

PDT -2 hours • MDT -1 hour • EDT +1 hour **Red titles are changes effective this month.****CC** = CLOSED CAPTIONED **L** = LIVE PROGRAM **★** = NEW SERIES **↻** = REPEAT OF LIVE PROGRAM

CDT	SUNDAY	CDT	MONDAY
2:00a	Pillars of Faith CC 1hr	2:00a	Revelation of Hope CC 1hr
3:00	Featured Ministries CC	3:00	Homecoming Camp Meeting CC 1hr
3:30	From Sickness to Health CC	4:00	Table Talk CC 1hr
4:00	In the Beginning CC	5:00	Divine Design/Grandma's House CC
5:00	Revelation's Ancient Discoveries CC 1hr	5:30	Cook:30 CC
6:00	Body & Spirit Aerobics CC	6:00	Body & Spirit CC
6:30	Melody From My Heart CC	6:30	Pressing in to His Presence CC
7:00	Kids Time CC	7:00	Thunder in the Holy Land CC
7:30	Praise!	7:30	Ultimate Prescription CC
8:00	3ABN Today CC 1hr	8:00	3ABN Today CC 1hr
9:00	Your Favorites by Request CC	9:00	House Calls CC 1hr
9:30	Adventures in Missions CC	10:00	Free Indeed CC
10:00	Focus on God's Word CC 1hr	10:30	Books of the Book CC
11:00	Inspirational Hour CC 1hr	11:00	Sabbath School Panel CC 1hr
12:00p	HeartLift CC	12:00p	Behold the Lamb Presents CC 1hr
12:30	Pressing in to His Presence CC	1:00	Off the Grid CC
1:00	A Sharper Focus ↻ 1hr	1:30	Abundant Living CC
2:00	Body & Spirit CC	2:00	Action 4 Life (Casio Jones) CC
2:30	Tiny Tots for Jesus CC	2:30	Heaven's Point of View (Frank Fournier) CC
3:00	3ABN Today LIVE ↻ 2hrs	3:00	3ABN Today CC 1hr
5:00	The Carter Report CC 1hr	4:00	Tiny Tots for Jesus CC
6:00	Sabbath School Panel CC 1hr	4:30	Kids Time CC
7:00	Salvation in Symbols & Signs CC	5:00	Liberty Insider CC
7:30	Perfecting Me CC	5:30	Your Favorites by Request CC
8:00	3ABN Today CC 1hr	6:00	Grace Pipeline CC
9:00	Celebrating Life in Recovery CC 1hr	6:30	Mission 360 CC
10:00	Featured Ministries CC	7:00	Revelation's Ancient Discoveries CC 1hr
10:30	Your Favorites by Request CC	8:00	3ABN Today CC 1hr
11:00	3ABN Today CC 1hr	9:00	Spring Camp Meeting CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr	10:00	The Carter Report CC 1hr
1:00	Celebrating Life in Recovery CC 1hr	11:00	3ABN Today CC 1hr
		12:00a	Multitude of Counselors CC
		12:30	Hope in Motion CC
		1:00	ASI Conventions CC 1hr

**Cook:30**

With Chef Jeremy Dixon

Mondays at 5:30 a.m.,

Tuesdays at 1:30 p.m., Fridays at 1:30 p.m. CDT (UTC-5)

CDT	TUESDAY	CDT	WEDNESDAY
2:00a	Optimize 4 Life CC	2:00a	Celebrating Life in Recovery CC 1hr
2:30	Perfecting Me CC	3:00	Revelation's Ancient Discoveries CC 1hr
3:00	Melody From My Heart CC	4:00	Spring Camp Meeting CC 1hr
3:30	Free Indeed CC	5:00	Praise CC
4:00	House Calls CC 1hr	5:30	Adventures in Missions CC
5:00	Salvation in Symbols & Signs CC	6:00	Body & Spirit CC
5:30	Wonderfully Made CC	6:30	LifeStart Seminars CC
6:00	Body & Spirit Aerobics CC	7:00	Amazing Facts Presents CC
6:30	The Heavens Declare CC	7:30	It Is Written Canada CC
7:00	Health for a Lifetime CC	8:00	3ABN Today CC 1hr
7:30	Maranatha Mission Stories CC	9:00	Remodeling Your Life CC
8:00	3ABN Today LIVE ↻ 2hrs	9:30	Divine Design/Grandma's House CC
10:00	Pressing in to His Presence CC	10:00	Melody From My Heart CC
10:30	Thunder in the Holy Land CC	10:30	Salvation in Symbols & Signs CC
11:00	Featured Ministries CC	11:00	Table Talk CC 1hr
11:30	Books of the Book CC	12:00p	3ABN On the Road CC 1hr
12:00p	Spring Camp Meeting CC 1hr	1:00	Issues and Answers CC
1:00	Battles of Faith CC	1:30	Abundant Living CC
1:30	Cook:30 CC	2:00	Action 4 Life CC
2:00	Body & Spirit CC	2:30	Perfecting Me CC
2:30	HeartLift CC	3:00	3ABN Today CC 1hr
3:00	3ABN Today CC 1hr	4:00	Tiny Tots for Jesus CC
4:00	Tiny Tots for Jesus CC	4:30	Kids Time CC
4:30	Kids Time CC	5:00	Everlasting Gospel CC 1hr
5:00	Kids Time Praise CC	6:00	GYC CC 1hr
5:30	Multitude of Counselors CC	7:00	A Sharper Focus L 1hr
6:00	House Calls CC 1hr	8:00	3ABN Today CC 1hr
6:30	Secrets Unsealed Presents CC 1hr	9:00	Amazing Facts Presents CC
7:00	3ABN Today CC 1hr	9:30	I Want This City CC
8:00	Behold the Lamb Presents CC 1hr	10:00	It Is Written CC
9:00	Sabbath School Panel CC 1hr	10:30	Liberty Insider CC
11:00	3ABN Today CC 1hr	11:00	3ABN Today CC 1hr
12:00a	Heaven's Point of View CC	12:00a	A Sharper Focus ↻ 1hr
12:30	Exalting His Word CC	1:00	In the Footsteps of Paul CC
1:00	Contending for the Faith CC	1:30	Divine Design/His Words Are Life CC
1:30	Ultimate Prescription CC		



Enjoy 3ABN on the go!

Stream all of our networks.

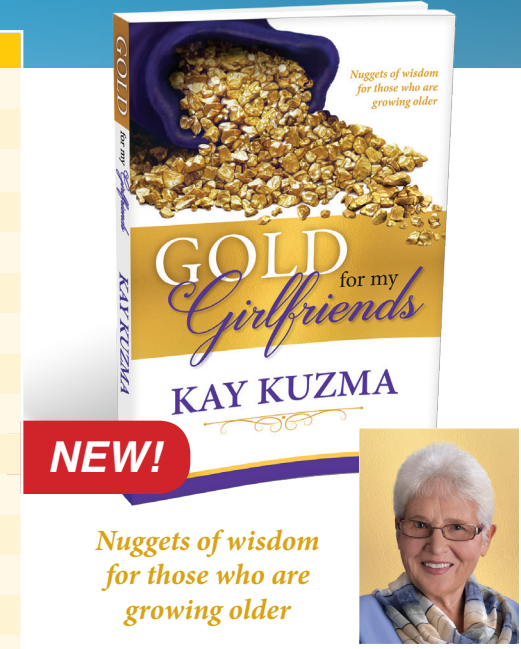


3ABN (TV + Radio) app – Download the app to your mobile device.

CDT	THURSDAY
2:00a	Books of the Book CC
2:30	Grace Pipeline CC
3:00	Spring Camp Meeting CC 1hr
4:00	Remodeling Your Life CC
4:30	Issues & Answers CC
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Homecoming Camp Meeting CC 1hr
8:00	3ABN Today CC 1hr
9:00	ASI Conventions CC 1hr
10:00	From Sickness to Health CC
10:30	HeartLift CC
11:00	Revelation of Hope CC 1hr
12:00p	Ultimate Prescription CC
12:30	Multitude of Counselors CC
1:00	The Heavens Declare CC
1:30	Taste of Paradise CC
2:00	Body & Spirit CC
2:30	Contending for the Faith CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Pillars of Faith CC 1hr
6:00	The Carter Report CC 1hr
7:00	Sabbath School Study Hour CC 1hr
8:00	3ABN Today LIVE CC 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Table Talk CC 1hr
1:00	3ABN Today LIVE CC 1hr

CDT	FRIDAY
2:00a	3ABN Today LIVE (continued) CC 1hr
3:00	Salvation in Symbols & Signs CC
3:30	Heavens Point of View
4:00	Liberty Insider CC
4:30	Battles of Faith CC
5:00	Sabbath School Study Hour CC 1hr
6:00	Body & Spirit CC
6:30	Contending for the Faith CC
7:00	Secrets Unsealed CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Health for a Lifetime CC
10:30	Divine Design/His Words Are Life CC
11:00	Celebrating Life in Recovery CC 1hr
12:00p	Sabbath School Panel CC 1hr
1:00	Optimize 4 Life CC
1:30	Cook:30 CC
2:00	Action 4 Life CC
2:30	Your Favorites by Request CC
3:00	3ABN Today CC 1hr
4:00	Tiny Tots for Jesus CC
4:30	Kids Time CC
5:00	Featured Ministries CC
5:30	Music CC
6:00	Jesus for Asia Now CC
6:30	Camp Meeting Music Projects CC 1.5hrs
8:00	3ABN Today Family Worship CC 1hr
9:00	It Is Written CC
9:30	Maranatha Mission Stories CC
10:00	Mission 360 CC
10:30	Hope in Motion CC
11:00	3ABN Today Family Worship CC 1hr
12:00a	A Sharper Focus CC 1hr
1:00	Breath of Life CC
1:30	Thunder in the Holy Land CC

CDT	SATURDAY
2:00a	Praise! CC
2:30	In the Footsteps of Paul CC
3:00	Kenneth Cox Ministries CC 1hr
4:00	Everlasting Gospel CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Perfecting Me CC
6:30	Tiny Tots for Jesus CC
7:00	Kids Time Praise CC
7:30	Kids Time CC
8:00	3ABN Today CC 1hr
9:00	Sabbath School Panel CC 1hr
10:00	Kenneth Cox Ministries CC 1hr
11:00	Worship Hour CC 1hr
12:00p	Revelation's Ancient Discoveries CC 1hr
1:00	New Perceptions CC 1hr
2:00	Sabbath School Study Hour CC 1hr
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	Kids Time CC
5:00	Kids Time Praise CC
5:30	Tiny Tots for Jesus CC
6:00	Laymen Ministries CC
6:30	Salvation in Symbols & Signs CC
7:00	Breath of Life CC
7:30	Multitude of Counselors CC
8:00	3ABN Today CC 1hr
9:00	Table Talk CC 1hr
10:00	Grace Pipeline CC
10:30	Making Waves CC
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	GYC CC 1hr



Gold for my Girlfriends

Kay Kuzma

Life should never be measured by the number of breaths we take, but by the number of moments that take our breath away. Follow this standard, and you'll find yourself really living, regardless of your age. Stop masking your age with glitter and glamour and focus on creating breathtaking moments, instead. Then every age can be golden!

Code: **BGFMG**

Suggested Donation **\$16.00**

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