

November 2022

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3ABN WORLD MAGAZINE

THE REVELATION
OF JESUS CHRIST



Danny Shelton
*3ABN Founder &
Corporate Consultant*

Greg & Jill Morikone
*3ABN President and
3ABN Vice President/COO*

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KEEPING THE MESSAGE UNDILUTED

3ABN Celebrates 38 Years of Ministry



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MENDING broken people

The 3ABN Miracle Story



bit.ly/3ABNMiracleStory

Watch "Mending Broken People", an amazing three-hour documentary!



PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

The average weight of one raindrop is .001 ounces. That's less than the weight of a single eyelash—and it takes thousands of raindrops to make one gallon of water.

At 3ABN, we get numerous thunderstorms throughout the year, and many of them produce over an inch of rain. Scientists tell us that a single inch of rain amounts to over 27,000 gallons of water on just one acre of land.

Now consider that one gallon of water weighs about eight pounds, and if we do the math, just one inch of rain on one acre of land equals 216,000 pounds of water, or about 108 tons. That's close to the weight of a Boeing 757 airplane!

Just think, that massive weight is made up of tiny raindrops weighing less than an eyelash. Each raindrop is small, but when put together, look at the difference they make.

Thirty-eight years ago, a two-acre piece of property in Thompsonville, Illinois, was donated to 3ABN by a lady who heard how Danny Shelton was trying to build a Christian television station that would reach the world with the gospel. When satellite interference studies were done by Scientific Atlanta, they discovered that *this small piece of donated property was the only place for miles around where a satellite signal could uplink to the world.*

Praise God! What seems like a raindrop to us is not small to Him. Whether it is a prayer, a donation, a word of encouragement, a smile, or even a two-acre piece of property—whatever is dedicated and given to God will accomplish much.

Thank you for being the raindrops that have kept 3ABN going and growing for 38 years!

Greg Morikone
3ABN President





KEEPING THE MESSAGE UNDILUTED

Thoughts From Our Leaders on 3ABN's Anniversary

by Bobby Davis

As another year goes by, we're reminded of the clear impression Danny Shelton received from God in 1984 to "build a television station that would reach the world with the undiluted three angels' messages—one that would counteract the counterfeit." So we asked him what was on his heart this year.

"I'm so thankful for the 38 years of ministry the Lord has given us," Danny begins. "It's been wonderful to see how He has blessed so many around the world. Truthfully, I didn't completely understand what the 'undiluted' and 'counterfeit' parts meant back then, but I understand them much better now as I see what the devil's trying to do to God's Church.

"What's on my heart is that, as Christians, we must be very careful not to compromise the message in these changing times of inclusion, equality, and political correctness. I'm thankful to our 3ABN Board of Directors for sticking to the pillars of our faith and not turning left or right. The world needs truth, and we must guard the message God has given us even more carefully, because Satan has thrown in many counterfeits. His time is short, so he wants us to compromise the message.

"Greg and Jill Morikone were the right people to take over the administration of this ministry," Danny continues. "They are excellent leaders, and God is blessing and guiding them. If the Lord tarries, I won't be around forever, but I'm confident in Greg and Jill because they've dedicated their lives to the cause of God.

"We're thankful for all of you who join with us, and we ask you to pray for God's continued guidance of this ministry."

GOD GUIDES AND PROVIDES

3ABN President Greg Morikone says, "God continues to guide and provide for the ministry, thanks to you, our faithful supporters. Even with COVID, the opportunities for evangelism have just kept coming, and 3ABN keeps going forward by faith. It is so encouraging to hear of individuals around the world who find hope, comfort, and truth in the Bible-based messages we present."

3ABN Vice President and COO Jill Morikone agrees. "3ABN's mission has always been to present the undiluted three angels' messages of Revelation 14. But it's not because we're anybody special, and it's not about how that message is presented. The message itself has the power because

it comes straight from the Word of God! As long as we're faithfully sharing that message, the convicting power of the Holy Spirit will draw all men to Jesus.

"There's beautiful truth in the Word of God, and we have new methods to deliver it, like the 3ABN+ app, smartphones, smart TVs, Roku, and Internet streaming. We may even present it in shorter segments, but the message is always that Jesus saves! We believe in this message, and our workers, viewers, listeners, and donors each play an important part in spreading it to the world."

FUTURE PLANS AND CHALLENGES

When asked about future plans for 3ABN, Greg and Jill get very excited.

"This year, we launched a strong push in YouTube evangelism and saw major increases in subscriptions to our channels, in hours viewed, and in the amount of comments," Greg says. "Next year, we plan to put even more emphasis on this, along with targeted advertising campaigns on social media.

"We're excited about launching our new 3ABN Bible Questions website very soon, along with a new line of printed and online Bible study lessons; and we are thrilled with the *Focus on Truth* booklet series Danny Shelton is writing because they are powerful tools for evangelism!

"Of course, we'll continue producing fresh and relevant programming for the whole family, along with Bible prophecy and evangelistic series, testimonies, music, and programs for younger audiences.

"But perhaps the most exciting thing we're working on is making some of our

most popular series available in Chinese, Hindi, and Arabic, reaching a combined total of over 2.33 billion people who speak those languages! These programs will be closed captioned and the audio will be dubbed in those languages, too! Then they'll be made available on our 3ABN+ video on demand platform."

Greg and Jill say that they're grateful for Danny's unwavering faith and his steadfast commitment to the message. "In our meetings, you can see how excited he is about evangelism," Greg says. "As we face the chaos in our world, we have no need to fear, because we know God will lead us through it all, so long as we remain faithful to Him."

"As we look at all this, there are some real challenges," Jill says. "But we hold fast to the truth that anything we face is not too big for God! Challenges are just opportunities to go back to Him and spend more time in prayer and in His Word. He holds this ministry in the palm of His hand and we have nothing to fear.

"It's humbling to know that so many of you pray for our team every day. When we talk to you, we realize we're a great big family with a single mission—to spread the gospel to all the world. We want to thank all of our 3ABN viewers, listeners, and supporters for being part of our family!"

**"THE WORLD NEEDS TRUTH,
AND WE MUST GUARD THE
MESSAGE GOD HAS GIVEN US."**

The Three Angels' MESSAGES

IN SUMMARY

— AN EFFECTIVE EVANGELISTIC TOOL —

There was a need—and 3ABN founder Danny Shelton felt it strongly as he spoke with Pastor John Lomacang one day. “We are called Three Angels Broadcasting Network, John, and yet we don’t have a booklet on the three angels’ messages of Revelation 14! Can you write one?”

Accepting the challenge, Pastor Lomacang began earnestly praying for direction. “The three angels’ messages are the most potent message that Heaven has ever sent us,” he says. “They are messages of fearless urgency, because a coalition is being formed, intent on deciding the fate of Earth’s inhabitants. But not before God has something to say about the outcome!

“The real challenge faced was to place the idea before the readers that the three angels’ messages are given to wake us from our sleep, as well as explain the issues and the orchestrators of the final showdown between good and evil.”

Focal Points

“As I began writing this evangelistic booklet, the Lord impressed me with four focal points,” Pastor Lomacang continues. “First, the focus needed to be on the *urgency* of these messages. The Judgment Hour, the Fall of Babylon, and the warning against the Mark of the Beast—these are issues of extreme importance! Second, the booklet needed to bring *clarity*, since

so few really understand that eternal life is what hangs in the balance! Third, it needed to be *inclusive*, because these messages are meant for ‘...every nation, and kindred, and tongue, and people’ (Revelation 14:6). And finally, it had to focus on the *return of Jesus Christ*. If these messages were meant to prepare people, then what could be more important than to help them prepare for the Second Coming of Christ?”

Intentional

Pastor Lomacang faced many challenges during the six weeks it took to write *The Three Angels’ Messages in Summary*. “An evangelistic book this short shouldn’t take that long to write, but I wanted every word to be intentional,” he says.

“I purposely didn’t include anything about my life, because it’s not about me. It had to be written for those who are not biblically based, as well as for people from every denomination. These messages need to be assimilated quickly, so we kept it to 48 pages, and used the Bible alone so people could see the strong scriptural foundation. It needed to be completely Christ-centered, so time was taken to show how Jesus was our Redeemer who gave His life so we could be saved. The story of Creation and the Sabbath was brought to the forefront, and since Babylon is not a commonly used word anymore, that needed to be explained,

as well. Then, when it came to the very delicate topic of the Mark of the Beast, I realized that if people didn’t understand it, these messages would fall on deaf ears.

“Finally, I wrote about the real focus of Revelation—the culmination of the age-long battle between Christ and Satan over us—and how important it is to make a decision to join Christ on the winning side. I kept going back to God’s everlasting love, His eradication of sin, His provision of eternal life, and the fact that He’s been preparing a home for us is one of the most complete pictures of His love.

“There was a team of talented editors working with me, and I asked them what else I could add or exclude from the manuscript. Jesus should be lifted higher than anything else in this booklet, and I wanted to leave the reader feeling eager to learn more.”

Pastor Lomacang broke his finger shortly before going overseas. “There was a deadline,” he says, “but there I was with a cast on my right hand, typing with one finger in the jungles of New Guinea! Satan was trying to stop me, but praise God, the booklet came out just *two days* before our 3ABN Camp Meeting!”

Effective Evangelistic Tool

The response to this booklet has been overwhelmingly positive. “I heard from a Catholic lady who said someone gave her a booklet, and now she was ordering an entire box of 225 to give to her friends!” he says. “I’ve had pastors call and say that for the first time, they clearly understood the three angels’ messages. A retired evangelist shared that he’d been waiting for years for a booklet this size on the three angels’ messages, since all the others were books of many pages!

“We are living at the most pivotal hour in history,” he concludes. “Life or death hang in the balance for each of us, and we all must choose a side—either light or darkness. But the good news is that all we need is a perceptive heart, and His love will win us over.”

Three Angels Broadcasting Network has always focused on the urgent messages found in Revelation 14:6–12, and now we are thrilled to offer these inexpensive booklets to be passed out to friends, family, and strangers everywhere.

We hope you will seize this evangelistic opportunity to share the good news that Jesus is coming soon, and that we must be ready for the final showdown on this earth. Our Lord is sure to bless your evangelistic efforts to fill the Earth with His glory! ☼

THREE URGENT MESSAGES!

In the final showdown between good and evil, each of us must choose sides. The *Three Angels’ Messages in Summary* clearly outlines the call to worship the true God, abandon false forms of worship, and choose whom we will follow.

Join us in getting these urgent messages to the world!

- 48 pages
- Free shipping
- 225 booklets per case

CASE \$70.00 USD* (BTTAMC)

*Suggested donation. Offer good in U.S. only. For overseas shipping, please contact us for pricing.



NOVEMBER 2022 | 3ABN TV SCHEDULE

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



**Proclaiming the
three angels'
messages in
French!**

3ABN
Français
NETWORK

SUNDAY CENTRAL TIME	
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	Digital Disconnect CC
5:30	Evolution Impossible CC
6:00	Body & Spirit Aerobics CC
6:30	Amazing Facts with Doug Batchelor CC
7:00	Amazing Adventures CC 1hr
8:00	3ABN Today CC 1hr
9:00	Your Favorites By Request CC
9:30	Adventures in Missions CC
10:00	3ABN Sabbath School Panel CC 1hr
11:00	3ABN Worship Hour CC 1hr
12:00p	Live to Be Well CC
12:30	Timeless Healing Insights CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press / Creation Is! Science CC
3:00	3ABN Today LIVE ↻ 2hrs
5:00	The Carter Report CC 1hr
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Daniel CC
7:00	3ABN Sabbath School Panel CC 1hr
8:00	3ABN Today CC 1hr
9:00	Three Cosmic Messages: Earth's Final Conflict CC 1hr
10:00	Strategies for Strongholds 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

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope CC 1hr
3:00	3ABN Homecoming CC 1hr
4:00	Table Talk CC 1hr
5:00	His Words Are Life/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	Jesus My Light / Creation Crafts 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	3ABN 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 Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	ASAP Ministries CC
5:30	Your Favorites by Request CC
6:00	IIW Sabbath School CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today CC 1hr
9:00	Summer Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today CC 1hr
12:00a	The Carter Report CC 1hr
1:00	Mark Finley Presents CC 1hr

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	Mission TREK CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	New Perceptions CC 1hr
5:00	Salvation in Symbols & Signs - Revelation 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 ↻ 2hrs
10:00	Piano Praise CC
10:30	Adventures in Missions CC
11:00	Featured Ministries CC
11:30	Exalting His Word CC
12:00p	Revelation's Ancient Discoveries CC 1hr
1:00	Digital Disconnect CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Unshackled Purpose/Intimate Clarity CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	Kids X-Press / Bible Treasures CC
5:00	Evolution Impossible CC
5:30	The Incomparable Jesus CC
6:00	Mission 360 CC
6:30	Timeless Healing Insights CC
7:00	Secrets Unsealed Presents CC 1hr
8:00	3ABN Today CC 1hr
9:00	Behold the Lamb Presents CC 1hr
10:00	Amazing Facts with Doug Batchelor CC
10:30	The Creator Revealed CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Free Indeed CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Three Cosmic Messages: Earth's Final Conflict CC
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	HeartLift CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today CC 1hr
9:00	Grace Pipeline CC
9:30	Thunder in the Holy Land CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	3ABN Sabbath School Panel CC 1hr
6:00	Sanctuary, Salvation, & Our Savior CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	A Sharper Focus L 1hr
8:00	3ABN Today CC 1hr
9:00	Amazing Facts with Doug Batchelor CC
9:30	Digital Disconnect CC
10:00	It Is Written CC
10:30	Adventist World Radio CC
11:00	3ABN Today CC 1hr
12:00a	Billy Blackwood and Friends ↻ 1hr
1:00	Lineage CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC



**Homebound or alone?
We bring worship to your home!**

Scan the QR code with your smartphone to quickly donate to 3ABN with PayPal.



THURSDAY CENTRAL TIME

2:00a	Laymen Ministries CC
2:30	Maranatha Mission Stories CC
3:00	Revelation's Ancient Discoveries CC 1hr
4:00	The Carter Report CC 1hr
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Kids Camp Kitchen Fun CC
7:30	Tiny Tots Kitchen /Tiny Tots Worship CC
8:00	3ABN Today CC 1hr
9:00	ASI Conventions CC 1hr
10:00	From Sickness to Health CC
10:30	Mission Trek CC
11:00	God's Last Message to the World CC 1hr
12:00p	Ultimate Prescription CC
12:30	Multitude of Counselors CC
1:00	The Heavens Declare CC
1:30	Amazing Facts with Doug Batchelor CC
2:00	Body & Spirit CC
2:30	Country Wisdom CC
3:00	3ABN Today CC 1hr
4:00	Creation Crafts / Creation Is! Science CC
4:30	The Creation Case CC
5:00	3ABN Homecoming CC 1hr
6:00	The Carter Report CC 1hr
7:00	Bible Answers Live CC 1hr
8:00	3ABN Today LIVE 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Table Talk CC 1hr
1:00	3ABN Today LIVE 2hrs

FRIDAY CENTRAL TIME

3:00	Strategies for Strongholds CC
3:30	Live to Be Well
4:00	The Incomparable Jesus CC
4:30	Action 4 Life CC
5:00	Multitude of Counselors CC
5:30	Ultimate Prescription
6:00	Body & Spirit CC
6:30	Contending for the Faith CC
7:00	Amazing Adventures CC 1hr
8:00	3ABN Today CC 1hr
9:00	Optimize 4 Life CC 1hr
9:30	Cook:30
10:00	Secrets to Wellness CC
10:30	Life After Choice / Divine Design CC
11:00	Thompsonville Worship Hour CC 1hr
12:00p	Daniel All Access CC 1hr
1:00	Behold the Lamb Presents CC 1hr
2:00	Raw Questions Relevant Answers/Journeys CC
2:30	HeartLift CC
3:00	3ABN Today CC 1hr
4:00	A Day With the King CC
4:30	Sing Along / Jesus My Light CC
5:00	Featured Ministries CC
5:30	Your Favorites By Request CC
6:00	Jesus for Asia Now CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	3ABN Sabbath School Panel 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 / Pause to Pray CC
11:00	3ABN Today Family Worship CC 1hr
12:00a	ASI Conventions CC 1hr
1:00	Breath of Life CC
1:30	Thunder in the Holy Land CC

SATURDAY CENTRAL TIME

2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	Tiny Tots for Jesus CC
7:00	Sing Along / Bible Gems CC
7:30	IIW Sabbath School CC
8:00	3ABN Today CC 1hr
9:00	3ABN Sabbath School Panel CC 1hr
10:00	3ABN Worship Hour CC 1hr
11:00	Mark Finley Presents CC 1hr
12:00p	Bible Answers Live CC 1hr
1:00	New Perceptions CC 1hr
2:00	Kids Praise Too! CC
2:30	Adventist World Radio
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	Hope in Motion / Pause to Pray CC
5:00	Breath of Life CC
5:30	Authentic CC
6:00	Laymen Ministries CC
6:30	Unshackled Purpose/Journeys CC
7:00	Summer Camp Meeting 1hr CC
8:00	3ABN Today CC 1hr
9:00	White Horse Media
9:30	Salvation in Symbols and Signs - Daniel CC
10:00	Table Talk CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Anchors of Truth CC 1hr



Happy
THANKSGIVING

**IT'S A SPECIAL DAY OF
THANKSGIVING!**

A thankful heart opens our eyes to the blessings that continually surround us, so we invite you to spend some time with your 3ABN Family on this Thanksgiving holiday. We'll praise God for the many blessings He pours out from Heaven, and recall the many ways He has shown us His love!

Don't miss our special *3ABN Today Live*, Thanksgiving Day, November 24 at 8:00 a.m. and 8:00 p.m. **CENTRAL.**





Simply Humbled

Every day we are humbled to hear from 3ABN viewers and listeners around the world who express their thanks for our Christ-centered programs and the simple manner in which Bible truths are presented. Many of them say that their eyes have been opened to a loving Savior, while others tell how they've discovered the truth about God's Holy Sabbath. Still others have been led back to church after falling away for many years. In every case, we are grateful to play a small part in leading them back, or strengthening their relationship to Jesus.

Here are some of the many comments, emails, and letters we receive every week:

Answers From the Bible

Agnes writes, "I watch 3ABN from Kigali, Rwanda, and last March I discovered your sermons, your *3ABN Sabbath School Panel*, and the *3ABN Today Bible Questions & Answers* programs. I'm grateful for them all, and many thanks to the 3ABN Family for your presentations that are building me up spiritually."

Another online comment said, "I was so blessed by this week's [Sabbath School] lesson. I'd never understood Psalm 23 until this lesson explained it to me. I'd

lost sight of God being my Shepherd, and I was discouraged. But this lesson revived and restored my spiritual life, and I have started a new journey focused on Jesus, my Good Shepherd. No matter what I face, my Shepherd is with me. I will not fear!"

Ian, emailed us, saying, "What perfect timing! I woke up early on Sunday to study and what a joy it was to find that the *3ABN Sabbath School Panel* program, "Extreme Heat," had been uploaded! These lessons line up perfectly with my study! This is the benefit of having a panel of five key personnel from 3ABN present each day's lesson for me—a wonderful complement to the study of my daily lessons. Your individual presentations provide me with a broader, deeper spiritual perspective of each day's lesson. You are beacons of life! *Vinaka!* [Thank you, in Fijian]."

Marjorie writes to say that she misunderstood the State of the Dead for years—until she watched Pastor John Lomacang's sermon, "The Big Lie Preachers Tell You (And Where It Came From)." She says, "God be praised for His Word of truth! This has been an eye-opener of a program. I had been using unscriptural phrasing for years, and now my eyes have been opened and my understanding enlightened! I will

be more careful of the Scriptures when expressing condolences.... God's Word is truth, and the truth has set me free!"

Finding Their Way Back

Jerry commented on a recent *3ABN Today Bible Questions & Answers* program this way: "God bless 3ABN for your television ministry. I'm known in my church as 'the guy 3ABN brought into Adventism!' I love your programs, and this one is the best!"

Lenie emailed us, saying: "I was born into a Seventh-day Adventist family in the Philippines and was educated in Adventist institutions. However, when my family relocated to the city, I fell away from worshipping on the Sabbath. I got so deep into the world that I almost lost sight of the Sabbath and its meaning; but I was so empty that I knew I needed to turn back to God. Watching TV after work one day, I tuned into a station I really enjoyed. I didn't know it was 3ABN, but I heard sermons that captivated me, so I prayed for God to lead me back home. In 2016 I was re-baptized.... Thank you for using your talents for the glory of God. May He always bless your ministry!"

Pamela was led back to Christ in a similar way. She writes, "My grandparents were Seventh-day Adventists, but my parents chose to worship on Sunday. I believed in Jesus, but had lost my connection as an adult. I studied other religions, and knew I needed a good church. But after attending mega churches in California, I stopped going because all I heard was advertising instead of God's Word. I looked into Buddhism, but my upbringing and faith in Jesus were too strong. Then I joined a

Presbyterian church but left to care for my parents. One day, I was flipping channels and became engrossed in a documentary where the narrator talked about the Sabbath. I thought, *That's interesting. Is this religious?* Finally, I realized it was 3ABN, and that you shared the same message my grandparents believed in so long ago. By God's grace, I found a Bible study in an Adventist church, embraced the Sabbath, and made God the center of my life. I've been given a second chance, and as long as He remains my center, I know everything will work out."

And finally, there's Cynthia's story. She writes, "I would like to express my heartfelt appreciation to 3ABN for helping me to strengthen my walk with the Lord.

"I heard sermons that captivated me, so I prayed for God to lead me back home. In 2016 I was re-baptized...."

Although I was raised in a Seventh-day Adventist home, I took the Bible truths for granted. For years, I didn't know God or have a personal relationship with Him. But through the Holy Spirit and my pastor, my faith has been ignited and my walk with the Lord has been strengthened. The biggest blessing I receive is the weekly *3ABN Sabbath School Panel*. May God continue to bless 3ABN's ministry!"

What beautiful testimonies, and what miracles the Lord has brought about in their lives. We can't thank you enough for your prayers and the faithful financial support you give to this ministry, allowing us to continue proclaiming the three angels' messages of Revelation 14 to the whole world! ☺

Thank you, Thank you.

How can we ever express the gratitude we feel for each of you who faithfully support Three Angels Broadcasting Network with your prayers and financial gifts? We are overwhelmed by your generosity and your love for those who still don't know Jesus.



Here are some of the ways you've helped us minister in 2022:

3ABN Cuba - We can finally reach over 11.1 million people in Cuba with 3ABN Latino's Christ-centered programs on *El Paquete* (The Package), and baptism reports are pouring in!

D2D Hard Drives for Prisons - 3ABN Dare to Dream Network now provides prisons with hard drives containing 3,901 Christ-centered television programs that can easily be added to their TV lineup. Programs focusing on health, Bible prophecy, sexual purity, financial literacy, and victory in spite of incarceration bring hope and salvation through Jesus Christ!

A New Radio Station - WITM FM (Where the Word is In The Music) will soon be on the air as our first FM radio station carrying 3ABN Radio's Music Channel 24 hours a day!

Bibles & Literature for Prisons - Through your generosity, we've mailed nearly 8,500 Study Bibles and thousands of pieces of literature to prisoners across the country this year!

Focus on Truth Booklets - Danny Shelton's booklet, *The Truth About the Lord's Day*, is a marvelous evangelistic tool that asks: Whom will we serve? God or man?

3ABN Prayer Lines - We've answered thousands of viewers' and listeners' doctrinal questions, and brought them comfort by praying with them in their times of need.

New Studio B LED Wall - Your generosity now allows us to change backgrounds on our virtual sets almost instantly, saving set designers, carpenters, and lighting crews much time!

Redesigned Control Room B - An updated Control Room B now has better sound control and a more functional layout. What a blessing it has been for our crew!

3ABN Donation Center - Your donated items of value are converted into funds for this ministry and used entirely to further the preaching of the gospel throughout the world!

In this month of thanksgiving and celebration of another anniversary, we thank God for each of you who have shared so generously and lifted up 3ABN's ministry. God bless you!

CAN'T LIVE WITHOUT IT

by Risë Rafferty, M.S., RDN

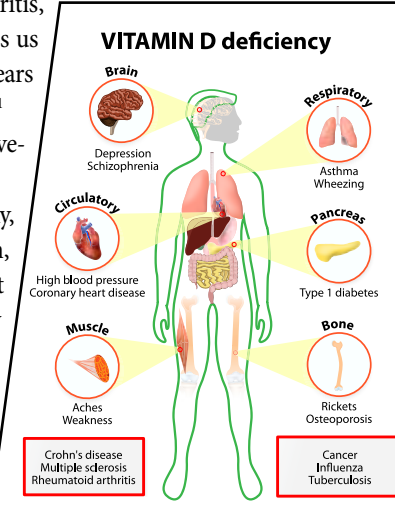
There is a nutrient that's been reported to slash our risk of developing at least 16 different types of cancer, including pancreatic, lung, ovarian, colorectal, and prostate cancers. It's essential for healthy immune function and decreases the risk of autoimmune diseases such as multiple sclerosis. It affects our blood pressure and reduces heart disease, stroke, and infectious diseases from influenza to tuberculosis. It improves mood, prevents dementia, depression, insomnia, muscle weakness, joint pain, fibromyalgia, osteoarthritis, rheumatoid arthritis, osteoporosis, and psoriasis. It helps us sleep better, age better, and is good for the gut. Plus, it "appears to be strongly associated with COVID-19 clinical severity."¹

Whew! Can you guess what this I-can-do-it-all, can't-live-without-me substance is?

Vitamin D plays an enormous role in keeping us healthy, yet vitamin D deficiency reportedly affects 1 billion men, women, and children worldwide. Some estimates say that 70 percent of Americans have vitamin D insufficiency (low enough levels to be associated with poor health outcomes). Approximately 40 percent of Americans are vitamin D deficient, and if we look at just our elderly population, 61 percent are vitamin D deficient. The skin of a person in their 70s produces roughly 25 percent of the vitamin D₃ produced by a person in their 20s.

Don't think this is just a North American problem, because it's not. In fact, 60 percent of the Saudi Arabian population reportedly has vitamin D deficiency, and over 80 percent of adults in Pakistan, India, and Bangladesh have insufficient levels. Other astounding reports assess insufficient vitamin D affecting 90 percent of people in Turkey and 67 percent in Iran. And guess what? If we're deficient in vitamin D, then we are more susceptible to all those conditions we just listed. We blame our disease and sickness on grandma or the virus, but what about vitamin D deficiency?

Here are a few tips: Supplement—especially if you are a nursing mother. Support optimal kidney, liver, and gut health, since these organs are critical in the synthesis of active vitamin D. Ensure magnesium sufficiency in your diet, or supplement, since all the enzymes needed to make active vitamin D in your body are magnesium dependent. And get some healthy sunshine!



1 Nimavat et al., "Vitamin D Deficiency and COVID-19: A Case-control Study at a Tertiary Care Hospital in India," *Annals of Medicine and Surgery* (2021)



“...Tell them what great things
the Lord has done for you...” Mark 5:19

3ABN'S 38TH ANNIVERSARY CELEBRATION!

November 10 at 8:00 p.m. CENTRAL



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