

February 2024

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3ABN WORLD MAGAZINE



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3ABN
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MAGAZINE
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PRESIDENT'S LETTER | Greg Morikone



Dear 3ABN Family,

The darkness of night seemed to envelope our car as the crooked mountain road twisted and turned before us. Rain and misty fog blanketed the road as the car headlights tried desperately to cut through the darkness of night. Peering through the rain-drenched windshield, I could barely see the painted lines along the edge of the highway.

The only guidance we had were the small reflectors glowing brightly along the edge of the wet pavement. Those reflectors were our waymarks—guiding us on our journey home that dark and stormy night.

And that reminded me of Jeremiah 31:21, which says, "Set thee up waymarks, make thee high heaps: set thine heart toward the highway, even the way which thou wentest: turn again, O virgin of Israel, turn again to these thy cities."

What are these waymarks for us as Christians? To me, they are the guideposts or marks that show us the way when the path becomes hard to discern—and the only true waymark for life is the Bible. This world is full of confusion: what day to worship on, what happens when we die, what gender a person is, and the list goes on and on.


The truth from 3ABN glows brightly in this dark, stormy world, where every wind of doctrine is now blowing. Because of your support, those waymarks are proclaimed twenty-four hours a day, seven days a week.

Thank you for helping the truth from the Word of God to shine!

Greg Morikone
3ABN President



Join us in Redlands, California

 **3ABN Rally**
FEBRUARY 3, 2024

LOMA LINDA INDONESIAN ADVENTIST CHURCH
10827 California Street
Redlands, CA



The Joy of the Journey

3ABN Radio turns 24!

by Bobby Davis

As 3ABN Radio celebrates 24 years of broadcasting, we see how God has sustained this important part of 3ABN's ministry and expanded it, as well!

"Our focus this year has been on content, and we've been adding fresh programs, recording additional episodes of existing series, and developing new programs, too," says 3ABN Radio Network Manager, Jay Christian. "Recently, we've added two programs from our Dare to Dream Network—*Imperative Life Lessons*, and *A Wolf in Sheep's Clothing*, and also *Evie's Treehouse*, a new program from Breath of Life Ministries. In addition, we've started posting programs on 3ABN+, so now you can listen to *Inside Steps to Christ* with Pastor Damon Snead and *The Heavens Declare* with Jim Burr on demand! We'll be adding more episodes, soon.

"Radio reaches us where we live and work," Jay notes. "So many people are looking for real answers to life's problems, and whether they're driving somewhere, commuting, or just listening to our Christian music in a waiting room, God's truth is reaching them through 3ABN Radio."

Memorable Moments



JAY

We asked Jay and his team to share some of their memorable moments while working for the Lord, and he didn't hesitate. "My favorite memories include the phone calls and

emails from listeners who picked up our very first broadcasts as soon as we went on satellite, back in February of 2000. People could only pick us up on their large C-band satellite dishes back then, but they loved what they heard and asked many questions. I'll never forget the thrill of knowing that the gospel was reaching farther than ever before!"



ANGELA

Angela Lomacang, a radio editor and host of 3ABN Radio's *Crossroads* series, says she never dreamed of getting involved in radio, but that she's convinced God had planned for it all along. "I love hearing from listeners who are blessed by our programs—people like the Australian man I met who said, 'I listen to you on our 3ABN Radio affiliate here in Australia, and I just wanted to meet you.' As he expressed his gratitude, we gave God all the glory, and it thrills me to know that somewhere throughout the day, someone's drawing closer to Jesus because of our efforts."



NIKKI

Nikki Anderson worked in our studios and with our affiliates for many years, and now does part time contract work for us. "I was blessed to join the 3ABN Radio team in the early days," she says. "And over the years, I've seen some big miracles like the building of a radio station in one month's time, several stations that broadcast much

farther than expected, and stations built by people who had a lot of faith but no money. I'm so grateful to have been a witness to all those, and many others."



JENNIFER

Jennifer Todd, 3ABN Radio's Administrative Assistant, says her favorite recent memory is of the day we received approval from the FCC for a full-power local station that became the first to broadcast our 3ABN Radio Music Channel. "With a potential audience of 105,000 souls, WITM FM 88.7 delivers a powerful message throughout southern Illinois through music and words of encouragement!" she says. "In addition, I've also enjoyed watching my radio team members as they discover the hidden gift the Lord gave them when they lend their voice to radio. The Lord has blessed us with so much voice talent and variety!"



DARA

Dara Badger is one of our radio editors who also works in 3ABN's TV Programming Department. "I love knowing that I'm working for the Lord," she says, "and I love starting every day with worship. We pray together, read and discuss a devotional passage, and share personal thoughts and needs. Worship is not a rushed 10 or 15 minutes. It's about starting our day with the Lord and praying for each other and for 3ABN's ministry."



MICHAEL

Michael Babb, 3ABN Radio's engineer, says he's always amazed how the Lord provides a solution to every problem, and how later, that experience becomes the key to solving other problems. "My most memorable

"In today's chaotic world, people are responding quickly to our message."

moments occur every day," he says, "as the Lord teaches me something new or uses me to help someone else."



C.J.

C. J. Lingle works part time as a radio editor and also works in our TV Production Department. He says his warmest memories include his first studio production this past year. "I absolutely loved helping with the recording of a new radio program called *Inside Steps to Christ*," he says. "It was really fun to learn the whole process and get hands-on experience setting up the recording and editing software, and keeping track of time during the recording session."

There's More to Do

"Whatever our position, we have much work to do for the Lord," Jay says. "And as time grows short, it's only going to get bigger and better. We are thrilled that the Federal Communications Commission (FCC) recently opened a new application window for Low Power FM Radio station construction permits; but we can't do this work without the support of our listeners. In today's chaotic world, people are responding quickly to our message because everything is falling into place and Bible prophecy is being fulfilled. Jesus is coming soon, and we love working for the Lord in radio!"

Yes, the Lord has given us much joy in this journey—but the best is yet to come! ☺



“I Heard it On the Radio”

God has many ways to reach His children and recently, we received such an amazing story from Pastor Steven Teal in Australia, that we just had to share it!

“I grew up in a close-knit family in the small town of Mullumbimby, New South Wales, on the east coast of Australia,” he says. “My grandmother was a devout Anglican and a praying woman, but my parents weren’t practicing Christians. So even though I attended a Presbyterian primary school, I was already drinking, playing football, and gambling by the time I graduated from high school. I believed in God, but didn’t have a relationship with Him. So when I lost my friend Brett in a drowning accident while saving his younger sister, I thought, *Brett was a good man. Why would God take him? There isn’t a God, and life is too short. I’ll live it up, work hard, and have the best of everything.*”

AN OLD BIBLE

Steven was very angry at God, and his drinking increased from weekends only to every night, after work. Six months later, he awoke after a night of drinking and watched a preacher on TV end his sermon with, “Get yourself into a Bible-based church and God will take you places.”

Steven thought that absurd. God certainly hadn’t done anything for him! But suddenly, he remembered the Bible his grandmother had given him when he was five. “I started reading it each night after work—sometimes for hours,” he says, “and it wasn’t long before the Holy Spirit impressed me to get healthy and fit again. So I stopped the drinking and smoking, which I’d used to escape the reality of life. I believe that was God preparing my brain to receive what He wanted me to hear.”

THE RADIO STATION

Steven continued reading his Bible and by May, he’d finished Revelation, although he puzzled over its meaning.

“Then, while driving my delivery truck through Lismore one day, my radio went dead in front of a local radio tower,” he says. “So I hit the scan button, and suddenly Kenneth Cox was on a 3ABN Radio station explaining the exact things in Revelation that I couldn’t understand! He put history and the Bible together, and I listened for weeks, tuning into that station everywhere I could get it. And when he spoke about the death and resurrection of Jesus, my heart broke and I gave Him my life—right there in my truck!”

“Later, I heard Pastor Cox speak about the Sabbath and thought, *Everyone knows you go to church on Sunday!* But for weeks, every program I heard seemed to be about that. Under heavy conviction from the Holy Spirit, I found a Seventh-day Adventist Church and spoke at length with Pastor Cranville Tooly. It was obvious that under the guidance of the Holy Spirit and the programs on 3ABN Radio, I’d learned every one of the church’s fundamental beliefs, so on June 10, 2010, I was baptized.”

THE MIRACLE

Immediately, Steven faced heavy faith challenges. “My decision to tithe was the last straw for my partner, and within six months, she left with two of my children. I was in debt for over \$230,000, so I tried to sort things out with the bank. But my parents had put up their home as a guarantee, and now they were told they would lose it unless they could come up with \$140,000! I prayed and fasted for two weeks, and a day before the deadline, the Lord spoke to me and said, ‘Your parents won’t lose their house.’ Crying, I rushed over to tell them, but my father thought I was crazy and my mother just cried as she packed her things. However, God had a plan.

“Six months prior, a man had moved in down the street. He’d gone fishing with my younger brother, who told him that due to my financial stupidity, our parents were about to lose their home over a \$140,000 debt. Then, *on the very day they would have to move out*, that man came over and said, ‘I’ve heard what’s going on, and that you’re losing your house. So here is a \$140,000 check!’”

What a miracle, and what a boost that was to Steven’s faith! In 2013, he met his wife Samantha, watched her study God’s



Top: Steve hugs his uncle Peter, and his father, Kelvin Teal, after baptizing them both on the same day!
Bottom: Steven and his volunteer crew do free clean up, painting, and home repairs in their community. Search our 3ABN+ app for interviews with Steven Teal!

Word, and be baptized. Now they have four children together, for a total of eight! “I became a Seventh-day Adventist pastor and minister at our Pottsville Church Plant and the Bray Park Seventh-day Adventist Church. I watched my mum be baptized, and even got to baptize my father, my uncle, and my older brother, myself! I am also privileged to serve on the board of a local Adventist College, work with Adventist Community Services, and our local Adventist Development and Relief Agency Op Shop. I have a passion to help those affected by drugs and alcohol, but my biggest passion is public evangelism, and someday, I’d love to do that fulltime! But until then, there are lots of people who need to know that Jesus is nearly here, so I’m all about mission. Jesus is coming soon!”

FEBRUARY 2024 | 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



TOGETHER, WE SHINE FOR JESUS!

Watch 3ABN Kids Network
 3ABNKids.tv

SUNDAY CENTRAL TIME	
2:00a	It's Coming CC 1hr
3:00	Featured Ministries CC
3:30	A Wolf in Sheep's Clothing CC
4:00	Thompsonville Worship Hour CC 1hr
5:00	Spotless CC 1hr
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	The Incredible Journey CC
12:30	Down to Earth CC
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit CC
2:30	Kids X-Press / Creation Isl Science CC
3:00	3ABN Today LIVE L 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	Amazing Facts with Doug Batchelor CC
9:30	Mission Revival / Recipes from Russia
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	Adventist World Radio CC
5:30	Cook:30 CC
6:00	Body & Spirit CC
6:30	When We Talk CC
7:00	Tiny Tots for Jesus CC
7:30	Jesus My Light / Creation Crafts CC
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Evolution Impossible CC
9:30	ASAP Ministries CC
10:00	Daniel All Access CC 1hr
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	Down to Earth CC
3:00	3ABN Today Bible Q & A CC 1hr
4:00	Kids Camp Kitchen Fun CC
4:30	Tiny Tots Kitchen/Tiny Tots Worship CC
5:00	Praise Him Now CC
5:30	IW Sabbath School CC
6:00	Spotless CC 1hr
7:00	Unlocking Bible Prophecy CC 1hr
8:00	3ABN Today Bible Q & A CC 1hr
9:00	Summer Camp Meeting CC 1hr
10:00	The Carter Report CC 1hr
11:00	3ABN Today Bible Q & A CC 1hr
12:00a	The Carter Report CC 1hr
1:00	Mark Finley Presents CC 1hr

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life CC
2:30	The Incredible Journey CC
3:00	Sanctuary, Salvation, & Our Savior CC
3:30	Authentic CC
4:00	Piano Praise CC 1hr
4:30	Adventures in Missions
5:00	Salvation in Symbols & Signs - Revelation CC
5:30	Child Impact Int./ Pause to Pray 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	It's Coming CC 1hr
11:00	Featured Ministries CC
11:30	When We Talk CC
12:00p	Mark Finley Presents CC 1hr
1:00	The Incomparable Jesus CC
1:30	Cook:30 CC
2:00	Body & Spirit CC
2:30	Mission Revival/Journeys CC
3:00	3ABN Today CC 1hr
4:00	Bible Gems / Bible Buzz CC
4:30	Kids X-Press / Bible Treasures CC
5:00	Unshackled Purpose/Intimate Clarity CC
5:30	Multitude of Counselors CC
6:00	Mission 360 CC
6:30	Imperative Life Lessons 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	Digital Disconnect CC
11:00	3ABN Today CC 1hr
12:00a	Featured Ministries CC
12:30	Jesus For Asia Now CC
1:00	Child Impact Int./ Journeys CC
1:30	The Creator Revealed CC

WEDNESDAY CENTRAL TIME	
2:00a	Kenneth Cox Ministries CC 1hr
3:00	Made For Health CC
3:30	Mission Revival / Recipes from Russia
4:00	Summer Camp Meeting CC 1hr
5:00	White Horse Media CC
5:30	Enjoy Healthy Eating CC
6:00	Body & Spirit CC
6:30	It Is Written CC
7:00	Amazing Facts with Doug Batchelor CC
7:30	It Is Written Canada CC
8:00	3ABN Today Cooking CC 1hr
9:00	Shelley Quinn Presents CC
9:30	Thunder in the Holy Land CC
10:00	3ABN Australia Homecoming CC 1hr
11:00	The Carter Report CC 1hr
12:00p	Celebrating Life in Recovery CC 1hr
1:00	Lineage CC
1:30	Abundant Living CC
2:00	Action 4 Life CC
2:30	Perfecting Me CC
3:00	3ABN Today Cooking CC 1hr
4:00	Sing Along / Bible Treasures CC
4:30	Kids Praise Too CC
5:00	3ABN Homecoming CC 1hr
6:00	When We Talk CC
6:30	Salvation in Symbols & Signs - Revelation CC
7:00	Made For Health 1hr
7:30	A Wolf in Sheep's Clothing CC
8:00	3ABN Today Cooking CC 1hr
9:00	It Is Written CC
9:30	3ABN Music Highlights CC
10:00	Love Me CC 1hr
11:00	3ABN Today Cooking CC 1hr
12:00a	Unlocking Bible Prophecy L 1hr
1:00	Digital Disconnect CC
1:30	Unshackled Purpose/Raw Questions Relevant Answers CC

The gospel goes everywhere with 3ABN Radio!

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



THURSDAY CENTRAL TIME

2:00a	Laymen Ministries CC
2:30	Maranatha Mission Stories CC
3:00	House Calls CC 1hr
4:00	The Carter Report CC 1hr
5:00	Discover CC 1hr
6:00	Body & Spirit Aerobics CC
6:30	Jesus for Asia Now CC
7:00	Kids Camp Kitchen Fun CC
7:30	Tiny Tots Kitchen /Tiny Tots Worship CC
8:00	3ABN Today CC 1hr
9:00	ASI Conventions CC 1hr
10:00	From Sickness to Health CC
10:30	Eternal Truths Matter CC
11:00	God's Last Message to the World CC 1hr
12:00p	Spotless CC 1hr
1:00	Ultimate Prescription CC
1:30	Amazing Facts with Doug Batchelor CC
2:00	Body & Spirit CC
2:30	Country Wisdom CC
3:00	3ABN Today CC 1hr
4:00	Creation Crafts / Creation Is! Science CC
4:30	The Creation Case CC
5:00	Sabbath School Panel CC 1hr
6:00	The Carter Report CC 1hr
7:00	Bible Answers Live CC 1hr
8:00	3ABN Today LIVE ⚡ 2hrs
10:00	Kenneth Cox Ministries CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Bible Answers Live CC 1hr
1:00	3ABN Today LIVE ⚡ 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	Evolution Impossible 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	Enjoy Healthy Eating CC
10:30	Life After Choice / Divine Design CC
11:00	Made For Health CC
11:30	Unshackled Purpose/Recipes from Russia
12:00p	Generation. Youth. Christ. 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	Authentic CC
5:30	Your Favorites By Request CC
6:00	Jesus for Asia Now CC
6:30	Child Impact Int. / Unshackled Purpose 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	Child Impact Int. / 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	Eternal Truths Matter CC

SATURDAY CENTRAL TIME

2:00a	Praise! CC
2:30	It Is Written CC
3:00	Daniel All Access CC 1hr
4:00	Revelation Now CC 1hr
5:00	Revelation Insights CC 1hr
6:00	Amazing Facts with Doug Batchelor CC
6:30	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	Pioneer Media CC 1hr
12:00p	Summer Campmeeting CC 1hr
1:00	3ABN Today Bible Q&A CC 1hr
2:00	Praise Him Now CC
2:30	Adventist World Radio
3:00	3ABN Today CC 1hr
4:00	Maranatha Mission Stories CC
4:30	3ABN Music Highlights CC
5:00	Breath of Life CC
5:30	Featured Ministries CC
6:00	Laymen Ministries CC
6:30	Salvation in Symbols and Signs CC
7:00	Secrets Unsealed Presents 1hr CC
8:00	3ABN Today CC 1hr
9:00	White Horse Media
9:30	Sanctuary, Salvation, & Our Savior CC
10:00	Mark Finley Presents CC 1hr
11:00	3ABN Today CC 1hr
12:00a	Discover CC 1hr
1:00	Secrets Unsealed Presents CC 1hr

Crossroads

On 3ABN Radio



Hosted by Angela Lomacang

Fascinating stories. Powerful testimonies. Amazing miracles. Changed lives. You'll find them all as you listen to *Crossroads on 3ABN Radio*.

Listen to how God sustained each person through the difficult times, mended their heart, and gave them hope, purpose, and mission.

Angela Lomacang hosts this inspiring program packed full of hope and the grace of God!

Listen to *Crossroads on 3ABN Radio*
SUNDAYS 12 Noon
WEDNESDAYS 9:00 a.m., 11:00 p.m.
SATURDAYS 7:00 p.m.
All Times Central

Or listen online at 3ABNRadio.org, or through our free 3ABN+ app!

We simply love reading your letters, emails, and comments about how God is blessing you through 3ABN programs. Here are just a few of the notes we've received:

Radio Blessings

Gina lives in Erie, Pennsylvania, and says that she loves listening to our 3ABN Radio Music Channel. She tells us that her father recently passed away, one of her sons is currently incarcerated, and another son was recently involved in a head-on collision. However, through it all, she has listened daily and has found the music on 3ABN Radio to be very soothing and peaceful.

Then there's **Tammy** in Illinois, who writes, "I love 3ABN Radio! I've been listening for two years, and just found a local church in my area where I'll be baptized!"

Dan sent us a note saying, "Just wanted you to know how much I appreciate 3ABN Radio! We play it in our office for background music, and I am continually reminded how much I enjoy the selections. Please give whoever prepares the playlist my appreciation!"

And **Charles**, an inmate in Indiana, writes, "I have few opportunities in the day to hear God's Word, but your broadcasts instantly bring me closer to Him! One of my two jobs is to be a suicide watch companion at night, where I sit with guys who struggle with thoughts of suicide. So in the quiet of my four-hour shift, I turn on 3ABN Radio and soak in God's message!"

Worship Hour Blessings

After watching Jill Morikone's *Worship Hour* sermon called, "What is the Power of Praise?" a viewer writes: "After withstanding verbal aggression from someone



today, I was feeling emotionally sore and vulnerable. I prayed, but wasn't in the right mindset, so the feeling didn't lift. I asked for forgiveness and to forgive the other person, but I still felt sad. So I told God I was going to watch a sermon to help my mind. Your *Worship Hour* jumped out to me, and I'm so glad it did. I needed this so badly, and it lifted me completely out of pain and distress. Praise the Lord for speaking through you."

Another viewer watched a sermon called, "The Last-Day Movement is a Satanic Diversion" with Pastor John Lomacang, and writes, "Thank you, Pastor, for giving me an understanding of the difference between worshipping on Saturday versus Sunday. I pray the Lord continues to help me to worship Him through this tough time in my life. I've experienced difficulties throughout my life, and have kept telling God my troubles. But thanks to online resources, the Bible truths help me keep my head up, smile, be happy, and laugh with my children and grandchildren. May God continue to bless you."

A 3ABN *Worship Hour* sermon called, "Does God Care What You Do with Your

"I needed this **so badly**, and it **lifted** me **completely out** of pain and distress. **Praise the Lord** for speaking through you."

Body?" by Pastor David Shin, brought this comment: "I can't praise God enough for the Internet. This is the first time I've heard where the doctrine of the soul and body comes from. It's time for people to understand this deep truth, for there are so many lies about the immortality of the soul out there. There are a lot of people who will be deceived if they don't understand the truth..."

Blessed in Many Ways

So many of our viewers and listeners express their gratitude for the blessings they receive by watching and listening to 3ABN.

Josette, from Nanuet, New York, is 83 years young and says, "I am writing to thank you for *Pause to Pray* [on 3ABN Praise Him Music Network]. I've recorded the group of prayers for the elderly, and I play them back with my morning prayer. Your program is an extra blessing to me."

Monica watched *Mending Broken People: The 3ABN Miracle Story*, and says, "As if watching this entire video was not enough to make me cry, laugh, and glorify God, reading all the comments about how people came to know the truth through 3ABN has just been the greatest blessing of my walk of faith. God is on the move! God bless 3ABN."

And **David** writes, "I'm so thankful *Salvation in Symbols and Signs* videos are

free for viewing on YouTube. I've learned so much. I knew some of it already, but the details you have brought out have greatly helped my understanding. I always feel blessed when I feed on God's Word from this channel. Please pray that I will stand firm for the truth of God in the midst of the storms in this world, and that my employers will give me Sabbaths off so I can worship our Lord Jesus in spirit and truth."

God is using 3ABN programs in a mighty way. Have you watched something on our 3ABN+ app that blessed you? Then why not share a link with someone? It *could* save a life—for eternity! ☺



Bringing In the Love of Jesus



PHOTO: SVETLANA CHRISTIAN

Our Lord Jesus was clear about His mission when He spoke in the synagogue, referencing Isaiah 61, and saying, “The Spirit of the Lord is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed; to proclaim the acceptable year of the Lord” (Luke 4:18–19).

Today, we continue proclaiming freedom through Jesus for those who are perhaps some of the most desperate—those who live behind bars, abandoned by their families, stripped of all their freedoms, and despised by society. At their lowest point they cry out to God, and what a privilege it is to bring them the hope of salvation!

Dolores Taylor* leads our 3ABN Prison Ministries team, responding to the thousands of letters and requests we receive for Study Bibles, study guides, and literature, as well as answering their Bible questions and offering encouragement and hope. “The Bible tells us that when we visit people in prison, we are ministering to Jesus,” she says. “While we may not be able to go to the prisoners in person, they tell us how much they appreciate our correspondence and the Christian material we send to help them grow in their walk with Jesus. At times, while reading their letters, we stop in awe and wonder as we see how God has used us to bring the love of Jesus to these men and women.”

J. D. Quinn, 3ABN’s Pastoral Ministries Manager, says, “Our 3ABN Prison Ministries Team strives to bring Jesus’ love to those who are incarcerated. Through the years, we’ve realized how many of them have aching hearts that really long to know their Creator God.

“I am reminded of John 17:3 that says, ‘And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.’ We help by gifting many with their first Bible, by providing excellent Bible Study Guides for their learning, and by supplying Christian literature that serves to develop their spiritual maturity. Our Prison Ministries workers have a heart to help those behind bars to experience the love of Jesus. What a blessing it is to work with them!”

Please pray and ask the Lord what He would have you do to bring the love of Jesus into the prisons to heal the brokenhearted.

*A pseudonym.

THE *Hope* MOLECULE

By Rise Rafferty, M.S., RDN



If you knew that your muscle mass, when engaged in exercise, was an internal pharmacy dispensing medicine into your body, would you be more motivated to exercise? This medicine I am referring to is in the form of molecules produced by moving muscles, called *myokines*. From our muscles, myokines travel throughout our bodies.

Hundreds of myokines have been identified, and each of them contribute to our health in some way. Some myokines convert white fat into brown fat that burns up extra calories as heat, which is great for weight loss. Other myokines are anti-inflammatory. There are myokines that travel to the brain, cross the blood brain barrier, and function as anti-depressants. In the brain, myokines reduce stress, anxiety, and even neurodegenerative diseases like Alzheimer’s. Myokines pass through the blood brain barrier and literally become molecules of hope. They also treat high blood sugar by increasing blood glucose uptake and reducing insulin resistance. Myokines have the potential to treat all kinds of health conditions and diseases, such as diabetes, cardiovascular disease, and cancers.

Aerobic exercise produces certain myokines, while muscle-strengthening resistance exercise produces other kinds. Research has found that resistance training, in particular, powerfully stimulates myokine release. But sadly, we don’t avail ourselves of myokine medicine enough. Approximately 75 percent of adults over 65 do not engage in even the minimum amount of physical activity required to stay healthy, and this has profound effects upon our myokine production and health.

We go to the doctor when something is going wrong with brain or body and say, “Doc, please give me some medicine for this.” But, what if we started looking at our muscles as our very own pharmacy, equipped with natural, no side-effect, powerful medicines that are dispensed whenever we make the decision to exercise?



Be sure to earmark your donation
#436 - Prison Ministries

Join us in Redlands, California

 **3ABN** *Rally*

FEBRUARY 3, 2024

Please note that this event will not be broadcast



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