

January 2026

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# 3ABN WORLD MAGAZINE



DARE to DREAM  
NETWORK

3ABN

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On the cover: L to R: Dr. Yvonne Shelton, Dare to Dream Network Co-Founder/Consultant; Anissa Johnson, Dare to Dream Network Administrative Assistant; Pastor Ryan Johnson, Dare to Dream Network General Manager; Ricky Carter, Dare to Dream Network Video Editor; Jasmine Carter, 3ABN Marketing Manager.



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## Healthy. Hopeful. Whole.

Risë Rafferty interviews health experts about how God designed our bodies, how we can boost our immunity, and how simple, practical strategies can lead to a healthier life.

After all, we were made for health!



## PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

Jill and I enjoy growing houseplants in our home. Not only do they add beauty, but they are also a good natural air purifier.

One plant we've had for many years is our Thanksgiving cactus. It blooms toward the end of November each year with amazing pink flowers that hang down from its cladophylls.

In our house it's my responsibility to take care of the plants, but I've not done so well with this one. It's looking a little ill. Someone who came to visit took a picture of it with their phone, and the app said, "This plant looks sick." Its leaves were a yellowish green instead of the dark vibrant hue of a healthy plant. There was no new growth.

Amazingly, our Thanksgiving cactus bloomed again in November, but it only had a few blooms instead of its normal dozens. You see, it needed some fertilizer, and it desperately needed to be transplanted into a bigger pot to stretch and grow. It was becoming rootbound and stagnant, so after it bloomed, I carefully transplanted it into some cactus potting soil, giving it the necessary room and ingredients to thrive again. I think our plant looks happier already!

Have you ever found yourself rootbound or stagnant as a Christian? Just going through the motions and routines, but not growing in your relationship with Jesus?

How do we go from sickly to thriving as Christians? By consistently drinking deeply of the Word, spending quality time with Jesus and letting Him reshape us into His image. Then, we go and share with others what He is doing in our lives.

As we start 2026, I want to be a thriving Christian. How about you?

Greg Morikone  
3ABN President





# United for the *Gospel*

**D**uring this time when fissures among us threaten to grow deeper each day, 3ABN Dare to Dream Network (D2D) continues its commitment to the uncompromising mission of 3ABN: to preach the gospel to the world as followers unified in Christ and His message of hope. D2D carries the special mission of reaching urban communities and beyond with programming that uplifts, restores, and leads people to Christ.

This mission continues today with D2D's dedicated team, who firmly believe that holy unification is *not* just a lofty dream or sentiment. It is an attainable gift from God.

"The enemy seeks to draw our spiritual family apart, but we are called to pull together in Christ," says Dare to Dream General Manager Pastor Ryan Johnson. "God's people don't have to agree on everything; still, our challenge is to remain focused on what Christ asked us to do, and that is to preach the gospel and to love one another. It isn't always easy, but this is what Jesus commands."

## A Team with One Purpose

Each day, the Dare to Dream team acknowledges the unique challenges people face, asking: "How can we spread the love of Christ through this? How can we promote togetherness in Jesus, yet not turn an indifferent shoulder toward anyone who is hurting?"

The answers to these questions lie in continual, Christ-based community service through the spreading of God's Word to the areas of His pasture which He has entrusted to us. This is the very purpose of D2D—to serve, not to be served; to reach out, and not retreat; and to reflect Christ's compassion in practical, everyday ways.

We believe that those whom God has commissioned must be uncompromising. Thus every broadcast, every outreach event, and every conversation behind the scenes is guided by an unwavering determination to share the Word of God with the world.

There is often a strong temptation to feel separated by our perceived differences—whether by our cultures, opinions,

or other characteristics—but Dare to Dream believes that diversity among God's people actually unites us!

The remnant church community is brought closer together by its multi-faceted, yet common goals of walking companionably in Christ toward the kingdom while recruiting as many people as possible

along the way. How is this? Firstly, being a unified multitude of diverse backgrounds, cultures and ideas is the very definition of what Christ desires for His Church (Matthew 28:19). Additionally, according to Philippians 2:2, following the desire or the joy of Christ brings unity! So to this end, Dare to Dream seeks to build bridges that further draw different people closer to one another and, most importantly, closer to the Savior.

Every program is an opportunity to model what God's kingdom looks like when His people bridge the gaps between them to work side by side.

"Holy bridge-building may not always be popular," says Pastor Johnson, "but it is always what Christ desires of us."

In addition to online platforms, our programming is now airing in several U.S. cities, including Brooklyn, New York,



"Holy bridge-building may not always be popular, but it is always what Christ desires of us."

and Charlotte, North Carolina, with more new locations to follow. Each new market represents thousands who will hear the hope-filled message of Jesus in programs that speak directly to their lives. Take a look at our new and returning programming:

**Tough Love, Tender Faith** with Ruth-Ann Thompson – Honest, light-hearted conversations about God's transforming grace through real-life issues.

**Imperative Life Lessons (Season 2)** with Pastor Ryan Johnson – Powerful testimonies and biblical principles for everyday living.

**Remedy Roadmap (Season 2)** with Raven White – A practical series on health, wholeness, and spiritual restoration.

**A Wolf in Sheep's Clothing (Season 2)** with Blessings Winn – An eye-opening look at the insidious challenges facing the family and the church today.

The call is simple yet urgent: please pray for our team, our viewers, and for the hearts yet to be reached. Together, by God's grace, we can dare to dream of a world united by His love and transformed by His Word. ☩

Below (L): Raven White hosts *Remedy Roadmap*, offering practical and biblical insights into common societal issues.  
(R): Blessings Winn exposes seemingly harmless ideas Satan uses to trap us in *A Wolf in Sheep's Clothing*.





# EVERY SCREEN A MISSION FIELD

by Jasmine Carter

In a world where media shapes minds, screens shape beliefs, and messages travel faster than missionaries ever could, one small but powerful initiative is opening new doors for the gospel. It's called the Public Access TV Drive Project.

The goal? To bring the undiluted three angels' messages into living rooms across the United States through community-based public access television.

## From Global to Local

For over four decades, 3ABN has shared the gospel worldwide, reaching hearts in over 200 countries through satellite, cable, the internet, and the 3ABN+ app. And now, this initiative brings the mission back home—to the neighborhoods of America—where many viewers have never heard of 3ABN before.

"Public access TV may look small on the surface, but God loves to use everyday means to reach people," says 3ABN President Greg Morikone. "Every screen is a mission field, and every home we enter has souls God wants to touch."

Our 3ABN Dare to Dream General Manager, Pastor Ryan Johnson, agrees. "Public access TV is an overlooked mission field," he says. "It's local, personal, and reaches people right where they are."

Public access stations—also known as PEG (Public, Educational, and Government) channels serve millions of homes in the U.S., often at no cost to the content provider. These stations exist to share community programming, giving ministries like 3ABN a unique opportunity to place Christ-centered, life-changing programs right alongside local programs about gardening, city news, or town hall meetings.

## Light Up the Neighborhood

The vision is simple: help churches, volunteers, and ministry partners "sponsor" a city by making 3ABN programs available on their local public access channels.

Here's how it works:

1. 3ABN or you identify cities with active public access systems and contact station managers.
2. You agree to be listed as the local sponsor on the application, and provide an ID to prove you live in that town.
3. 3ABN provides the programming feed and technical support for getting programs on the air like *Salvation in Symbols & Signs*, *3ABN Sabbath School Panel*, or *Made for Health*.

Often, all it takes is one willing person, and because of this effort, 3ABN programs already air in multiple cities. Thanks to

Kristina Clinton (L) and Jasmine Carter (R) are eager to help you get 3ABN programming on your local public access channels. Just give them a call.

Reginal Thompson, 13 program series—including *Salvation in Symbols & Signs*—are airing on Access 21 in **Charlotte, North Carolina**. Shirley Turley helped bring *3ABN Sabbath School Panel* to WCTV in **Richmond, Indiana**, and now they're ready to air more 3ABN programs—we just need another sponsor! 3ABN is also on BRIC Arts Media (Brooklyn Free Speech TV), airing on four channels in **New York City**—Spectrum 1996, Optimum 69, RCN 84, and Verizon 44. And in **Connecticut**, new opportunities await where each sponsor can submit up to two programs per channel.

Each new city means more homes reached, more hearts touched, and more lives changed for eternity.

## Why It Matters Now

Today, media is the most powerful voice shaping minds and values. The average American spends over seven hours a day consuming media—more time than sleeping or working. As secular messages fill the airwaves, the need for Christ-centered content on accessible community channels has never been greater.

It's often said that some may never walk through church doors, but they will turn on a TV—and that's why 3ABN exists: to meet people where they are and share the everlasting gospel.

Through public access television, life-changing programs are meeting people in the quiet corners of their homes—from widows seeking comfort to young adults searching for truth.

## How You Can Get Involved

The Public Access TV Drive isn't about money—it's about mission. Each new city simply needs a willing sponsor, and in



most cases, all that's required is your name on an application. That's it—no financial obligation, no complicated process. Just a willing heart.

Every TV screen can become a pulpit. Every town can become a mission field. And every willing sponsor can help light up their community with hope and truth.

When God's message of grace fills the airwaves, even one small channel can become a powerful light in the darkness. ☽

**Ready to help bring 3ABN to your town? It's very simple:**

**1**

Find out if your city has an active public access system.

**2**

Reach out to the station manager and agree to be listed as the local sponsor on the application.

**3**

3ABN will do the rest.

If you would like to participate in this evangelistic opportunity, please contact 3ABN Marketing—Jasmine Carter (ext. 3130) or Kristina Clinton (ext. 3144) at 618-627-4651, or email [marketing@3abn.org](mailto:marketing@3abn.org).

# JANUARY 2026 | 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	Child Impact Int./Pause to Pray CC
1:00	Mark Finley Presents CC 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	Salvation in Symbols and Signs CC
6:30	Child Impact Int./Mission Revival 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	Jesus For Asia Now CC
10:00	Strategies for Strongholds CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Digging Deeper CC
12:30	Kids Praise CC
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	Miracles in Motion/ Unshackled Purpose 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	A Wolf in Sheep's Clothing 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



Meeting people where they are—  
and pointing them to Christ!  
Watch [D2DNetwork.tv](http://D2DNetwork.tv).



## 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 and Signs CC
5:30	3ABN Music Highlights/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	Maranatha CC
7:30	Digging Deeper CC
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	Pause to Pray/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 CC
4:00	Summer Camp Meeting CC 1hr
5:00	When We Talk CC
5:30	Enjoy Healthy Eating
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



**He's learning the truth that's setting him free!**

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 **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 **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** **CC**  
 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 Authentic  
 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 Sanctuary, Salvation, & Our Savior **CC**  
 3:00 3ABN Today **CC 1hr**  
 4:00 A Day With the King **CC**  
 4:30 Sing Along/Critters & Creation **CC**  
 5:00 3ABN Music Highlights **CC**  
 5:30 **Jesus For Asia Now** **CC**  
 6:00 **3ABN Presents** **CC 1hr**  
 7:00 3ABN Sabbath School Panel **CC 1hr**  
 8:00 **3ABN Homecoming** **CC 1hr**  
 9:00 **Child Impact Int./Miracles in Motion** **CC**  
 9:30 **It Is Written** **CC**  
 10:00 **Maranatha Mission Stories** **CC**  
 10:30 **Mission 360** **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**

#### 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 **3ABN Today Bible Q&A** **CC 1hr**  
 1:00 **Summer Campmeeting** **CC 1hr**  
 2:00 **Kids Praise** **CC**  
 2:30 **Adventist World Radio**  
 3:00 3ABN Today **CC 1hr**  
 4:00 **Maranatha Mission Stories** **CC**  
 4:30 **Featured Ministries** **CC**  
 5:00 **Spotless** **CC 1hr**  
 6:00 **Laymen Ministries** **CC**  
 6:30 **TBD** **CC**  
 7:00 **Secrets Unsealed Presents** **1hr CC**  
 8:00 3ABN Today **CC 1hr**  
 9:00 **Imperative Life Lessons** **CC**  
 9:30 **HeartLift** **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**

PLATINUM EDITION  
RELEVANT STUDY  
BIBLE  
WITH E&W COMMENTS



Blue (shown)      Black      Maroon

A beautiful 3ABN Study Bible is the perfect way to read God's treasured Word and support 3ABN's ministry at the same time!

3ABN Platinum Edition Bibles feature:

- NKJV or KJV versions
- Commentary by Ellen White
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NKJV (Blue) - BIBLE11

NKJV (Black) - BIBLE18

NKJV (Maroon) - BIBLE13

\$115.00 USD\*

\*Suggested Donation. Includes shipping in the United States.

# Ella's Prayers

Ella Dietz was raised as a Seventh-day Adventist but drifted away from the Lord and left the church for a few years. Then she married Willis, who also left his Christian upbringing behind. But a few years later, Ella was invited to an Adventist evangelistic series in their town, and that started her journey back to Jesus.

By the mid-1980s, they had moved to Kentucky, and Ella began to hear about a new Christian ministry called Three Angels Broadcasting Network. Several years later, when it became available on cable, she immediately became an avid viewer. "3ABN helped me grow spiritually, so of course, I watched it constantly," she recalls. "And although my husband didn't show much interest—I found out later that he'd quietly watch when I wasn't looking!"

## A Time of Testing

Life seemed to go along well until Willis suffered a heart attack at age 49 and had to have open-heart surgery. Ten years later, another massive heart attack required a nine-hour surgery to put in five heart bypasses. But as stressful as all this was, Ella says the Lord kept her in perfect peace.

Meanwhile, she got her church involved downlinking the Net '96 satellite evangelistic series on 3ABN, and a large crowd showed up. Willis watched the series with her, but when he didn't respond to the altar calls, she just kept praying.

Difficult times seemed to follow, and when their house burned down, Ella just kept repeating Job 1:21: "... The Lord gave, and the Lord has taken away; blessed be the name of the Lord." Then, when she had her second hip replacement, an allergic reaction to her medicine shut down her kidneys. But Ella stayed strong in her faith, praying even harder for her husband, her children, and her grandchildren, whom she wanted to see in Heaven.

A month later, she came home from the hospital, but a high fever landed her in another hospital. Several operations followed to take care of the infection, and she was finally sent home with strong antibiotics—and six months of bedrest.

"Despite the financial strain this placed on us, my husband was there for me every day," Ella says. "And of course, I continued praying daily—*Lord, please do not let Satan take his life before he makes a decision!*

"Then Willis got really sick and had a new pacemaker with a defibrillator put in; but he kept getting worse. One night, I heard him fall out of bed, and when I got to him, he was unresponsive. I could hear the death rattle in his breathing, so I prayed hard for him and he woke up. Apparently, his defibrillator had gone off and shocked his heart back to life."

## Prayers Answered

Willis was determined to go on his annual family fishing trip to Canada, and while there, his defibrillator kept him alive a couple more times. And on the way home, all he could talk about was Jesus, and how he was going to get baptized.

"Soon after his trip, I was watching a church service with Pastor Doug Batchelor," Ella says. "And as he invited folks to give their lives to Jesus and step forward, suddenly Willis stood up, walked up to the TV just like they were doing in church, and gave his heart to the Lord! Honestly, I was stunned

into silence, and all I could think was, *Thank you Lord. Thank you Lord!*"

That night, Ella couldn't sleep, so she went to her sunroom to pray. "Then, all of a sudden, Willis was standing in the doorway. 'Ella, will you show me how to pray?' he asked; and I answered, 'Well, you just talk to Jesus like He's your very best Friend—because He is.'

"We prayed for a long time, and it gave him so much peace. After that, I'd often see him praying, and one of our children saw him reading my Bible, too. Although we

never discussed it, I knew he believed in the seventh-day Sabbath. He knew what happens when we die, and what the Bible says about hell. He knew our beliefs, and was ready to be baptized. After all, he'd been going to church with me—at home with 3ABN—for about ten years."

Shortly after, Willis became very sick and went to the hospital. "Our children and grandchildren all came to visit him in the hospital, and he talked to every one of them," she says. "I gave them time to talk with him in private because I knew I would be spending eternity with him, but all that week, he kept singing, 'In the Sweet By and By.'

"At his funeral, I told everyone that Willis had accepted Jesus Christ. For 55 years, I prayed for him, and the Lord answered my prayers. So never give up praying for those you love!"

"Because of 3ABN, I have a closer walk with Jesus. You are my family, I never feel

alone, and I can't wait to meet you in Heaven! I'll soon be 82, and I don't know how many times I've sung, 'I have decided to follow Jesus. No turning back. No turning back.'

When Ella looks back, she doesn't see wasted time—she sees God's mercy unfolding. It's a quiet testimony of what was written long ago in James 5:16. The prayers of God's faithful still move His great heart. ☺

**"Because of 3ABN,  
I have a closer  
walk with Jesus."**



# THE GREATEST GIFT WE CAN GIVE

by Aunt Francine

What is the most influential book you've ever read? We can all agree—it's the Bible. No other book in the world compares to the living, life-changing Word of God. And yet, it's humbling to realize how many children long to have a Bible of their very own, but don't.

For most of us, reading Scripture is as natural as breathing. We can't imagine life without opening God's Word for comfort, direction, or strength. But for countless children, that simple joy is out of reach.

So when I hear a child ask for their own Bible, my heart is deeply moved. Their request is pure and sincere; they want to study and discover God's love for themselves. Yet, as soon as one child receives a Bible, more and more begin to ask. The desire to know Jesus is spreading—and that's why we need your help.

We are preparing to print beautiful, durable, and affordable New King James Version (NKJV) Bibles designed specifically for children—Bibles they can carry, read, and treasure for years and decades to come. We need \$78,000 to begin printing them, and every dollar given will go directly toward placing God's Word into young hands and open hearts.

The requests are coming in—not only from children overseas in places like Zambia and Russia, but also right here in the United States. Kids everywhere are hungry for the truth. They're eager to read the Bible, learn from its pages, and grow in faith.

As we reflect on God's blessings, what greater gift could we offer a child than the Bible—God's holy, life-giving Word?

Together, let's make sure every child who asks for a Bible receives one. When we place God's Word in their hands, we're planting seeds of faith that will bloom for eternity. And *that is a great investment!* ☺

Yes!



I want to help!

#102-3ABN KIDS NETWORK

and write "Bibles" in the Notes

# Leg Power = Brain Power

by Risë Rafferty, M.S., RDN

If you want a sharper, stronger mind, then work out your legs. Researchers at King's College in London, England observed 324 healthy female twins between 43-73 years of age. The twins were followed for 10 years and given a Cambridge Neuropsychological Test twice during that time period. Brain imaging scans were also performed on some of the twins. At the end of the study the researchers noted, "a striking protective relationship was found between muscle fitness (leg power) and both 10-year cognitive change and subsequent total grey matter."<sup>1</sup> Stronger leg muscles correlated with larger grey matter volumes and other structural differences, indicating healthier brain aging. Women with stronger legs maintained sharper cognitive abilities as they aged.

In another study, researchers compared lower extremity strength with cognition. They measured leg strength in 1,508 adults 60 to 85 years old, and found that independent of age, those who were stronger had "34% reduced odds of having low cognitive function."<sup>2</sup>

The buttocks and legs house the body's largest muscle groups. Strengthening them is literally neuroprotective. Every squat, lunge, or step-up is an investment in long-term cognitive health.

While science is beginning to uncover this connection, it's fascinating to realize that this information was given to us over a hundred years ago:

The exercise of the muscles quickens the circulation of the blood, and the heart and lungs are strengthened, as well as the muscles. The brain also derives benefit. The exercise of the muscles will increase mental and moral vigor.<sup>3</sup>

It matters not how old you are or your current state of physical conditioning. You can do something to strengthen these brain supportive structures. They will get weaker as we age unless we do something to reverse the decline. We were made for exertion. Pushing our muscles past their comfort zone, doing the challenging last rep is what it's going to take and the result will be: stronger legs, stronger mind.

<sup>1</sup>Steves, C. J., Mehta, M. M., Jackson, S. H., & Spector, T. D. (2015b). Kicking Back Cognitive Ageing: Leg Power Predicts Cognitive Ageing after Ten Years in Older Female Twins. *Gerontology*, 62(2), 138-149. <https://doi.org/10.1159/000441029>

<sup>2</sup>Frith, E., & Loprinzi, P. D. (2018b). The Association between Lower Extremity Muscular Strength and Cognitive Function in a National Sample of Older Adults. *Journal of Lifestyle Medicine*, 8(2), 99-104. <https://doi.org/10.15280/jlm.2018.8.2.99>

<sup>3</sup>White, Ellen G., *Counsels on Health*, p. 52-53.

Meet Us in Phoenix!



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