

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 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	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	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	Evolution Impossible CC
9:30	ASAP Ministries CC
10:00	Prophecy Unsealed CC 1hr
11:00	3ABN Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Ultimate Prescription CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	A Wolf in Sheep's Clothing CC
3:00	3ABN Today Bible Q & A CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	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

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	Authentic 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	Rebuild CC
6:00	Mission 360 CC
6:30	The Ultimate Encounter CC
7:00	Maranatha Mission Stories CC
7:30	Digging Deeper CC
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Pause to Pray/Journeys CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Made For Health CC
3:30	Mission Revival / Recipes from Russia
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 - 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	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



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!



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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	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 Presents CC 1hr
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Homecoming CC 1hr
9:00	Child Impact Int./Miracles in Motion CC
9:30	It Is Written CC
10:00	Maranatha Mission Stories CC
10:30	Mission 360 CC
11:00	3ABN Today CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Breath of Life CC
1:30	Eternal Truths Matter CC

SATURDAY CENTRAL TIME

2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Sing Along/Bible Gems CC
7:00	Kids X-Press/Bible Treasures CC
7:30	IIW Sabbath School CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Pioneer Media CC 1hr
12:00p	3ABN Today Bible Q&A CC 1hr
1:00	Summer Camp Meeting CC 1hr
2:00	Kids Praise CC
2:30	Adventist World Radio
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	Featured Ministries CC
5:00	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	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

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!



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