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3ABN WORLD MAGAZINE

A CONSISTENT MESSAGE PG 4 WHAT GOD HAS CALLED US TO PROCLAIM



AN EXPERIENCE LIKE NO OTHER PG14

4 COVER STORY
A Consistent Message
What God has called us to proclaim

6 *Sharing Christ in Australia*
New ways to spread good news

8 3ABN TV SCHEDULE

12 CHANGED LIVES
From Australia with Love

13 TESTIMONY
Victory for Winn
God breaks the chains of addiction

14 HOW CAN I HELP?
An Experience Like No Other
3ABN's School of Discipleship

15 HEALTH HELP
Paint Your Plate
Nutrition science made simple



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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

As a small child, I would sometimes ask my mom for something. If I didn't like her answer, I'd go to my dad to see if he might say something different. What amazed me was that it made no difference—Dad would usually ask, "What did your mother say?" or give the exact same answer as Mom. They were so consistent in their responses.

Consistency is important! When I turn the key in my car, I expect it to start—every time. I also really enjoy fresh, crisp apples. When I take a bite, I expect it to taste like an apple—not a watermelon.

So what about consistency in the messages we share from the Bible? I believe this is absolutely vital. Today, there are so many "winds of doctrine" blowing in every direction that our only solid foundation must be the Word of God. Like the Bereans in Acts 17:11, we are called to search the Scriptures daily and compare scripture with scripture.

I firmly believe that the message 3ABN has proclaimed for over 40 years has remained consistent. It is rooted in the Word of God—and His Word does not change. Jesus Christ is the same yesterday, today, and forever.

As Bible-believing Christians, we have an incredible opportunity to share *what* we believe—and *why* we believe it. Now is not the time to sit back and watch. Now is the time to rise up: to study the Bible, to reach out to others, and to support ministries like 3ABN. We are living in the last days, and we must keep our eyes on Jesus.

Thank you for helping 3ABN consistently proclaim the Word of God to the world!

Greg Morikone
3ABN President



Have
Some
Fun!

KIDS NETWORK CRAFT BOOK 2

This second companion book to our Detectives of Truth Junior Bible Lessons is packed with over 100 exciting craft ideas, detailed illustrations, and easy-to-follow directions for many hours of crafting fun!

Book 2 - KNCRAFTBOOK2 - \$20*

*Suggested Donation.
Postpaid in the U.S.





A CONSISTENT MESSAGE

by Bobby Davis

Since its inception, Three Angels Broadcasting Network (3ABN) has had a single mission: to proclaim Bible truth to a lost and dying world. And due to the unwavering faith of its founder and the amazing support of its viewers and listeners, this global television network became a reality.

TRUTH FOR TODAY

Today, 3ABN broadcasts over satellites, television and radio stations, and the Internet. Our Christ-centered programs are available on-demand in every inhabited continent of the world through our website and app, 24 hours a day. When asked what 3ABN is doing to bring even more truth to millions of viewers and listeners, 3ABN President Greg Morikone gets excited! “Over 40 years ago, Mr. Danny Shelton was impressed to build a television station that would reach the world with the undiluted three angels’ messages of Revelation 14:6–12,” he says. “It was to be a station that would ‘counteract the counterfeit,’ and by God’s grace, this ministry has held to that vision and mission for all these years. And although technology keeps changing, we have no plans to change the message we proclaim from the Bible. That is why I’m so excited about a new series called, *3ABN Truth for Today*. We will be airing several mini-series under this title, and the first one will be on ‘The Power of the Gospel and the Investigative Judgment.’ To many, this topic sounds frightening; but it is quite the opposite! When Judgment—and particularly, the Investigative Judgment—is understood, it is a hope-filled message! I know you will be blessed by this new series of programs coming from 3ABN.”

NEW BOOKLET

In addition, 3ABN is spreading the three angels’ messages through print, as well. “What a privilege to be alive in these closing moments of Earth’s history, and to be a part of a ministry that is proclaiming the truth we need for today,” says Jill Morikone,

3ABN Vice President/COO. “Now, more than ever before, we see winds of doctrine blowing with division, and confusion abounding. However, 3ABN is committed to uplift the beautiful truths in God’s Word, and Christ our righteousness more than ever before!”

“I’m thrilled that 3ABN is putting out a booklet on the Investigative Judgment. It is gospel-saturated, solidly biblical, and gives tremendous encouragement to each of us as we stand before God in the Judgment. We don’t have to be afraid. Jesus is our Advocate!”

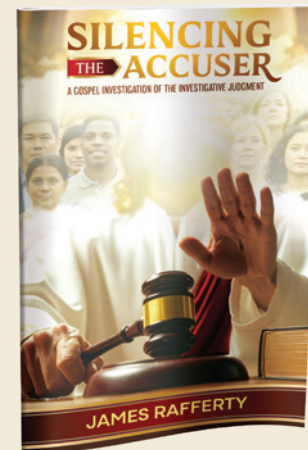
This booklet, written by 3ABN’s Director of Discipleship, Pastor James Rafferty, has recently become available and is perfect for sharing.

“Have you ever been misrepresented?” Pastor Rafferty asks. “Then welcome to God’s world! Almost every truth about God has been turned against Him, and the Investigative Judgment teaching likely tops the list. That’s why we’ve chosen to share this booklet, *Silencing the Accuser*, with our worldwide 3ABN Family just now. As the subtitle suggests, it is truly a gospel investigation into the Investigative Judgment.

“If you have been afraid of the Investigative Judgment, or feel that it undermines your assurance of salvation, then this booklet is for you. From Genesis to Revelation, it unfolds a beautiful picture of biblical, practical, gospel-centered reasons for the Investigative Judgment. And in the end, we learn that God is not only *for us* in the Judgment, He is *with us*, too.

“Truly the ‘hour of His judgment has come’ (Revelation 14:7), and I pray that the message of this booklet will be a powerful help for your personal journey with Jesus Christ. It’s a wonderful way of sharing the gospel with your family, friends, and community.”

Yes, the *methods* we use to reach the world with the three angels’ messages will continue to change. But by God’s grace, we will remain true to our mission—and the *message* will never change! ☺



“If you have been afraid of the Investigative Judgment, or feel that it undermines your assurance of salvation, then this booklet is for you.”





SHARING CHRIST

in Australia

by Rosemary Malkiewicz
3ABN Australia

We've been recording cooking and health programmes in our 3ABN Australia studios for many years. Our first health series, *Healthy Living*, was hosted by Margot Marshall; and now, Kaysie Vokurka hosts our current series, *Your Lifestyle as Medicine*.

Some of the cooking sessions were with Kaysie as the chef and Margot as the host, and that partnership led to the publication of a 3ABN Australia eCookbook called *More Food for Less Money*. Along with simple recipes, this cookbook contains helpful information on meal planning, how to set up a kitchen and pantry (essential for those leaving home for the first time), and other useful information. Download a free version at 3ABNAustralia.org.au by clicking on the *Resources* button and then the *FOODcents* link. And while you're there, check out our cooking demonstrations and Supermarket Tour video, as well.

Margot and her daughter, Kym Fowler, have joined Kaysie to produce a new health education initiative called FoodSAVE. This evidence-based program explodes the popular myth that healthy food is expensive. FoodSAVE trains facilitators to teach how to make healthier food choices at the supermarket, save money on food shopping, and cook inexpensive and healthy meals. The facilitators then teach these concepts in church and community settings during three workshops.

3ABN Australia is happy to be the official supporter of FoodSAVE. Through this partnership, we can not only introduce many more people to God's health message, but also to 3ABN Australia, by leading them to watch our programmes, all of which point to Jesus as our Saviour. What a wonderful chance this gives us to teach the biblical understanding of giving glory to God by keeping our bodies healthy, feeding our families the best food, and good stewardship in our food shopping. We look forward to what God does with this new health venture. More details can be found at FoodSAVE.org.au.



(Right): Pastor Gary Webster on the set of *Countdown*. (Below): Share Cards with QR codes quickly connect interested viewers with our Christ-centered programming.

NEW SERIES

We're also excited about two new series we are recording. Evangelist Pastor Gary Webster has recorded a 34-episode evangelistic series called *Countdown: Back to The Future*, an excellent series covering a huge array of Bible topics. Pastor Mike Browning, our first producer and host of *Let God Speak*, has also been recording a series with us titled, *Tomorrow in 30 Minutes*.

Our small team has been very busy working on both pre- and post-production for these two series, and we expect both of them to be ready for air on the 3ABN International Network before the end of the year.

PERFECT FOR SHARING

We have a number of faithful supporters who purchase sharing material from us, such as our Insight tracts and other 3ABN booklets. And some of them have requested special cards that include a QR code that give interested persons instant access to some of our programs. In response to their requests, 3ABN Australia has produced new business card-sized Share Cards for three of our most popular TV series—*God's Last Message* with Dr. Allan Lindsay, *Evolution Impossible* with Doctors Sven Östring and John Ashton, and Kaysie Vokurka's health series, *Your Lifestyle as Medicine*. We've also produced a new card for Dr. John Ashton's radio series called *Faith and Science*.

These cards are easy to carry or keep in the car to give to interested people, leading them to our programmes and, hopefully, to Jesus as their Saviour. Anyone can access any of these TV series on our 3ABN Australia YouTube channel, on 3ABN+, or on 3ABN Australia's website. You can also listen to *Faith and Science* on our 3ABNAustralia.org.au website, on our YouTube channel, or anywhere you listen to podcasts.

YOU CAN HELP

What are the current needs at 3ABN Australia? Well, apart from the ongoing need of regular donations, our studio cameras, which have served us for some 11 years, are starting to show signs of age. In addition, many of our volunteer camera operators have relocated or retired, leaving us with a volunteer staffing challenge. So to address this, we are looking into purchasing robotic cameras. An estimated budget of AU\$200,000 covers the cost of the cameras, auto-tracking licenses, and compatible teleprompters, and if you are able to help us with this need, we would be extremely grateful. We want to faithfully serve God in bringing Christ-centered programming to the world, so many more souls will accept Jesus as their Saviour. Thank you for helping us achieve our goal. ☺



Is science eroding the theory of evolution with observable, credible evidence that aligns with scientific laws?

See for yourself.

Scan the QR code to watch our series Faith & Science on our YouTube channel



3abn.au/faith



Do you want to enjoy optimal health?

Find out how with the series Your Lifestyle As Medicine on our YouTube channel.



Scan the QR Code to watch.

3abn.au/kaysie

3ABN | australia

JULY 2025 | 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



Healthy Living

Natural lifestyle principles. Practical health solutions.
From 3ABN Australia. Watch it on 3ABN International!

| 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 | Digging Deeper 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/Miracles in Motion CC |
| 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 | Ultimate Prescription CC |
| 1:30 | Abundant Living CC |
| 2:00 | Action 4 Life (Casio Jones) CC |
| 2:30 | Imperative Life Lessons 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./ Miracles in Motion 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 | The Ultimate Encounter 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 | Praise Him Now 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 | Generation. Youth. Christ. CC 1hr |
| 6:00 | Ultimate Prescription 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 |



A Bible is a precious gift to an inmate!
Scan the QR code with your smartphone to donate to 3ABN Prison Ministries 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 | Adventist World Aviation 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 | Digging Deeper 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 | 3ABN Today Family Worship 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/Critters & Creation CC |
| 5:00 | Authentic CC |
| 5:30 | Your Favorites By Request CC |
| 6:00 | Jesus for Asia Now CC |
| 6:30 | Child Impact Int./Miracles in Motion CC |
| 7:00 | 3ABN Sabbath School Panel CC 1hr |
| 8:00 | 3ABN Homecoming 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 CC 1hr |
| 12:00a | ASI Conventions CC 1hr |
| 1:00 | Breath of Life CC |
| 1:30 | Eternal Truths Matter CC |

NEW

Expressions of Praise & Thanksgiving

| 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 | Sing Along/Bible Gems CC |
| 7:00 | Kids X-Press/Bible Treasures 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 | 3ABN Music Highlights CC |
| 2:30 | Adventist World Radio |
| 3:00 | 3ABN Today CC 1hr |
| 4:00 | Maranatha Mission Stories CC |
| 4:30 | Miracles in Motion / Unshackled Purpose 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 CC 1hr |
| 8:00 | 3ABN Today CC 1hr |
| 9:00 | A Wolf in Sheep's Clothing |
| 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 |

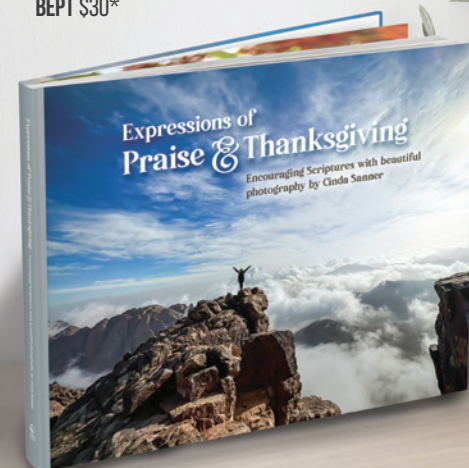


Photography by Cinda Sanner

Explore God's beautiful world through breathtaking photographs paired with Bible verses of thanksgiving and praise.

Whether you're a traveler, a photography lover, or someone who seeks to deepen their faith, this book will lift your spirits and help you see God's handiwork all around you. It's a perfect gift that reminds us of our powerful Creator God, while the proceeds support 3ABN Kids Network.

BEPT \$30*



*Suggested Donation. Postpaid in the U.S.

From Australia with Love



Our staff at 3ABN Australia is thrilled to hear from viewers and listeners from all over that continent and beyond—and we are, too! Each comment confirms that the Holy Spirit is constantly drawing the hearts of the people to our loving Savior!

Here are some encouraging comments collected by 3ABN Australia's receptionist, Elizabeth Serra, from the letters, emails, and phone calls she receives:

"Yesterday, **Peter** phoned to make a donation. He is thrilled to be able to access 3ABN International again, and says 3ABN is the only channel he watches. He feels the 3ABN presenters are his family.

"**Sandra** from New Jersey, emailed us saying, 'I really like your cooking show and the food you make. Thank you for sharing the knowledge God has given you. I really like 3ABN Australia and all your health shows. They're so helpful to me.'

"A few months ago, I received a phone call from **Esther** in Melbourne. She is Hungarian, and says she has been missing 3ABN since it went off the IS-19 satellite and wants to know how she can get it back on. She told me she was a Baptist and that she's been watching 3ABN for a long time. She says that the people on 3ABN have become such a part of her life that they feel like family.

"**Dutchy**, an elderly 86-year old man, phoned and introduced himself as a

Baptist who keeps the Sabbath, too. He loves 3ABN, and misses it since it went off the satellite he watched it on. When we finished our phone call, he said 'Keep on keeping on!' (Since then, Dutchy has phoned to let me know that he has 3ABN connected once again.)

"I received a note from a viewer named **Lorraine** the other day. 'This is just a quick note to thank the *Let God Speak* team for the lesson study notes they send out. We use them as a backup, especially for small groups, in case we don't have a teacher available, or when lessons cover a wide scope of ideas, making it difficult to cover main concepts and not be distracted or go off on tangents. Thank you, and blessings and prayers for 3ABN.'

"**Suzi** writes: '3ABN is such a blessing in my life and always has such great things to share. I've made about seven of the recipes in your *More Food for Less Money* cookbook, and I think we are having those meals at least half of this week as they are so yummy!'

"And finally, **Danielle** texted us saying, 'We hope to come into the office tomorrow to get some more *Evolution Impossible* sharing cards. They are very popular with younger people!'"

Yes, God is blessing the efforts of 3ABN Australia. Your prayers and financial support are making a difference. ☺



We met Winn Morris during a 3ABN School of Discipleship session, where he told us his amazing story.

Raised by a Catholic mother and a Baptist father, Winn felt confused and never developed a true relationship with God. "When I was 16, I started drinking, and it got worse during college," he says. "I had a hole in my heart that I tried to fill with *things*, but *only God* could fix it."

A career as a paralegal was Winn's top priority, but that changed when he met and married his wife, who is a Seventh-day Adventist. She didn't drink, so he tried to hide his alcoholism from her. But his drinking got worse, and during COVID, he worked from home, making it easy to drink all day. "Alcohol became my god—and I became its slave!" he says. "Then one day, I got desperate and called my mother, admitting I was an alcoholic. My parents took me in and confiscated my phone, my keys, and my wallet; but I still managed to get alcohol. An intervention landed me in rehab—but I got drunk the first day out."

Then one Sabbath, Winn's wife invited him to church, and he went—*completely drunk!* "Someone there was saying that he was an alcoholic, an addict, and that he used to lust. And all I remember thinking was, *That's me!*

I began to cry because I didn't know what to do."

A few days later, Winn found a bottle in his closet that had some alcohol in it. As he began drinking, "That's when I heard God's Voice saying, *Remember that moment we had just two days ago in church? I'm right here!* He showed me two paths that day. One was broad, the other was narrow. One led to destruction, the other to eternal life. I poured out the booze and put it down," Winn says, "and that was my *Who Is God* moment."

Winn believes that coming to 3ABN's School of Discipleship helped him let go of some things he had been hanging on to. Since SOD, he's preached an evangelistic series, and currently serves as an elder in his church in Baton Rouge, Louisiana.

Yes, God can release us from the chains of addiction, but it's not about trying harder, it's about giving up. He still "does great things, and unsearchable, marvelous things without number" (Job 5:9) when we surrender to Him. ☺



Watch
Winn's
testimony

AN EXPERIENCE LIKE NO OTHER

“What if I told you that you could revolutionize your Christian journey in one week?” asks Pastor James Rafferty, 3ABN Director of Discipleship & SOD Coordinator. “Well, it happens every year at 3ABN’s School of Discipleship (SOD)! The SOD experience changes lives and germinates the soul-winning seed in our hearts. People come from all over the country and the world to learn how to study the Scriptures, Bible prophecy, the essentials of evangelism, and how to have a deeper prayer life. You’ll also learn how to share and defend basic Bible doctrines, and how to turn intellectual information into spirit *transformation*. Our classes include health lectures and opportunities for follow-up counseling from a professional health nutritionist—and we carve out three hours each evening for a private 30-minute discipleship session with your instructors! Before you leave, you’ll enjoy a full guided tour of your 3ABN ministry and hang out with some of our 3ABN administrators. And all this happens in a quiet country setting that includes room and board, and two delicious, healthy meals per day!”

“There is a catch, though,” he adds with a grin. “And that is that you have to come hungry to grow spiritually, eager to learn, and willing to share once you get back home!”

Above and Beyond

“People come to our School of Discipleship with a specific need or goal they want to achieve,” says Ian Vandervalk, 3ABN SOD Assistant Coordinator. “Some are hungry for a deeper relationship with God, while others want to learn how to study the Bible, discover their purpose in ministry, become more involved in evangelism, or find spiritual healing.

“But God doesn’t just meet them where they are. He goes above and beyond what they ask for! I’ve watched God work in the lives of our SOD students firsthand, and seeing His faithfulness repeatedly has strengthened my own faith by reminding me just how present, powerful, and personal He truly is!”

Our next 10-day SOD Intensive will begin on October 24, and if the Holy Spirit is speaking to your heart, don’t hesitate to sign up at SOD@3ABN.com. ☎

**OCT 24 -
NOV 2, 2025**



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SCHOOL OF
DISCIPLESHIP**

Paint Your Plate

by Risë Rafferty, M.S., RDN

Some of the best nutrition advice I could give you is to make your meals as colorful as you can. Sure, Skittles, Kellogg’s Fruit Loops, and Hot Doritos could be considered colorful. Rather than food dyes as the color contributors, however, I’m thinking of polyphenols.

Polyphenols are a unique class of nutrients that make foods fun and colorful; but these very same coloring pigments are powerful healing, antioxidant, anti-weight gain, anti-inflammatory, neuroprotective compounds. Within this class of nutrients there are different sub-categories. These categories have some great names like flavonoids and lignans, but we’re going to make this article kindergarten-friendly. *Think color!* Here are just a few ideas of how to paint your plate:

Blues – Grapes, spirulina, and of course, blueberries

Greens – Kale, broccoli, avocado, and asparagus

Reds – Apples (but you gotta eat the peel!), beets, pomegranates, and strawberries

Oranges – Apricots, carrots, squash, and peppers

Yellows – Banana, ginger, lemon, pineapple

Purples – Red cabbage, eggplant, boysenberries, and blue potatoes

Browns – Beans, mushrooms, dates, and peanut butter, of course!

Do you eat all these colors? At the same meal? That might be too high of an order, but it’s sure fun to try!

Guess what food category is the most under-consumed in America? It’s purple! While we admittedly are woefully deficient in greens, purple is even less thought of. Not to leave anyone out though, I disagree with the modern advice to not eat anything white. Cauliflower, potatoes, and turnips all have their fair share of polyphenol content.

Though a kindergarten can learn to make healthy meals based on the color wheel, PhDs are digging deep into the science involved in understanding their therapeutic roles. Consider the fact that polyphenols have properties that are being observed to “counteract physiological changes in depression and anxiety.”¹ And that several polyphenols have been found to enhance “glucose uptake in the muscles and adipocytes by translocating GLUT4 to plasma membrane.”²

Uh-oh—that’s not kindergarten friendly anymore. But simply put, polyphenols improve blood sugar management and insulin sensitivity. And because many polyphenols are not absorbed into the blood stream, the gut microbiome has access to them and makes a variety of healing substances from them, as well.

I think God likes to color, don’t you? ☎

1. Lin, K., Li, Y., Du Toit, E., Wendt, L., & Sun, J. (2021). Effects of Polyphenol Supplementations on Improving Depression, Anxiety, and Quality of Life in Patients with Depression. *Frontiers in Psychiatry*, 12. <https://doi.org/10.3389/fpsy.2021.765485>

2. Vargas E, Podder V, Carrillo Sepulveda MA. *Physiology, Glucose Transporter Type 4*. [Updated 2023 May 1]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. <https://www.ncbi.nlm.nih.gov/books/NBK537322/>

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