

May 2026

3ABN.tv

# 3ABN WORLD MAGAZINE

3ABN SUMMER CAMP MEETING 2026

## COURAGE IN THE CONFLICT

STANDING FIRM IN THE FINAL DAYS

June 3-6

*With*



Pavel Goia



Christopher Hudson



Wintley Phipps



Adam Ramdin



David Shin



Eric Walsh

And your 3ABN family!

THE LONG JOURNEY PG13

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## PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

The old beech tree was huge! Standing stoically at the edge of the steep bank, it looked down on our garden below and the gurgling creek beyond. With my young, adventurous mind and seemingly endless energy, the hills and hollers of Appalachia were a wonderful place to grow up.

One day, Dad and I found a thick and gnarly grape vine stretching all the way up into that tree, its grasping tentacles wrapped tightly around many of its branches. Always full of fun ideas, Dad cut the vine at the base, and suddenly, my sister and I had a vine swing! What a thrill it was to take a running leap and fly out over the bank, swinging back and forth as we imagined all sorts of adventures!

When my friend came for a visit, we climbed up to the old beech tree. "Check out our vine swing!" I said as I soared out into space and back again. "Now you try it!"

Grasping the old vine, he took a running leap and soared out over the garden ... but he didn't come back. Suddenly, at the apex of the swing, the old dead vine broke and my friend crashed to the ground, still clinging to the end of it! Horrified, I ran down the bank where he lay. He was stunned from the shock of the fall, but thankfully, not seriously hurt.

How did that happen? Well, the vine that once grew and thrived had lost its source of strength. When it was cut off at the bottom, it immediately began to die, and eventually, it collapsed. Jesus says in John 15 that He is the Vine and we are the branches. But at the end of verse 5, He adds, "... apart from Me you can do nothing." It's easy to get distracted in life and lose our connection, but we cannot exist without Him. Let's recommit again to stay connected to Jesus at all times.

Greg Morikone  
3ABN President



**IMPERATIVE**  
LIFE LESSONS

**NEW SEASON!**

Pastor Ryan Johnson brings Scripture to life through storytelling, careful study, and practical lessons that reveal deep spiritual truths. Through clear gospel teaching and memorable illustrations, each message shows how we can live the principles of God's Word today!

Watch it on 3ABNPlus.tv or the 3ABN+ App

3ABN SUMMER CAMP MEETING 2026

# COURAGE IN THE CONFLICT

STANDING FIRM IN THE FINAL DAYS

by Bobby Davis

As we see our world being consumed with fear and nations raging against each other, it's easy to see the signs of the times and know we're nearing the Final Days. But what will keep our hearts firm, and what can we do to hold onto the peace Jesus gave us as He ascended into Heaven?

"Our camp meeting theme is about courage," says 3ABN Program Development Manager/Producer, Shelley Quinn, "and each message is thoughtfully drawn from the books of Joshua and Revelation. The meetings will build precept upon precept, creating a cohesive and spiritually powerful journey for those who will be here in person, and those who view at home."

## Come Fellowship with Us

"This will be a camp meeting you will not want to miss!" says 3ABN President, Greg Morikone. "As each day passes, we get one day closer to the day Jesus returns. Bible prophecy tells us we are near the End Times and that our whole world will be in chaos. We will need courage to face the final days, and I believe we can find that courage in God's Word. So please mark your calendars and join us in person if you can!"

"What an incredible theme this year for our camp meeting!" says 3ABN's Vice

President/COO Jill Morikone. "What a gift to spend time in God's Word and in fellowship with each other. We love camp meeting and the opportunity to connect with you, our 3ABN Family!"

Since Summer Camp Meeting is a family event, in addition to the encouraging sermons and inspiring music, we'll have programs for kids of all ages, tours of 3ABN's studios, and plenty of time for fellowship with your 3ABN Family. And when family comes over, we give them our very best, so we're preparing delicious free meals, as well!

For those who love camping, we have free tent areas and many RV sites with electricity, water, and sewer hookups. We also have a bathhouse with clean showers and restrooms.

To make your free camping or RV site reservation, please call (618) 627-4651 or visit [3ABNCampMeeting.tv](http://3ABNCampMeeting.tv) where you'll also find a list of local hotel accommodations.

Thank you for being part of our 3ABN Family and for making live events like this possible. Together, we're moving forward with courage, proclaiming the three angels' messages of Revelation 14 and the everlasting gospel every minute of every day! ☺



Greg Morikone



Jill Morikone



Danny Shelton



Yvonne Shelton



John Dinzey



Ryan Johnson



Pavel Goia



Christopher Hudson



Wintley Phipps



Adam Ramdin



David Shin



Eric Walsh



John Lomacang



Shelley Quinn



James Rafferty



Donnie Shelton



Kenny Shelton

## 3ABN SUMMER CAMP MEETING BROADCAST SCHEDULE

WATCH OUR LIVE PROGRAMS ON 3ABN.TV OR ON THE 3ABN+ APP

### WEDNESDAY, JUNE 3

6:00 p.m. *Welcome and Music*

7:00 p.m. *The God Who Goes Before You*  
James Rafferty

8:00 p.m. *Courage to Step Into the Unknown*  
Wintley Phipps

10:00 a.m. *Courage Under the Commander's Orders* - John Dinzey

11:30 a.m. *Courage to Obey When it Doesn't Make Sense* - David Shin

6:00 p.m. *Welcome and Music*  
7:00 p.m. *Courageous Leadership in a Frightened World*  
Christopher Hudson

8:00 p.m. *Courage in Spiritual Warfare*  
Pavel Goia

### THURSDAY, JUNE 4

9:00 a.m. *Courage to Tear Down Walls*  
Ryan Johnson

10:00 a.m. *Courage After Failure* - Jill Morikone  
11:30 a.m. *Courage Rooted in Remembrance*  
Donnie Shelton

6:00 p.m. *Welcome and Music*

7:00 p.m. *Courage to Stand on God's Promises*  
John Lomacang

8:00 p.m. *Courage to Stand for Your House*  
Kenny Shelton

### SATURDAY, JUNE 6

9:00 a.m. *Sabbath School Panel* - Repentance and Forgiveness

10:30 a.m. *Divine Worship* - Danny Shelton  
2:00 p.m. *Prayer Panel*

3:00 p.m. *Courage to Trust the God of the Covenant* - Shelley Quinn

6:00 p.m. *Courage that Shapes the Next Generation* - David Shinn

7:00 p.m. *Courage to Finish Well* - Dr. Eric Walsh

ALL TIMES CENTRAL

# Seeds of Truth



Jesus sent His disciples out two by two, giving them a simple mission: “Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you ...” (Matthew 28:19–20).

As we fall in love with Jesus, we feel a joy that cannot be contained. At first, we share the good news with those who are closest to us, but as our love grows stronger, we want to share Him with everyone!

A short conversation, a piece of literature, or a sincere offer to pray with someone can plant a seed that God will nurture for years, and personal evangelism becomes one of the most meaningful experiences of our spiritual life.

## Evangelism Resources

In a world of disinformation and conflicting opinions, only the Bible stands as a sure beacon of light and hope, and 3ABN publishes many booklets that are perfect for sharing.

*The Three Angels’ Messages in Summary* addresses the fact that we are living at a time in history when everyone’s destiny is about to be decided for eternity. In the final showdown between light and darkness, changes are already underway that

will make it restrictive to share this gospel. In this booklet, Pastor John Lomacang shows how the three angels’ messages of Revelation 14 are a call and a challenge for us to do our part in getting these crucial messages to the world.

*Growing Through God’s Word*, by Jill Morikone, is for anyone who wants to revitalize their walk with God or better understand Scripture. In this practical and encouraging guide, you’ll find the ten keys to Bible study that strengthened Jill’s relationship with God. These simple principles help readers approach Scripture with prayer and humility, discover Jesus throughout the Bible, understand passages in their context and historical setting, explore the original languages, and apply God’s Word to their everyday life.

*Can the Church Affirm LGBTQ+* This booklet by Danny Shelton offers a biblically-based perspective on whether the Church can affirm the LGBTQ+ community and still remain true to its biblical roots. Its pages provide practical insights for churches and leaders who want to address the issue without compromising their beliefs.

*The Truth About the Lord’s Day* asks, “Does the Lord have a special day? And does it matter to God what day we choose to worship Him?” Using the Bible as the source of truth, Danny Shelton’s common-sense approach to the topic uses Scripture to conclude that observing the Lord’s Day is far more than just a picking a day. It’s a matter of worship!

*The Truth About Abortion* gives the Scriptural evidence of how deeply God values the unborn. In this booklet, Danny Shelton invites readers to consider the sanctity of life from a biblical perspective. And whether they’re a Christian seeking deeper understanding, or a pro-life advocate looking for spiritual insight, this booklet is an essential read.

*Glimpses of Jesus* by Pastor James Rafferty contains a special message for those who want to know the secret of success in their Christian walk. In its pages he shares a simple revelation of the love of God by finding glimpses of Jesus that promise to strengthen and uplift their soul. Full of hope and assurance, this special booklet is perfect for those who long for God’s help, giving the reader the opportunity again and again to meditate upon Jesus through this devotional.

*How Jesus Was Like Us* shows how Christ, in His human nature, was a perfect mani-

festation of selfless, other-centered love. In this beautiful booklet, Pastor Rafferty shows how Christ took our fallen human nature upon His divine nature and conquered the fallen will by entirely surrendering to His Father. Although Christ was *not* carnal or sinful in any way, the humanity He assumed made it necessary for Him to yield His will to God—just as we must do today.

*Conquering the Crave* by Risè Rafferty deals with something we all face—*The Crave!* It may express itself as a craving for a specific food item, drink, or drug—or it may not. But deeper than behaviors, The Crave is inherent in human nature, and left unconquered, it has the capacity to control us. This fascinating booklet provides a practical approach that inevitably leads to a Power outside ourselves, where conquering is guaranteed.

Yes, the gospel of Jesus Christ moves forward today the same way it always has—one conversation, one prayer, one Bible study at a time. When we step out and share our faith personally, we participate in Heaven’s work—and we are blessed with a deeper experience with Jesus. ☺

To order, call 618-627-4651 or visit [3ABNStore.com](http://3ABNStore.com). Quantity pricing available.



# MAY 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

In a world overflowing with disinformation, truth matters!

Watch 3ABN Worship Hour, Saturdays at 10:00 a.m. Central



SUNDAY CENTRAL TIME	
2:00a	It's Coming <b>CC</b> 1hr
3:00	Featured Ministries <b>CC</b>
3:30	A Wolf in Sheep's Clothing <b>CC</b>
4:00	Truth for Life <b>CC</b> 1hr
5:00	Spotless <b>CC</b> 1hr
6:00	Body & Spirit Aerobics <b>CC</b>
6:30	Amazing Facts with Doug Batchelor <b>CC</b>
7:00	Ready, Set, X-plore / Critters & Creation
7:30	Bible Treasures/Fit Club
8:00	3ABN Today <b>CC</b> 1hr
9:00	Your Favorites By Request <b>CC</b>
9:30	Adventures in Missions <b>CC</b>
10:00	3ABN Sabbath School Panel <b>CC</b> 1hr
11:00	3ABN Worship Hour <b>CC</b> 1hr
12:00p	The Incredible Journey <b>CC</b>
12:30	Child Impact Int./Pause to Pray <b>CC</b>
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit <b>CC</b>
2:30	Kids X-Press / Creation Is! Science <b>CC</b>
3:00	3ABN Today LIVE 🔁 2hrs
5:00	The Carter Report <b>CC</b> 1hr
6:00	Salvation in Symbols and Signs <b>CC</b>
6:30	Child Impact Int./Mission Revival <b>CC</b>
7:00	3ABN Sabbath School Panel <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Amazing Facts with Doug Batchelor <b>CC</b>
9:30	Jesus For Asia Now <b>CC</b>
10:00	Strategies for Strongholds <b>CC</b>
10:30	Lineage <b>CC</b>
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Imperative Life Lessons ★ <b>CC</b>
12:30	Kids Praise
1:00	Celebrating Life in Recovery <b>CC</b> 1hr

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope <b>CC</b> 1hr
3:00	3ABN Homecoming <b>CC</b> 1hr
4:00	Table Talk <b>CC</b> 1hr
5:00	Adventist World Radio <b>CC</b>
5:30	Cook:30 <b>CC</b>
6:00	Body & Spirit <b>CC</b>
6:30	Miracles in Motion/ Unshackled Purpose <b>CC</b>
7:00	Tiny Tots for Jesus <b>CC</b>
7:30	Jesus My Light / Creation Crafts <b>CC</b>
8:00	3ABN Today Bible Q & A <b>CC</b> 1hr
9:00	Evolution Impossible <b>CC</b>
9:30	ASAP Ministries <b>CC</b>
10:00	Prophecy Unsealed <b>CC</b> 1hr
11:00	3ABN Sabbath School Panel <b>CC</b> 1hr
12:00p	Behold the Lamb Presents <b>CC</b> 1hr
1:00	Ultimate Prescription <b>CC</b>
1:30	Abundant Living <b>CC</b>
2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	A Wolf in Sheep's Clothing <b>CC</b>
3:00	3ABN Today Bible Q & A <b>CC</b> 1hr
4:00	Kids Camp Kitchen Fun <b>CC</b>
4:30	Tiny Tots Kitchen/Tiny Tots Worship <b>CC</b>
5:00	Sanctuary, Salvation, & Our Savior <b>CC</b>
5:30	IW Sabbath School <b>CC</b>
6:00	Truth for Life <b>CC</b> 1hr
7:00	Unlocking Bible Prophecy <b>CC</b> 1hr
8:00	3ABN Today Bible Q & A <b>CC</b> 1hr
9:00	Summer Camp Meeting <b>CC</b> 1hr
10:00	The Carter Report <b>CC</b> 1hr
11:00	3ABN Today Bible Q & A <b>CC</b> 1hr
12:00a	The Carter Report <b>CC</b> 1hr
1:00	Mark Finley Presents <b>CC</b> 1hr

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life <b>CC</b>
2:30	The Incredible Journey <b>CC</b>
3:00	Wellness by Design/Life Rx <b>CC</b>
3:30	Authentic <b>CC</b>
4:00	Piano Praise <b>CC</b> 1hr
4:30	Adventures in Missions
5:00	Salvation in Symbols & Signs - Revelation <b>CC</b>
5:30	3ABN Music Highlights/Miracles in Motion <b>CC</b>
6:00	Body & Spirit Aerobics <b>CC</b>
6:30	The Heavens Declare <b>CC</b>
7:00	Tiny Tots for Jesus <b>CC</b>
7:30	Kids Praise <b>CC</b>
8:00	3ABN Today LIVE 🔁 2hrs
10:00	It's Coming <b>CC</b> 1hr
11:00	Featured Ministries <b>CC</b>
11:30	Multitude of Counselors <b>CC</b>
12:00p	Mark Finley Presents <b>CC</b> 1hr
1:00	The Incomparable Jesus <b>CC</b>
1:30	Cook:30 <b>CC</b>
2:00	Body & Spirit <b>CC</b>
2:30	Mission Revival/Journeys <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	Bible Gems / Bible Buzz <b>CC</b>
4:30	Kids X-Press / Ready, Set, X-plore <b>CC</b>
5:00	WELL News / Impact Hope <b>CC</b>
5:30	Rebuild <b>CC</b>
6:00	Mission 360 <b>CC</b>
6:30	The Ultimate Encounter <b>CC</b>
7:00	Maranatha Mission Stories <b>CC</b>
7:30	Digging Deeper <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	Behold the Lamb Presents <b>CC</b> 1hr
10:00	Amazing Facts with Doug Batchelor <b>CC</b>
10:30	Digital Disconnect <b>CC</b>
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Featured Ministries <b>CC</b>
12:30	Jesus For Asia Now <b>CC</b>
1:00	Pause to Pray/Journeys <b>CC</b>
1:30	The Creator Revealed <b>CC</b>

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries <b>CC</b> 1hr
3:00	Made For Health <b>CC</b>
3:30	Mission Revival / Recipes from Russia
4:00	Summer Camp Meeting <b>CC</b> 1hr
5:00	When We Talk <b>CC</b>
5:30	Enjoy Healthy Eating <b>CC</b>
6:00	Body & Spirit <b>CC</b>
6:30	It Is Written <b>CC</b>
7:00	Amazing Facts with Doug Batchelor <b>CC</b>
7:30	It Is Written Canada <b>CC</b>
8:00	3ABN Today Cooking <b>CC</b> 1hr
9:00	Shelley Quinn Presents <b>CC</b>
9:30	Thunder in the Holy Land <b>CC</b>
10:00	3ABN Australia Homecoming <b>CC</b> 1hr
11:00	The Carter Report <b>CC</b> 1hr
12:00p	Celebrating Life in Recovery <b>CC</b> 1hr
1:00	Lineage <b>CC</b>
1:30	Abundant Living <b>CC</b>
2:00	Action 4 Life <b>CC</b>
2:30	Perfecting Me <b>CC</b>
3:00	3ABN Today Cooking <b>CC</b> 1hr
4:00	Sing Along / Bible Treasures <b>CC</b>
4:30	Critters & Creation / Fit Club <b>CC</b>
5:00	Generation. Youth. Christ. <b>CC</b> 1hr
6:00	Ultimate Prescription <b>CC</b>
6:30	Salvation in Symbols & Signs - Revelation <b>CC</b>
7:00	Made For Health 1hr
7:30	A Wolf in Sheep's Clothing <b>CC</b>
8:00	3ABN Today Cooking <b>CC</b> 1hr
9:00	It Is Written <b>CC</b>
9:30	Wellness by Design/Life Rx <b>CC</b>
10:00	Love Me <b>CC</b> 1hr
11:00	3ABN Today Cooking <b>CC</b> 1hr
12:00a	Unlocking Bible Prophecy 🔁 1hr
1:00	Digital Disconnect <b>CC</b>
1:30	Raw Questions Relevant Answers/Intimate Clarity <b>CC</b>



Jesus said, "I am the way, the truth, and the life" (John 14:6). Scan the QR code with your smartphone to help someone find their way to Jesus!



THURSDAY CENTRAL TIME	
2:00a	Laymen Ministries <b>CC</b>
2:30	Maranatha Mission Stories <b>CC</b>
3:00	House Calls <b>CC</b> 1hr
4:00	The Carter Report <b>CC</b> 1hr
5:00	Discover <b>CC</b> 1hr
6:00	Body & Spirit Aerobics <b>CC</b>
6:30	Jesus for Asia Now <b>CC</b>
7:00	Kids Camp Kitchen Fun <b>CC</b>
7:30	Tiny Tots Kitchen /Tiny Tots Worship <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	ASI Conventions <b>CC</b> 1hr
10:00	WELL News / Unshackled Purpose <b>CC</b>
10:30	From Sickness to Health <b>CC</b>
11:00	God's Last Message to the World <b>CC</b> 1hr
12:00p	Spotless <b>CC</b> 1hr
1:00	Adventist World Aviation <b>CC</b>
1:30	Amazing Facts with Doug Batchelor <b>CC</b>
2:00	Body & Spirit <b>CC</b>
2:30	Country Wisdom <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	Creation Crafts / Creation Is! Science <b>CC</b>
4:30	The Creation Case <b>CC</b>
5:00	Sabbath School Panel <b>CC</b> 1hr
6:00	The Carter Report <b>CC</b> 1hr
7:00	Bible Answers Live <b>CC</b> 1hr
8:00	3ABN Today LIVE <b>CC</b> 2hrs
10:00	Kenneth Cox Ministries <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Bible Answers Live <b>CC</b> 1hr
1:00	3ABN Today LIVE <b>CC</b> 2hrs

FRIDAY CENTRAL TIME	
3:00	Strategies for Strongholds <b>CC</b>
3:30	Live to Be Well
4:00	Digging Deeper <b>CC</b>
4:30	Action 4 Life <b>CC</b>
5:00	Rebuild <b>CC</b>
5:30	Ultimate Prescription
6:00	Body & Spirit <b>CC</b>
6:30	Contending for the Faith <b>CC</b>
7:00	Amazing Adventures <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Optimize 4 Life <b>CC</b> 1hr
9:30	Authentic
10:00	Enjoy Healthy Eating <b>CC</b>
10:30	Wellness by Design/Life Rx <b>CC</b>
11:00	Made For Health <b>CC</b>
11:30	Unshackled Purpose/Recipes from Russia
12:00p	3ABN Today Family Worship <b>CC</b> 1hr
1:00	Behold the Lamb Presents <b>CC</b> 1hr
2:00	Raw Questions Relevant Answers/Journeys <b>CC</b>
2:30	Sanctuary, Salvation, & Our Savior <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	A Day With the King <b>CC</b>
4:30	Sing Along/Critters & Creation <b>CC</b>
5:00	3ABN Music Highlights <b>CC</b>
5:30	Jesus For Asia Now <b>CC</b>
6:00	3ABN Presents <b>CC</b> 1hr
7:00	3ABN Sabbath School Panel <b>CC</b> 1hr
8:00	3ABN Homecoming <b>CC</b> 1hr
9:00	Child Impact Int./Miracles in Motion <b>CC</b>
9:30	It Is Written <b>CC</b>
10:00	Maranatha Mission Stories <b>CC</b>
10:30	Mission 360 <b>CC</b>
11:00	3ABN Today <b>CC</b> 1hr
12:00a	ASI Conventions <b>CC</b> 1hr
1:00	Breath of Life <b>CC</b>
1:30	Eternal Truths Matter <b>CC</b>

# 3ABN kin·dling



SATURDAY CENTRAL TIME	
2:00a	Praise! <b>CC</b>
2:30	It Is Written <b>CC</b>
3:00	Daniel All Access <b>CC</b> 1hr
4:00	Revelation Now <b>CC</b> 1hr
5:00	Revelation Insights <b>CC</b> 1hr
6:00	Amazing Facts with Doug Batchelor <b>CC</b>
6:30	Sing Along/Bible Gems <b>CC</b>
7:00	Kids X-Press/Bible Treasures <b>CC</b>
7:30	IIW Sabbath School <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	3ABN Sabbath School Panel <b>CC</b> 1hr
10:00	3ABN Worship Hour <b>CC</b> 1hr
11:00	Pioneer Media <b>CC</b> 1hr
12:00p	3ABN Today Bible Q&A <b>CC</b> 1hr
1:00	Summer Camp Meeting <b>CC</b> 1hr
2:00	Kids Praise <b>CC</b>
2:30	Adventist World Radio
3:00	3ABN Today <b>CC</b> 1hr
4:00	Maranatha Mission Stories <b>CC</b>
4:30	Featured Ministries <b>CC</b>
5:00	Breath of Life <b>CC</b>
5:30	Laymen Ministries <b>CC</b>
6:00	Spotless 1hr <b>CC</b>
7:00	Secrets Unsealed Presents 1hr <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	Imperative Life Lessons <b>CC</b>
9:30	HeartLift <b>CC</b>
10:00	Mark Finley Presents <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Discover <b>CC</b> 1hr
1:00	Secrets Unsealed Presents <b>CC</b> 1hr

## Need a bit of inspiration?

Our 3ABN Kindling Blog will uplift, encourage, and inspire you through spiritual insight, personal experience, and godly counsel.

Enjoy a variety of topics, including optimum health, biblical principles that lead to recovery from addiction, and deep insights into personal and family relationships.

Add 3ABN Kindling as a source of encouragement, wisdom, and practical guidance for your daily walk with the Lord. You'll be glad you did!



VISIT [3ABNKINDLING.ORG](http://3ABNKINDLING.ORG) AND SUBSCRIBE



# Spiritual *Encouragement*

The most meaningful moments in our television and radio ministry often do not happen in front of a camera or behind a microphone. Instead, they come when we read a letter or get a call saying, “Your program helped me through a difficult time,” or “Thank you for praying with me.” You lift our spirits and remind us that the work being done is reaching real hearts and real lives. Take a look at these beautiful notes.

## 3ABN Camp Meetings

Martha writes, “I’m glad to be part of the 3ABN Family, and although I can’t go to the places you mention, *you can*—and as a donor, I become part of that outreach. I love your programs, Bible studies, and live broadcasts. I wish I could attend your camp meetings, but can’t drive that far. However, please know that I love you all!”

Mike writes, “My family and I have watched 3ABN together for a long time. My stepdaughter loves watching 3ABN, and says that your *Sabbath School Panel* makes the lessons crystal clear. We were really blessed by your Fall Camp Meeting, so may God bless you all for what you do for His kingdom.”

George and Linda write, “We believe the best way to keep the message going

through the many wonderful programs is to support this ministry. We were very blessed by both the Summer and Fall Camp Meetings, and wished we could be there! We love our 3ABN Family, and may God bless you all.”

## More Encouragement

Bonnie sent us a note saying, “My husband and I were reared as Southern Baptists in Mississippi, but moved to Virginia in 2003 when I took a family physician job. My practice manager, a Pentecostal lady, told us about the Sky Angel satellite dish, and soon, the Lord drew our attention strongly to 3ABN! We listened attentively to many of your speakers, and realized these were precious Bible truths. We accepted them wholeheartedly and our whole family was baptized into the Seventh-day Adventist Church in 2005! We moved back to Mississippi in 2009, and continue to serve the Lord there. Without 3ABN we might never have learned the Sabbath truth—among many others! He knew we wanted to know, and *He used you* to enlighten and bless us beyond measure.”

Every letter and call shows us God is at work. Your words encourage our hearts, inspire our service, and prove that the message we share is making a difference. ☺

# the LONG JOURNEY

When Tom Wahl was born, both he and his mother suffered serious complications. Fearing he might die, the nuns at the Catholic hospital quickly called a priest to baptize him, but God graciously spared his life.

Although Tom was raised in the Lutheran faith, as a young man he concluded he would never be able to keep the Ten Commandments perfectly, so he gave up trying. He later met and married his sweetheart Diane and went on with his life.

Then one day, Diane’s mother attended an Assemblies of God church and found a relationship with Jesus. She was so excited that she convinced most of her family to attend, too! At first, Tom and Diane enjoyed the love they felt in that church, but when a new pastor came, things just weren’t the same.

## A NEW STATION

Then came the day Tom’s daughter told him about a new TV station, and as he watched 3ABN, the *Discover* series with David Asscherick fascinated him. He’d always wondered about the Book of Revelation, and what he heard now made sense.

Several months passed before he heard someone mention the Sabbath. *Aha!* he thought, *That’s their angle!* But he couldn’t argue with the points David was making. He looked up documents where the Catholic Church claimed authority to change the Sabbath to Sunday. That bothered him, so for the next year, he kept trying to decide on a new church. One day, as



Tom and Diane found a warm church family waiting for them as they attended their first Sabbath service.

3ABN played in his workshop, Tom felt like God was talking to him, saying, *We’ve discussed this long enough. Are you going to do this or not?*

“I immediately told my wife, ‘I’m going to go to church on Sabbath,’” he says, “and to my surprise, she said ‘I’m going, too!’”

Tom and Diane were warmly greeted on their first visit to a Seventh-day Adventist service, and he was pleased that the pastor was actually preaching *and teaching*.

“There was no doubt left. We’d found our new home,” he says, and soon they joined the church. Then, when COVID hit, they had to stay home on Sabbaths; but they were grateful to have the *3ABN Sabbath School Panel* and *Worship Hour* each week.

Sadly, Diane has since passed away, but Tom still faithfully teaches the Bible study class he first attended—and to his delight, his daughter now attends his class, too!

We praise God for Tom, who speaks with great emotion when he shares how God guided him on his long spiritual journey. Each day, he looks for every opportunity to share the truths he’s learned with others. ☺



SCAN FOR  
FULL STORY



## — Using *God-given Tools* —

**W**e are deeply grateful to God for the technology He provides, and there's no better use for it than sharing the good news of salvation and the three angels' messages of Revelation 14 with the world. Computers allow every department at 3ABN—from our networks to our production teams and administrative staff—to plan, record, broadcast, and stream programs on satellite, broadcast stations, and social media platforms, day and night.

### Powerful Tools for Evangelism

Computers are also essential to our Publishing Department in layout and design of the *3ABN World* magazine, managing video-on-demand to 3ABN+ and YouTube, the creation of booklets for evangelism, photography editing, preparing graphics for print, and developing and maintaining 3ABN's websites.

We are thankful that technological advances have made computers more powerful and affordable than ever before, and with a goal of \$15,000, we can replace some of the aging equipment that has faithfully served us for many years.

Thank you for all you have done and continue to do for this ministry. Your gifts allow us to turn the technology God has entrusted to us into powerful tools to create materials that inspire hearts, share the good news of salvation, and proclaim the three angels' messages. With your help, the gospel can reach more people, more clearly, and more beautifully than ever before. ☺



Be sure to earmark your donation



**#515  
Equipment**



## Where **It All** Begins

by Risë Rafferty, M.S., RDN

**T**he gut is a thirty-ish-foot tube that, one could argue, actually begins in the mouth and ends with the anus. Digestion is often thought of as its primary role, but it has multiple responsibilities.

An important part of the gut is its microbiome/microbiota. This refers to a community of various species and strains of microbes, some helpful and some harmful, that collectively have a tremendous impact on how our body functions, and therefore, on our health. Though predominantly housed in the large intestine, the gut microbiota begins in the mouth.

Similar to the community in the large intestine, the oral microbiota is home to a variety of genres, species, and strains of microbes, some helpful, and some harmful. The unique microbes have their specific talents that collectively are our first defense line against invading pathogens. The oral microbiome is our greatest preventer or promoter of cavities and periodontal disease. It helps train the immune system to distinguish between friend or foe. It also plays an important role in seemingly unrelated areas, like cardiovascular health.

Chewing foods such as beets and green leafy vegetables allows the helpful oral bacteria to improve blood pressure. These foods contain nitrate, which the oral bacteria convert into nitrite—an important first step in the production of nitric oxide. In the blood stream, nitric oxide helps maintain normal blood pressure by relaxing blood vessels and keeping them healthy. This is not the only source of nitric oxide, but it is an important one that plays a role in angina, erectile dysfunction, and the risk of heart attack and stroke.

Daily drinking of sugary drinks over extended periods of time can turn the oral microbiome against us. Drinking alcohol alters the microbial balance by supporting harmful strains, but so can seemingly innocent antiseptic mouthwash. Even some toothpastes could be hindering your ability to produce nitric oxide by hurting beneficial bacteria in the mouth.

Good oral hygiene, not snacking, a healthy diet, and no mouthwash will help you begin taking care of your gut with where it begins. ☺



**3ABN** School of Discipleship

# FOLLOWING JESUS

# JULY 17-26, 2026

Register by June 16 at [3ABNSod.com](http://3ABNSod.com)



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