hometown!

On behalf of 3ABN, I want to express our sincere appreciation for the great work that 3ABN-Ghana's Executive Chair, Dr. Elizabeth Asante and her son Kwadwo are doing as volunteers. They've worked tirelessly for many years, facing problems like unstable power, poor Internet service, and limited remote production equipment as they gather testimonies.

Please pray for this humble ministry that enters *every home in Ghana*, day and night, with a message of salvation that changes lives for eternity. Your support helps tremendously, so if the Holy Spirit impresses you, please earmark your donation for 3ABN-Ghana. Surely the Lord will bless as we work together to reach every soul who is looking for truth and salvation!

3ABN-Ghana's Executive Chair,
Dr. Elizabeth Asante

GUT FEELINGS

by Risë Rafferty, M.S., RDN

The phrase *gut feelings* is synonymous with immediate hunches about people or situations—our sixth sense, or intuition. Experienced leaders value their gut and reportedly make some of their most important decisions based on them.

The Bible provides further insight into gut feelings: "... My heart is like wax; it is melted in the midst of my bowels" (Psalm 22:14 KJV). "I am troubled, I am bowed down greatly; I go mourning all the day long. For my loins are full of inflammation ..." (Psalm 38:7). "Behold, O Lord; for I am in distress: my bowels are troubled ..." (Lamentations 1:20 KJV). Are these Bible verses metaphorical, or do they describe the connection between the gut and emotions?

Intriguingly, our bowels are referred to as the *second brain*. Producing all the neurotransmitters made in the brain, and communicating with it in multiple ways, science has found how the role of the gut is much more than merely digestion. According to one gastroenterologist, "A big part of our emotions are probably influenced by the nerves in our gut."¹

While this sounds so new and cutting edge, consider these statements from over 100 years ago: "There is dissension, strife, and discord. ... Anger is manifested—and all because the nerves of the brain are disturbed by the abuse heaped on the stomach."² "The indulgence of appetite beclouds and fetters the mind, and blunts the holy emotions of the soul."³

An intimate, two-way connection exists between mind and body. They are in mutual sympathy with the other. Our gut feelings are much more influential than we may have realized.

1. Adam Hadhazy, (2010). *Think Twice: How the Gut's "Second Brain" Influences Mood and Well-Being*. Scientific American. <https://www.scientificamerican.com/article/gut-second-brain/>
2. Ellen G. White, *Counsels on Health*, p. 577.
3. Ellen G. White, *Testimonies for the Church*, vol. 3, p. 310.



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