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*Do you have a testimony to share of how 3ABN made a difference in your life? We would love to hear about it!*

## Letter from the PRESIDENT

### Make God the Center

**Danny Shelton**  
 President



Dear Partner,

Next month, November, will be the thirty-second anniversary of when the Lord impressed me to build a television station to reach the world with an undiluted three angels' messages, one that would counteract the counterfeit! I've learned a lot over the past 32 years of ministry. As I review those late night hours of November 14, 1984, I am confident that the Lord was telling me that He wanted to build a television station to reach the world, in spite of the people he would be using to accomplish His task!

What's the difference? you may ask. There is a great difference, in that when God starts any project, it does not fail! When man starts a project, it will always fail, unless God is in it. Of course, eventually they will all fail, and only the things done for Christ will last for eternity.

3ABN is God's ministry! He continues to use those of us on the front lines, and those of you who have joined with us through prayer and financial support. He will accomplish His goal of spreading the three angels' messages to the world, using all relevant forms of media and the latest technological advances this world has to offer.

We have seen the enemy of God, the father of lies, working overtime to destroy God's ministry of 3ABN... but because 3ABN IS God's ministry, the devil has, and will, continue to fail! We can have the same results in our own spiritual life when we commit our mind, body, and soul to God. We are not our own. 1 Corinthians 6:20 says, "For ye are bought with a price: therefore glorify God in your body, and in you spirit," (KJV), and "You are not your own, for you have been redeemed at infinite cost" (WEY).

Isn't that a beautiful statement? We cannot fail when God is the center of our lives! It's my prayer today for each and every one of us that we will make God the center of our lives so that He may shine through us to a lost and dying world. He says in John 12:32, "I, if I be lifted up from this earth, will draw all men unto Me."

I'm asking you to consider being a monthly supporter of 3ABN by joining our Blessing Is on the "GO!" Evangelistic Team. We are praying that God will impress at least 10,000 people to join us monthly in taking the three angels' messages to the world before Jesus comes back. We may not be able to do a lot individually, but together we can help hasten the soon coming of Christ!

May the Lord richly bless you abundantly more than you could ever ask or think!

*Danny Shelton*

Danny Shelton, 3ABN President & CEO

# Sharing *in the* Blessing

by Shelley Quinn



For most of his life, 3ABN founder and president, Danny Shelton, has lived by the motto, “The blessing is on the ‘go!’” He stresses the importance of “coming” to the foot of the Cross, and “going” to tell others the good news of God’s gospel of grace. But I’ll never forget the day he called me into his office to share the idea of developing The Blessing Is on the “GO!” Evangelistic Team.

He explained how people would partner with us in support of this 24/7 worldwide evangelism ministry, and how in turn, 3ABN would send team members a resource each month to encourage and support their personal outreach. I immediately



**Shelley Quinn** is 3ABN’s Program Development manager and a well-known author and speaker. Her husband J.D. is manager of 3ABN’s Pastoral Ministries Department.

recognized that this idea was from the Lord, and was intended particularly for developed countries where the Adventist Movement in many churches is stalled. In my mind, the “GO!” Evangelistic Team (G.E.T.) is a tool to help us rev up our engines and get moving again!

What is evangelism? It’s simply a lifestyle of Spirit-empowered witnessing for God’s glory, to which Christ calls every member of His church. It is our act of obedience to His Great Commission, issued in Matthew 28:19–20. He desires for us to walk as He walked—moving along the path of self-sacrificing love, compassionately reaching out to the lost and suffering. God could finish the work without us, but He involves us for our own benefit.

## Living Water

On the last day of the Feast of Tabernacles, Jesus spoke of the inflow and the outflow of the Holy Spirit, saying, “If anyone thirsts, let him come to Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.” John 7:37–38. In verse 39, the Apostle John explains that “living water” is a reference to the Holy Spirit—Who alone can quench our spiritual thirst. We must seek and allow the constant infilling of the Spirit. It is equally as imperative that we allow the Spirit’s comfort and gracious influence to continually flow out of our hearts. If we, as

Christians, quench the movement of the Spirit, we become lukewarm and stagnant.

I have visited the Tel Dan Nature Reserve in Israel on ten occasions, and each time I stand at the source of the Jordan River, it’s a remarkable experience. After descending 3,000 feet from the snow-capped heights of Mount Hermon, the crystal clear, icy-blue water rushes through with great power. The atmosphere is charged with highly energized, stress-reducing negative ions. It is simply *invigorating*.

Traveling south, the Jordan feeds into the Sea of Galilee, whose pure waters teem with freshwater life and activity. They flow out in irrigation to bring life to the surrounding area, bearing grapes, olives, dates, figs, wheat, and citrus fruits.

Considering this illustration, it’s easy to understand why Jesus used “living water” as a symbol for the Holy Spirit. Just as the source of the Jordan River descends from lofty heights with living water, so the Holy Spirit descends from on high to satisfy the thirst of humanity’s soul.

The Spirit comes with power and purity, and endows us with great life, but how can we recognize His Presence? We become pure, and teem with life as we allow the constant inflow and continual outflow of the Spirit. We become the source of spiritual blessings, to irrigate and enrich the lives of those around us.

## The Rest of the Story

“And now,” as the American radio broadcaster, Paul Harvey, would say, “the rest of the story...”

From the Sea of Galilee, the Jordan River continues down a

160-mile long course to the Dead Sea. Something astonishing happens here, 1,300 feet below sea level. Once the water empties into the Dead Sea, it is no longer “living.” With five times the concentration of ocean salt, it quenches all life. There is no life in the Dead Sea, and the surrounding area is barren and parched—a dry and thirsty land.

The Sea is “dead” because there are no outlets for the water it receives! Likewise, if we receive the “living water” of the Holy Spirit without the outlet of allowing Him to use us in God’s service, we quench the Spirit. If we don’t allow His life to flow out from us, we stagnate and suffocate our spiritual life, and our influence is parched and barren on others around us. In fact, we defeat the purpose of the baptism of the Holy Spirit, which Jesus proclaims to be the power for witnessing in Acts 1:8.

God’s primary purpose for calling and choosing His people is to equip us to become a kingdom of priests who testify to His goodness. The principle of priesthood is intentional service. We are set apart to bear witness to His covenant

Waterfall on the Jordan River, Israel.



love and to represent Him on earth. To accomplish this, we must allow the Holy Spirit to both fill us and flow out of us.

This is why I believe The Blessing is on the “GO!” Evangelistic Team is not just a project—it’s a movement, designed by God to get us aligned with His purposes and to bless us.

**Reports**

Since we first began in August of 2015, nearly 3,000 saints have signed on as team members. Overwhelmingly, their reports speak to how God has blessed them as they participate in this movement. Many have said they are experiencing a spiritual awakening through their involvement. Others have mentioned overcoming a self-centered focus, and developing a more compassionate heart.

Some see this as their opportunity to reciprocate the love they have received, like this viewer in Rialto, California, who writes: “Dear 3ABN, we were recently visiting in Utah and the Lord impressed

me, saying to my mind, *You have been blessed for many years. You need to give back the love you have received.* We came home and Danny was on 3ABN talking about The Blessing Is on the ‘GO!’ so how could I refuse? I want to join The Blessing Is on the ‘GO!’ Evangelistic Team by donating monthly. May you all continue God’s work throughout Europe, and the world. His Word through your channel is such a blessing to all. Thank you, Danny, for listening to God when He told you to ‘GO!’”

An inmate at a California State Prison is a G.E.T. member, faithfully sending us a donation from his meager funds! He also donates the monthly evangelism tools we send him to the prison library, so all inmates can have access. “I am so happy to be a part of the 3ABN family and a Blessing Is on the ‘Go!’ Team Member,” he writes. “I have always been impressed with the ‘undiluted truth’ of the Bible, and with 3ABN for presenting it. I believe 3ABN is God’s great vessel that He uses for His churches

and ministries throughout the world to reach and call out His people in these Last Days. May the Lord continue to bless you all at 3ABN, and those who support His mission.”

A viewer from the United Kingdom, writes: “Dear 3ABN, we are currently working in the U.K. and have been greatly blessed to watch 3ABN since 2012. Three years ago, we decided to start recording some of your programs to DVD and sent them to our island family [in St. Helena], members of our church, and the public. We are Blessing Is on the ‘GO!’ Evangelistic Team Members, and we share those tools, as well. We now have a mySDATV box, so we are able to record programs again. We want to thank God for allowing us to have access to such wonderful programs. May God continue to bless you all!”

A good number of G.E.T. members belong to other denominations, like a viewer in Tampa, Florida, who writes: “I want to be a Blessing Is on the ‘GO!’ Evangelistic Team Member! I am not a Seventh-day Adventist, but I love your church, keep the Sabbath, and worship in the Tampa First Seventh-day Adventist Church here in Florida. God bless you!”

**Join the Team**

Our heartfelt appreciation goes out to each of you who have partnered with us to become a “GO!” Evangelistic Team member. Your monthly donations help support God’s great work through 3ABN.

If you’re not yet a team member, we invite you to join in God’s blessings. It’s easy to join The Blessing Is on the “GO!” Evangelistic Team. Simply register to give a recurring monthly donation of any amount to support evangelism around the world, and in your local area. In turn, you will receive a certificate to show you have become a team member, and a copy of Danny Shelton’s book, *The Blessing Is on the “GO!”* Each month 3ABN will also send you an evangelistic tool (a book, music CD, sermon DVD, or Bible study materials) to share with your family, friends, or neighbors.

You may register by visiting our website, 3ABN.tv, and clicking on the banner, or by calling us at (618) 627-4651.

God is calling each of us to support evangelism, and to “Go” and witness for His glory. As we answer the call, allowing the Holy Spirit to flow out of our hearts, God will bless us—because His blessing is on the “GO!” ☺



G.E.T. Team members gathered at 3ABN’s Spring Camp Meeting to share their experiences in witnessing.

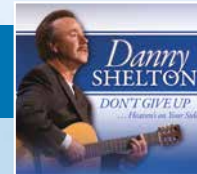
PHOTO:ETELAM/CHRISTIAN

Sampling of some of the G.E.T. monthly tools that members have received.



**This Month's Evangelistic Tool**

**Danny Shelton**  
*Don't Give Up - CD*



You’ll find yourself singing along with Danny Shelton as he expresses his passionate love for Jesus and his deep desire to make Heaven his home on this beautiful CD. It’s this month’s evangelistic tool, and it’s perfect for sharing!



# SUPPORTING *the Mission*



**W**hen he was first impressed to build Three Angels Broadcasting Network, Danny Shelton honestly had no concept of what God would eventually do with this ministry. He only heard the simple instruction given him: “Build a television station that will reach the world with the undiluted three angels’ messages” of Revelation 14. Danny moved forward in faith, and miraculously, less than two years later, 3ABN television came on the air.

From that day forward, this ministry has continued to grow, and today, 3ABN broadcasts eight television and four radio channels over a vast network of satellites, broadcast stations, the Internet, and smart phone and tablet apps for both Apple and Android devices. In addition, 3ABN Books and 3ABN Music publishes Christian literature and Christ-centered music CDs, and DVDs.

### WITH YOUR HELP

Our passion is to get the message to the world through any and every means we can, and we’ve been doing this for nearly 32 years—thanks to you! Three Angels Broadcasting Network is here

only because of your prayers and financial support. We are a 501(c) 3 non-profit organization, and through the years, we have been grateful to those who support us through a monthly check. Others choose to give their tax-deductible love gifts through recurring deductions from their accounts. But there are even easier ways to support financially.

Our website now accepts your donations through PayPal from the United States and many other countries, making it easy for supporters to give in their own currency.

We are also tremendously grateful for those who have chosen to become Blessing Is on the “GO!” Evangelistic Team members by setting up a monthly donation of any amount to support evangelism around the world—and in their neighborhood. In return, each month we send them a DVD, CD, book, or Bible study to share with their family, friends, and neighbors.

Each day, we feel the effects of your earnest prayers on our behalf. Thank you for caring, and thank you for your faithful financial support of God’s work. Together we can reach the world! ☺

If the Holy Spirit impresses you to support this worldwide ministry, please send your love gifts to one of the following:

### U.S.A.

#### 3ABN

PO Box 220, West Frankfort IL 62896

(800) 752-3226

All donations from the U.S.

are tax-deductible in the U.S.

Website: 3ABN.tv

### CANADA

#### Three Angels Christian Communications

PO Box 1335, Fernie, BC V0B 1M0

(250) 423-3923

All donations from Canada are

tax-deductible in Canada

Website: 3ACC.org

### AUSTRALIA/NEW ZEALAND

#### 3ABN Australia Inc.

PO Box 752, Morisset NSW 2264

(02) 4973 3456

Website: 3ABNAustralia.org.au

### SOUTH AFRICA

#### 3ABN Ministries

140 Montana Retirement Village

900 Klippan Road, Montana 0182

012-548-2294 or 076-834-9175

E-mail: cwatson@uskonet.com

### MEXICO

Call 3ABN Latino at 618-627-7021

for information on donating through

Banamex Bank

### GUATEMALA

Call 3ABN Latino at 618-627-7021

for information on donating through

Banrural Bank

### ONLINE

www.3abn.org/donate

### BLESSING IS ON THE “GO!”

From our website, you may become a

Blessing Is on the “GO!” Evangelistic Team

Member for a monthly donation in any

amount. As a member, you will receive

a monthly evangelistic tool that can be

shared with your neighbors or friends.

### PAYPAL

You may donate from our website through

PayPal on our website in the following cur-

rencies: U.S. Dollar, Australian Dollar, New

Zealand Dollar, Canadian Dollar, Brazilian

Real, Mexican Peso, British Pound, and

European Union Euro.

*Thank you* for your undying love for this ministry.

*Together we can reach those who are still lost, even in the far corners of the world.*

*May God richly bless you!*



# Joy IN THE JOURNEY

by Nikki Anderson

As you know, from time to time I hit a brick wall when it comes to something to write about. Our poor editor—I really can be a trial to him! Well, this month it happened again. One of our affiliates agreed to an interview, but they had trips coming up, and so much on their plate, that it was difficult to find a time to talk. So I took pity on them and said we'd do it another time; then I expressed my worry to my editor and he, with much patience, said, "God will provide."

## STUCK ON A WORD

Well, he was right. I've mentioned before that sometimes, as I'm driving around, I see church signs and other sayings that stick in my head. Then, suddenly, I realize that God is trying to tell me something, so I start paying more attention.

Well, a few days ago, I saw a T-shirt with the words, "Find Joy in the Journey" printed on it, and that really planted itself in my head. It didn't say, "Find *the* Joy in the Journey," but simply, "Find Joy in the Journey."



Nikki Anderson is the administrative assistant for 3ABN Radio.

I wondered why I was so stuck on that one little word, but after comparing those statements over and over in my mind, I realized that if you tell someone to find *the* joy in the journey, you're saying that all the other stuff has as much relevance as the joy. Sort of like telling someone, "Just dig down deep, weed through all the bad stuff, and then you'll find the joy in this journey we call life." Or "Hang in there, you know you've got to take the good with the bad."

No, I took those words to mean that there is joy in just *having* this life, so we're to consider it such. Find joy in the journey—see joy in the journey. We're here, we're participating, we have work to do, so see joy in *all* of it. The joy is there. God gives it to us.

## EQUALLY MATCHED

A couple of days later, I heard a talk on the radio about the work Christians do for the Lord. The speaker said that we all have assignments when we become His children. Some have great big assignments, and some small. But whatever our talents or gifts, He has weighed and measured both the assignment and us, so that we are equally matched.

At 3ABN Radio we have general manager-sized tasks, engineering-sized

Jesus wants us to find *joy in this journey*, so He's not going to give us assignments that leave us feeling defeated....

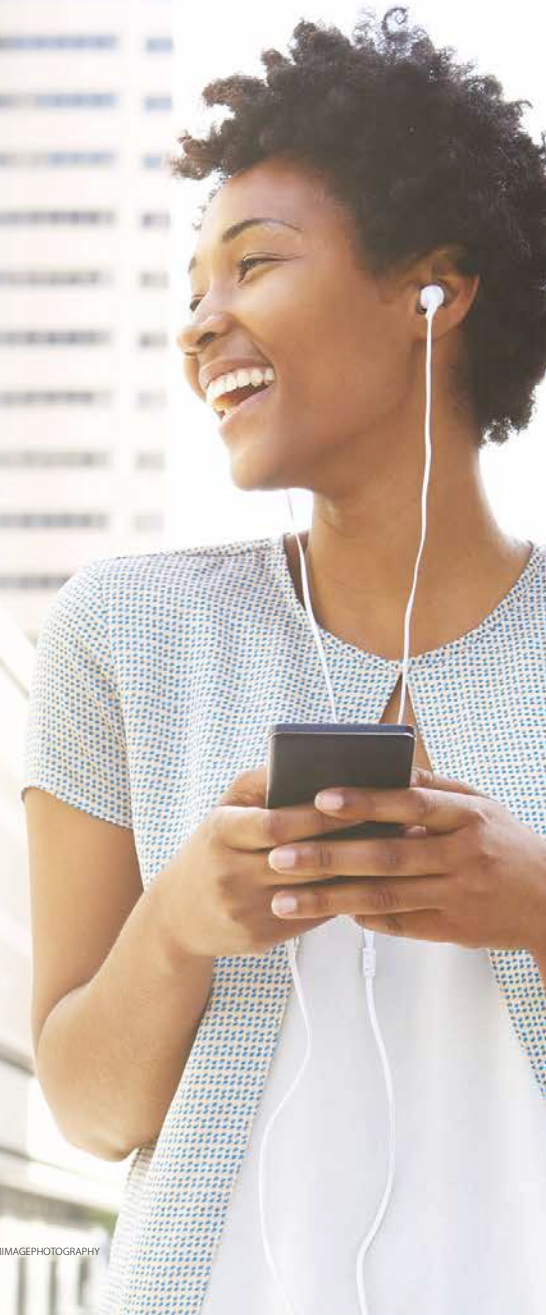
If we're doing His work, He will always make a way.

tasks, and assistant-sized tasks. Some of our affiliates have great big station-sized tasks, and some have small station-sized tasks. However, it's all-important to note that all of them have been weighed, measured, and put together by our Lord Jesus to be of adequate and equal measure—or as we say these days, "They're doable!"

Jesus wants us to find joy in this journey, so He's not going to give us assignments that leave us feeling defeated or that we don't measure up to. If we're doing His work, He will always make a way.

3ABN Radio has the assignment of spreading the gospel, and these big and small radio stations have the voices we need to present Jesus to the world. One station may reach a couple hundred people, and another may reach hundreds of thousands of souls. They are both equally important to God. Both weighed and measured.

Satan tries to make it rough for them with things like restrictive laws, financial burdens, and petty squabbles; but they find joy in this journey, no matter what Satan throws at them. Please keep all our affiliates in your prayers, and we hope that you're finding joy in your journey! ☺





# Another Place at the Table

by Idalia Dinzey

It's so exciting when our loved ones come home and sit at our table, sharing a meal, some stories, and meaningful talks. That's the feeling I had again this year as we prepared for our 3ABN Camp Meeting. My heart was filled with the joyful anticipation of sharing some time "around the table" with our 3ABN family.

As you know, our Fall Camp Meeting is our "Homecoming," and we eagerly looked forward to your visit! Praise the Lord for the godly presenters who gave us a boost in our Christian walk, but our viewers weren't the only ones who were touched and encouraged. Those of us who work here were blessed, as well, as we listened to what the Lord had to say through His chosen presenters!

## Preaching the Gospel

Evangelizing with Power has been our major focus this year. Each of 3ABN's eight television channels echoes the same message—the everlasting gospel of Jesus Christ; and to this day we haven't lost our commitment to the Great Commission.

In fact, last August, 3ABN Latino celebrated 13 years of preaching and teaching! Through television and radio stations, satellite, cable TV, the Internet, and through the Roku and mySDATV boxes, Jesus knocks at the door of our hearts, saying, "If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me." Revelation 3:20.

One who responded was 78-year-old Inés Orellana, of Azacualpa, in Santa Bárbara, Honduras. After watching 3ABN Latino and verifying the Bible teachings, brother

Inés responded to God's call by opening the door of his heart, and now he delights in the fullness of his life in Jesus Christ!



Javier Acosta (left) worked hard to bring Inés Orellana to the Lord.

Seventy-five-year-old Eucebio Mejía, who lives in the village of Cunta, Santa Bárbara, purchased a television exclusively to watch 3ABN Latino, and to this day, he does not allow anyone to change the channel! He was blessed to be baptized by Pastor David Betancourt this past July. Won't you say, "Praise the Lord!" with me?

Many others are seeking for truth, waiting for that "divine appointment" with 3ABN Latino. God is tugging at their hearts before it's too late. I want to thank God's faithful Bible worker, Javier Manuel Acosta, and his wife, for sharing these testimonies with us via Facebook. Isn't this a great way to use social media?

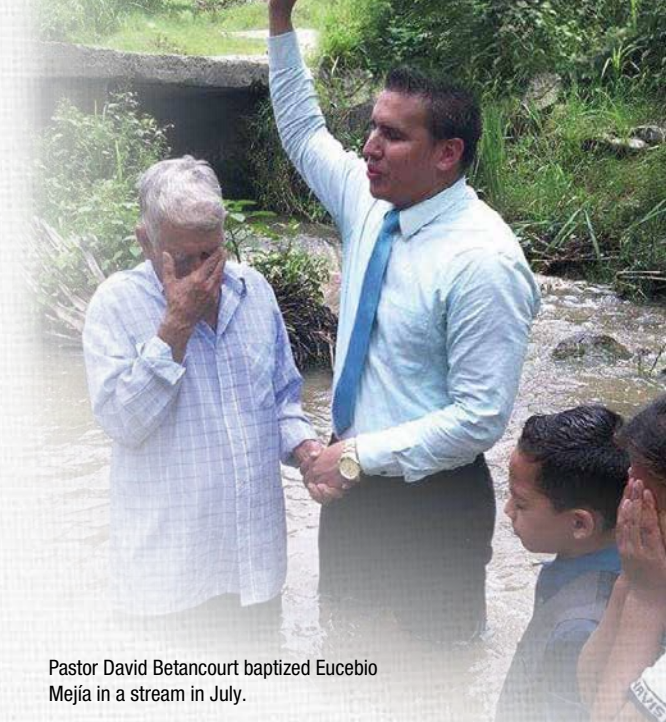
## Without Reservation

Friends, Jesus will not tarry. He is at the door of your heart, calling to you. Have you heard His voice? Have you fallen into the routine of serving Him and meeting the guidelines of the church, but not yet given your life to Him without reservation? Don't let fear or rebellion keep you from opening your heart and making Him Lord of your life. The prophecies are being fulfilled, and each day we are one more hour, one more minute, and one more second closer to His glorious return.

I thank God for each of you who pray for 3ABN Latino's ministry, and for your faithful financial support. We must invest in the preaching of the gospel because we want to see Jesus in His glory, and forever sing His praises!

How I look forward to the day when we will enjoy a feast with the glorious presence of our Heavenly Father at His dinner table. Even now, He is preparing a place for each of us, and imagine His joy as He sets one more plate at His banquet table.

Maranatha! Jesus Christ is coming soon! ☺



Pastor David Betancourt baptized Eucebio Mejía in a stream in July.

PHOTOS: JOSÉ MANUEL ACOSTA



**Idalia Dinzey** is the 3ABN Latino administrative assistant. She also produces the *3ABN Hoy (3ABN Today)* program and often co-hosts with her husband, John Dinzey. They have two sons, Samuel and Caleb, and she enjoys cooking and doing interviews.



# DON'T BE DECEIVED!

by Dr. Yvonne Lewis

**W**hat's wrong with the martial arts? Isn't it just self-defense? These questions, and more, were answered recently by Eric Wilson, our guest on *Urban Report*. Raised in a Seventh-day Adventist home, Eric began training in the martial arts when he was fourteen. His parents had undergone a separation, and he was searching for purpose and meaning in his life.

## The Trappings of Success

Eric trained for 24 years and received black belt and instructor certification in seven styles of the combative arts. He was also inducted into the Martial Arts Hall of Fame. With a background in natural and alternative medicine, he studied extensively into the fields of "energy" healing

and became recognized as an instructor in the Chinese Internal arts of Tai-Chi chuan, Bagua Zhang, and Qigong, as well as in Traditional Chinese Medicine.

To the outside world, he had all the trappings of success. But as the years rolled by and he got deeper and deeper into the Eastern mystical arts, Eric didn't realize there were evil forces destroying him and his family. In 2003, he and his wife separated, and subsequently divorced. But after nearly five years apart, God restored Eric's marriage to his lovely wife Sarah. They were reunited, and never looked back!

## Creeping In

As founder of Isaiah Ministries, Eric is frequently called upon to share his insight into Eastern mysticism. He explains how yoga, the martial arts, acupuncture, and other Eastern-inspired modalities are tools of satan (sic) to lure people into mystical experiences, and away from God.

Eric Wilson found himself getting deeper and deeper into the Eastern mystical arts as evil forces worked to destroy his life.

PHOTO SUPPLIED



To the outside world, he had all the trappings of success. But as the years rolled by... Eric didn't realize there were evil forces that were destroying him and his family.

He teamed up with Little Light Studios to produce, *The Dragon Revealed*, a documentary about his journey into the mystical arts, and Dare to Dream is privileged to be airing this two-part series. Please check the schedule on our website for exact times.

In 1 Timothy 4:1, the Bible says, "Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons." Some of these seducing spirits are Eastern mystical experiences that are creeping into the church through yoga, contemplative prayer, alternative healing techniques, the human potential movement, etc.

Many feel immune to their effects, as though these modalities cannot harm them. Some are seeking a deeper walk with the Lord, but are getting sidetracked into a new, and unbeknownst to them, *dangerous* path. "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away. Ever learning, and never able to come to the knowledge of the truth." 2 Timothy 3:1-5, 7 (KJV).

## Undermining Faith

We're in the closing days of earth's history. Spiritism is at an all-time high in our society, and the Bible is demeaned. Ellen White wrote, "When Satan has undermined faith in the Bible, he directs men to other sources for light and power. Thus he insinuates himself. Those who turn from the plain teaching of Scripture and the convicting power of God's Holy Spirit are inviting the control of demons. Criticism and speculation concerning the Scriptures have opened the way for spiritism and theosophy—those modernized forms of ancient heathenism—to gain a foothold even in the professed churches of our Lord Jesus Christ."\*

The philosophies of Eastern religions—including Hinduism and Taoism, upon which much of Eastern mysticism is based—are diametrically opposed to the tenets of Christianity. In my booklet, *What's Wrong With Acupuncture?* I elucidate some of the contrasts between the two. Examine yourself before God. Ask Him to show you if the path you're currently on is pleasing to Him. *Don't be deceived!* ☺

\*Ellen G. White, *The Desire of Ages*, p.258.



**Dr. Yvonne Lewis** is a naturopathic doctor, author, lecturer, and singer, as well as the general manager of 3ABN's Dare to Dream Network for urban audiences.



# DO YOU KNOW *the Way?*

by C.A. Murray

In 1997 the Central American city of Managua, Nicaragua, adopted a program that most cities take for granted: the city named its streets and numbered its buildings.

Larry Rohter wrote in the *New York Times* that for 25 years, Managua and its population of 1.5 million people had been without that basic necessity, following a devastating 1972 earthquake that relocated most residents. During that time, people learned to make do, wandering down the wrong streets, asking strangers where to go, and making one wrong turn after another until they hopefully found their destination.



## Total Confusion

Illogical is a good word to describe this system, if you can even call it that. “Formal addresses had come to be defined neither by number nor street names,” wrote Rohter, “but in relation to the nearest landmark, as

C. A. Murray is the general manager for 3ABN Proclaim! and also hosts and produces the *3ABN Today* program. His wife Irma is a producer for 3ABN Latino.

from El Carmen Church, a block toward the National Stadium, or across from Los Ranchos restaurant.”

That, in turn, has made it necessary to name the points of the compass in giving directions or addressing a letter—an issue that was resolved in an equally baffling fashion. “Toward the lake” came to mean North, “toward the mountain” meant South, “up” meant East, and “down” meant West.

Furthermore, although some of the original guideposts still existed, many others had vanished, leaving all but pre-earthquake residents confused. A leading economic research institute, for instance, offered visitors the following address: “From where the gate of El Retiro Hospital used to be, two blocks toward the lake, one block down.”

## They Know the Way

I had the pleasure of visiting Nicaragua in 2002. It is a beautiful country that features a couple of large, pristine lakes. One such lake, called Lake Nicaragua, has numerous islands, and many of them are owned by

private citizens. Curiously, one of those small islands is home to a Seventh-day Adventist church and a small caretaker’s home. And since the island is just about half an acre in size—there’s barely enough room for those two buildings! Some years ago a Nicaraguan sold the island to the Adventists to build their church on—and later became a member of that church, himself!

To get to the island, you must take a boat from the town of Grenada. There are a number of small outboard motorboat operators (some of whom are Adventists) who ferry passengers to and from the “Adventist Island.”

Traveling there on a Sabbath was a most blessed experience. A nearby volcano lazily puffed a plume of smoke, and an occasionally short burst of rain cooled things off. As we approached the island, we could hear the singing of the saints as their voices wafted over the calm, peaceful lake. The scene was all too beautiful, and reminded us all of Heaven!

## Correct Directions

Unlike Managua, Grenada has street signs and numbers. But on the “Adventist Island, there are only the two structures! Every motorboat operator knows the island, and they know the way. Every one we spoke to had the correct directions.

By contrast, finding your way in Managua sounds a lot like trying to live without the clear guidance of God’s Word. You’re dependent on directions from others who may or may not know the right way. You live by trial and error. You wander, and often feel lost.

As we approached the island, we could hear the singing of the saints as their voices wafted over the calm, peaceful lake.

When you’re listening to a preacher or teacher, it’s important that you know that he or she knows the way! That is why we take such care to present Spirit-filled and Spirit-led presenters on 3ABN Proclaim! They know The Way, and His name is Jesus! He is the safe way, the right way, and according to the Word, the “better than a known way.” ☺



# NEW *Life*

by Alexey Britov

Only eternity will show how many people have accepted Jesus Christ as their Savior through our New Life Bible study course during the past 24 years of 3ABN Russia's ministry. And this time, we want to share a story of one of our viewers who is now a member of the Seventh-day Adventist Church here in Nizhny Novgorod, where I used to pastor.

## LIDIA

By 1998, Lidia Antonycheva had two university degrees, a well-paying job in a government office, had been married, and had a son. Outwardly, she was a respectable and fulfilled lady. But what about inwardly?

"It was normal for

Lidia Antonycheva desperately wanted a Bible of her own.

me to offend people," she begins. "By then I'd had several abortions, was engaged in fortune telling, and was having an affair with a married man. Was I happy? Not at all. And most of all, I hated my overwhelming and painful affection toward that married man!

"One day, I decided to pray the Lord's Prayer, about which I had heard, and my feeble and bumbling prayer, as it was, reached the sky! I got free from my attraction to that man that had seemed unbreakable, but I was at a crossroad. Where would I go? Where should I seek support? I was submerged in loneliness."

Lidia recalls, "At that time, I occasionally watched 3ABN Russia's *Face to Face* program, and each time, I heard answers to my problems. At the end of the program, they offered the New Life Bible study course, saying that those who

successfully finished that course would get a Bible as a gift.

I wanted a Bible so much that I begged time to fly as I studied those lessons! *When, can I get my Bible?* I wondered. Then, finally, it was in my hands! I took a vacation specifically to read that Bible, and in three weeks I'd read it from cover to cover!"

## COMPLETELY CHANGED

Soon Lidia was baptized, and her life completely changed. But that's not the whole story. After her baptism, the Lord blessed her with the talent of versification—the ability to compose poetry. Today she writes beautiful spiritual poems that are used in brochures 3ABN Russia sends to its viewers. The Lord also impressed Lidia to collect conversion stories, and for several years now, we've printed and sent them to our viewers.

Today, Lidia is married to a very nice Christian man and stays involved in many wonderful projects for the glory of God. Hers is only one story of the lives that have been changed due to our New Life Bible study course, but there are about 8,000 people who have graduated from it, and many more who have at least started it. We know the Lord keeps working on their

hearts, and recently I began an initiative to write to everyone who's ever requested our course, asking them how their spiritual journey is progressing. We also offer to send them our most

recent publication, *Three Angels* magazine. We've called this project, Nine Thousand Letters of Life.

## HONORED

I'm very honored that as a young pastor and a new graduate from Zaosky Theological Seminary, I was able to help 3ABN Russia put together the lessons and questions for the New Life Bible study course. Then a wonderful team of people turned them into a powerful instrument in God's hands for offering more and more people a new life in Christ!

**"I wanted a Bible so much that I begged time to fly as I studied those lessons!"**

Today I cannot thank the Lord enough that I'm now working full-time with 3ABN Russia's ministry. Julia Outkina, our executive director, has invited me to work with this wonderful team of dedicated people as a general manager. What a joy, what a blessing, what a responsibility!

I'd like to tell you, our dear readers and supporters, that this honorable mission of helping Russian people find a new life in Christ could not be done without you!

Thank you for your donations and dedication to God's service through the miraculous ministry of 3ABN! ☺



Alexey Britov is 3ABN Russia's general manager. A former pastor in Nizhny Novgorod, he holds degrees in theology and law. He also hosts 3ABN Russia's *I Believe* series.



PHOTOS SUPPLIED





# I CAN?

by John Lomacang

remember doing a search in the New Testament for the phrase, “I can,” and to my surprise, I only found two references that use those words concurrently. I’ll only use the portion of those verses that make my point (all emphasis supplied): John 5:30 says, “I can of Myself do nothing... I do not seek

My own will but the will of the Father who sent Me.” Philippians 4:13 says, “I can do all things through Christ who strengthens me.”

The difference between what *we can* and what *we cannot* do is the belief that the *ability* to “do” does not reside in us. I cannot overemphasize the magnificence of that

point. When I read those verses, it was as if the Lord turned on a 1,200-lumen halogen lamp. You see, *non*-Christians have every right to say that there are things they *cannot do*, because they don’t have a *connection* with Jesus—the necessary power source. But Christians have no excuse, because the *doing* does not come from *inherent power*, but from *inherited power*.

But it’s about to get even deeper, so hold on! When it comes to leading souls to Christ, there’s no need for a dress rehearsal. When it comes to reflecting Christ, there should be no such thought as, *I think I can do it*. The work to which Jesus called us is a work *He does* with *our permission*, not *our power*.

Before His ascension, Jesus told His disciples that the mission to which they were called required more than desire and natural ability. “But you shall *receive*

*power when the Holy Spirit* has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.” Acts 1:8.

When it comes to divine mission, we are the job site, but Jesus is the Laborer. Paul said it well in Philippians 2:13, “For it is *God who works* in you both *to will* and *to do* for His good pleasure.”

## SECRET OF SUCCESS

At this point, you might wonder why I’m placing such emphasis on *who can do what*, so here’s the point: When an evangelistic series ends, there’s a tendency to think that the evangelists have completed their work. But evangelism is the work of

we recognized it. God was working, or as the apostle Paul testified, “I planted, Apollos watered, but God gave the increase.” 1 Corinthians 3:6.

Ellen White wrote, “The secret of our success in the work of God will be found in the harmonious working of our people. There must be concentrated action. Every member of the body of Christ must act his part in the cause of God, according to the ability that God has given him. We must press together against obstructions and difficulties, shoulder to shoulder, heart to heart. If Christians were to act in concert, moving forward as one, under the direction of one Power, for the accomplishment of one purpose, they would move the world.”\*

## PROMISES

God is calling you to step up to the “I can!” And if you get caught in the “Can I?” trap, remember that with Christ, there is no “Can I?” Instead, “I can do all things through Christ who strengthens me.” Philippians 4:13.

And here’s a bonus promise, “Being confident of this very thing, that *He who has begun a good work in you will complete it* until the day of Jesus Christ.” Philippians 1:6. ☺

\*Ellen G. White, *Christian Service*, p. 75.

WHEN IT COMES TO  
**DIVINE MISSION,**  
WE ARE THE  
**JOB SITE,**  
BUT JESUS IS  
THE LABORER.

cultivating the soil, waking up the hardened conscience, watering the hearts, and planting the seeds. There’s a difference between the time for seed planting and the time for harvest. I don’t know of any fruit or vegetable that is ripe for harvest in just two weeks after being planted, do you? Those who are harvested at the end of an evangelistic campaign had the seeds planted and watered long before



**John Lomacang** is 3ABN’s director of World Evangelism. He pastors our local church and is an author, singer/songwriter, and host of *House Calls* and *A Sharper Focus*. His wife Angela works for 3ABN Radio.



# COOK:30 FOR KIDS

by Brenda Walsh

**C**hef Jeremy Dixon from New Zealand has been hard at work producing a brand new cooking program for children. It is similar to the adult version currently airing on 3ABN, called *Cook:30*—only with kids joining him in the kitchen. There is a lot of hustle and bustle going on as they cook up not only delicious recipes, but also a whole lot of fun!

## MEETING THE CHEF

I first met Jeremy and his wife Verity several years ago when I spoke in his church in Auckland, New Zealand. Our mutual friends, Wayne and Cheryl



**Brenda Walsh** is the general manager of 3ABN Kids Network, as well as producer/host of *Kids Time* and *Kids Time Praise*. She is a published author, singer, cook, and international speaker. She is married to Tim, and they have two daughters and four grandchildren.

Krissansen, shared with me what an awesome cook he was, and that he owned two vegetarian restaurants in town. After visiting his Revive Café, it was easy to understand the excitement over his food.

## HOW IT ALL BEGAN

I invited him to come to 3ABN to record a cooking program with my sisters and me (The Micheff Sisters), and we

absolutely loved working with him. He was such a natural on television with his quick wit, creative cooking style, and charming personality, that he was quickly invited to host his own program.

## NEW COOKING STYLE

Jeremy is best known for his creative use of fresh and natural ingredients, and coming up with original recipes on the spot! Most television chefs premeasure ingredients and make a finished sample product ahead of time to show on the air. However, Jeremy creates his recipes right in front of his viewing audience, even removing food from its packaging, opening cans, and chopping all the ingredients, giving the viewer a feeling of being right there in the kitchen with him while he cooks.



Chef Jeremy Dixon on the set with the Micheff Sisters.

PHOTO: VERITY DIXON



Shiona and Amari Curry help Chef Jeremy prepare a delicious recipe.

## COOKBOOKS

Jeremy is authoring a cookbook for kids to go along with the programs, complete with photos of each recipe. When it's available, you can purchase this amazing cookbook, *Cook:30 for Kids*, from our 3ABN Call Center, as well as his other cookbooks for adults. To order, just call 618-627-4651 during business hours, or order online at [3ABNstore.com](http://3ABNstore.com). You can also contact Jeremy directly through his website at [revive.co.nz](http://revive.co.nz).

## WE NEED YOUR HELP

If you would like to see more Christ-centered programs for kids, please prayerfully consider supporting 3ABN's Kids Network. The need is great not only for production costs, but also to build our new children's studio. If the Holy Spirit impresses, please send your tax-deductible love gifts to 3ABN Kids Network, Post Office Box 220, West Frankfort, Illinois, 62896, or call us at 618-627-4651. You may also donate online through PayPal from many countries at [3ABNkids.tv](http://3ABNkids.tv). Thank you for all you do for this ministry and for God's children around the world. ☺

Lyla Gery watches and Chef Jeremy supervises as Braden Larson squeezes garlic into the cooking pot.



Zander and Kaitlyn Vasquez sit down with Chef Jeremy to enjoy the salad and smoothie they prepared.



Jaylee Richter and Lucy Byrne enjoy learning new kitchen tips... and wearing their beautiful *Cook:30 for Kids* aprons, sewn by Kids Time Costume Designer, Lucy Neuharth.





by Mellisa Hoffman

# BOMBARDIER BEETLES

**B**eetles are everywhere! In fact, they make up 40 percent of all the insects in the world. Most of them aren't very interesting; they are just pests that annoy us, crawling around in our homes, or eating the plants in our gardens. However, there is one particular beetle that's worth taking a look at, and it's called the bombardier beetle. Now, in case you don't know, a bombardier throws bombs, so with a name like that, you can be sure that this beetle is dangerous!

Because of its ability to throw "bombs," this little powerhouse of a beetle is remarkable. When the bombardier beetle feels threatened, it defends itself by releasing two different chemicals that are stored in two separate chambers inside its body. When these two chemicals are mixed together, a poisonous spray is formed that is almost hot enough to boil. The beetle will then release the spray, covering the attacker with a hot, foul-smelling, deadly liquid and vapor.

Although painful to humans, the spray is not deadly. Many insects, however, don't stand a chance, especially since the only warning a bombardier gives is a popping sound right before it sprays. It has an incredibly accurate aim, can swivel almost all the way around, and it doesn't just spray once—it sprays about 500 times per second!

Our Heavenly Father has equipped us with a "bomb" of our own, and it's called confidence. Not confidence in anything we can do ourselves. No! Instead, it's the confidence that we have in Him. Confidence in Jesus is power—it wins battles, and it is what is going to win the war against our enemy. The Bible even says in Hebrews 4:16 that we should approach God's throne with confidence! So, don't be afraid of the trials, temptations, and challenges the devil is going to throw in the way. Go forward with boldness, because Jesus has already promised the victory! ☺

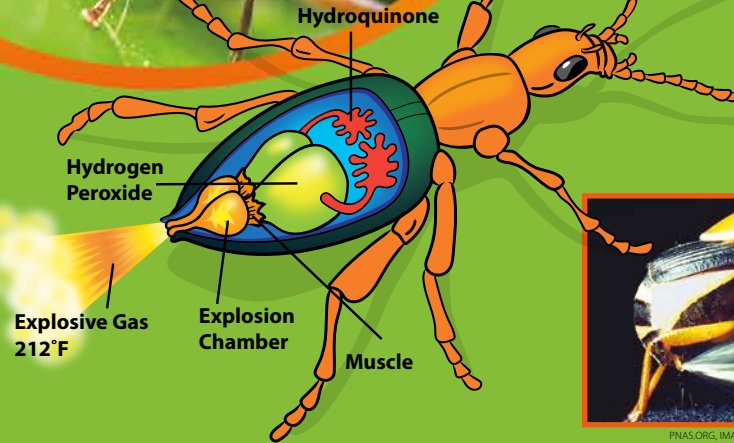


Mellisa Hoffman is the assistant to Brenda Walsh, general manager for 3ABN Kids Network, as well as their program manager. She is also a talented copy editor and has two teenage children, Hannah and Lance.

Bombardier beetles are usually less than an inch in length.

**Philippians 1:6** "Being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ."

The chemicals hydroquinone and hydrogen peroxide combine within the beetle's body. Special muscles release this combination into the explosion chamber where it is mixed with enzymes that cause the explosion.



## COMBINATION STATION

Combine one word from the group on the left with one word from the group on the right to form a compound word. Hint: All words can be found in the Bible.

- |       |       |       |       |       |       |       |
|-------|-------|-------|-------|-------|-------|-------|
| Rain  | Hail  | Vine  | Foot  | comb  | drop  | mark  |
| Sea   | Honey | Jaw   | Roof  | day   | shore | dream |
| Rain  | Land  | Day   | Birth | shine | yard  | top   |
| Heart | Sun   | Court |       | beat  | bone  | stone |
|       |       |       |       | steps | bow   |       |

- |          |           |
|----------|-----------|
| 1. _____ | 9. _____  |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ |           |

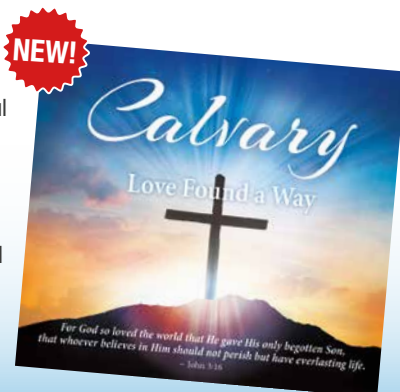


# 3ABN MINISTRY MATERIALS

## CALVARY – LOVE FOUND A WAY - CD

How much closer we would be to Jesus if we spent a thoughtful hour each day, contemplating His sacrifice! 3ABN's newest music project brings you to the foot of the cross with familiar hymns and original songs written and co-written by legendary gospel songwriter Lanny Wolfe, Danny Shelton, Melody Shelton Firestone, and Reggie and Ladye Love Smith. Great for personal reflection and renewal, and perfect for sharing the gift of salvation with others. *Also coming soon on DVD.*

Suggested Donation **\$15.00** 3ABN044-2



**NEW!**

## 2017 DEVOTIONAL BOOK OF THE YEAR

### MOMENTS WITH GOD - DAILY DEVOTIONAL

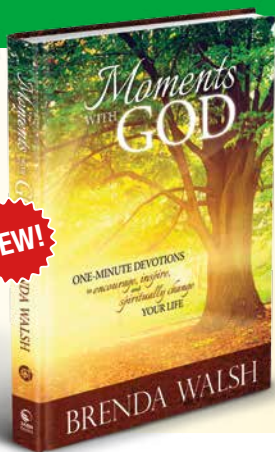
BRENDA WALSH | Hardcover / Color / p. 374

This new devotional book by Brenda Walsh is filled with timeless inspirational messages. You can read it cover to cover, or use the index to choose a topic that speaks to your life for that day. Each page flows with encouragement, hope, and love that will lift your heart toward Heaven.

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Suggested Donation **\$250.00** CLRBOX1



## 3ABN TV SCHEDULE OCTOBER 2016

FOR A COMPLETE SCHEDULE OF ALL THE NETWORKS PLEASE VISIT [HTTP://3ABN.ORG/SCHEDULE](http://3abn.org/schedule)

For Pacific time -2 hours • Mountain time -1 hour • Eastern time +1 hour **CC** = Closed Captioned. **L** = Live program.

**★** = New series. **Ⓛ** = Repeat of live program. Program titles in red are changes effective this month.

SUNDAY		MONDAY	
2:00a	Pillars of Faith <b>CC</b>	2:00a	Life Discovery Series (Jim Reinking) <b>CC</b>
2:30		2:30	
3:00	Featured Ministries <b>CC</b>	3:00	Homecoming 2015 <b>CC</b>
3:30	From Sickness to Health (Rico Hill) <b>CC</b>	3:30	
4:00	In the Beginning (Stan Hudson)	4:00	Eleventh Hour Evidence
4:30		4:30	...(David Asscherick) <b>CC</b>
5:00	Revelation Now (Jac Colon) <b>CC</b>	5:00	Praise! (Kelly Mowrer)
5:30		5:30	Wonderfully Made <b>CC</b>
6:00	Body & Spirit Aerobics (Dick Nunez) <b>CC</b>	6:00	Body & Spirit (Dick Nunez) <b>CC</b>
6:30	Heart Lift (Jill Morikone) <b>CC</b>	6:30	Pressing in to His Presence (Shelley Quinn) <b>CC</b>
7:00	Kids Time (Brenda Walsh) <b>CC</b>	7:00	Digging Up the Past (David Down) <b>CC</b>
7:30	Praise! (Kelly Mowrer)	7:30	Ultimate Prescription (Dr. James Marcum) <b>CC</b>
8:00	3ABN Today	8:00	3ABN Today
8:30		8:30	
9:00	Stones of Remembrance <b>CC</b>	9:00	House Calls (John Lomacang) <b>CC</b>
9:30	Adventures in Missions <b>CC</b>	9:30	
10:00	Focus on God's Word <b>CC</b>	10:00	Free Indeed (C. A. Murray) <b>CC</b>
10:30		10:30	Books of the Book <b>CC</b>
11:00	Inspirational Hour <b>CC</b>	11:00	Revelation of Hope (Taj Pacleb) <b>CC</b>
11:30		11:30	
12:00p	Melody From My Heart	12:00p	Behold the Lamb Presents
12:30	Pressing in to His Presence (Shelley Quinn) <b>CC</b>	12:30	...(Kenny Shelton) <b>CC</b>
1:00	A Sharper Focus (John Lomacang) <b>L</b>	1:00	Off the Grid <b>CC</b>
1:30		1:30	Abundant Living (Curtis & Paula Eakins) <b>CC</b>
2:00	Body & Spirit <b>CC</b>	2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>	2:30	Heaven's Point of View (Frank Fournier) <b>CC</b>
3:00	3ABN Today LIVE <b>L</b>	3:00	3ABN Today <b>CC</b>
3:30		3:30	
4:00		4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30		4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	The Carter Report (John Carter) <b>CC</b>	5:00	Liberty Insider (Lincoln Steed) <b>CC</b>
5:30		5:30	Help in Daily Living <b>CC</b>
6:00	Books of the Book <b>CC</b>	6:00	Grace Pipeline (Shelley Quinn) <b>CC</b>
6:30	Cook:30.2 (Jeremy Dixon) <b>CC</b>	6:30	Mission 360 (Gary Krause) <b>CC</b>
7:00	Jesus for Asia Now (Jon & Natalie Wood)	7:00	Celebrating Life in Recovery <b>CC</b>
7:30	The Heavens Declare (Jim Burr) <b>CC</b>	7:30	...(Cheri Peters)
8:00	3ABN Today	8:00	3ABN Today <b>CC</b>
8:30		8:30	
9:00	Table Talk <b>CC</b>	9:00	Pillars of Faith <b>CC</b>
9:30		9:30	
10:00	It Is Written Canada (Chris Holland) <b>CC</b>	10:00	The Carter Report (John Carter) <b>CC</b>
10:30	Help in Daily Living <b>CC</b>	10:30	
11:00	3ABN Today	11:00	3ABN Today
11:30		11:30	
12:00a	Secrets Unsealed Presents...	12:00a	ASI Conventions <b>CC</b>
12:30	...(Stephen Bohr)	12:30	
1:00	GYC 2015 <b>CC</b>	1:00	Books of the Book <b>CC</b>
1:30		1:30	Battles of Faith <b>CC</b>

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IN THE UNITED STATES

**TO ORDER, go to 3ABNSTORE.COM, use the attached envelope, or call 618-627-4651 during regular business hours.**

All prices are in US dollar amounts



CDT	TUESDAY
2:00a	Stones of Remembrance <b>CC</b>
2:30	Descendants of Abraham (Shakeela Yasuf) <b>CC</b>
3:00	Melody From My Heart
3:30	Free Indeed (C. A. Murray) <b>CC</b>
4:00	House Calls (John Lomacang) <b>CC</b>
4:30	
5:00	Salvation in Symbols and Signs (Myers, Rafferty) <b>CC</b>
5:30	Cook:30.2 (Jeremy Dixon) <b>CC</b>
6:00	Body & Spirit Aerobics (Dick Nunez) <b>CC</b>
6:30	The Heavens Declare (Jim Burr) <b>CC</b>
7:00	Special Feature <b>CC</b>
7:30	
8:00	3ABN Today LIVE
8:30	
9:00	
9:30	
10:00	Heaven's Point of View (Tom Shepherd) <b>CC</b>
10:30	Pressing in to His Presence (Shelley Quinn) <b>CC</b>
11:00	Featured Ministries <b>CC</b>
11:30	Books of the Book <b>CC</b>
12:00p	Spring Camp Meeting 2016 <b>CC</b>
12:30	
1:00	Hope in Motion
1:30	Cook:30.2 (Jeremy Dixon) <b>CC</b>
2:00	Body & Spirit <b>CC</b>
2:30	Heart Lift (Jill Morikone) <b>CC</b>
3:00	3ABN Today
3:30	
4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Kids Time Praise <b>CC</b>
5:30	Multitude of Counselors <b>CC</b>
6:00	House Calls (John Lomacang) <b>CC</b>
6:30	
7:00	Secrets Unsealed Presents...
7:30	...(Stephen Bohr)
8:00	3ABN Today
8:30	
9:00	Behold the Lamb Presents <b>CC</b>
9:30	...(Kenny Shelton)
10:00	Revelation Insights (Lyle Albrecht) <b>CC</b>
10:30	
11:00	3ABN Today
11:30	
12:00a	Heaven's Point of View (Hal Steenson) <b>CC</b>
12:30	Exalting His Word (Shelley Quinn) <b>CC</b>
1:00	Contending for the Faith (Clifford Goldstein) <b>CC</b>
1:30	Ultimate Prescription (Dr. James Marcum) <b>CC</b>

CDT	WEDNESDAY
2:00a	Celebrating Life in Recovery <b>CC</b>
2:30	...(Cheri Peters)
3:00	Revelation Insights (Lyle Albrecht) <b>CC</b>
3:30	
4:00	Digging Up the Past (David Down) <b>CC</b>
4:30	Thunder in the Holy Land (Charles Byrd) <b>CC</b>
5:00	White Horse Media Presents (Steve Wohlberg) <b>CC</b>
5:30	Adventures in Missions <b>CC</b>
6:00	Body & Spirit (Dick Nunez) <b>CC</b>
6:30	ASI Video Magazine (Dan Houghton) <b>CC</b>
7:00	Amazing Facts Presents... (Doug Batchelor) <b>CC</b>
7:30	Help in Daily Living <b>CC</b>
8:00	3ABN Today
8:30	
9:00	Keepers of the Flame <b>CC</b>
9:30	Divine Design (Patti Barnes) /Grandma's House (Neal) <b>CC</b>
10:00	Melody From My Heart
10:30	Liberty Insider (Lincoln Steed) <b>CC</b>
11:00	Table Talk <b>CC</b>
11:30	
12:00p	3ABN On the Road <b>CC</b>
12:30	
1:00	Issues and Answers <b>CC</b>
1:30	Abundant Living (Curtis & Paula Eakins) <b>CC</b>
2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Back to Our Roots (Alex Schlussler) <b>CC</b>
3:00	3ABN Today
3:30	
4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Everlasting Gospel <b>CC</b>
5:30	
6:00	Revelation Speaks Peace <b>CC</b>
6:30	...(Shawn Boonstra)
7:00	A Sharper Focus (John Lomacang)
7:30	
8:00	3ABN Today
8:30	
9:00	Amazing Facts Presents... (Doug Batchelor) <b>CC</b>
9:30	Books of the Book <b>CC</b>
10:00	It Is Written <b>CC</b>
10:30	Stones of Remembrance <b>CC</b>
11:00	3ABN Today <b>CC</b>
11:30	
12:00a	A Sharper Focus (John Lomacang)
12:30	
1:00	In the Footsteps of Paul (Tony Moore) <b>CC</b>
1:30	Take 15 / Divine Design (Patti Barnes)

CDT	THURSDAY
2:00a	Books of the Book <b>CC</b>
2:30	Grace Pipeline (Shelley Quinn) <b>CC</b>
3:00	Up Close
3:30	
4:00	Remodeling Your Life (Jim Ayer) <b>CC</b>
4:30	Issues & Answers <b>CC</b>
5:00	Origins (Terry McComb) <b>CC</b>
5:30	
6:00	Body & Spirit Aerobics (Dick Nunez) <b>CC</b>
6:30	Jesus for Asia Now (Jon & Natalie Wood) <b>CC</b>
7:00	Homecoming 2015 <b>CC</b>
7:30	
8:00	3ABN Today
8:30	
9:00	GYC 2015 <b>CC</b>
9:30	
10:00	From Sickness to Health (Rico Hill) <b>CC</b>
10:30	Heart Lift (Jill Morikone) <b>CC</b>
11:00	Celebrating Life in Recovery
11:30	...(Cheri Peters) <b>CC</b>
12:00p	Ultimate Prescription (Dr. James Marcum) <b>CC</b>
12:30	Multitude of Counselors <b>CC</b>
1:00	Books of the Book <b>CC</b>
1:30	Taste of Paradise (Nyse Collins) <b>CC</b>
2:00	Body & Spirit (Dick Nunez) <b>CC</b>
2:30	Melody From My Heart
3:00	3ABN Today
3:30	
4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Liberty Insider (Lincoln Steed) <b>CC</b>
5:30	Heaven's Point of View (Tom Shepherd) <b>CC</b>
6:00	The Carter Report (John Carter) <b>CC</b>
6:30	
7:00	Sabbath School Study Hour
7:30	
8:00	3ABN Today LIVE
8:30	
9:00	
9:30	
10:00	Kenneth Cox Ministries <b>CC</b>
10:30	
11:00	3ABN Today
11:30	
12:00a	Table Talk <b>CC</b>
12:30	
1:00	3ABN Today LIVE
1:30	

CDT	FRIDAY
2:00a	3ABN Today LIVE (continued)
2:30	
3:00	Revelation of Hope (Taj Pacleb) <b>CC</b>
3:30	
4:00	Liberty Insider (Lincoln Steed) <b>CC</b>
4:30	Battles of Faith <b>CC</b>
5:00	Sabbath School Study Hour <b>CC</b>
5:30	
6:00	Body & Spirit (Dick Nunez) <b>CC</b>
6:30	His Words Are Life (Mowrer)/Grandma's House (Neal) <b>CC</b>
7:00	Revelation Now (Jac Colon) <b>CC</b>
7:30	
8:00	3ABN Today
8:30	
9:00	Behold the Lamb Presents <b>CC</b>
9:30	...(Kenny Shelton)
10:00	Health for a Lifetime (Don Mackintosh) <b>CC</b>
10:30	It Is Written Canada (Chris Holland)
11:00	Secrets Unsealed Presents...
11:30	...(Stephen Bohr) <b>CC</b>
12:00p	Revelation Speaks Peace <b>CC</b>
12:30	...(Shawn Boonstra)
1:00	Remodeling Your Life (Jim Ayer) <b>CC</b>
1:30	Cook:30.2 (Jeremy Dixon) <b>CC</b>
2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Steps to Christ in Song <b>CC</b>
3:00	3ABN Today
3:30	
4:00	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Featured Ministries <b>CC</b>
5:30	Melody From My Heart <b>CC</b>
6:00	Jesus for Asia Now (Jon & Natalie Wood) <b>CC</b>
6:30	The Heavens Declare (Jim Burr) <b>CC</b>
7:00	Pillars of Faith
7:30	
8:00	3ABN Today <b>CC</b>
8:30	
9:00	It is Written <b>CC</b>
9:30	Maranatha Mission Stories <b>CC</b>
10:00	Mission 360 (Gary Krause) <b>CC</b>
10:30	Hope in Motion
11:00	3ABN Today
11:30	
12:00a	A Sharper Focus (John Lomacang)
12:30	
1:00	Breath of Life (Carlton Byrd) <b>CC</b>
1:30	Thunder in the Holy Land (Charles Byrd) <b>CC</b>

CDT	SATURDAY
2:00a	Praise! (Kelly Mowrer)
2:30	In the Footsteps of Paul (Tony Moore) <b>CC</b>
3:00	Give Me the Bible (Kenneth Cox)
3:30	
4:00	Focus on God's Word <b>CC</b>
4:30	
5:00	Breath of Life (Carlton Byrd) <b>CC</b>
5:30	Digging Up the Past (David Down) <b>CC</b>
6:00	It Is Written <b>CC</b>
6:30	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
7:00	Kids Time Praise <b>CC</b>
7:30	Kids Time (Brenda Walsh)
8:00	3ABN Today
8:30	
9:00	Sabbath School Study Hour <b>CC</b>
9:30	
10:00	Kenneth Cox Ministries <b>CC</b>
10:30	
11:00	Worship Hour <b>CC</b>
11:30	
12:00p	Pillars of Faith <b>CC</b>
12:30	
1:00	New Perceptions (Dwight Nelson) <b>CC</b>
1:30	
2:00	Table Talk <b>CC</b>
2:30	
3:00	3ABN Today <b>CC</b>
3:30	
4:00	Maranatha Mission Stories <b>CC</b>
4:30	Kids Time (Brenda Walsh) <b>CC</b>
5:00	Kids Time Praise
5:30	Tiny Tots for Jesus (Linda Johnson) <b>CC</b>
6:00	Laymen Ministries (Jeff Reich) <b>CC</b>
6:30	Salvation in Symbols and Signs (Myers, Rafferty) <b>CC</b>
7:00	Breath of Life (Carlton Byrd) <b>CC</b>
7:30	White Horse Media Presents (Steve Wohlberg) <b>CC</b>
8:00	3ABN Today
8:30	
9:00	Spring Camp Meeting 2016 <b>CC</b>
9:30	
10:00	Grace Pipeline (Shelley Quinn) <b>CC</b>
10:30	Making Waves (Jim Ayer) <b>CC</b>
11:00	3ABN Today
11:30	
12:00a	Special Feature <b>CC</b>
12:30	
1:00	GYC 2014 <b>CC</b>
1:30	

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# 3ABN

32<sup>ND</sup> Anniversary

## CELEBRATION

*Making a difference in the world,  
the church, and in lives everywhere!*

Thursday, November 10 at 8:00 p.m. CST (UTC-6)

## Optimize 4LIFE

Join Elite Fitness Trainer  
Therapist, **Dick Nunez**,  
and **Dr. Jay Sutcliffe**,  
a Registered Dietitian  
and Professor of Health  
Sciences, as they discuss  
systematic health principles  
and demonstrate health  
food preparation and  
exercises that will boost  
your health.



**COMING SOON ON 3ABN!**

## UNCLEAN SPIRITS UNPLUGGED

Don't miss this eye-opening series with Pastor John Lomacang  
about the entertainment industry's demonic pull on both young and old!

**3ABN:** Monday–Wednesday, October 3–5 at 7:00 p.m.  
Saturdays, beginning October 8 at 2:00 p.m.

**Dare to Dream Network:** Saturdays beginning October 8 at 3:00 p.m.

*All times Central Daylight Time (UTC-5)*

SPECIAL SERIES



# A multitude of COUNSELORS



As our world becomes more chaotic, it seems logical that more people find themselves concerned and anxious about their mental health. Although they are seeking help in greater numbers than ever before, they are faced with a bewildering world of medications, eastern meditation philosophy, and many other “solutions” that end up hurting, rather than helping.

## A BREATH OF FRESH AIR

Considering these difficulties, 3ABN's program development manager, Shelley Quinn, says she felt impressed by God to do a new series for those who are struggling. “My husband J.D. and I do a lot of counseling when we travel,” she says. “But many times, people bring us problems that need professional Christian counseling. I remember discussing this with him, and the fact that Adventist counselors are few. Then I said, ‘We need to do a program with Adventist Christian counselors, because they’re out there, but we don’t know where they are.’”

“Then I thought of Proverbs 11:14, that says, ‘Where there is no counsel, the people fall; but in the multitude of counselors there is safety,’ and Proverbs 15:22, that says, ‘Without counsel, plans go awry, but

in the multitude of counselors they are established.’”

“Immediately, I thought of Jennifer Jill Schwirzer, a committed Seventh-day Adventist Christian counselor, so I contacted her and she agreed to host it, along with Robert Davison.”

## UNSCRIPTED AND HONEST

Jennifer was happy to help. “The purpose of this series is it to raise our viewers’ awareness of the principles of biblically based psychology, sharing with them secrets to better mental health, relationship health, and spirituality,” she says. “Each program has three guest counselors, representing a variety of specialties in mental health. We start out by defining a mental health problem, then I speak briefly on its prevalence, cause, prognosis, and treatment. Next, we open it up to the counselors, by asking, ‘What works in your practice?’”

“The discussion is unscripted and honest, leading the group to a ‘presenting problem,’ or hypothetical case, presented by my co-host, Robert Davison. At that point, the group will discuss what each of them might do to help restore that person to mental and spiritual health, using biblical principles.”

Individual mental health problems discussed on the program include mood disorders, anxiety, trauma, psychoses, obsessive compulsive disorder, addiction, and eating disorders. They also address relationship problems such as abuse, loneliness, miscommunication, codependency, conflict, and anger.

Jennifer says that the Seventh-day Adventists have long held the health Message dear. “We have to reconnect the health message with the gospel message,” she says. “Teaching about the *mental* health message with good, biblically grounded psychology, will bridge the two back together and make us more effective as individuals and as soul-winners.”

Her co-host, agrees. “God created us in His image to be whole, physically, mentally, emotionally, and spiritually; but sin has wreaked havoc on His good work. Because Jesus promised to finish what He started, it is my honor to partner with Him, the Wonderful Counselor, in this healing journey of restoration, toward His ultimate goal of making ‘all things new.’”

*A Multitude of Counselor* begins Tuesday, October 4, at 5:30 p.m. Central! 📺

## MEET THE COUNSELORS



**Christina Cecotto**  
LSMW – Wildwood Lifestyle Center



**Dr. David Guerrero**  
ND, BCCC, CNC – Rekindle the Flame Ministries



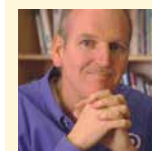
**Dr. H. Jean Wright II**  
PsyD – Clinical and Forensic Psychologist



**Jennifer Jill Schwirzer**  
LPC, NCC, – ABIDE Counseling



**Nivischi Edwards**  
PhD, LMHC, NCC, DCC – Southern Adventist University



**Paul Coneff**  
MFT – Straight 2 the Heart Ministries



**Robert Davison**  
MA, NCC, LGPC – Life Christian Counseling Network



**Shelly Wiggins**  
LPC – Driftwood Counseling Services

# GETTING THERE

by Bobby Davis

**D**eb Pomplun smiles as she recalls how the Lord led her to the Seventh-day Adventist faith. “It was as if He kept having to give me a new sign every step of the way,” she says. “I’m sure He must have thought, *Okay, she’s not looking for Me, so we’ll have to get her attention!*”

As we spoke, I was impressed with her candor and her humor; but most of all, I was impressed by her strong desire to follow Jesus.

## EARLY MEMORIES

“My dad didn’t do church,” Deb begins. “He was too intellectual. In his view, it was nice if children learned about God, but he believed that when he died, he just wouldn’t be here anymore. He also believed that church attendance was a cultural thing for elderly people, and that the more enlightened ones didn’t need it.

“My Mom was raised Lutheran by her very elderly parents from Denmark, so I attended church with her early on. Later, we attended a Congregational church, but by the time I was in junior high, neither of us went regularly. In college, I’d gotten all up in my brain and married a man who was raised as a Catholic (but also didn’t attend).

And since I’d been noticing hypocrisy from an early age, it wasn’t hard to stay away from church.”

Her distaste for “churchy” things showed up in other places, too. “I got something else from my family,” she says, “and that was alcoholism. Eventually, it drove me to a recovery program, but I remember noticing how the word *God* kept popping up in their literature; and when they passed the basket to cover their expenses, I thought, *Aha! They’re taking up an offering!*”

But despite her reservations, it wasn’t a church-run program; and because she was ready to try anything to stop drinking, it worked. “However, my husband wanted nothing to do with my recovery,” she says, “so things got very difficult, and eventually he became my ex-husband. You know, God uses things to get us where He wants us to be. He knew I’d become an alcoholic and that I’d eventually look for help and come in contact with that *God* word. When I got comfortable with that, I didn’t take it any further, so He introduced me to someone in recovery who helped as a musician in a mostly African American Baptist church. I went to watch him play



Juanita Edge (left) happened to need some blinds just as Deb Pomplun needed some encouragement to take a leap of faith and ask for Sabbaths off from work. Neither of them knew that God had set up a divine appointment—right in the middle of JC Penney!

once, and that’s how God broke the ice and got me back through the church doors.”

## KIDS

After college, Deb became a grade school teacher, working with children who had real problems. “One day, someone said to me, ‘You need to take some of these kids home with you,’ and I started considering it. When my first foster child moved in, I was told to keep things as close to her religious and cultural practices as possible, and since she was Native American, that was interesting! However, she’d been raised for a time in an evangelical church, so we began church-shopping, and finally landed in that Baptist church I’d visited. She loved all the movement and the activity—and the fact that she’d need more dresses!”

Deb’s second foster child was African American, so her church seemed a good fit, as well. “Conflicts at my job drove me closer to Jesus,” she says, “and the pastor was a wonderful teacher, so I got a lot of comfort there.

When Deb decided to try to adopt her first foster daughter, she ran into a lot of problems. The little girl’s birth mother died from an overdose of heroin and her father gave up his rights, but all that just made things worse. “She was just crazy!”

Deb says, “and the state of Wisconsin was afraid to get involved. To make matters worse, her adoption social worker got married and changed jobs, so another social worker had to get involved. Some thought a Native American family should adopt her, and ultimately, the Tribal Council had to decide. Finally, I was at wit’s end. *God*, I prayed, *if You want me to adopt her, please let me know. I can’t go on like this.* The next morning, the phone rang, and they told me the Council had approved the adoption!

Finally, I was at wit’s end. God, I prayed, if You want me to adopt her, please let me know. I can’t go on like this.

There’s no doubt in my mind; it was the power of prayer, and my honest desire to do God’s will that made the difference.”

## GOD TV

About this time, Deb moved from a small town to Madison, Wisconsin, so her daughter could go to a private school. “Then, one of the mothers at church introduced us to the *Veggie Tales* series, and we



## Testimony

bought every new DVD that came out. That's how I *really* learned about Bible characters like David, Daniel, and Esther! We learned all the songs and sang along," Deb says, "and I remember thinking, *Wow. These stories aren't just parables with poetic license!* The Bible came alive, and as I learned more, I began wondering if the pastor was using biblical passages the way God intended.

"Right about then, I think God must have thought, *You know, she's watching all these TV stations, so let's narrow down her choices*, and soon all the TV stations began converting to digital, and my channel selection dwindled. The last one we had was 3ABN—and my kids called it 'God TV!'

**"I told her she could get a sizable discount during our one-day sale on Saturday. But instead of jumping on it, she said, 'Oh no, I couldn't break the Sabbath.'"**

"The first thing I noticed was that although each 3ABN presenter had a different style, they all had the same truth! I simply loved David Asscherick. I mean, he's the perfect ADHD poster child—so fired up and talking so fast! I kept wondering, *Why didn't anyone ever tell me these things?*

"I finally heard the real Ten Commandments, instead of the shorthand version, and the fourth commandment made so much sense. I wanted to take a leap of faith



Deb's grandbaby, Skylar brings her so much joy!



Deb's beautiful daughters (L to R): Middle daughter Artavia blows bubbles for Skylar. Oldest daughter Jolie engaged in Children's Museum activities. Youngest daughter Bella (on left) serving food at the Salvation Army.

and keep the Sabbath, but I was scared, so God must have thought, *Okay, it's time for the big guns. Bring in Juanita Edge!*"

## BUYING BLINDS

Juanita is the wife of Mike Edge, president of the Wisconsin Conference of Seventh-day Adventists, and one day she came into JCPenney, where Deb works, to buy some blinds. "I helped her with her order, but told her she could get a sizable discount during our one-day sale on Saturday. But instead of jumping on it, she said, 'Oh no, I couldn't break the Sabbath.'"

"I knew what she meant because of what I'd learned on 3ABN, but I was amazed she was so matter-of-fact about choosing to obey God over saving money. I couldn't help thinking, *Maybe it doesn't have to be a huge war to follow my heart and do the right thing*. So I told my manager that I'd been watching a Seventh-day Adventist channel, put in a schedule change, and got my Saturdays off! However, the assistant manager asked me about it, so I had to tell him about my beliefs. He said, 'Oh, that's fine,' and I haven't had to work a Saturday since. Later, I thought about how I'd tried to just

sneak in Sabbaths off, but God wanted me to share my faith."

One day, a flier arrived for an evangelistic series at the Madison Community Seventh-day Adventist church, and since it was just a half-mile away, Deb decided to investigate. Pastor Abraham Swamidass was happy to meet her. "She told me her story, and how she'd been watching 3ABN," he says, "and then she began attending our evangelistic series with Pastor James Fox. She came faithfully, and we began studying the Bible. And after the series was over, she was baptized, along with three others."

Deb says that day was very special. "All my kids were there. Even my 18-year-old showed up to support me; and it was all the more special because Juanita and Mike were there, too."

Juanita remembers, "As I watched Deb be baptized, I felt humbled to realize what an impact we unknowingly have on others. Now that I know Deb better, I'm continually amazed by her compassion and acts of kindness for her family and community. I pray I can be as self-sacrificing as my dear friend Deb."

Pastor Swamidass is thrilled to have her in his congregation. "She's very cheerful,

and we're happy to have her in our church," he says. "She's a deaconess, and is also very passionate about doing community outreach through vegetarian cooking classes," he adds. "In fact, she's always eager to get involved in anything I ask of her. She's an inspiration to us all."

## A CHANGED LIFE

"I just have to laugh at how God does things," Debbie says. "For many, coming to the Lord seems like a one-step thing. But for me, it was different. I'm always taking one step forward, and one step sideways!"

*continued on page 51*



If you're in Madison, Wisconsin, why not stop by to worship on Sabbath at the Madison Community Seventh-day Adventist Church at **1926 Elka Lane**. Deb, Pastor Swamidass, and the entire church family would love to meet you!



# Patti's PASSION

by Jill Morikone

OFTEN, THE WOMEN ARE UNCOMFORTABLE PRAYING,  
OR THEY SPEAK A FEW BROKEN SENTENCES,  
WHICH GOD HEARS AND UNDERSTANDS. HOWEVER,  
TONIGHT WAS DIFFERENT.

It was one of those evenings I didn't want to "do" ministry. It had been a hectic day at work, and all I wanted to do was go home. Instead, it was my night to minister to the women at the jail. God, will You give me strength?

As I drove, I began to feel lightheaded and dizzy. We stopped in the jail parking lot and I turned to my friend, "Resa, I'm not feeling well. I'm not sure I can teach tonight. Would you pray for me?"

The feelings didn't dissipate after prayer, and I held onto the car for balance as we got out. God, the only way I can go in there and share is through You. Help me. Please!

Even before the double door shut behind us, I could hear the man in solitary. As we entered the secured area, his

shouts increased in volume. How could we concentrate in here?

Just then, a security guard approached. "Would you ladies like to go outside for your Bible study?"

Would we! We grabbed some chairs and moments later, as the women poured into our open-roofed, concrete room, I realized that God had taken my dizziness away.

## PATTI

We gathered in a circle as they began sharing their burdens. The usual requests—their kids, a boyfriend here in jail, a sick or struggling family member. Then it was Patti's\* turn. "I want to be a preacher when I get out."

Startled, I looked at her. Long blond hair, pretty face. Her demeanor spoke of a leader. I'd been coming to jail for years, and I'd seen many girls come and go. Drugs, sex, alcohol—addictions of many kinds walked through the doors. Sometimes, they walked out to rehab, other times they walked into prison. Still

others (most painful to me) walked back home and within weeks or months were right back in jail. Oh, we'd seen women want to follow God, and even some dramatic changes; but never had I heard one say she wanted to preach the Word of God.

"Praise God, Patti! Keep studying His Word and walking in His way." She nodded and we turned to the next woman.

As we stood for prayer, I invited them to pray, if they would like to. Often, the women are uncomfortable praying, or they speak a few broken sentences, which God hears and understands. However, tonight was different, when Patti began to pray.

Never had I heard an inmate pray like she did. Passionately, she interceded with God for the salvation of the women in our circle. She lifted each one up by name, asking for grace, healing, and God's intervention. Then she paused, and began to rebuke the drug culture in southern Illinois. She asked God to rebuke the meth addiction and the cycle of addiction it

perpetuates. She continued, but I didn't hear much else. How long had I been a Christian? Had I ever prayed for God to rebuke the entire drug culture in a community?

## GIVE ME SOULS

Recently, I've been reading about the life of missionary John Hyde. After 16 years of almost fruitless ministry, he began to passionately and persistently pray for the salvation of one soul each day. After that year, he doubled his prayer, asking for two souls each day. The next year he asked for four, and then eight. At the end of those four years, revival had spread across the country of India. Often, he would pray, "O God, give me souls, or I die!"

Have I ever possessed such a burden for souls? Never, I'm afraid.

Do I want to? Oh, God, yes.

Will you join me in prayer for God to change us, revive us, and give us a greater passion for souls? ☺

\*A pseudonym.



Jill Morikone is the administrative assistant to 3ABN's president, a columnist for the *Adventist Review*, and involved in teaching Sabbath School and women's ministries. She's married to 3ABN production manager, Greg Morikone.

PHOTO: SHUTTERSTOCK.COM/ARIDAY





# Vegetable Medley

From the kitchen of **Dene` Babb**

## INGREDIENTS

- 4 small red potatoes, diced
- 1 zucchini, sliced
- 1 yellow squash, sliced
- ¼ large red bell pepper, diced
- ¼ large yellow bell pepper, diced
- ¼ large orange bell pepper, diced
- ¼ large green bell pepper, diced
- Salt and seasoning to taste

## DIRECTIONS

1. Bring enough water to cover potatoes to a boil, and cook potatoes for 15–20 minutes, then set aside.
2. In a skillet, sauté the zucchini and yellow squash for 5–8 minutes, or until slightly tender.
3. Add peppers and tomatoes, then sauté for an additional 5 minutes.
4. Strain and add potatoes just before serving.
5. Salt and season to taste.



**Dene` Babb** is a camera operator working in 3ABN's Production Department. Her entire family works here at 3ABN, and while she's been privileged to be involved with many other departments, her favorite is Production—especially when she goes on trips with the road crew.

*This* was one of my favorite dishes as I was growing up. When my mom prepared it, there were never any leftovers—except for the smiles on our faces. Ever since I was little, I would beg her to make it every day.

This dish is best served over brown rice with a little salt. You can keep it simple, or make it your own by adding your favorite veggies and seasonings. ☺

*Dene` Babb*

PHOTOS: SVETLANA CHRISTIAN





**F**rom time to time, I hear my kids say, “Dad, my belly hurts!” Most of us have experienced pain in the abdomen, but usually it’s a fleeting pain and we pay little or no attention to the sensation. Often this is related to a little extra gas, reflux of acid from the stomach, a muscle in the wrong position, or just bad food.

And speaking of bad food, in 2014, Dr. Ryan Spangler reported in the *Journal of Emergency Medicine* that gastroenteritis—food not agreeing with the gastrointestinal tract—is the number one cause of abdominal pain presenting to emergency rooms.

# ABDOMINAL PAIN

by Dr. James Marcum

## LOOKING FOR THE REASONS

There can be many other reasons for abdominal pain, from gallstones and pancreatitis, to diverticulitis and urinary tract infections. Sometimes I have even seen a heart attack present as abdominal pain. However, since we do not have the space to discuss all the causes and evaluation in great detail, I’ll focus on the signs that our abdominal pain could be serious.

### IF YOU ARE HAVING ABDOMINAL PAIN WITH THESE 10 CHARACTERISTICS, YOU SHOULD BE CONCERNED:

- 1 Inability to keep foods and liquids down.
- 2 Persistent nausea that worsens over time.
- 3 Vomiting blood.

- 4 Pain that is tender to touch.
- 5 A distended abdomen.
- 6 Recent injury to the abdominal area.
- 7 Fever and abdominal pain.
- 8 Pain lasting several days.
- 9 Pain during pregnancy.
- 10 Abdominal pain and problems breathing.



**I’VE SEEN MUCH IMPROVEMENT WHEN PATIENTS EAT LOTS OF FIBER OR SWITCH TO A PLANT-BASED DIET.**

Your provider will evaluate abdominal pain with a complete history and a physical. The characteristics of the pain are important in finding the cause, which is the key to appropriate treatment. When did the pain start? Did something trigger it? Where is the pain located? Does it radiate? Is the pain sharp or dull? Does eating make it worse? Are there other symptoms? These are just a few of the questions a provider may ask.

The pain description will lead the provider to think about the many different causes of abdominal pain. Sometimes no further evaluation is needed, but at other times it might lead to blood work, an ultrasound, a CT scan, or an endoscopy, where a tube is placed inside the gastrointestinal track to look for the problem. A specialist in evaluating abdominal pain, a gastroenterologist, or a specialized surgeon usually performs an endoscopy.

## SIMPLE THINGS HELP

It is important to keep the gastrointestinal system optimized to lower the risk of a problem. I’ve seen much improvement when patients eat lots of fiber or switch to a plant-based diet. Chewing your food well helps with the efficiency of digestion.

Water is important to bowel function, and stress reduction helps to optimize the function of the gastrointestinal track.

Eating big at night also seems to put more stress on the big tube that runs through our body. This tube is the highway through which our nutrients travel while our bodies pull out the needed ingredients for life.

If you have specific questions or need prayer for your health, visit [heartwiseministries.org](http://heartwiseministries.org).



**James L. Marcum M.D. FACC** is a board certified, practicing cardiologist who also serves as speaker/director for Heartwise Ministries. His latest books, *Medicines that Kill*, and *Ultimate Prescription*, are available from 3ABN.



[www.heartwiseministries.org](http://www.heartwiseministries.org)



# After All

by Bobby Davis

As I age, I've noticed how much has changed in the way I think. More and more, I think of what "really matters," and other things seem trivial by comparison.

If you ask me what my favorite season is, I won't hesitate: Spring—because everything comes alive!" Being an optimist, I'm out there looking for signs of life even before the snow's all gone. Crocuses, daffodils, frogs peeping in the pond, every little leaf and bud—watching nature spring to life is fascinating!

By contrast, I'll tell you that my least favorite season is fall, because all I can see is nature preparing for the harshness of winter. However, it doesn't take long for the optimist in me to get past the signs of decay and settle into the enjoyment of the brilliant colors and rich smells of fall.

## Memories

I'll never forget my years in New England. Judging by color alone, the splendor of their fall display is arguably unmatched in the world. I get lost in memories of driving down tree-lined roads, leaves scattering with each breath of wind; crackling fireplaces and smoke

curling out of the chimneys; long walks in the apple orchard, taking bites from the griggles and tasting the sweetness of those last lingering fruit.

Isn't it interesting how the greatest harvest in fruit comes when the orchard trees are preparing for a season of rest? As I age, I've noticed how much has changed in the way I think. More and more, I think of what "really matters," and other things seem trivial by comparison. Years doesn't seem very relevant. People ten years older and ten years younger seem to be "about my age," and those who are 20 years younger look like how I "feel" in my head.

## The Things of Eternity

And then there are the conversations about the things of eternity. (Yes, those things are so much easier to imagine the closer we get to them.) Watching loved ones age, I see how peaceful they are in knowing that they ran a good race and are now looking forward to a new body,

and eternal life with Jesus. There's a special comfort that comes with age—if we are Christians. I feel it as I reflect on how God has taken such good care of me, and how confident I am that He will not abandon me now.

I've had many conversations with friends about the end of life—and what comes next. So many of them didn't have parents of faith. So many of them now search and grow more anxious each day as they see the signs of the winter that lies just ahead. How grateful they seem when I speak of my loving, Heavenly Father; how I am sure that no matter what difficulties, trials, or pains we may face as our lives draws to a close, He will not only get us through them, but will also make all things new!

## Preparing

Oh yes. After the initial shock of realizing that another summer is over, I always settle down and count my blessings, realizing that I feel motivated to prepare

something. Perhaps it's preparing gifts for the holidays, wood for the fireplace, or food for my neighbors. Maybe it's time to prepare my car or home for the winter, or get out those winter clothes.

However, there's another kind of preparation that's far more important. There's another kind of winter coming where the spiritual landscape will look very bleak. Trying times like we've never seen are just around the corner, and if we're not prepared, we will perish. But Jesus wants us to stay so close to Him that all we think about is His glorious Second Coming!

As the world turns its attention to the Thanksgiving and Christmas holidays, I don't want to miss a single opportunity to share my faith with those who still don't have a personal relationship with the One who put each season in place!

And as I think about these things, I realize that I really do love fall, after all. ☺





# THE GIFT OF God's Reward

by J. D. Quinn

Think back to a time when God presented you with a special gift—beautifully wrapped, with a perfectly tied bow. Do you remember your absolute delight? God handed me two such gifts at our Spring Camp Meeting.

## PRAYERS FOR HEALING

Camp meetings are a busy time for our staff. Walking hurriedly from one assignment to another, I heard my name called, and turned around to see a woman rushing toward me.

remember me? I was diagnosed with a very serious skin cancer, and when I called 3ABN's prayer line, you answered. My husband Manny and I drove all the way from southern California to attend this camp meeting, because I wanted to tell you in person that after we prayed together, God healed me! God is still in the business of hearing and healing His children."

Tears of joy trickled down her cheeks as Siony shared how she and her husband are faithful viewers and supporters of

My husband Manny and I drove all the way from southern California to attend this camp meeting because I wanted to tell you in person!

"Oh, J. D., I'm so glad you're here! I want to share with you what Jesus did for me after our time of special prayer on the phone months ago. My name is Siony,

3ABN, and how much they love the Lord. As I listened to her testimony, I felt the stinging saltiness of my own tears forming. We had previously joined our

faith together over the phone—boldly approaching God's throne of grace for mercy and help in her time of need. We had submitted her terrible disease to Him, asking for His perfect will to be done. And now we embraced each other with a sincere hug of Christian affection.

Experiences like these make my heart soar with appreciation for God's incredible goodness. I know that each time He heals someone, it is for the glory of His name—He has a special purpose for their testimony to further His great gospel work.

What a gift to be used as an instrument of God! When we reach Heaven, all who have put forth effort on behalf of others will receive such gifts. Ellen White penned these words, "Every impulse of the Holy Spirit leading men to goodness, and to God, is noted in the books of Heaven, and in the day of God every one who has given himself as an instrument for the Holy Spirit's working will be permitted to behold what his life has wrought."\*

## ANOTHER DECISION FOR CHRIST

We parted company, and I walked on to my assignment. Passing the Christmas Behind Bars prison ministry booth, I stopped to hug Lemuel Vega's neck and share a few words of encouragement. Suddenly, a lady who was standing there, turned around and faced me. It was Stephanie, whom I'd met six months earlier when she and her husband Vic visited my office at 3ABN on their way home to Nebraska.

Prayer Line: 800-752-3226

She was bursting with excitement as she shared their decision to be baptized at this encampment. All glory goes to our Lord, but what a gift to know He allowed me a small part in encouraging these two precious people!

"What rejoicing there will be as these redeemed ones meet and greet those who had a burden in their behalf."\*\* Can you imagine our fullness of joy when we meet

"What rejoicing there will be as these redeemed ones meet and greet those who had a burden in their behalf."

our Lord in Heaven and He introduces us to those for whom we have prayed? And it's all because our God delights in giving us the privilege of being coworkers with Christ in His harvest fields. All who labor together with God will receive the gift of God's reward, knowing He blessed our efforts in His harvest fields. ☺



J.D. Quinn, is 3ABN's Pastoral Ministries Department Manager. His love of God's Word and background in counseling and administration fuel his passion to help others.

\*Ellen G. White, *Testimonies for the Church*, vol. 6, p. 310.

\*\*Ellen G. White, *Gospel Workers*, p. 519.





# A Type of Christ

by Dr. R. Dean Davis



Israel is camped east of the Jordan River during their fortieth year of wandering, awaiting the Lord's orders to cross into the Promised Land.

The Lord notifies Moses that he will not enter Canaan because of his disobedience at Kadesh. (It was there that his anger caused him to strike the rock, instead of speaking to it as the Lord commanded, to bring forth water.)

Brokenhearted, Moses pleads to be allowed to cross over Jordan to see the land, but the Lord will not speak again of the matter.

## A Great Farewell

Moses' great farewell, recorded in Deuteronomy is a restatement of the covenant given at Sinai. Since the adults who had come out of Egypt have all died, his remarks are directed to their children.



**Dr. R. Dean Davis** is a retired theology professor who writes from South Lancaster, Massachusetts. His son, Bobby Davis, is the managing editor for 3ABN World.

Moses' speech is often divided into three speeches, recalling the history of God's leading, the terms of the

divine covenant, and his final remarks and appeal not to abandon it.

In his first speech, Moses dwells on the covenant element known as the historical prologue, giving the history of the relationship between God and His people and showing how He's led them from Sinai to their present encampment.

In his second speech, he restates the covenant stipulations, regulations, and ratification, concluding with the covenant element of rewards of divine blessings for fidelity or divine curses for infidelity.

In his third speech, Moses warns against infidelity, and legalizes the covenant by referring to heaven and earth as legal witnesses. His speech culminates with a final appeal to choose life over death. If they choose life, all the covenant promises given to Abraham, Isaac, and Jacob would be theirs.

## A New Leader

The final chapters of Deuteronomy record the transfer of leadership to Joshua. Moses charges him to be strong and of good courage, because the Lord will go with him. Then Moses predicts that while Israel will forsake the Lord, they will eventually turn back to Him.

PHOTO: SHUTTERSTOCK.COM/SPECTRAL-DESIGN

His message is transformed into a song, which he teaches the people. When these songs were memorized, they were great tools to remind them of important lessons given in the narratives.

Before he dies, Moses blesses the tribes of Israel in geographic order, corresponding to their territories. (Simeon is omitted because it will be absorbed into Judah.) Then he climbs Mount Nebo—the highest peak in the Pisgah mountain chain, and the Lord gives him a panoramic view of Canaan, along with the promise that it will all be given to his descendants.

After he dies, the Lord Himself buries Moses in a secret place in the valley of Moab, near his people; but Jude 9 says he is resurrected by Michael, and later appears on the mountain of Jesus' transfiguration.

## A Type of Christ

Moses' death ends an era of rebellions. The older generation, Miriam and Aaron, and Moses, who struck the rock, have all passed away. His life bears many similarities to that of the Messiah—with the exception of his one recorded sin, which stands in sharp contrast to Christ's exemplary life of obedience.

He, like Christ, is born poor, taken to Egypt, becomes the greatest prophet, law-giver, teacher, and leader of his people. He casts himself with his sinful people by asking the Lord to blot his name "out of the book." He must die because of sin, but is resurrected into glory, and lives through eternity.

*[Moses'] life bears many similarities to that of the Messiah—with the exception of his one recorded sin....*

The book of Matthew portrays Christ as the antitype of Moses. He's called from Egypt, goes up a mountain to give the law (the covenant, including the blessings), gives five discourses that correspond to the five books of Moses, casts His lot with sinful humanity, dies for His people's sins, is resurrected, and will live throughout eternity. ☪



# 3ABN MAILBOX

3ABN World  
PO Box 220 • West Frankfort, IL 62896  
E-mail: [3abnworld@3abn.org](mailto:3abnworld@3abn.org)

Letters and other materials sent to 3ABN November be used in whole or in part, and edited for content, grammar, and readability, unless otherwise requested.

**Niles, Michigan:** “Thank you for preaching the three angels’ messages. I wish I could have been [at 3ABN’s Camp Meeting] in person to meet all of you and enjoy the program. Thank you to all the wonderful musicians who put together the beautiful music of the *Calvary* project. I could feel the anointing of the Holy Spirit through my TV screen, and it led me to rededicate my life to Jesus Christ. I really feel that many souls will come to the Lord through the message given in the music I heard. Thanks again for all you do.”

**Ukraine, to our 3ABN Russia staff:** “I repented of my sins and accepted Jesus as my Savior a year-and-a-half ago. I had been interested in religion since my childhood, but I’d had no desire to learn about God. There were lots of Jehovah’s Witnesses where I lived. They often offered me their literature, but there was something that kept me from joining that church. After I moved to another place following my parents’ death, I started going from bad to worse. The devil took away my health, my youth, and my house. One day, hanging out with drunkards, I met a young man who was to play a vital role in my life. Our destinies were alike. I am sure that it was God who decided to save us, because after he was imprisoned, I couldn’t resist going to church. I started a new life in Jesus. It looks like it was God who made it possible for us to go through

this trial so that we would come to believe in Him and start our lives from scratch. We are so thankful to God for bringing us out of the dark tunnel and into His light. I believe that we will emerge victorious from our wilderness experience.”

**Redding, California:** “I just wanted to thank you for the CD, *Hallelujah! We’re Home At Last!* I loved it! I’m 92 years old, and it won’t be too long and I’ll be home at last. I’m not a Seventh-day Adventist, but I listen to your TV program every day. I’ve been a born-again Christian for over 70 years, and my Bible is my life. I detect your sincerity and I love all of you. I don’t drive anymore, and cannot attend any church. So 3ABN is my church.”

**Montgomery Village, Maryland:** “Thank you for your ministry. I am learning a lot! May God multiply each dollar like the loaves and fishes [of Matthew 14]. May God bless you abundantly.”

**Hyattsville, Maryland:** “I really appreciate the Friday evening family worship program. Many people who no longer have a family to worship with are happy to tune in. When I was growing up, this was a highlight of the week. During worship, we sang a lot of hymns that reminded us of the Sabbath. We all were given the opportunity to pray for our friends, family, and others. Thanks for reminding families to get together for worship.”

continued from page 37

“I can imagine God’s thinking, *She’s not looking for Me, so let’s have her hear about Me all the time in her recovery meetings.* Then, it’s, *Well, let’s give her foster children to get her to go to church!* After I learned to behave a little, He must have thought, *Now I need her somewhere else, so let’s have the principal recommend that her daughter go to a private school, so she’ll buy a house just a half-mile from an Adventist church.* But I went back to a Lutheran church, so He must have thought, *Okay, let’s have her kids start watching TV a lot, and then let’s pull her channels away until only 3ABN is left!* Finally, God must have decided, *Okay, she knows about the Sabbath, but she’s scared to ask for it off, so let’s send her Juanita.* Then it was, *Yep, that’s good, but she’s still going to a Lutheran church, so let’s put up a really big banner at the Adventist church for the evangelistic series. Maybe that will get her attention!*

Deb laughs heartily. “Yes, God works in strange ways. The lengths He’ll go to sometimes to scoop someone into His fold is amazing!” ☺



3ABN Kids Network is looking for a **VIDEO EDITOR**

**3ABN Kids Network** is looking for a video editor in the Chattanooga, TN area. They must be proficient in Final Cut Pro X (or Adobe Premiere), Motion 5.2 (or Adobe After Effects), and Photoshop. Applicants need to include a demo reel demonstrating various editing styles, motion graphics, and image editing work. In addition, sound mixing, color grading, and production experience is a plus. Please submit résumé and demo reel to: Brenda Walsh, 3ABN Kids Network, PO Box 220, West Frankfort, IL 62896, or e-mail for more information to: [brenda@brendawalsh.com](mailto:brenda@brendawalsh.com)

## “What is this you have in your hand?”

If you’d like to donate something, please contact Bruce or Tammy Chance at (618) 627-4651, or e-mail [tammy.chance@3abn.org](mailto:tammy.chance@3abn.org). All gifts are U.S. tax-deductible.

Although we appreciate your support, please call us before you ship anything, since we cannot accept bedding, old books (except special editions), very high-mileage vehicles, and many other items. Thank you for your generosity!

Another way to support 3ABN—our eBay® store: [giftshop.3abn.org](http://giftshop.3abn.org)

**RICHARD, FROM SANTA FE, NEW MEXICO,** loves the Lord and wanted to help spread the gospel. So he donated a 1914-D penny, which was sold for \$170!

**SOLD for \$170**





# Don't Miss 3ABN's 32nd Anniversary Celebration!

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