

October 2018

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3ABN WORLD MAGAZINE

3ABN
Praise
HIM
MUSIC NETWORK

LAUNCHING IN
JANUARY!

PG 4

SPECIAL FEATURE
**3ABN'S INTERNATIONAL
GROWTH**

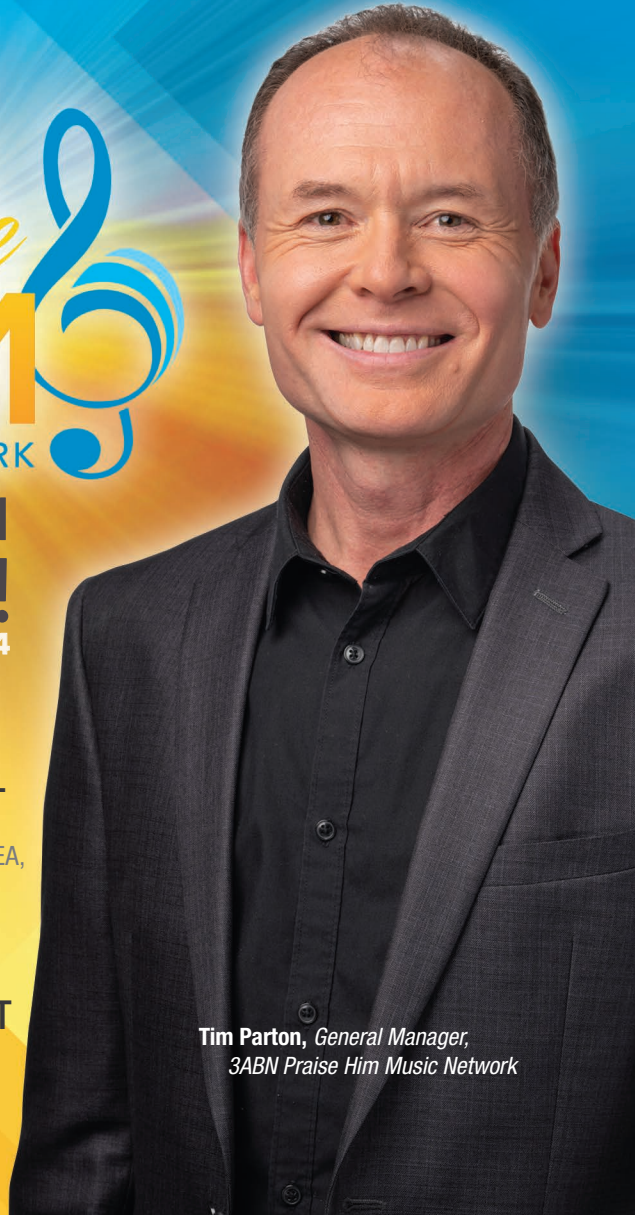
EXPANDING INTO PAPUA NEW GUINEA,
UGANDA, AND GHANA

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CHANGED LIVES
WHERE GOD HANGS OUT

POWERFUL TESTIMONIES
FROM PRISONERS

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PRESIDENT'S LETTER | Danny Shelton



Dear 3ABN Family,

I want to thank the Lord for your support of 3ABN. Many of you know that next month will mark 3ABN's thirty-fourth anniversary! I am amazed how God continues to bless month after month, and year after year; and of course, He uses you through your prayers and financial support.

There have been so many changes in the media arena since we started in 1984—there were no cell phones, Internet, WiFi, Facebook, Twitter, etc. God has literally opened up the whole world to evangelize, and time

God has literally opened up the whole world to evangelize, and time is short, so we must use every means possible to get the three angels' messages to the world!

is short, so we must use every means possible to get the three angels' messages to the world!

We have cut our 3ABN operating costs every way we possibly can in order to continue to operate in the black, and although I don't often ask you for favors, I'm going to this time. I'm asking each of you to say a special prayer as to what the Lord would have you do financially in support of this ministry. Our donations are down compared to last year, and we only have about two months until the end of this year. However, we are praying that with the Lord's blessings and your financial support, we can continue to remain debt-free!

Once again, I thank you in advance for what you are going to do to support your 3ABN in advancing the gospel to the whole world!

May God bless you abundantly more than you could ever ask or think.

Danny Shelton

Danny Shelton
President & CEO

THE
LIBERTY
INSIDER



Lincoln Steed

This dynamic panel discussion with *Liberty* magazine editor, Lincoln Steed, provides in-depth dialogue with other experts on current events and how they affect your religious freedom.



Watch on 3ABN.tv MON 5:00 p.m. • WED 10:30 p.m. • FRI 4:00 a.m. CDT (UTC-5)



MISSED A PROGRAM?

Watch the series on our YouTube channel. Just look for the playlist and be sure to share the videos!

LAUNCHING IN JANUARY!



"It is our goal to bring encouraging, joyful, uplifting, and sacred music to every home in hopes of leading them closer to Jesus."



Proclaiming the everlasting gospel and the undiluted three angels' messages of Revelation 14 have always been our mission at Three Angels Broadcasting Network. God has raised up this ministry and now we are taking another step forward in reaching the world with the good news of Jesus Christ. We are thrilled to announce that 3ABN will be launching the brand-new 3ABN Praise Him Music Network in January 2019!

"This network is designed to edify God's people and glorify Him with music," says Praise Him general manager, Tim Parton. "Viewers around the world will be able to hear the gospel through music any time of day throughout the week, and

our goal is to bring encouraging, joyful, uplifting, and sacred music to every home, leading them closer to Jesus."

Helping Them Relate

Music is a vital avenue of communication. In fact, many relate better to the messages in music than to the spoken word, and Praise Him Music Network is determined to reach people of all ages, encouraging and inspiring them while lifting up our Creator. However, this task cannot be accomplished by just a few, so the network will soon begin partnering with God's saints to make it a reality.

"We are encouraging our musically gifted viewers to submit unedited videos

of themselves or others who want to share their musical talents to bring viewers to the Lord," Tim explains. "We want to include as many skilled musicians and singers as possible, and we believe that some of the most amazing talent in the world is found within the Adventist community.

"We especially want to encourage young people to become more involved in the mission of the Advent movement, and what better way to do this than to share the gospel through music? That's why we intend to scour the highways and byways, churches, and universities, in search of skilled musicians and singers."

Praise Him Music Network general manager, Tim Parton (R), and network associate, Ryan Day, discuss details for the January 2019 launch of 3ABN Praise Him Music Network.

Please remember 3ABN's Praise Him Music Network in your prayers as we take this major step. Our expectations are set high as we prepare to launch a ministry designed to unify God's people and bring glory, honor, and worship to our Almighty God. Please consider what you can do to support financially, since Jesus is coming sooner than most people think. Together we can be co-laborers with God to reach hearts through music and bring praise to our God! ☺

Encouraging Young People

Praise Him Music Network associate, Ryan Day, is excited about this talent search. "We plan to cooperate with the Adventist colleges and universities to find and encourage our young people to use their talents for the Lord," he says. "Our plan is to involve musicians, singers, photographers, and videographers to produce programming for our network. In this way we will forge new partnerships and relationships as we work for the Lord."

Look for a website coming soon!
3ABNPraiseHim.tv



Will you join us in this great cause to reach the world through music, and bring PRAISE to our God?



Billy Blackwood (left) interviews singer/songwriter John Darin Rowsey of The Guardians (right) for his new program on 3ABN's Praise Him Music Network called, *Billy Blackwood and Friends*.

3ABN'S INTERNATIONAL GROWTH

Expanding in Papua New Guinea, Uganda, and Ghana

Once again, the Lord is expanding 3ABN International Network's reach, and we asked Moses Primo, our director of broadcasting and engineering, to share what God is doing. Here is his report.



Papua New Guinea

"After broadcasting for many years in the Papua New Guinea (PNG) cities of Port Moresby and Lea, the government commission decided not to renew our television broadcasting license," Moses begins.

"This seemed like a devastating blow, especially in light of how the Lord miraculously provided us the license in the first place; however, I knew the Lord didn't want us to give up.

"I found out that PNG has a home satellite system called ClickTV that provides both basic and multiple subscription tiers of programming, so I contacted their content manager and asked him to put 3ABN International Network on their system. I also told him we had received many requests from PNG viewers who really wanted our Christian programming. Surely his company would sell lots of satellite dish systems to those who desperately wanted 3ABN.

"After many phone calls and negotiations, the Lord must have convinced him, since he had to get approval from his superiors; and just recently, 3ABN International was launched on ClickTV's basic package on channel 24—right next to PNG's National Channel! *"This is a miracle of God!* Even though we lost our broadcasting license in that country, God had not lost His interest in the people, and through ClickTV, even viewers who live outside those original cities can watch 3ABN! ClickTV enables us to

reach the South Pacific Islands that I've been praying about for many years. People in island nations like Fiji, the Marshall Islands, the Federated States of Micronesia, Samoa, the Solomon Islands, Tonga, and others we've never been able to reach can now watch 3ABN International Network on satellite! "I'm so excited about what God has done in an area I thought was so difficult to reach."



Uganda

Moses continues, "Several years ago, the Lord opened an opportunity to put 3ABN International Network on a TV station in Kampala, the capital of Uganda. It was on the air for a few years, but was badly damaged by lightning. We didn't have the money to replace the transmitter, and the country was switching to digital TV (DTV), so we waited.

"Finally, we went back on the air in 2017 on a trial basis and the response was very positive. Today we're broadcasting to three-quarters of the country's population on channel 21, and by God's grace, we will expand to the rest of the country by 2020!"

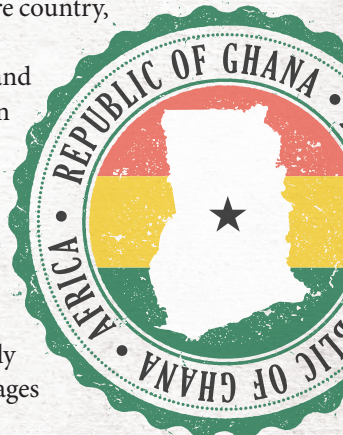
Ghana

"God has blessed us with a chance to broadcast in Ghana, too," Moses adds. "Many years ago, our beloved board member, Owen Troy, urged us to open a Non-Governmental Organization (NGO) in Ghana, and we've been attempting to get a broadcast license there with the help of a small group of people," Moses says.

"We received an analog license a few years ago, but since Ghana was also transitioning to DTV, we decided to wait and apply for a digital license. Then one of our local people contacted the government to ask about piggybacking our signal onto their national DTV system. Against all odds, we finally received government permission and have begun broadcasting on channel 19 throughout the entire country, playing back 3ABN programs from a hard drive!

"We are so thankful to the Adventist-laymen's Services and Industries (ASI) organization for their tremendous help in converting our African channels to digital. However, we must install a large satellite dish in Ghana so we can broadcast our 3ABN International Network, and build small studios in both Uganda and Ghana to produce local programs to fulfill government requirements.

"We want to thank each of you who faithfully pray and financially support Three Angels Broadcasting Network. Surely God is blessing every effort to proclaim the three angels' messages of Revelation 14 to the whole world!" ☺



8 OCTOBER 2018 | 3ABN TV SCHEDULE

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

CDT	SUNDAY
2:00a	Pillars of Faith CC 1hr
3:00	Featured Ministries CC
3:30	From Sickness to Health CC
4:00	House Calls CC 1hr
5:00	Revelation's Ancient Discoveries CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Melody From My Heart CC
7:00	Tiny Tots for Jesus CC
7:30	Praise CC
8:00	3ABN Today CC 1hr
9:00	Your Favorites by Request CC
9:30	Adventures in Missions CC
10:00	Focus on God's Word CC 1hr
11:00	Inspirational Hour CC 1hr
12:00p	HeartLift CC
12:30	Pressing in to His Presence CC
1:00	A Sharper Focus L 1hr
2:00	Body & Spirit CC
2:30	Kids Time CC
3:00	3ABN Today LIVE L 2hrs
5:00	The Carter Report CC 1hr
6:00	Raw Questions/Intimate Clarity CC
6:30	Salvation in Symbols & Signs CC
7:00	Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Celebrating Life in Recovery CC 1hr
10:00	Featured Ministries CC
10:30	Lineage CC
11:00	3ABN Today CC 1hr
12:00a	Secrets Unsealed Presents CC 1hr
1:00	Celebrating Life in Recovery CC 1hr

CDT	MONDAY
2:00a	Revelation of Hope CC 1hr
3:00	Homecoming Camp Meeting CC 1hr
4:00	Table Talk CC 1hr
5:00	Divine Design/Grandma's House CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	Pressing in to His Presence CC
7:00	Tiny Tots for Jesus CC
7:30	Ultimate Prescription CC
8:00	3ABN Today CC 1hr
9:00	House Calls CC 1hr
10:00	Free Indeed CC
10:30	Books of the Book CC
11:00	Sabbath School Panel CC 1hr
12:00p	Behold the Lamb Presents CC 1hr
1:00	Off the Grid CC
1:30	Abundant Living CC
2:00	Action 4 Life (Casio Jones) CC
2:30	Heaven's Point of View CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	Kids Time CC
5:00	Liberty Insider CC
5:30	Your Favorites by Request CC
6:00	Grace Pipeline CC
6:30	Salvation in Symbols & Signs CC
7:00	Revelation's Ancient Discoveries CC 1hr
8:00	3ABN Today CC 1hr
9:00	Anchors of Truth CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Multitude of Counselors
12:30	Hope in Motion CC
1:00	ASI Conventions CC 1hr



House Calls

You've got questions—and the Bible has answers! Join our pastors as they respond to inquiries sent in from around the world.

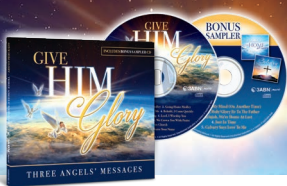
SUN 4:00 a.m. • MON 9:00 a.m. CDT (UTC-5)

CDT	TUESDAY
2:00a	Optimize 4 Life CC
2:30	Perfecting Me CC
3:00	Melody From My Heart CC
3:30	Free Indeed CC
4:00	Daniel All Access CC 1hr
5:00	Salvation in Symbols & Signs CC
5:30	Wonderfully Made CC
6:00	Body & Spirit Aerobics CC
6:30	The Heavens Declare CC
7:00	Tiny Tots for Jesus CC
7:30	Maranatha Mission Stories CC
8:00	3ABN Today LIVE L 2hrs
10:00	Pressing in to His Presence CC
10:30	Thunder in the Holy Land CC
11:00	Featured Ministries CC
11:30	Books of the Book CC
12:00p	Spring Camp Meeting CC 1hr
1:00	Battles of Faith CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	Kids Time CC
5:00	Tiny Tots Kitchen /Tiny Tots Worship CC
5:30	Multitude of Counselors CC
6:00	Mission 360 CC
6:30	Salvation in Symbols & Signs CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Sabbath School Panel CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Raw Questions/Intimate Clarity CC
12:30	Exalting His Word CC
1:00	Adventures in Missions CC
1:30	HeartLift CC

CDT	WEDNESDAY
2:00a	Celebrating Life in Recovery CC 1hr
3:00	Revelation's Ancient Discoveries CC 1hr
4:00	Spring Camp Meeting CC 1hr
5:00	Praise CC
5:30	Making Waves CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts Presents CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Remodeling Your Life CC
9:30	Divine Design/Grandma's House CC
10:00	Revelation Insights CC 1hr
11:00	Table Talk CC 1hr
12:00p	Daniel All Access CC 1hr
1:00	Issues and Answers CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Kids Time Praise CC
4:30	Kids Time CC
5:00	Everlasting Gospel CC 1hr
6:00	Free Indeed CC
6:30	Salvation in Symbols & Signs
7:00	A Sharper Focus L 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts Presents CC
9:30	HeartLift CC
10:00	It Is Written CC
10:30	Liberty Insider CC
11:00	3ABN Today CC 1hr
12:00a	A Sharper Focus L 1hr
1:00	Lineage CC
1:30	Divine Design/His Words Are Life CC

For the most up-to-date schedule for all the 3ABN networks, please visit 3ABN.tv

NEED PRAYER? CALL THE 3ABN PASTORAL PRAYER LINE AT 618-627-4651.



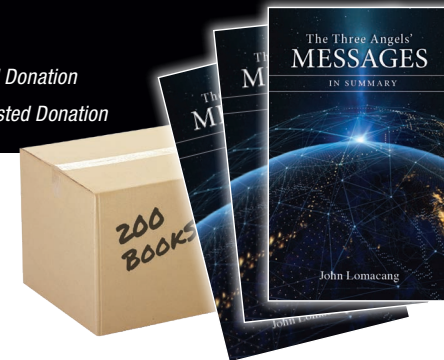
CD (3ABN046-2)
\$15 Suggested Donation

DVD (DVD017)
\$15 Suggested Donation

GREAT SHARING BOOKLET!

CASE OF 200 (BTTAM-C) | \$150 Suggested Donation

SINGLE BOOKLET (BTTAM) | \$2.00 Suggested Donation



CDT THURSDAY

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

CDT FRIDAY

3:00	Action 4 Life	CC
3:30	Heavens Point of View	
4:00	Liberty Insider	CC
4:30	Battles of Faith	CC
5:00	Sabbath School Study Hour	CC 1hr
6:00	Body & Spirit	CC
6:30	Contending for the Faith	CC
7:00	Secrets Unsealed	CC 1hr
8:00	3ABN Today	CC 1hr
9:00	Optimize 4 Life	CC 1hr
9:30	Cook:30	
10:00	Health for a Lifetime	CC
10:30	Divine Design/His Words Are Life	CC
11:00	Anchors of Truth	CC 1hr
12:00p	Sabbath School Panel	CC 1hr
1:00	Behold the Lamb Presents	CC 1hr
2:00	Music	CC
2:30	Your Favorites by Request	CC
3:00	3ABN Today	CC 1hr
4:00	Kids Time Praise	CC
4:30	Kids Time	CC
5:00	Featured Ministries	CC
5:30	Heartlift	CC
6:00	Jesus for Asia Now	CC
6:30	Salvation in Symbols & Signs	CC
7:00	Daniel All Access	CC 1hr
8:00	3ABN Today Family Worship	CC 1hr
9:00	It is Written	CC
9:30	Maranatha Mission Stories	CC
10:00	Mission 360	CC
10:30	Hope in Motion	CC
11:00	3ABN Today Family Worship	1hr
12:00a	ASI Conventions	CC 1hr
1:00	Breath of Life	CC
1:30	Thunder in the Holy Land	

CDT SATURDAY

2:00a	Praise!	CC
2:30	It Is Written	CC
3:00	Kenneth Cox Ministries	CC 1hr
4:00	Everlasting Gospel	CC 1hr
5:00	Revelation Insights	CC 1hr
6:00	Perfecting Me	CC
6:30	Tiny Tots for Jesus	CC
7:00	Kids Time Praise	CC
7:30	Kids Time	CC
8:00	3ABN Today	CC 1hr
9:00	Sabbath School Panel	CC 1hr
10:00	Sabbath School Study Hour	CC 1hr
11:00	Worship Hour	CC 1hr
12:00p	Revelation's Ancient Discoveries	CC 1hr
1:00	New Perceptions	CC 1hr
2:00	Lineage	
2:30	Making Waves	
3:00	3ABN Today	CC 1hr
4:00	Maranatha Mission Stories	CC
4:30	Kids Time Praise	CC
5:00	3ABN Camp Meeting	CC 1hr
6:00	Laymen Ministries	CC
6:30	Salvation in Symbols & Signs	CC
7:00	Breath of Life	CC
7:30	Raw Questions/Intimate Clarity	CC
8:00	3ABN Today	CC 1hr
9:00	Table Talk	CC 1hr
10:00	GYC	CC 1hr
11:00	3ABN Today	CC 1hr
12:00a	Discover	CC 1hr
1:00	GYC	CC 1hr
2:00	Pillars of Faith	CC 1hr

If you missed 3ABN Fall Camp Meeting, we've got you covered!



3ABN
Homecoming
FALL CAMP MEETING 2018



Fall Homecoming DVDs are available.
Get yours by calling 618-627-4651
Also available on our 3ABN YouTube channel.



TO ORDER, USE THE ENVELOPE ATTACHED, VISIT 3ABNSTORE.COM, OR CALL 618-627-4651
FREE SHIPPING IN THE CONTINENTAL U.S. ONLY. All prices are in U.S. dollar amounts.

WHERE GOD HANGS OUT

POWERFUL TESTIMONIES FROM PRISONERS

If there ever is a place where God loves to hang out, I believe it's with those who feel the whole world has abandoned them—those who find themselves behind bars, locked away from society. But our loving Father has not forgotten them, and as 3ABN penetrates those walls with television, radio, and literature, the most amazing transformations take place by the power of the Holy Spirit!

GRATITUDE IN ACTION

Dave wrote us recently from prison and said, "I go to a church service on Sabbath. It isn't a Seventh-day Adventist service, but I go and hold the Sabbath holy. Throughout the Sabbath day I read Scripture, do a Bible study, and keep my TV tuned to 3ABN and 3ABN Proclaim! I've read Danny Shelton's book, *Spiritual Vigilantes*, and passed it down the line for others to read, along with all the material I've received from 3ABN. I try to spread the truth of the Scriptures to others, and even though most of them are not receptive, I'm not done yet!"

REQUEST FOR BIBLE STUDIES

Then there's this letter from James, who is incarcerated in Michigan: "I was raised a Baptist, but upon coming to prison, I came across books like, *The Desire of Ages*, and *The Great Controversy*. I was brought to the truth of the Sabbath and then was baptized as a

Seventh-day Adventist. My TV is about to go out, yet I pray that God keeps it working so I can hear your programs. Do you have any correspondence Bible courses I can take? I would greatly appreciate studies that don't teach a false Sabbath or doctrine, which I've never heard you do. I hope to meet you all one day here on earth before going home to be with the Lord, but if not, let God's will be done and I will see you all in the hereafter!"

REQUEST FOR BOOKS

Jarrod, who is incarcerated in Texas, wrote us the following letter: "Dear 3ABN, I'm interested in receiving two Ellen White books, *The Desire of Ages*, and *Acts of the Apostles*. I am reading and learning the Word of God through these great books and my study Bible. My family is starting to see a huge change in my attitude and in the way I'm sharing what I'm learning with my children through their visits and the letters I write them. I want to say thank

"They suggested I ask Him to reveal Himself to me by requesting something only the two of us knew about."

you for helping inmates like me to learn how to walk the path that Jesus did. Thank you to everyone at 3ABN for everything."

REQUEST FOR A BIBLE

Jabe writes from a prison in Florida, and says, "I was informed that if I wrote, you would allow me the blessing of receiving a free Study Bible. I do not have anyone who isn't locked up to send me one. You see, I've been locked up for almost 17 years on a mandatory 20-year sentence, and the whole time, I've talked down on God and did everything in my power to stay away from His Word. I've been an addict my whole life and thought I could quit if I chose to. But as you already know, that wasn't the case. I've never had control, and God has allowed Satan to run my life for a reason—so my testimony would have so much more power to help change other lives. Since I've been here, I've gotten into some real hard drugs. I got so bad that it was driving me crazy. But God had been planting seeds in me, and then He finally started to water them through two very godly men. When I told them I didn't know if God was real, they suggested I ask Him to reveal Himself to me by requesting something only the two of us knew about. If my request were to be fulfilled, then I'd know He was real. I wanted to get high so bad during the week leading up to June 8 that I was about to sell my radio and headphones for dope. But that night I remembered what those men had said

so I began to pray. I asked God to free me of the disease of addiction and to take those urges and cravings away from me; and if He'd do that, I would devote myself to Him and allow Him to work through me for the rest of my life. The next day I discovered my mother and brother-in-law had placed \$200 in my account, and the first thing I thought about was buying some food. I was supposed to buy some dope that day, but it never even crossed my mind! As I sat on my bunk, someone came up with some dope and asked, 'Do you want some?' and before I had the chance to think about it, I said, 'That stuff isn't any good for you, and you need to leave it alone.' He looked to me as if I was crazy, then said, 'Alright,' and walked away. That moment, I realized that God had revealed Himself to me in less than 24 hours. He took away something I'd been fighting my whole life. God was real! He'd forgiven me—the man who swore He wasn't real. What a loving, caring, merciful God. I surely didn't deserve it, but He has a plan for my life and wants to use my testimony to save lives."

Indeed, although Jabe didn't realize it at the time, the Lord has already used his testimony *right here in this magazine!* Thank you for making stories like this possible through your faithful prayers and financial support of 3ABN's ministry. ☺



Email: 3abnworld@3abn.org
Write: 3ABN WORLD MAGAZINE
PO BOX 220
West Frankfort IL 62896

BIBLES BEHIND BARS YOU CAN CHANGE A LIFE



We receive over 70 letters a day from inmates, and many of them thank us for the free materials we send. What joy their letters bring, and how grateful we are for your prayers and financial help that make it all possible.

A grateful inmate writes,

“Thank you from the bottom of my soul for the Bible you sent me. I have never had a nice Bible before, and I will treasure it always.”

Another says,

“Thank you for the Remnant Study Bible I received a little over a month ago. I absolutely love it, and I use it every morning during the time I spend with God.”

We received a deeply touching letter from another inmate, saying,

“I’m writing to express my deepest thanks, appreciation, gratitude, and respect to Three Angels Broadcasting Network for helping me receive my new Study Bible. It is a priceless gift to me and means more than I can say in words. My life has been filled with so much pain, loss, tragedy, abuse, and dysfunction. I’ve been so lost and hopeless. I never knew what love was, and I surely never knew the love of Jesus. I’m only learning by blind faith, getting saved, and by studying my Bible. I’m a mess...but my life is changing!”

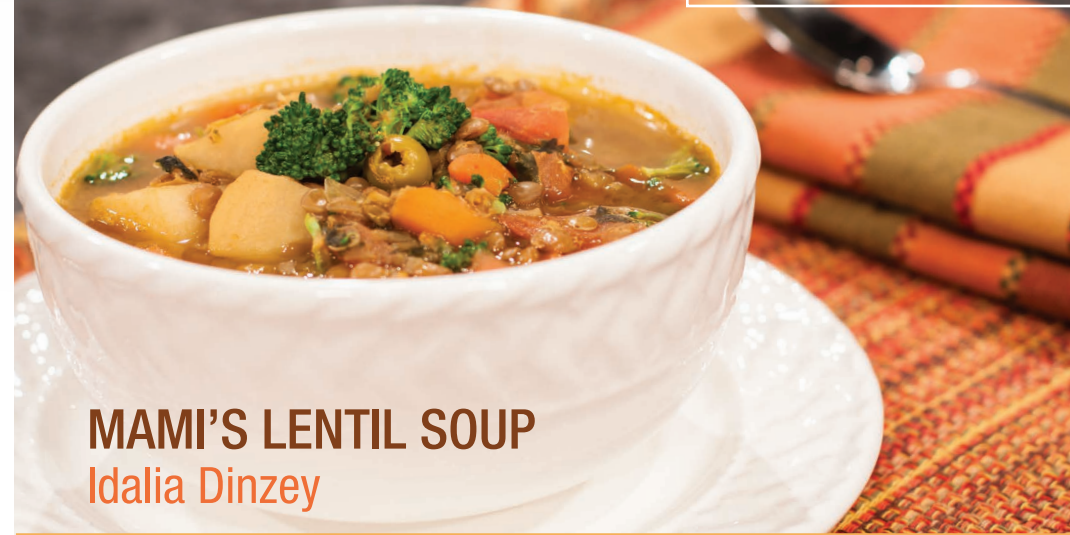
Each year we correspond with thousands of inmates and send out over 4,000 Study Bibles, along with many thousands of books and Bible study guides. Will you help us to continue sending them God’s Word? In doing so, we join Jesus Christ in healing the brokenhearted and setting the captives free! (Luke 4:18). Thank you, from the bottom of our hearts. ☺



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MAMI'S LENTIL SOUP

Idalia Dinzey

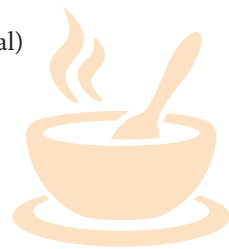
INGREDIENTS

- 12 cups water
- 1 pound uncooked lentils
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 3 carrots, peeled and chopped
- 1 large potato, peeled and diced
- 4 Roma tomatoes, seeded and chopped
- ¼ cup sofrito*
- 2 medium bay leaves
- 1½ tsp cumin
- 1 tsp oregano
- 1 Tbsp sazón or bouillon cube
- chopped cilantro, to taste
- olive oil, to taste
- green olives (optional)
- broccoli florets

DIRECTIONS

1. Bring water and lentils to a boil. Add remaining ingredients except broccoli, and simmer until lentils are tender.
2. Remove bay leaves. Add broccoli just before soup is done, cooking until tender.

*To make sofrito, combine cilantro, onion, garlic, culantro (sometimes called long-leafed coriander), red bell pepper, and green bell pepper in a food processor and purée until smooth. Extra sofrito can be frozen in ice cube trays and saved for later.



For more great recipes visit [3ABNRecipes.org](https://www.3ABNRecipes.org).

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