

March 2026

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3ABN WORLD MAGAZINE



Exceedingly ABUNDANTLY

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GOD IS BLESSING 3ABN RUSSIA

PG 13

TESTIMONIES

RESCUED LIVES

Desperation turned into faith

HOPE FOR THE FORGOTTEN PG 14

Cover: Julia Outkina (center) and her staff at 3ABN Russia's Nizhny Novgorod headquarters.

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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

I was doing some work around our old pole barn and had left the large door open so I could move the tractor and other yard equipment in and out. The day was bright and sunny, but there was a chilly winter breeze. As I walked in to get a tool, I heard chirping and the flutter of wings above me. A little songbird had flown in through the open door and was now desperately trying to find its way out by flying up high into the rafters.

This will be easy, I mused. I'll just turn off the barn lights and open the door all the way so it can fly toward the sun-drenched opening. But the bird only grew more frantic, chirping loudly, and flying around erratically.

I decided to leave for a while, in case I was scaring it, but when I returned 10 or 15 minutes later, the poor little bird was still struggling to find its way out.

Right away, the Lord impressed me with a thought. *How often do you fly back and forth in life, frantically looking for answers to problems or challenges, when the answer is directly in sight?*

You're looking in the wrong direction, my son. Just look to Me.

I love the words of Jesus in John 14:6, where He says, "I am the way, the truth, and the life."

How about you? Have you been there, too?

Sometimes we may see the open door but we're afraid to go there because we lack faith that Jesus knows the best way. However, the Lord promises in Isaiah 30:21, "Your ears shall hear a word behind you, saying, 'This is the way, walk in it,' whenever you turn to the right hand or whenever you turn to the left."

Whatever we're facing, let's choose to look to Jesus today. He will direct us and save us—and He will never fail.

Oh, and the little bird? It made it out—and we can, too.

Greg Morikone
3ABN President



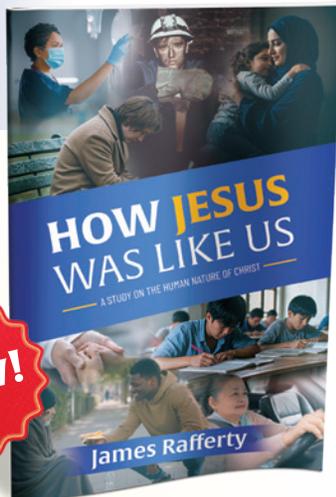
HOW JESUS WAS LIKE US

by James Rafferty

Jesus took our fallen human nature upon His divine nature and conquered it. He was not sinful in any way, but the humanity He assumed made it necessary for Him to yield His will to God—just as we need to, today. Jesus lived in our humanity and overcame its temptations so He could live in us, bringing deliverance from addiction and sin!

HOW JESUS WAS LIKE US
BHJLU \$5*
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Order at 3ABNStore.com or 618-627-4651



*Suggested Donation. Price includes shipping in the U.S.

Exceedingly ABUNDANTLY

GOD IS BLESSING 3ABN RUSSIA

by Julia Outkina

PHOTOS SUPPLIED

I'm blessed to work with 29 talented 3ABN Russia staff members who produce programs for more than 250 million Russian-speaking people. And when I asked how God has blessed them personally through their work, I received more testimonies than this article can hold!

Elena Varnavskaya asks, "Have you ever tried to force closed doors? I got an education, married, divorced, and worked for 20 years with little satisfaction. But then, the Lord opened a door to His Kingdom—and a chance to serve Him at 3ABN Russia. For 28 years, I first handled viewer letters, guest coordination, and then became their Administrative Director and Director of Satellite Broadcasting. I will walk through every door He opens."

Olga Makarova shares, "I work with cable operators, making presentations and encouraging them to carry 3ABN Russia. Sometimes we come close to an agreement and then it falls through; but later the Lord surprises us when they call back, ready to add us to their lineup! We're in a struggle between good and evil, but God will prevail."

Anna Ronzhina tells us, "I worked for many years on health and family programs, but now I work on several new Bible study programs. These series have ministered to me and refreshed my daily Bible reading

as I eagerly search for something new from God's Word every day!"

Maxim Pumpolov says, "I've always been an avid 3ABN Russia viewer because the Lord reveals that He's a *living God* through these programs. He gives each of us talents we can use for Him, and I'm thrilled to work here as a camera operator, a sound engineer, and a video editor. I love what I do, and the Lord blesses us as we work for Him!"

Julia Sinitsyna says, "I host a Bible series called *Open Book*, and the conversations I've had with my guests have led me to explore the depths of God's Word. I'm blessed now to co-host with my husband Alexander, who is a pastor, and we both consider it a privilege to highlight God's mercy and salvation through Jesus Christ!"

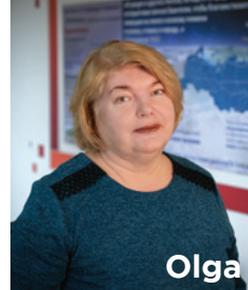


3ABN Russia's *Open Book* series with Julia Sinitsyna.

Elena Utkina recalls that she worked as a seamstress until she came to work for 3ABN Russia. "Then, just two months after I started here, I got the chance to produce a series called *Living by Faith* which was



Elena



Olga



Anna



Maxim

nominated for a national television award. Now I'm delighted to produce children's programs for 3ABN Russia. God has certainly given me far more than I could ever ask for or imagine."



Elena Utkina produces 3ABN Russia kid's programs.

Olga Feofanova says, "I dreamed of being a programmer, but my family couldn't buy a keyboard, much less a computer. Then a few years ago, I began learning mobile and web development, and recently I was given the chance to develop a new section for our 3ABN Russia mobile app! I'm so grateful for the chance to fulfill my dream and contribute to 3ABN Russia's ministry."

Tatyana Bulatova explains, "I've always had a passion for graphic design, but when I came to 3ABN Russia, I began developing talents I never knew I had. I thank God that in addition to working on graphics, I'm also a photographer and a video operator, managing our social media. I give God the glory for the gifts He's given me."

Alexey Ronzhin, one of our talented and experienced TV directors

told us, "After a long and challenging day, we packed up our equipment and were headed home when my wife Anna got a call. Arriving by train, a guest who was recording health programs the next day was standing at the station wondering where to go. We picked her up and drove her to where she was staying—and God gave me the strength to carry her heavy luggage up to the fourth floor. Yes, our God has perfect timing, and He gives us the strength we need. What an opportunity to serve one another in Jesus' Name!"

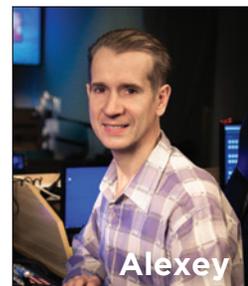
Ephesians 3:20–21 says, "Now to Him who is able to do exceedingly abundantly above all that we ask or think ... to Him be glory" May God bless you for your precious dedication to 3ABN Russia, and 3ABN's worldwide ministry! ☺



Olga



Tatyana



Alexey



From Prayer to Production

Our only goal is to lift up Jesus, so we've always relied on God for ideas on how to present Christ-centered truth in ways that will reach the hearts of our viewers and listeners. Here are some of the new programs in various stages of production this year at 3ABN.

From 3ABN Australia

Tomorrow in 30 Minutes is a new evangelistic series hosted by Pastor Mike Browning, the original producer of 3ABN Australia's weekly Sabbath School program *Let God Speak*. We're happy to say that the young people who have previewed the series say it will definitely appeal to younger and older audiences alike.

From 3ABN Canada

Ask the Doctor is an interactive program produced by 3ABN Canada where viewers call in or submit their medical questions online. Aimee Gutierrez hosts guest doctors Michael Gregor, Neil Nedley, Nadine Plummer, Wes Youngberg, Milton Mills, and Brian Schwartz, covering a wide range of topics and focusing on the benefits of lifestyle medicine.

The Healthy Skeptic, hosted by Dr. Nadine Plummer, digs hard into ancient modalities, fads, diets, and trendy health

ideas and asks if they work or not. Science, statistics, and a broad spectrum of testing are brought to the table in an easy and lighthearted way!

From 3ABN Russia

A Cup of Family Happiness is a warm, heartfelt space where answers to complex family life questions can be found. By combining the deep foundations of practical psychology and timeless theology, God's design for the family is revealed.

Online with God offers practical ways to connect and communicate with God, showing how He hears us, and longs to guide and support us, too.

From 3ABN Dare to Dream

Tough Love, Tender Faith is a lively, insightful, and often humorous conversation-based program addressing the real challenges faced by parents and caregivers. Hosted by Ruth Ann Thompson, it covers practical topics like parenting adult children, navigating grief, and balancing work and personal life while caring for others.

The Real Deal is a deep-dive spiritual discussion program hosted by Pastors Ryan Johnson and John Lomacang that explores biblical truth, theology,

prayer, and legacy through thoughtful conversation.

From 3ABN Kids

We're excited that *Tiny Tots for Jesus* will be returning with Miss Cinda and Auntie Linda. This beloved program will continue its mission of sowing seeds of kindness and helping God's girls and boys learn how to live for Jesus every day. You'll be delighted as these young children share their love for Jesus with sincere and joyful hearts. Their simple faith is a wonderful reminder of the hope and purity we can all admire.

From 3ABN Latino

Evangelizando con Poder (*Evangelizing with Power*) refers to the power of the Holy Spirit, of course. Each year, a group of 30–40 volunteer speakers travels to a country where 3ABN Latino programming has been on the air on local TV or cable stations. You are sure to enjoy the amazing interviews with both the speakers and those who have been transformed through our programming and the evangelistic campaigns.

From 3ABN

A new health series called *W.E.L.L. News* (Wellness, Eating, Living, and Learning), hosted by Risë Rafferty and her co-host Ashley Riesenberger, features a variety of health and nutrition topics and interviews that will show how to implement the information in practical ways.

And finally, a new program with Dr. Mark Sandoval is in the works that explores mental health issues by looking at the whole person, rather than focusing on the symptoms, alone. Find out how God can provide healing and a path toward meaningful, lasting changes. ☺



PHOTOS: SVETLANA CHRISTIAN AND SUPPLIED

PRODUCTION TEAM PHOTO: LUIS JAEEN

MARCH 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



WATCH 3ABN CANADA

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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	IW 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	WELL News / 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



No matter where they live, people are excited to learn new Bible truths! Scan the QR code with your smartphone and join us in reaching the world for Jesus.



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	WELL News / Unshackled Purpose CC
10:30	From Sickness to Health 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

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	Laymen Ministries CC
6:00	Spotless 1hr CC
7:00	Secrets Unsealed Presents 1hr CC
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

Join our panel of pastors and teachers to discuss the Sabbath School Lesson each week. Always fresh and relevant, you'll gain deeper insights as we study the Word of God together.

Watch on 3ABN's YouTube channel, or on demand with the 3ABN+ app!

Be sure to get our panelists' notes, too! Sign up once, and get them delivered to your inbox every week!

3ABNSabbathSchoolPanel.com



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Guided by God

in contact with God without altering my consciousness. I wanted God—and not my addictions—to guide me. So I called and although it was late, someone answered.

“That person was so kind, and soon I received a magazine and a book called, *Steps to Christ*. When I saw them in my mailbox right after New Year’s Day, I was as happy as a child. What a gift from God. A New Year, and a new life!”

Then there’s **Maxim**, who lives in Sevsk, Russia and writes, “I received some booklets from you the other day and quickly opened them. Receiving gifts from somewhere so far away is so pleasant for the heart and soul. Thank you for the booklets. I will give them to friends and acquaintances who are interested.

“There are many evangelical Christian believers and Protestants in our city,” he continues, “and their churches have grown. In my youth, I went there very often, and later, I helped build one of their large churches. I’m glad that I am friends with them, since they are kind people.

“I learned about your TV channel when my mother bought a new internet-compatible TV. And out of the 350 channels available, I chose yours! Thank you for your ministry and for the connection.”

God knows each of us intimately, and the Holy Spirit is working on each person’s heart that longs for answers to life’s toughest questions. Your support of 3ABN Russia is helping them find salvation through Jesus Christ and adding souls to His kingdom! ☺

Our 3ABN Russia staff receives many letters each week from grateful viewers across that vast country, and as we read them, our hearts are filled with joy!

Dmitry lives in Bulguma, Tatarstan, Russia, and writes, “I want to tell you that I discovered 3ABN Russia in an amazing way. In fact, I believe it was by the will of God.

“When I was discharged from the rehab center after being treated for alcohol and drug addiction, I returned to my apartment, which, to be honest, held so many unpleasant memories. But my thinking had already begun to change, so I accepted where God was leading me, along with the people He sent to help me.

“I didn’t watch TV often because my mind couldn’t understand much, but I tried turning on a faith-based channel, and found 3ABN Russia. I’d never seen it before, but felt as if God had prepared it just for me.

“As I watched, I understood! And when I saw your offer for the *New Life* booklets, I was really interested. I’d begun a new life myself, and I wanted to live in peace and



Rescued Lives

A Bible promise in Isaiah 41:10 reads, “Fear not, for I am with you... I will strengthen you, yes, I will help you.” And for one drug addict in Chattanooga, Tennessee, that help came in a rather unusual way.

A man we’ll call Jason stumbled across 3ABN during a difficult period of his life while struggling with active drug addiction. It seemed to him that no matter how low he felt, he always ended up watching 3ABN. “Sometimes I was high, and sometimes I would watch while I was getting high,” he says, “but I never went to bed without 3ABN on my TV. I especially loved the song ‘Mending Broken People’ at the beginning of your *3ABN Today* programs, and all through the night, I would wake up to God’s Word.”

Although incarcerated when he wrote us, Jesus had set Jason free from his addiction before his arrest. And to top it off, a beautiful Christian couple who had been to 3ABN was coming to visit him every week!

“I used to hear sermons on God’s grace,” he writes, “and I didn’t fully feel or understand it. But now I know God surely loves me, because he has placed these chains of circumstances before me—and they’re all linked to 3ABN!”

Life in the Balance

Our founder, Danny Shelton, was interviewing Pastor Mark Finley on a *3ABN*

Today Live program one night, and near the end, Danny asked him to make an appeal to someone who might be facing a heartbreaking challenge.

As Pastor Finley began, one of the studio lights blew out with a loud pop, but Pastor Finley continued undisturbed.

“Someone watching is deeply discouraged, and may even be thinking of ending their life,” he said. “But God loves you and has a plan for you. Don’t give up! The devil’s trying to destroy you, but Jesus says in Matthew 28:20, ‘I am with you always,’ and Hebrews 13:5 says, ‘I will never leave you nor forsake you.’ If you kneel down and commit your life to Christ, your new life will begin. Let me pray for you ...”

A few years later, Danny was at a convention in the Caribbean, and as he and Pastor Finley walked on stage, a young man pulled him aside. “Sir, do you remember the night the studio light blew out while Pastor Finley made an appeal? Well, he was speaking *to me*. I had the gun ready, but God used your program to show me that my life mattered. That night, I surrendered to Jesus—and today, I am a pastor. Thank you for saving my life!”

Yes, God is still mending broken people, and He loves to rescue those who cry out to Him! Thank you for all you do to bring others hope and salvation each day. ☺

HOPE FOR THE FORGOTTEN

Those who are behind bars are precious in God's sight, and Jesus emphasized this by saying that when we minister to them, we are really ministering to Him (Matthew 25:36)!

Yet thousands of prisoners feel hopeless, broken, and forgotten. But you can help! A letter of encouragement, a Bible, and a study guide all remind them that God cares for them—and that you care, too.

BRING THEM HOPE

Do you want to bring hope and the light of God's truth into their lives? For a one-time gift of \$30, you can sponsor a prisoner for an entire year, providing them with a special 3ABN Study Bible and a set of 14 Bible Study Guides tailored to their needs. Your gift also covers postage to send them small spiritual booklets and uplifting Christian reading material—along with ongoing correspondence from our 3ABN Prison Ministry team. All this for less than 9¢ a day!

The Holy Spirit is hard at work softening their hearts. And sooner or later, they'll reach a point of deep reflection as they face the consequences of their choices. Stripped of distractions and comforts, they'll feel intense guilt and loss. And in the silence of their confinement, their hearts will often turn toward God for forgiveness and peace.

You can bring hope, truth, and encouragement to someone who desperately needs to know that God hasn't forgotten them. Please pray and ask God what you can do for those who long for Him behind bars.

For just \$30, you can bring hope to a prisoner for an entire year. Just scan the QR code to donate.



Please earmark your donation

#136 - Prison Ministry



Reset Restore Renew



by Risë Rafferty, M.S., RDN

Autophagy literally means *self-eating*. While it initially sounds harmful, it is actually the path to regeneration and renewal. The purpose of autophagy is to break down and clear out dysfunctional cellular structures and proteins. It is the demolition of old or injured components within cells and the recycling of valuable resources into new building materials that will be used for repair. It can be thought of as activating an internal reset button, promoting a clean-as-you-go approach.

Recycling

Picture a cell that has damaged, dysfunctional parts; parts that are causing that cell to function suboptimally. Sounds like decline. Sounds like growing old. In contrast, picture that same cell being able to remove those damaged, dysfunctional parts and recycle all that debris in order to regenerate healthier cells.

Autophagy is very beneficial in preventing multiple disease states such as cancer, neurodegeneration, cardiomyopathy, diabetes, and liver disease. Without autophagy, cancer cells survive and multiply, damaging proteins aren't cleared out of brain cells, infection occurs, liver cells become fatty, and fat cells aren't able to break down for the purpose of weight loss.

Added Benefits

Intermittent fasting has been found to be one of the most effective ways of enhancing cellular autophagy. Using biological markers, researchers have found the housekeeping process begins after 14 to 16 hours of fasting. Doing this daily by prolonging overnight fasting is an excellent strategy to achieve this.

Fasting for 24 to 48 hours intensifies the autophagic response. But this does not mean the longer the fast the better. Prolonged fasting is counterproductive to health-promoting autophagy. A number of factors make the optimal fasting time to achieve maximum benefit individualized to yield benefits in metabolic, oncological, and neurodegenerative disorders.

Consider Romans 6:4 in the context of our understanding of autophagy. "Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life." Just like cellular autophagy, *spiritual* autophagy results in renewal, re-birth, restoration.



Risë Rafferty

Ashley Riesenberger

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