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3ABN WORLD MAGAZINE



Ryan Johnson
*3ABN Dare to
Dream Network
General Manager*



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Dear 3ABN Family,

In January, we experienced a winter storm with sleet, freezing rain, and snow. It had been a while since we’d had such a destructive ice storm here at 3ABN. And after all the precipitation came the bitter cold with temperatures dropping to about zero. Many trees and powerlines weighed down under the strain of all the ice and snow cracked and broke, sending them crashing to the ground.

Jill and I were blocked in at our house. Both ways out were impassable because of the downed trees and branches. Roadcrews and utility companies were busy clearing the roadways and restoring power. It was slow going and treacherous.

Needing to take care of some things in town, I slowly and carefully drove along our country two-lane roadway. All the roads were slippery and sloppy with slush and snow. What a mess! Then suddenly, I saw a quick flash of red swoop in front of me and dive down to the ground in the middle of the highway. The stunning red cardinal quickly picked up a morsel of food and flew back to safety before I passed! How in the world did that little bird even see a small piece of food in all of the sloppy mess on the roadway?



The lesson God had for me was all too clear. Despite all the ice and snow that was challenging its survival, that small bird was able to find a blessing during the storm. Wow, what a reminder that was! No matter what storm of life you and I find ourselves in, there are blessings to be found—no matter how small they may seem.

Psalm 34:1 says, “I will bless the Lord at all times; His praise shall continually be in my mouth.” Notice that it says “at all times.” This means even during those difficult times. So be encouraged today. There are blessings all around—even in the “ice and snow” of life.

Greg Morikone
3ABN President

Let’s Get Together for 3ABN Today Family Worship!

Friday night is the perfect time to praise the Lord, share what is on our hearts, and study God’s Word together as we bring in the Sabbath hours.

**Fridays at 8:00 p.m.
and 11:00 p.m. CENTRAL**

On-demand at 3ABNPlus.tv



Unfolding the Vision | The Dream Continues

by Bobby Davis

Pastor Ryan Johnson has joined the 3ABN Dare to Dream Network as its new general manager, and we're also excited to welcome his wife Anissa as his assistant! As they shared how God guided their journey, it became clear that He brought them here for a purpose.

Ryan grew up in Charlotte, North Carolina, where his father was a lay pastor for several churches, including Gastonia, North Carolina, and Rock Hill, South Carolina.

After marrying Anissa, it became clear to Ryan that the Lord would call him to ministry one day, and when he spoke to Anissa about it, she replied, "Whatever the Lord wants, that's what we'll do—and He will get us there."

The Power of Media Ministry

Before coming to 3ABN, the Johnsons lived in Las Vegas, where Ryan witnessed media ministry flourishing during the pandemic.

"Many who were comfortable just sitting in the pews suddenly had to find church outside their buildings," he recalls. "And that's when media ministries like 3ABN became vital for sharing hope and truth. I stood with people in hospitals and

homeless shelters who were starving for truth, and 3ABN became the thing we could point them to. That was one time we fully appreciated the power of what God is doing through 3ABN."

A Passion for Education

Anissa grew up in Fresno, California, and has a passion for Adventist education. After earning her degree in mathematics, she became a teacher, and eventually helped open a church school in Las Vegas.

Her background in education and Ryan's passion for outreach blend perfectly with their new mission.

"Adventist education helps students build a personal relationship with God," she says. "It's something I've always wanted to instill in young people, and now we are excited to work together at 3ABN."

"Every time Ryan recorded programs at 3ABN he would come home uplifted, and now, when we come here, we feel, see, and experience that God is really the first priority. To work for a ministry where we put everything on God and let Him take care of it is a joy."

Ryan shares her passion to reach younger generations. "Young people who share images and information about themselves with one another are displaying a willingness to be included in the gospel media



Pastor Ryan and Anissa Johnson have just taken leadership of 3ABN's Dare to Dream Network and have moved here from Las Vegas, Nevada. They have two young adult children, Jalen (L) and Carson (R).

ministry; so what if we turn that around and create programs that resonate with them?" he asks. "When kids see other kids, they'll watch—and their parents will, too."

"We have an opportunity to produce new programs," Anissa says, "and we'll have some youth and young adults on to expose them to what they can bring to the mission field. Not only will it make them want to serve, but they'll inspire others, too."

Unfolding the Vision

"The new role Anissa and I have is an honor, but the shoes we must fill are infinitely large. We don't try to fill those shoes, but we benefit from the footprints.

"I first met Dr. Yvonne Shelton when we produced a program called *Redemption* for the Dare to Dream Network, telling the story of Jesus Christ using the local talents of some folk in Las Vegas and North Carolina.

"She had the faith and foresight to greenlight this project," Ryan continues, "which was a little different. Then she did the same with Anissa and me and we want to thank her for having faith in us. She wants to bring sound biblical

counsel to the households of people who are challenged today. She also desires to minister in the areas where there are financial troubles, addictions, relationships, and sometimes spiritual needs that are not met.

"This caring for the needs of those who live in urban environments is the legacy that must continue on 3ABN's Dare to Dream Network.

"After Dr. Shelton took on an advisory role, her son Jason Bradley brought an insistence on excellence to the network," Ryan continues. "And he believed that we bring our best to the Lord, and never settle for what is just 'good enough.' He also put together a potent ministry in the prison system, continuing his mother's vision. We'll take their vision and continue it."

We believe that God has brought the Johnsons here to us, and we're very excited about how the 3ABN Dare to Dream Network is making a lasting impact on the urban populations of the world. ☺

Welcome Johnson Family!

FOR YOUR MIND, BODY, AND SPIRIT

This year, we're planning for many new programs that address everything about Christian living—and some new series, too! Take a look at the new programs coming your way.

INSPIRATION

Greg and Jill Morikone will host a new program called *3ABN Miracles in Motion* featuring amazing stories of changed lives from those who have found hope, truth, and salvation through Jesus Christ by watching and listening to 3ABN programs. Our crews continue to capture your amazing testimonies in this new series that highlights the many ways God moves heaven and earth to reach His children!



EMOTIONAL HEALTH

Cheri Peters will be back with a new series called *Celebrating Life: Healing Beyond Trauma*. This program will explore trauma through a faith-based lens, highlighting its profound impact on the mind, body, and soul. Relatable stories will reveal how trauma stems from abuse, loss, or a crisis of faith, and distinguish it from

everyday stress. Supported by Scripture, it will point out God's deep care and understanding. Her guests will share insights on trauma's impact, faith-based recovery, and practical support—affirming that God sees, understands, and offers healing. Among the topics she'll address are the real pain of trauma, a look at trauma through God's eyes, and how we can find comfort when we're hurting. She'll also focus on Jesus as the Ultimate Healer, how to forgive and move forward, and how boundaries are more than just saying 'no.'



PHYSICAL HEALTH

Risë Rafferty will be hosting a news-type program called *W.E.L.L. News* (Wellness, Eating, Living, and Learning), featuring a variety of health and nutrition topics. "My co-hosts and I will begin with health topics using the ABCs for structure—like A is for

Ages, B is for Broccoli sprouts, and C is for Carotenoids," she says. "Some programs will feature interviews with experts on the topic, and others will show how to implement the information in practical ways. In addition, some segments will address health trends, too."



Dr. James Marcum from Heartwise Ministry is back with new episodes of *Ultimate Prescription* that address common ailments like hypertension, diabetes, and kidney disease. He also brings biblical guidance to other illnesses like breast cancer, depression, and dementia, addressing food myths, and advances in medicine and healing.



SPIRITUAL HEALTH

Pastor John Lomacang will host an important new series this year called *Countering the Counterfeit*. "Doctrinal integ-

rity has always been under attack," he says, "so defending the faith is necessary. This series will reaffirm why the Seventh-day Adventist Church has simply embraced what the Bible teaches.

"It is no surprise the Sabbath and the condition of man in death is a long-standing controversy, but lately the controversy has increased to a fever pitch," he adds. "Satan's displeasure list also includes Salvation (Justification/Sanctification), the eternal nature of Jesus, the Holy Spirit as the Third Person of the Godhead, the Sanctuary, the Pre-Advent Judgment, Creation as a literal week, and more.

"This series will address these relevant issues and reiterate the biblical position of the Seventh-day Adventist Church on these teachings. In addition, lesson outlines will be available for download, and viewer questions and answers will be included."



These programs can only be produced through your support of 3ABN's mission to proclaim the three angels' messages of Revelation 14 to the world. Thank you for all you do to keep us going and growing! 🙏

**THANK YOU FOR MAKING
IT ALL POSSIBLE!**

The DESIRE OF HIS HEART



Bobby Davis has worn many hats since joining 3ABN in 1992. As managing editor of *3ABN World* magazine, he recently reflected on how God prepared him to serve this ministry.

“We didn’t have TV where I grew up as a missionary kid in northeast Brazil,” he recalls. “In fact, I never watched TV at all until we were back in the U.S. on furlough. So when my first-grade teacher rolled a TV set on a cart into our classroom and we watched *Mister Rogers’ Neighborhood*, I was fascinated!”

MANY CHOICES

When his family moved to São Paulo, Brazil, he got a chance to tour a big TV station—and from then on, he longed to work in that field. It seemed so far out of reach, but as he graduated from high school the dream was still alive. However, the Christian university he chose didn’t have a major in TV production, so he started in journalism, instead. “I got a job as the sports editor on the school newspaper—despite my absolute lack of knowledge of American sports!” he laughs.

“Then, fascinated by new technology, I switched majors to computer science. Since commercial software didn’t exist, I tried to learn how to write code. But I think in pictures, not numbers—so that major was not for me!

“Next, I switched to graphic design, and while I learned a lot, it wasn’t quite enough, so I switched again, to radio broadcasting.

“Four majors in two years, and I was still unsure until a career counselor connected the dots. ‘You like writing, technology, visuals, and audio,’ she said. ‘So pick TV or film, but whatever you choose, be sure it’s what your heart wants to do.’

“TV was my childhood dream,” he says, “so I transferred to a state college in Massachusetts and earned a degree in TV production.”

LEARNING

After college, Bobby worked in factory jobs while trying to break into broadcasting, and along the way, he befriended Moses Primo, a Brazilian TV engineer who had come to the U.S. to study English. “I’d grown up in Brazil, so our families became instant friends,” he says, “and when Moses landed a job at a local station, he got me a job in Master Control. I loved it and quickly advanced to editor, program director, and eventually, on-air promotions. Although I could hardly call myself a Christian, I still had a conscience, so I didn’t like my part in broadcasting violence and moral degradation,” he says. “So I began looking for another job, and then the recession

of the early 1990s brought on a huge layoff. It wasn’t long before I faced serious financial hardship. Unemployment benefits back then barely covered my expenses, and one day, in desperation, I cried out to God for help.

“Suddenly, I heard a loud Voice say, *Bobby Davis, I know how to take care of people with ravens. I’m pretty sure I know how to take care of you!* I was stunned, and instantly remembered the miracle of Elijah being fed by ravens. That very day, my hope turned into solid faith that God would see me through!”

THE CLOUD MOVES

Thirteen months later, on the very day Bobby’s unemployment compensation ran out, Moses Primo called. “Now working for 3ABN, he asked if I was interested in an editing position, and at first, I turned him down. I didn’t want to leave New England and was reluctant to work for a Christian TV network, since I wasn’t exactly living a Christian life. But God made it very clear this was His plan, so eventually I accepted the job. Like the story of the Exodus, my Pillar of Cloud moved, so I followed.”

Like so many others whom God calls here, Bobby’s life was soon transformed at 3ABN. One night, a sermon he was editing touched his heart and he surrendered completely to Jesus.

Over the years, he’s been given opportunities to serve as a video editor, a program director, and a television producer. He also had the chance to do voiceover work for both television and the 3ABN Radio Music Channel. “Each position drew on something I’d learned in school or in my commercial television days,” he says. “And that just proves that God doesn’t waste anything we go through—not even our tears. He can use it all to help others.”

A WHOLE NEW CAREER

In 2004, Bobby was asked to edit 3ABN’s four-page monthly newsletter. “At that point,



Bobby came to 3ABN in 1992 as a video editor (above), but has worked in many different departments.

I was producing several series and all the live events, so I wasn’t eager to add it to my duties,” he admits. “But God reminded me of the parable of the wicked servant who buried his talent, and that changed my attitude! Soon, someone proposed the idea of turning the newsletter into a magazine, and although I lacked the experience, 3ABN’s first magazine came off the press in September of that year. Now, over 20 years later, I praise God for the opportunity I’ve been given to share many stories of changed lives. I’ve learned so much and I can see how God prepared me for work in this ministry. I’ve never been happier, because I *get* to work for the Lord. 3ABN doesn’t need me. The Lord could supply others to do the work. *But I need 3ABN*, and out of billions of people, He chose me. I want to honor Him in all I do. God’s promise has come true! He’s really given me the desires of my heart” (Psalm 37:4). ☪



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3ABN Summer Camp Meeting

"PREPARING TO PROCLAIM THE FINAL CRY"

We are living on the very edge of eternity, and we must be prepared to fearlessly give the final cry for God's people to "come out of Babylon" into true worship of our Creator!



Pavel Goia



Christopher Hudson



Dr. James Marcum



Carlos Muñoz



Wintley Phipps



David Shin



Greg Morikone



Jill Morikone



Danny Shelton



John Dinzey



Ryan Johnson



John Lomacang



James Rafferty



Shelley Quinn



Kenny Shelton

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JUNE 4-7**

You'll hear powerful speakers addressing how to be reconciled and restored, how to prepare for the latter rain, and how to keep from being deceived by Satan's cunning signs. You'll tap into the power of prayer that we need to fearlessly share the three angels' messages with the world.

We'll have programs for all ages, inspiring music, delicious free meals, studio tours, seminars, and time for fellowship. We also have free RV and camp sites available (please call 618-627-4651 to reserve your spot).

So join us for an amazing experience with God here in beautiful southern Illinois! Don't miss this opportunity to dig deep into God's Holy Scriptures and gather in unity with fellow believers. There's a blessing awaiting you!

VISIT 3ABNCAMPMEETING.ORG FOR MORE DETAILS

THE POWER TO CHANGE

Your letters are a tremendous reminder of the power of the Holy Spirit to change the lives of our viewers and listeners! Here are just a few we've received.

BLESSED BY OUR PROGRAMS

Marcia in Anchorage, Alaska, writes, "I was so blessed by your Fall Homecoming Camp Meeting. It was just what I needed to convict me to make changes in my life with the help of Jesus Christ. 3ABN has been a blessing in my life all these years."

Eutil writes from Huntsville, Alabama. "My husband and I were so excited when we discovered your station," she says. "He told everyone he met about 3ABN, and since his passing, you have been my constant companions. I'm sending this gift to celebrate your 40 years of broadcasting. May God continue to bless you and your ministry just as you have blessed so many around the world."

Carlotta lives in Cleveland, Ohio, and writes, "I've been an Adventist since 1973. I listen to your music and study along with your *3ABN Sabbath School Panel*. I ordered a case of *The Truth About the Lord's Day* booklets and kept watching for them, but they never came. Then a neighbor let me know I had a box in the mailroom that had been there for several days! I believe God protected it, because so many things are stolen from residents all the time."

BROUGHT TO JESUS

An **online message** reads, "I'd never heard of Adventists, but the Sabbath truth led us to the Seventh-day Adventist Church. In the past two years, I've grown more in my Bible knowledge than I did in 38 years in another Protestant church!"

George and Linda in Peoria, Arizona, write, "Please find our check for \$300 and use it where it's needed most.... We believe the best way to keep the message going is to keep 3ABN going. We were very blessed by your camp meetings and wished we could have been there. We love our 3ABN Family, and know God will continue blessing *His* ministry."

Lorraine in Lebanon, Connecticut, says, "I still have the first satellite dish in my yard from when Danny Shelton first started 3ABN. My husband watched some, and I prayed for his salvation for 50 years. Then, three weeks before he passed, he gave his life to God! I'll soon be 92, and believe Jesus is coming soon. I'm sending you a check, and pray it will help a little. May God bless you and keep you all in His care."

Have you been blessed by this ministry? Send us a note and let us know. We love hearing from our 3ABN Family. ☺



Lourdes

by John Dinzey

In the early 1990s, 3ABN purchased Channel 21 in San Juan, Puerto Rico, and one person whose life was transformed by it was Lourdes, who used to sing in nightclubs, working long hours to make ends meet.

She had a son and a daughter who stayed home alone at night, and before long, her son began to hang around with the wrong crowd. He began selling and using drugs, and that eventually landed him in juvenile prison.

Lourdes couldn't handle the overwhelming guilt she felt, and to add to the weight, her daughter said, "If you had been home, my brother would not be in prison!"

A deep depression fell over Lourdes, and one night, after coming home from work, all she could think of were her problems. She stared at her sleeping pills. If she took

them all, she might never wake up. But as she thought about ending her own life, she realized the suffering it would bring to her daughter and son as they tried to adjust to the loss of their mother. She just couldn't do it, so she looked for something to watch on TV, instead.

Then, something miraculous happened. As she surfed through the channels, she found 3ABN Latino and began to watch. She'd never seen this channel before, but somehow felt encouraged as she began to listen to the programs. One of the speakers said, "Why are you carrying this heavy load?" and it seemed to Lourdes that Jesus, Himself, was speaking to her.

"Yes, I *am* carrying it alone," she cried out loud, "but I don't want to anymore. Help me Jesus!"

Falling to her knees, Lourdes wept, and as the tears streamed down her face, she whispered, "Jesus, please take all these burdens from me. I can't handle them on my own."

As she let go, a peace she'd never felt came over her. And that night, she slept like never before.

The next day, Lourdes was driving and stopped at a light; and as she looked around, she saw a Seventh-day Adventist church off to her right. She'd never seen it before, and told herself, *I'm going to that church!*

Lourdes couldn't handle the overwhelming guilt she felt...

As God would have it, they had just started an evangelistic series, and when it was over, Lourdes was baptized as a Seventh-day Adventist Christian.

To that I say, *Praise the Lord!* ☺

A Gift to Remember

Have you ever received a gift you remembered for the rest of your life? Now imagine how it must feel when you receive a special gift while sitting utterly alone—in prison, feeling abandoned by your family and friends.

Nearly 2 million men and women are serving sentences in prisons and jails here in the United States. Living with overwhelming regret and remorse, they cry out to God in despair. They desperately need some hope—the type of hope that can only be found in God’s Holy Word.

“A Bible is the most precious Book anyone could ever give,” says 3ABN President, Greg Morikone, “and for years, 3ABN has gone to great lengths to offer them freely to those for whom Christ gave His life. Sincere Christians everywhere are also doing their best to bring them hope, but unfortunately, what inmates often receive, as far as printed materials, are the ‘leftovers.’

“We know the infinite value God places on each of His children,” Greg continues, “so we are determined to send them a gift they will remember. For many years, we’ve purchased and sent out thousands of Study Bibles—and now we’ve found a way to send them something even more special—a beautiful 3ABN Study Bible! Each one comes with cross-references, a concordance, and Bible studies on the beliefs and doctrines we hold dear. And they have a velvety, leather-feeling Soft Touch® cover, stamped with 3ABN’s logo. We’ve already heard from inmates who have cried with joy when they realized that we value them—as well as the Word of God! Each Study Bible comes with a special packet of 3ABN study guides, giving them new opportunities to dig deeper into God’s Word! And the best part is that these new Bibles are *less expensive* than the best prices we’ve found so far!

“Recently, a generous anonymous donor contributed \$40,000 to this special project,” Greg adds, “and with your generous support, we are confident we will match their gift to cover the cost of one year’s supply of Bibles and send them to those who cannot possibly afford to purchase one. Your gift could very well make a difference between eternity spent with Jesus in Heaven, or eternal loss.”

God has promised in Isaiah 55:11, “So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.” Thank you for all you do to help those who are searching for hope and salvation. ☺



Be sure
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#436 - Prison Ministry



MOVE FOR YOUR MITOS

by Risë Rafferty, M.S., RDN

I remember my dad telling me to conserve my energy. I got the impression that I was allotted a certain amount in life, and that if I used too much up as a youth, I would pay for it later.

Perhaps there is some legitimacy to this. However, quite fascinating is the reality that the body adapts to high energy output by increasing its capacity to produce more energy. Incrementally placing higher demands on our physicality actually enlarges our potential.

If you’ve watched the program series *Made for Health*, you have been introduced to your mitochondria. These are microscopic organelles that reside—sometimes by the hundreds—within a cell and are involved in the foundation of life, health, and energy production. Poor-functioning mitochondria are at the core of cancer, metabolic diseases, and death. This glimpse into the critical role the mitochondria play in regard to the quality of my life has greatly motivated me to take care of them.

Increase Your Energy

If you were to ask me where to start, what you could do to support and protect your mitochondria, I would immediately suggest exercise. Not for weight loss, not for big muscles, not to win an event or game. Exercise for your mitochondria.

Physical exercise and mitochondria are in a close relationship and influence each other. When exercise is consistent, when individuals train for endurance or strength, mitochondria literally remodel themselves. In response to physical exertion, their numbers increase. They may become larger or work better. Dysfunctional ones are more likely to dissolve. Better energy is the result. The best way to have good energy is to produce more energy in a clean, supported way. Our capacity to do just that improves in response to exercise.

Research comparing moderate continuous intensity training (walking at the same pace) versus high-intensity interval training (intermittent, heavy-breathing exertion followed by returning to moderate exertion) has revealed that we need both kinds of activity to optimally stimulate the mitochondria as they respond to varying levels of physical activity in different ways.

Daily exercise can profoundly impact how your mitochondria will perform for the rest of your life. Moving for your mitos will not only powerfully modulate their function—and in turn your physical performance—but also promote dynamic vitality for the whole you. ☺



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