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3ABN.tv

3ABN WORLD MAGAZINE



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WE ADD PG 4
God Multiplies

 **3ABN** CANADA REPORT

A DOORWAY TO ETERNITY PG14

4

COVER STORY

We Add. God Multiplies

3ABN Canada reaches into Pakistan

6

Beyond the Broadcasts

New tools for Bible students

8

3ABN TV SCHEDULE

12

CHANGED LIVES

And Then She Showed Up

She was nervous. God was not

14

HOW CAN I HELP?

A Doorway to Eternity

Reaching hearts in closed countries

15

HEALTH HELP

Vital Force

The awesome power behind life

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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

Several months ago, a heroic rescue video went viral. Sixteen-year-old rookie lifeguard Ryder Williams was scanning the water at Seabright State Beach in Santa Cruz, California, when he spotted ten-year-old Nathaniel struggling in dangerous surf. Ryder raced into the water and reached him just as the boy's body went limp.

Ten-foot waves battered him as he fought his way back to shore, but Ryder refused to let go. Using a technique called “duck diving,” he plunged beneath the crashing breakers while keeping Nathaniel firmly in his grasp.

For more than two minutes, Ryder held on until another lifeguard and bystanders could join the rescue and bring Nathaniel safely to shore. Only then did Ryder release his grasp.

When I think about that young lifeguard refusing to let go no matter how fierce the waves became, I'm reminded of Jesus' promise in Isaiah 43:1–2: “... ‘Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you....’” What a promise! Jesus also assures us in Matthew 28:20, “... ‘I am with you always, even to the end of the age.’”

What storm of life are you facing right now? Perhaps it's a health crisis, a family struggle, financial difficulty, a challenge at work, or even a spiritual battle. Whatever the storm, remember this: *Jesus has you*. The waves may be fierce and the current strong. You may feel as though you're being swept away. But Jesus will never loosen His grip. He will hold you through the storm and carry you safely to shore.

A better day is coming! Let's keep our eyes on Jesus, hold on to our faith, and trust the One who will *never let us go*.

Greg Morikone
3ABN President



3ABN
MORE THAN CONQUERORS

Greg Morikone hosts Dr. David Shin in this engaging program full of spiritual wisdom, practical strategies, and scientifically supported tools that break addictive cycles and harmful patterns.

WATCH HERE





WE
ADD

God Multiplies

by Craig Cleveland

PHOTOS SUPPLIED

When 3ABN Canada launched a one-on-one virtual Bible Study to reach the vast expanses of this country, we never dreamed that one of our first studies would reach *across the globe* to Pakistan to bring truth to a Catholic priest—and that in turn, he would open *three schools!* This is God's doing. This is *multiplication* at its best!

BROTHER JAVID

Pastor Sony Laverde has just returned from his second trip on behalf of 3ABN Canada to support the new work in Pakistan that is going forward under the direction of former Catholic priest, Brother Javid.

Pastor Sony's first stop was to meet with church leaders in that country to share what God is doing through Brother Javid's work. They were thrilled to hear he would provide two weeks of training for the teachers and gospel workers that work alongside him.

"It was amazing to see the interest to learn and the willingness to serve among the Bible workers," Pastor Sony says. "As I spoke, they were very attentive and took notes for study when they went home. Their eyes opened wide and their jaws dropped every time they learned something new

about the plan of salvation; and after every session they would ask many questions."

Pastor Sony says he found the Pakistani people to be extremely receptive and unselfish. "They didn't have much, and gave thanks for any little thing they received—and they were more than willing to give of what little they had, too."

What a picture of the gospel of Jesus! Through God's amazing grace, Brother Javid has opened three Bible schools. Many children who attend these schools come from families that have been enslaved to brick-making companies for generations. They are forced to work for no pay and live in housing that is not even fit for animals. So what joy and hope they feel as they see their children attending Brother Javid's schools!

Thanks to your generous support, we were able to send a small amount of funds to purchase teaching supplies for these schools. We sent Sony with some funds to assist Javid's family, too, since they work with no source of support except the Providence of God, who is our best Support, of course! They toil so unselfishly, give of themselves so generously, and consider it a blessing to be a blessing to others!

Brother Javid writes, "My dear respected Pastor Sony, my wife and daughter are very happy, and because of your great kindness, after three years, they have gone shopping. She has never complained that we do not have new clothes, but has thanked God in any situation and encouraged me to remember that God will provide everything. Thank you very much for your great love and kindness."

WANT TO HELP?

Praise God for uncomplaining, sacrificing, newly-baptized, self-supporting workers in Pakistan! We recently talked to Brother Javid on a Zoom call just prior to Sony's trip, and the *only* request he had was that we pray that God's Holy Spirit would work, bless, and prosper their endeavors to win souls and raise up these children in the fear of God!

Won't you place these schools and their volunteer team of teachers on your perpetual prayer list? And remember that this precious family—and the three schools he opened—all came to this work because someone in Grand Forks, British Columbia, Canada, was willing to host a one-on-one virtual Bible study.

Friends, our 3ABN Canada portal and video conference platform is up and running—all we need is for *you* to sign up and join us! It's simple. Just sign up, share your pastor's contact information for a reference, watch a 15-minute training video, and host the study on your phone, tablet, or computer. Then pray as you read the scripts, switch slides, and watch God work!

God has more souls like Brother Javid and his family just waiting to hear the beautiful truths of the Bible! And trust me—you will be the one who is most blessed in the process! ☺



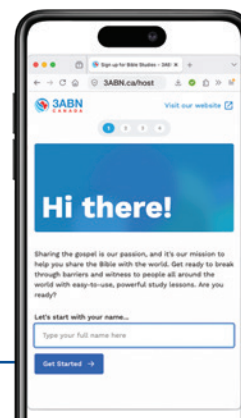
(Top Left): Pastor Sony Laverde (second from right) meets leaders of Pakistan Union Section of the Seventh-day Adventist Church.

(Above Top): Brother Javid with school children and their new workbooks.

(Middle): Pastor Sony hands out school supplies to grateful parents.

(Bottom): Pastor Sony shares God's plan of salvation with eager crowds of Bible workers.

Join the team and help bring Bible studies to those who are eager to learn more about Jesus! Visit 3ABN.ca/host to find out how.





Beyond the Broadcast

We've all seen it—and probably done it ourselves. People scrolling, clicking, and swiping their screens, totally oblivious to what's going on around them. They're searching for something, or more likely, just trying to keep their minds occupied as they ride in the passenger seat or wait for their food to arrive.

Let's face it: our society is obsessed with watching short clips and sharing them with their friends, and yet they can never get enough.

They have a deep hunger for something—a hunger they can never seem to satisfy—until they find God's truth.

Many of these so-called “doom scrollers” are desperately seeking for answers—and we believe our loving God is patiently guiding them to His truth through His Holy Spirit. Although social media platforms are infested with influencers, politics, and lies, this is a God-given opportunity to stand out by shining spiritual light into our dark world.

Beyond the Broadcasts

Yes, 3ABN has been proclaiming the everlasting gospel and the three angels'

messages of Revelation 14 to the world for nearly 42 years. But there are still countless millions we haven't reached—and most of them will not sit down and watch an hour, or even a half-hour program.

We're searching for those who are struggling with the loss of a loved one, scrolling through YouTube to find what happens when we die. They're desperate for answers and the only place they know to look is to social media.

But in their desperation, they *will* watch for eight minutes while they eat lunch or sit on the subway train on their way home. And once they “taste and see that God is good,” they will always want more of the Bread of Life and the Living Water.

Whether their interest is in ancient Bible prophecies, or something that can restore their health, as they watch these short programs, they'll discover our wonderful Savior who loves them unconditionally and supplies all their needs.

God is using every means possible to reach His children—and His Holy Spirit is already preparing the circumstances that will guide them to 3ABN's new collection of short, focused non-broadcast

(Right Top): Greg Morikone speaks with his guest, Pastor Ryan Johnson as they explore current events through the lens of Bible prophecy.

(Right Bottom L to R): Anissa Johnson and Angela Vandervalk discuss Bible questions on the new 3ABN Sabbath School Panel *Case Studies* programs.

programs. They run for 10 minutes or less, bringing Bible truth and practical spiritual food to those who only watch content in shorter, easily accessible formats.

New Offerings

Among these new offerings are Greg Morikone's exploration of current events through the lens of Bible prophecy, a study series that follows our 3ABN Bible Study Guides, and several programs that tie in with our popular *3ABN Sabbath School Panel*. This includes a Sabbath School discussion exploring questions drawn from each weekly lesson.

We now offer a brand-new Sabbath School Teacher's Tool Kit full of helpful resources for each quarter delivered on a 3ABN thumb drive. It includes all the Sabbath School Panel programs, all the panelists' notes, and other tools that can make your class be more engaging and effective.

Our new non-broadcast programs may be shorter, but our mission remains the same: to reach the hearts and minds of those who live in our lost and dying world with the beautiful everlasting gospel of Jesus Christ.

Will you help us get the everlasting gospel and the three angels' messages out to the world? Just subscribe to 3ABN on X, Facebook, Instagram, and YouTube and start sharing this new content with your friends. That's something God will most certainly bless! ☺



Sabbath School Teacher's Toolkit

Helpful resources for each quarter include:

- ✓ Sabbath School Panel programs in advance
- ✓ all the panelists' notes
- ✓ tools that can make class more engaging and effective



OCTOBER 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	Truth for Life 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	More Than Conquerors CC
1:30	Watered by the Word CC
2:00	Body & Spirit CC
2:30	Final Days 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	Imperative Life Lessons CC
12:30	Kids Praise
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	Digging Deeper 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	Sanctuary, Salvation, & Our Savior CC
5:30	IIW Sabbath School CC
6:00	Truth for Life 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



Detectives of Truth Bible Study Guides (Year D)
These new lesson packs are life-changing gifts that encourage kids to study their Bible every day.

DETECTIVES OF TRUTH
Bible Study

Available now from 3ABNStore.com

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	The Incredible Journey CC
3:00	Wellness by Design/Life Rx CC
3:30	Final Days CC
4:00	Piano Praise CC 1hr
4:30	Adventures in Missions
5:00	Salvation in Symbols & Signs - Revelation 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	Kids Praise 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	Retro Ministries Presents CC
6:00	Mission 360 CC
6:30	The Ultimate Encounter CC
7:00	Maranatha Mission Stories CC
7:30	Something Better 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
4:00	Summer Camp Meeting CC 1hr
5:00	When We Talk 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 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	Wellness by Design/Life Rx 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

God hears the desperate cries of the incarcerated, and we can help too, with Bibles, 3ABN Study Guides, and more. Scan the QR code and help us bring them hope and redemption through Jesus Christ!



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	More Than Conquerors CC
5:30	Watered by the Word CC
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 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	Retro Ministries Presents 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	Authentic
10:00	Enjoy Healthy Eating CC
10:30	Wellness by Design/Life Rx 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 Homecoming CC 1hr
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Presents 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	Summer Camp Meeting CC 1hr
12:00p	3ABN Today Bible Q&A CC 1hr
1:00	More Than Conquerors CC
1:30	Watered by the Word CC
2:00	Something Better 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	Breath of Life CC
5:30	Laymen Ministries CC
6:00	Pioneer Media CC 1hr
7:00	Secrets Unsealed Presents CC 1hr
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

Every minute of every day, 3ABN lifts up Jesus Christ and shares the everlasting gospel with the world—and all of Heaven rejoices as men and women give their hearts to Jesus and begin a new life in Him!

You are already part of our 3ABN Family, and if you consistently donate, we thank you! But if you haven't, would you consider helping us carry God's truth into homes, villages, prisons, and even countries where evangelists cannot go?

Together, we can bring salvation to millions and change lives for eternity!

Scan this QR code, call **618-627-4651**, or visit **3ABNEvangelism365.org** to find out more.



Become a
**FAMILY
PARTNER!**

Every day matters. Every soul matters. Every nation matters.

by Craig Cleveland

AND THEN SHE

SHOWED UP



A Place to Belong

A few months into their studies, something unexpected happened. Britney was driving her bus route in Ontario, Canada, when she spotted a Seventh-day Adventist church. It had obviously been there all along, but she'd never noticed it before.

"I grew up in the Adventist Church," she explains, "but all I could remember was hearing about the 'rules.' However, as I began to understand for myself what the Bible said, I knew which church I should attend."

virtual Bible study between a shy 17-year-old and a young woman searching for something more....

From Student to Host

Britney and Bethany still meet each week to share spiritual support and friendship, and Britney is now happy and active in her local church. But there is an even more beautiful part to this story.

Britney experienced firsthand the value of one-on-one evangelism. She knows how God can use a simple online connection

...But then her third study interest did show up—and Bethany was not mentally prepared...

Getting Started

Neither Bethany nor Britney knew quite what to expect from their first study; and Britney admits feeling out of place—even strange. "Looking back, I can see that God had a plan, but Satan was trying to steer me away from it by making me feel I wasn't suited for studies with Bethany," she says.

But while he tried to make her feel out of place and strange; Britney says she heard the Holy Spirit urging her, *Continue. Continue.* So she did.

As their studies progressed, Bethany and Britney grew comfortable with one another, and before long, their weekly Bible studies became something they both looked forward to.

Britney was especially drawn to the lessons that outlined Bible prophecy because through them, she realized something she'd never seen before in God's Plan of Salvation. "I saw how generous God is," she says, "and that we don't have to worry!"

After a particularly difficult week, Britney felt a real need for help and encouragement, so she visited the church she'd discovered along her route. But sadly, when she attended, she didn't feel "taken in."

However, God had already prepared a special place for her, because along that same bus route, she saw *another* Adventist church she'd never noticed before. And when she walked through those doors, she was welcomed like a long-lost friend.

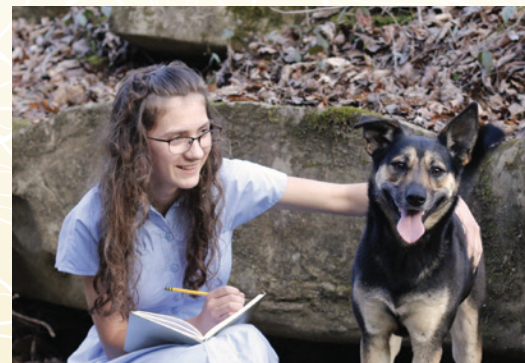
It wasn't long before she committed her life to Jesus, was re-baptized, and joined the church. And to think that it all began with a nervous, awkward, one-on-one

to lead someone toward truth, fellowship, and a deeper relationship with Jesus. And now she wants to be part of that work and has signed up as a 3ABN Canada Bible study host, herself!

What began with a nervous teenager became a friendship, a Bible study, a baptism, a new church home, and a renewed commitment to share Jesus with others. Praise God! ☺

Left: Bethany was nervous about hosting a Bible study, but when she met Britney (next photo), she found a lifetime friend.

Right: Britney (center) is overjoyed in her new life with Christ. (L to R): Bernadette (mother), Julia (friend and mentor), Rhonda (friend), and Maureen (godmother).



A DOORWAY TO ETERNITY

God is opening doors for the gospel in places we never imagined possible. Many of those who have little or no access to the gospel live across the 10/40 Window—a broad geographic region stretching roughly from North Africa and the Middle East across much of Asia. This region is home to *over five billion* people, but in many of these countries, to follow Jesus requires tremendous courage. Forced to worship in secret, they risk discrimination and pressure from their families and communities. In many cases they face serious consequences and even death because of their faith. Yet, they *are* searching, and we've heard many stories of believers who hide their satellite dishes on their rooftops to secretly watch Christian programming from outside their country.

Think about that for a moment. Right now, many are *risking their lives* to watch a Christian program, but they take the chance because they're so hungry to know God. They cannot walk into a church. They may never meet a Christian missionary. But they *can* turn on their TV and hear about Jesus! And we believe God is opening the way for 3ABN to be a part of this.

INCREDIBLE OPPORTUNITIES

We are now exploring new opportunities to reach people throughout the Middle East and other closed countries by satellite. God has brought us together with local workers and missionaries who serve in these challenging places, and we believe these meetings are divine appointments, opening up possibilities we could never have arranged ourselves.

The need is far greater than the programming we currently have available in their languages. And if we want to reach people where they are, we need to translate more of our programs into Arabic, Farsi, and other languages spoken throughout that vast area. Your gift helps us take messages of hope across a border that a missionary might not be able to cross. It can reach into the home of someone who may be watching secretly, bringing them the assurance that God has not forgotten them.

While we're on this earth, we may never meet the person sitting in that darkened room, watching cautiously behind closed doors. But God knows who they are, and right now He's opening those doors. The opportunity is here. *Let's take the gospel to all the world!* ☺



BE SURE TO EARMARK YOUR DONATION
#361- LANGUAGE TRANSLATION



Vital Force

by Risë Rafferty, M.S., RDN

How's your energy? If your answer is not as good as you'd like, you are not alone. Fatigue is one of the most common complaints heard in doctor's offices. Not having the same level of energy as in yesteryear is often commented on with the words, "I'm getting old," and accepted as an unchangeable, inevitable outcome.

Having loads of energy, at any age, is a marker of youthfulness. But what are we talking about when referring to this intangible, yet very important part of human existence?

Life Energy

Most cultures and religions have an understanding and word for life energy: *prana*, *chi*, *ruach*, and *ha* all relate to life energy and have varying religious concepts attached to them. While these words are not necessarily synonymous, the point is that mankind understands that at our core, energy is life. Various healing modalities have been used for hundreds of years for the purpose of supporting or restoring human life energy.

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Vital Force

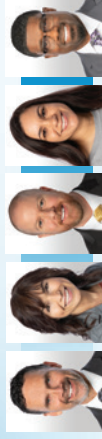
The term vital force was commonly used in the eighteenth and nineteenth centuries. Ellen White wrote of "vital force," using the verbiage of the day. However, since that time, that term has basically disappeared. Our gaze began to shift toward evolution during her time, and then to biochemistry, genetics, and cellular biology as our learning increased in those areas. We thought perhaps we could explain life through natural processes, but we haven't.

So what do we do with *vital force*? Since we no longer use the term, does that mean it's an archaic, unrelative concept that has no basis or significance for us today?

I'll spend the next few articles pursuing this topic. ☺

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