



New Kenneth Cox series

## **Practical Godliness**

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On the Road Production

## ***New Up Close Series***

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God's Reassurance

## **Fear of Heights**

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Led by the Spirit

## **God Opens Windows**

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A portrait of Pastor Kenneth Cox, an older man with grey hair, wearing a dark suit, white shirt, and patterned tie. He is smiling and pointing towards the viewer with his right hand.

**Pastor Kenneth Cox**  
New 3ABN evangelistic series  
May 13–22, 2005

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## WELCOME

**H**appy New Year! In this edition of *3ABN World* you'll find great news about a new evangelistic series with Evangelist Kenneth Cox (p. 6), as well as our brand new *Up Close* series which debuts this month (p. 8). You'll be thrilled to see how God changed the lives of the Vandal family from Massachusetts, too (p. 14). We've got articles about "Ants and the Sugar Bowl" (p. 17), a devotional on "The Fear of Heights" (p. 9) and even an exercise article from Dick Nunez of *Body & Spirit* (p. 30). It's all right here along with letters, preview guides, and more in this month's edition of *3ABN World*. And don't forget to share it with a friend!



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<b>Managing Editor</b>	Bobby Davis
<b>Executive Editor</b>	Mollie Steenson
<b>Design and Layout</b>	Michael Prewitt
<b>Photographer</b>	Kenton Rogers
<b>Proofreaders</b>	Barbara Nolen Debbie Otterson Grace Yost

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We would love to hear your feedback about 3ABN and *3ABN World*. We would especially enjoy learning how 3ABN has blessed you and your family or community. Please write to:

3ABN World  
PO Box 220  
West Frankfort, IL 62896-0220  
E-mail: [worldmagazine@3abn.org](mailto:worldmagazine@3abn.org)  
Website: [www.3abn.org](http://www.3abn.org)

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# FROM THE PRESIDENT

“Peace I leave with you. . .”

Dear Family,

Happy New Year! And, for 2005, my prayer for you is that “the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”

I think most of us enjoy the closing out of the old year with anticipation of what God will do in the next. Last year brought such phenomenal growth at 3ABN that we are still adjusting to all the new demands. How exciting! And now we have equally high expectations for 2005.

With all the growth, travel demands, phone calls, and e-mails by the thousands each month, I have to make sure that God’s peace is keeping my heart and mind as I trust in Him to lead at 3ABN. He tells us in John 14:27, “Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.” He also tell us, “Great peace have they which love Thy law and nothing shall offend them.” (Psalm 119:165.) Wow! Have I ever needed these scriptures this past year.

So, let the new year begin! And may we all take great encouragement knowing that Jesus has already made provision for every one of our needs for 2005 — even our peace.

Love,



**May we all take great encouragement knowing that Jesus has already made provision for every one of our needs for 2005 — even our peace.**



*Danny Shelton is the president and founder of 3ABN.*

## *Have you been blessed?*

Have you been blessed by 3ABN? Or have you come to know the Lord Jesus Christ by watching or listening? We'd love to know!

Your testimony can make a difference in our readers' lives, so why not sit down and drop us a line? You can write to us at: 3ABN World, PO Box 220, West Frankfort, IL 62896. E-mail us at: [worldmagazine@3abn.org](mailto:worldmagazine@3abn.org)

### **DOMINICA**

"Blessings on all who work at 3ABN, and I trust that our Almighty Father will pour more and more favors on your TV station. Whenever I am at home I am tuned in and stay glued to your network. You have graciously provided the spiritual, healthy, and daily food I need to survive these perilous times."

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### **OKLAHOMA**

"A personal note from me to let you know what 3ABN has meant to me. I was 47 years old, had a good job, a home in the country, and two beautiful grandchildren only three or four hundred yards away. Yet I kept my head from swelling with pride by poisoning

my system most weekends with alcohol. . . . I knew that I needed to break this habit, *again*, because I overheard my 6-year-old grandson telling his 3-year-old little sister that evening to be quiet because Pawpaw was drunk again. I had visions of them growing older and being too ashamed to bring their friends home, so I got on my knees and poured my heart out to God and asked Him to take the desire to drink away. Then I asked Him to guide me into a stronger relationship with Him so I could someday hear my grandchildren telling their friends and teachers that 'My Pawpaw takes us to church.' I went over to the TV to a new channel that I'd started receiving a few days earlier when I'd put up a taller antenna. One of the first things I heard was, 'If you're out there looking at this on the TV, get your Bible out and study along,' because I was there by divine appointment. I began keeping this appointment with 3ABN. They suggested that I find a local Seventh-day Adventist

church and visit, which I did on January 1, 2000. I was baptized in April of that year, and have been the head deacon for the past three years. My son and his wife were both baptized, and of course, now my grandchildren go with me to church all the time.”

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**REDLAND BAY, QUEENSLAND,  
AUSTRALIA**

“It is Sabbath and my wife and I have been watching the really beautiful truth-filled programs for the last two hours or so. You see, we have just had the Optus B-3 satellite dish for two days, and we just love it. Thank you immensely! May God bless you all in your gospel ministry.”

---

**HANNOVER, GERMANY**

“Praise the Lord Jesus for your wonderful programs! The help and comfort you have provided to my whole family is enormous. My three grown-up daughters, all of whom turned their backs to the church, are slowly but surely starting to trust our Redeemer and Savior again. As a mother

and a grandmother, I thank the Lord Jesus every day for the miracles I am allowed to experience through Him. This is my 63rd birthday and after praying tens of years for my family, I would like to encourage every parent to do that, too. Jesus hears, loves, and lifts up the broken spirits. Thank you, Jesus!”

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**VIA E-MAIL**

“Dear sirs, I am, for all intents and purpose, the owner and captain of a vessel located in Monterey Bay, California. I am watching 3ABN live and I want you to know that your teachings have reached this man. For twelve years I searched long and far. My travels were great, but I never heard or met or saw one Seventh-day Adventist person or church. I hadn’t even heard that name. My search is over. I am now at peace. I know the truth and I thank you for reaching me. Thank you for teaching me how to read the Bible. You have saved my life.”

Thank you for  
your comments,  
suggestions, prayers,  
and financial support  
as we seek to reach  
the world for Jesus  
Christ!

Letters and other  
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# FEATURE

New May series with **Kenneth Cox:**

## Practical GODLINESS

**“I believe that we’re living in the last days. I believe that Christians everywhere need to know how to live day by day in preparation for Christ’s soon coming.”**

**P**astor Kenneth Cox didn’t hesitate when asked why he is planning a new evangelistic series in cooperation with 3ABN

this year on “Practical Godliness.”

This international evangelist, who has traveled throughout the world in full-time evangelism work since 1970, spoke with a sense of urgency.

“I believe that we’re living in the last days. I believe that Christians everywhere need to know how to live day by day in preparation for Christ’s soon coming.”

He says that after preaching hundreds of series on every

continent from Africa to Australia, and from Europe to South America, he feels compelled to reach more hearts by following the counsel of Ellen G. White, an inspired prophet who wrote these words many years ago:

“Christ seldom attempted to prove that truth is truth. He illustrated truth in all its bearings, and then left His hearers free to accept or reject it, as they might choose. He did not force anyone to believe. In the Sermon on the Mount He instructed the people in practical godliness, distinctly outlining their duty. Ministers would reach more hearts if they would dwell more upon practical godliness. In every discourse fervent appeals should be made to the people to forsake their sins and turn



to Christ. Feeling from the heart the importance of the words he utters, the true minister is unable to repress his concern for the souls of those for whom he labors.”\*

Pastor Cox will cover many topics dealing with our relationship with Jesus Christ, how to conduct family worship, how to receive the Holy Spirit, and how to live a life based on Christian principles, among others.

Currently plans are well underway and the live broadcasts will be held May 13–22 at a location that will soon be announced. The series will consist of 12 meetings which will last one hour each, and will be broadcast live on 3ABN’s worldwide network of satellites, television stations, and cable outlets.

Pastor Cox has enlisted the help of his music team for this event, and it will feature music by Maddy Couperus, Pam and Jimmy Rhodes, Dona Klein, and Joe Pearles.

What an opportunity this is for all of us to draw closer to Jesus! Check out his web-



site for more information on this and other series, as well as his team members and even an online bookstore, at [kennethcoxministries.org](http://kennethcoxministries.org). And speaking of books, you won’t want to miss Kenneth Cox’s new book on Daniel, available now through his website or through your local Adventist Book Center store.

Please pray earnestly for the Holy Spirit to truly bring revival and reformation to His people all over the world! “Behold, I am coming quickly! Hold fast what you have, that no one may take your crown.” (Revelation 3:11.) ■

*Pastor Kenneth Cox has preached to millions through television since 1983. His new series called Practical Godliness will air May 13–22 “live” on 3ABN.*

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\*E. G. White, *The Voice In Speech and Song*, pages 97 and 344.

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

## 3ABN Launches New *Up Close* Series

*Up Close* air times:

Sun 3:00 a.m. CT

Wed 7:00 p.m. CT

Fri 1:00 p.m. CT

Sat 4:00 p.m. CT



*Up Close* was taped before a live audience in the Three Angels Seventh-day Adventist Church in Wichita, Kansas.



Claus Nybo is the producer of *Up Close* and Director of European Development.

**T**aped before a live audience, 3ABN's new *Up Close* series searches for answers to some of life's toughest questions. We go up close and see how people's

lives have been touched and changed by the power of God. The strength of these programs comes not so much from our expert guests as it does from the personal testimonies of people willing to share what they have been through. These experiences are not always easy to talk about, but they prove profoundly that no situation is too dark or hopeless for the Lord!

Our goal is to reach out to people who may not typically watch religious programming or go to church with a mes-

sage that says, "Hey, God cares about you!"

It has been wonderful to see the audience's response. One person in particular stands out in my mind. She came to a taping for a program called "Facing the Tough Times," and at the end she stood up spontaneously, with tears running down her cheeks, and said, "Everything in my life was going wrong, and I was ready to give up on it all when I noticed a letter I hadn't opened for days. It was an invitation to come to this program, and today I have gotten a new desire for life." Three months later she was baptized. Praise the Lord!

Pastor Jason Seiber, of the Urandale, Michigan, Seventh-day Adventist Church, believes that 3ABN is making a difference for those who came to the taping.

"The spotlights may be gone," he says, "but the glow lingers!" ■

by Claus Nybo



## Fear of Heights

**T**aping with the children on the *Tiny Tots for Jesus* set has been a rich spiritual experience for me. One day I was busy trying to keep six little children happy on the set — quite a challenge!

We had been talking about heaven when suddenly one little girl looked up at me and said, “Auntie Linda, I’m not going to heaven. . . .”

I tried not to show my surprise, “Why not, Jasmine?”

Her big brown eyes were full of concern.

“‘Cause I’m scared of heights!”

I put my arm around her and assured her that we would never be afraid of anything in heaven because that’s where Jesus lives. She smiled and hugged me back.

Are you feeling like you’re not going to heaven because you’re “scared of heights”? Jesus says “Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help

you, I will uphold you with My righteous right hand.” (Isaiah 41:10)

Whatever our mistakes, whatever our fears, with God’s help we can rise above them.

With Paul we can say, “This one thing I do, forget-

ting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.” (Philippians 3:13, 14.)

Let God lift you above your narrow horizon to fulfill His eternal vision for you!

(And don’t be afraid of heights — He will never let you fall!) ■

by Linda Johnson



Whatever our mistakes, whatever our fears, with God’s help we can rise above them.



Linda Johnson hosts *Tiny Tots for Jesus* and lives in Oxford, Wisconsin.

## Fifty-five Stations and Growing!

**O**ur 3ABN Radio Network team greets the New Year with excitement and with the sure anticipation that God will do great



*The 3ABN Radio team (L to R): Nikki Anderson, Jay Christian, Jim Morris, Angela Lomacang, Jon Bivin, Martha Weber, Michael Babb.*



*Jim Morris is the General Manager for 3ABN Radio.*

and marvelous things during 2005!

Last year 23 new affiliate stations were added to this ministry, and to date, we have 55 radio stations who are now spreading the three angels' messages via the airwaves to communities all over the globe. And of course 3ABN can be heard anywhere in the world via satellite, and on the Internet at [www.3abn.org](http://www.3abn.org). Each new radio station serves as a tool for local churches to reach their community in a fresh new way — and we have seen these churches grow in

both faith and numbers!

Each month we hear from listeners who call us with Bible questions, or with requests for more information on our health programs. Many of them tell us how they are being blessed by these stations, and call us for help in finding a church family. What a thrill it is to introduce them to their loving Savior Jesus Christ, and what an experience it is for the dedicated men and women who operate our low-power FM station affiliates to see the precious souls who walk through the church doors for the first time!

Please pray for 3ABN's radio ministry. Radio can reach where television can't.

With the help of our dedicated 3ABN Radio Network affiliates we can be "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.) ■

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by Jim Morris

## Reaching Latinos for Jesus

**T**he Bible says, “But this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before.” (Philippians 3:13.) Friends, a brand new year is here, and at 3ABN Latino we’re constantly looking for new ways to reach a wider and wider audience with the life-saving messages about Jesus Christ. We are currently signing contracts with hundreds of cable companies in Central and South America, as well as Europe, but we desperately need to have this done here in North America as well! Hispanics in the United States number 40 million, and are now the largest minority! These are people whose primary language is Spanish, and they need to hear about Jesus in their own native language.

I’d like to invite you to be a part of this year’s exciting project by joining us in requesting that 3ABN Latino be placed on your local cable company. Current cable subscribers will



not incur additional charges by requesting 3ABN Latino. All you need to do is write a letter to your local cable company and ask them to add 3ABN Latino to their lineup. With 3ABN Latino on cable, our Spanish-speaking brothers and sisters will be able to hear the gospel of Jesus Christ twenty four hours a day, seven days a week, in the comfort of their own homes. Please, won’t you write them today?

And from all of us here at the 3ABN Latino Network, we would like to wish you a Happy New Year! ■

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by Sandra Juárez

*The 3ABN Latino team (L to R): Sandra Juárez, Moses Primo, John Dinzey, Jorge Pillco, Hernando Cruz.*



*Sandra Juárez is the program director for 3ABN Television and the production manager for 3ABN Latino.*



## Queen Esther

Solve the crossword puzzle.  
Use NKJV Bible.

### Across

2. The king held this out to Queen Esther (Esther 8:4)
5. The one who the king "delighted to honor" rode on this (Esther 6:8)
6. The people Haman wanted dead (Esther 4:3)
8. Queen Esther's servant (Esther 4:5)
12. Esther's father (Esther 2:15)
14. The king's name (Esther 1:2)

### Down

1. What was written concerning the Jews (Esther 8:8)
3. One of the soldiers who plotted against the king (Esther 2:21)
4. The former queen before Esther (Esther 1:12)
5. The name of the man who wanted rid of Mordecai (Esther 3:5)
7. The king's citadel (Esther 1:2)
9. Who fasted with Queen Esther (Esther 4:16)
10. The queen's real name (Esther 2:7)
11. Esther's cousin (Esther 2:7)
13. What Esther asked the king to attend (Esther 5:4)

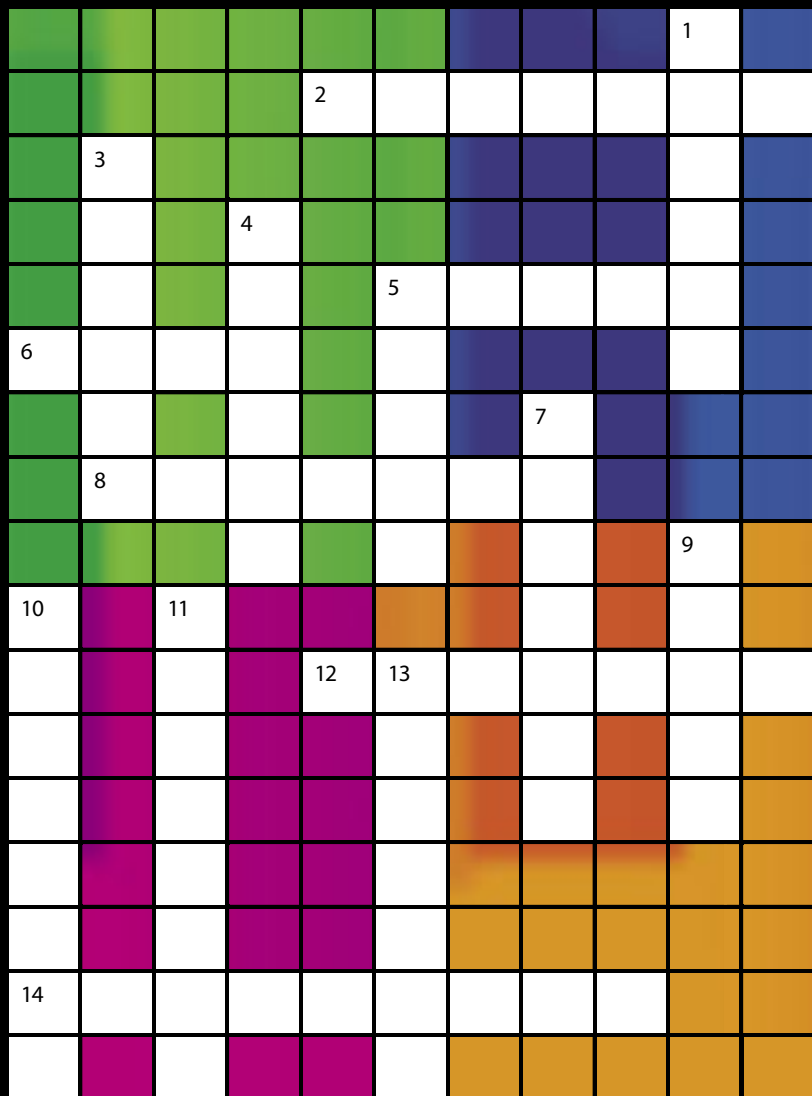
### Memory verse

Esther 4:16: "I will go to the king, which is against the law; and if I perish, I perish!"

**Hey kids!** Make a crown for your best friend, and tell them about the Kids Korner website!  
[www.3abn.org/go/kids/2005-01](http://www.3abn.org/go/kids/2005-01)



Tammy Larson is a jib camera operator and artist for 3ABN.



# GOD OPENS WINDOWS

**L**ittle did Paul and Elaine Vandal know where God was leading them when they decided to purchase a Dominion Sky Angel satellite dish package, in spite of their tight budget. They had decided to do this because they were concerned for what their four children were watching on TV. His growing family needs were increasing the financial pressure on Paul to the point of working very long hours, and although he had been an auto technician all his life, he began another business renting apartments.

Since they weren't allowed to put a dish outside their home, Paul and Elaine had set it up in front of a window

next to Elizabeth's bed. The signal came through the open window, but when night came somehow their picture disappeared. Finally they decided to shut the window and suddenly the picture appeared again! In this manner they continued to watch the Sky Angel channels for the next three years.

But all the pressures of work and worry led to a deterioration of Paul's health. In fact, he found himself so ill that he reached the point of requiring surgery for acid reflux disease. After the surgery the pain eased, but he was still taking lots of medications, and his weight had gone from 185 lbs. down to 120! Paul was so ill





*Paul and Elaine Vandal (at left, with their pastor John Lomacang and his wife Angela) found more than wholesome children's programming. They found a new life in Jesus Christ.*

that he had given up his business while still trying to find enough work to take care of his family. On one of his visits to his doctor he remarked in desperation that he needed to get better so he could be there to bring up his family. To this his doctor remarked, "The only people I have seen get better are the ones who have changed their diet."

On his way home, he was concerned about how Elaine would deal with this needed change in his diet. Imagine his surprise when Elaine told him she had been watching vegetarian cooking schools on 3ABN!

"But what are we going to eat?" Paul asked. "Vegetarians

don't have any substance to their meals."

Elaine reassured him, "I am sure I can do this," and in a couple of weeks they changed their diet completely! It turned out that Elaine was very good at adapting her recipes to the new eating plan, and in a short time Paul was completely off the medications and was gaining back weight. God had used their desire for wholesome children's programs as a starting point to improve even their physical health, and as Paul says, "I think the Lord had His hand over everything."

Elaine now began to carefully talk to Paul about some of the other programming on



*Berni Denslow and her husband Al travel extensively with our 3ABN production team as volunteers.*

*There was rejoicing in heaven as the Vandal family was baptized and began their new life!*



3ABN, such as the series by evangelists Kenneth Cox and Mark Finley. She was learning things that were very different from what they had both learned in Catholic schools and church.

Paul felt deceived. “If the Lord took time to write those Ten Commandments with His finger, there should be no church changing them!” Paul was now working again, but the high cost of living near Boston caused him to look at different areas of the country for lower-priced real estate. He had heard Danny talk about the little town of West Frankfort, Illinois, and the family took another step; this time buying a 27-foot trailer. Taking a month’s vacation, they came to 3ABN “just

to look around.” And God opened “windows” again. Today they live near 3ABN where they have had opportunity to keep on studying and learning God’s will for their lives. There was much rejoicing recently when Paul, Elaine, and their three oldest children were immersed in the baptismal waters. God has taken the precious Vandal family one step at a time to know Him more fully.

The Bible promises in Proverbs 3:6, “In all your ways acknowledge Him, and He will direct your paths.” (NKJV.) If we take the step in front of us, He will lead us to the next step, and open the windows of heaven! ■

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by Berni Denslow

## Ants and the Sugar Bowl

**I** recently watched some ants marching around my sugar bowl in a desperate drive get to the sugar inside. They refused to quit! The 3ABN Marketing Department, like the ants, is relentless in the pursuit of its goal to get 3ABN programming into every home.

There are many who live in our major cities who cannot use a satellite dish because of zoning restrictions, and who cannot watch 3ABN on cable yet. For them, the Internet may be the only way that they can receive 3ABN television or radio. For years, many people around the world have sent us e-mails, telling us that they watch 3ABN online. Multitudes could be watching 3ABN online today, if they only knew that they could go to our website at [www.3abn.org](http://www.3abn.org) and tune in! Their visits may open up new opportunities for us to get new requests into the local cable companies as well.

Many major cities sim-

ply do not have enough Seventh-day Adventists to create the demand necessary to get us on cable, so we're finding new ways to enlist the help of those outside of our churches. Instructions on how to send a cable programming request are available on 3ABN's website for those who like what they see and want us on their cable systems. Through this method we can multiply the effectiveness of your local campaigns!

So don't just march around the sugar bowl — call or write for great ideas on how to reach your neighbors and friends! Dare to be as relentless as the ants, and enjoy the sweet rewards. ■

by Matthew Andrew

**Don't just march around the sugar bowl — call or write for great ideas on how you can help reach your neighbors and friends!**



*Matthew Andrew is Field Marketing Director at 3ABN.*

# SCHEDULES

The following schedules provide a general overview of the weekly program lineup. **Programs in RED are changes from the previous month.** Some special events that may preempt the regularly scheduled programming are not included in the listings. Check out the “Programming” section of our website, [www.3abn.org](http://www.3abn.org), for more detailed weekly schedules and program changes.

United States Time Zones: PT = Pacific (UTC-8); MT = Mountain (UTC-7); CT = Central (UTC-6); ET = Eastern (UTC-5). During Daylight Saving Time (DST), all hours reflect DST hours. If you live where DST is not observed, you will need to subtract one hour from the times listed during months when DST is in effect.

## 3ABN Today Live

January 2005

Be sure to join us for *3ABN Today Live* with David Asscherick and Nathan Renner on January 13. It's your chance to call in your comments and questions, and you'll be blessed by their love for Jesus Christ!



David Asscherick

▼ Date	▼ Guest/Topic	Time: Thursday at 8:00 PM Central; repeat Friday at 1:00 AM Central
1/6	TBA	
1/13	David Asscherick and Nathan Renner	
1/20	Behind the Scenes at 3ABN	
1/27	Bible Questions LIVE	



The '04 Revival series with Pastor Doug Batchelor is now available through 3ABN!

<b>OFR VSET</b>	10 parts on 5 VHS tapes	\$ 99.00
<b>OFR DSET</b>	10 parts on 5 DVDs	119.00
<b>OFR ASET</b>	10 parts on 10 audio cassettes	49.00
<b>OFR CSET</b>	10 parts on 10 audio CDs	69.00

**Use the enclosed order form, or call 618-627-4651 to order.**

# 3ABN TELEVISION : JANUARY : SUNDAY

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Windows of Hope
12:30	1:30	2:30	3:30	Homeschool of Health
1:00a	2:00a	3:00a	4:00a	<b>Up Close</b>
1:30	2:30	3:30	4:30	<i>...continued</i>
2:00a	3:00a	4:00a	5:00a	The Revelation of Jesus Christ
2:30	3:30	4:30	5:30	<i>...continued</i>
3:00a	4:00a	5:00a	6:00a	3ABN On the Road
3:30	4:30	5:30	6:30	<i>...continued</i>
4:00a	5:00a	6:00a	7:00a	Marriage Matters
4:30	5:30	6:30	7:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Kids Time Praise
5:30	6:30	7:30	8:30	Janice's Attic
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	<i>...continued</i>
7:00a	8:00a	9:00a	10:00a	Digging Up the Past
7:30	8:30	9:30	10:30	Voice of Prophecy
8:00a	9:00a	10:00a	11:00a	Worship Hour
8:30	9:30	10:30	11:30	<i>...continued</i>
9:00a	10:00a	11:00a	<b>Noon</b>	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	<i>...continued</i>
10:00a	11:00a	<b>Noon</b>	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	World Prophecy News/Health Headlines
11:00a	<b>Noon</b>	1:00p	2:00p	Abundant Living
11:30	12:30	1:30	2:30	Left Behind: Fact or Fiction?
<b>Noon</b>	1:00p	2:00p	3:00p	Faith Chapel
12:30	1:30	2:30	3:30	Back to Nature/Rags to Riches
1:00p	2:00p	3:00p	4:00p	3ABN Today LIVE (repeat)
1:30	2:30	3:30	4:30	<i>...continued</i>
2:00p	3:00p	4:00p	5:00p	<i>...continued</i>
2:30	3:30	4:30	5:30	<i>...continued</i>
3:00p	4:00p	5:00p	6:00p	The Carter Report
3:30	4:30	5:30	6:30	<i>...continued</i>
4:00p	5:00p	6:00p	7:00p	Adventures in Missions
4:30	5:30	6:30	7:30	3ABN On the Road
5:00p	6:00p	7:00p	8:00p	<i>...continued</i>
5:30	6:30	7:30	8:30	Issues & Answers
6:00p	7:00p	8:00p	9:00p	Christian Concerns
6:30	7:30	8:30	9:30	Food for Thought
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	<i>...continued</i>
8:00p	9:00p	10:00p	11:00p	<b>Marriage Matters</b>
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	<b>Mon</b>	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	<i>...continued</i>
10:00p	11:00p	<b>Mon</b>	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Global Mission Frontline
11:00p	<b>Mon</b>	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	<i>...continued</i>

# 3ABN TELEVISION : JANUARY : **MONDAY**

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Tiny Tots for Jesus
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	Janice's Attic
1:30	2:30	3:30	4:30	Adventures in Missions
2:00a	3:00a	4:00a	5:00a	Amazing Discoveries
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Dynamics in the Science of Prayer
3:30	4:30	5:30	6:30	Thinking About Home
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	By My Spirit
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	House Calls (live)
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Left Behind: Fact or Fiction?
8:30	9:30	10:30	11:30	Food for Thought
9:00a	10:00a	11:00a	<b>Noon</b>	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	<b>Noon</b>	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	'04 Revival
11:00a	<b>Noon</b>	1:00p	2:00p	...continued
11:30	12:30	1:30	2:30	...continued
<b>Noon</b>	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Teen Pathways
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Janice's Attic
3:30	4:30	5:30	6:30	Faith Chapel
4:00p	5:00p	6:00p	7:00p	Laymen Ministries
4:30	5:30	6:30	7:30	Bible Answers
5:00p	6:00p	7:00p	8:00p	House Calls (repeat)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	Christian Concerns
6:30	7:30	8:30	9:30	Windows of Hope
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	The Carter Report
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	<b>Tue</b>	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	<b>Tue</b>	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Genesis to Revelation Seminar
11:00p	<b>Tue</b>	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued



# 3ABN TELEVISION : JANUARY : **TUESDAY**

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Kids Time Praise
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	By My Spirit
1:30	2:30	3:30	4:30	Westbrook Hospital
2:00a	3:00a	4:00a	5:00a	Revelation of Hope
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Homeschool of Health
3:30	4:30	5:30	6:30	Help Yourself to Health
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Christian Concerns
5:00a	6:00a	7:00a	8:00a	Abundant Living
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today LIVE (repeat)
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	...continued
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Rags to Riches/Health Headlines
8:30	9:30	10:30	11:30	Health for a Lifetime
9:00a	10:00a	11:00a	<b>Noon</b>	Revelation of Hope
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	<b>Noon</b>	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Christian Concerns
11:00a	<b>Noon</b>	1:00p	2:00p	Help Yourself to Health
11:30	12:30	1:30	2:30	His Words Are Life/Back to Nature
<b>Noon</b>	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Teen Pathways
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Kids Time Praise
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Wonderfully Made
3:30	4:30	5:30	6:30	Exalting His Word
4:00p	5:00p	6:00p	7:00p	Cooking by the Book
4:30	5:30	6:30	7:30	Lift Him Up
5:00p	6:00p	7:00p	8:00p	By My Spirit
5:30	6:30	7:30	8:30	Abundant Living
6:00p	7:00p	8:00p	9:00p	Help Yourself to Health
6:30	7:30	8:30	9:30	Global Mission Frontline
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Rags to Riches/Back to Nature
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	<b>Wed</b>	Revelation of Hope
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	<b>Wed</b>	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Lift Him Up
11:00p	<b>Wed</b>	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

# 3ABN TELEVISION : JANUARY : WEDNESDAY

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Tiny Tots for Jesus
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	Janice's Attic
1:30	2:30	3:30	4:30	Melody From My Heart
2:00a	3:00a	4:00a	5:00a	Amazing Discoveries
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Back to Nature/His Words Are Life
3:30	4:30	5:30	6:30	Teen Pathways
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Cooking by the Book
5:00a	6:00a	7:00a	8:00a	Marriage Matters
5:30	6:30	7:30	8:30	Laymen Ministries
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	What Is Jesus Doing Now?
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Adventures in Peace and Happiness
8:30	9:30	10:30	11:30	Voice of Prophecy
9:00a	10:00a	11:00a	Noon	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Christian Concerns
11:00a	Noon	1:00p	2:00p	3ABN On the Road
11:30	12:30	1:30	2:30	...continued
Noon	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Thinking About Home
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Janice's Attic
3:30	4:30	5:30	6:30	Teen Pathways
4:00p	5:00p	6:00p	7:00p	Adventures in Peace and Happiness
4:30	5:30	6:30	7:30	ASI Video Magazine
5:00p	6:00p	7:00p	8:00p	Up Close
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	It Is Written
6:30	7:30	8:30	9:30	World Prophecy News/Rags to Riches
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Everlasting Gospel
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Thu	Amazing Discoveries
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Thu	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Health for a Lifetime
11:00p	Thu	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

# 3ABN TELEVISION : JANUARY : THURSDAY

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Kids Time Praise
12:30	1:30	2:30	3:30	Kids Time
1:00a	2:00a	3:00a	4:00a	<b>What Is Jesus Doing Now?</b>
1:30	2:30	3:30	4:30	<i>...continued</i>
2:00a	3:00a	4:00a	5:00a	Revelation of Hope
2:30	3:30	4:30	5:30	<i>...continued</i>
3:00a	4:00a	5:00a	6:00a	Issues & Answers
3:30	4:30	5:30	6:30	Help Yourself to Health
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	'04 Revival
5:00a	6:00a	7:00a	8:00a	<i>...continued</i>
5:30	6:30	7:30	8:30	<i>...continued</i>
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	<i>...continued</i>
7:00a	8:00a	9:00a	10:00a	<b>Westbrook Hospital</b>
7:30	8:30	9:30	10:30	His Words Are Life/Health Headlines
8:00a	9:00a	10:00a	11:00a	Keepers of the Flame
8:30	9:30	10:30	11:30	Homeschool of Health
9:00a	10:00a	11:00a	<b>Noon</b>	Revelation of Hope
9:30	10:30	11:30	12:30	<i>...continued</i>
10:00a	11:00a	<b>Noon</b>	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Issues & Answers
11:00a	<b>Noon</b>	1:00p	2:00p	Lift Him Up
11:30	12:30	1:30	2:30	Wonderfully Made
<b>Noon</b>	1:00p	2:00p	3:00p	Body & Spirit
12:30	1:30	2:30	3:30	Food for Thought
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	<i>...continued</i>
2:00p	3:00p	4:00p	5:00p	Kids Time Praise
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Digging Up the Past
3:30	4:30	5:30	6:30	Health Headlines/Back to Nature
4:00p	5:00p	6:00p	7:00p	The Carter Report
4:30	5:30	6:30	7:30	<i>...continued</i>
5:00p	6:00p	7:00p	8:00p	Central Study Hour
5:30	6:30	7:30	8:30	<i>...continued</i>
6:00p	7:00p	8:00p	9:00p	3ABN Today LIVE
6:30	7:30	8:30	9:30	<i>...continued</i>
7:00p	8:00p	9:00p	10:00p	<i>...continued</i>
7:30	8:30	9:30	10:30	<i>...continued</i>
8:00p	9:00p	10:00p	11:00p	<b>What Is Jesus Doing Now?</b>
8:30	9:30	10:30	11:30	<i>...continued</i>
9:00p	10:00p	11:00p	<b>Fri</b>	Revelation of Hope
9:30	10:30	11:30	12:30	<i>...continued</i>
10:00p	11:00p	<b>Fri</b>	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Abundant Living
11:00p	<b>Fri</b>	1:00a	2:00a	3ABN Today LIVE (repeat)
11:30	12:30	1:30	2:30	<i>...continued</i>

# 3ABN TELEVISION : JANUARY : FRIDAY

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	3ABN Today LIVE (cont.)
12:30	1:30	2:30	3:30	...continued
1:00a	2:00a	3:00a	4:00a	Central Study Hour
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	The Revelation of Jesus Christ
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	3ABN On the Road
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Body & Spirit
4:30	5:30	6:30	7:30	Melody From My Heart
5:00a	6:00a	7:00a	8:00a	By My Spirit
5:30	6:30	7:30	8:30	Faith Chapel
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	Teen Pathways
7:30	8:30	9:30	10:30	Breath of Life
8:00a	9:00a	10:00a	11:00a	Adventures in Peace and Happiness
8:30	9:30	10:30	11:30	Genesis to Revelation Seminar
9:00a	10:00a	11:00a	<b>Noon</b>	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	<b>Noon</b>	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Christian Concerns
11:00a	<b>Noon</b>	1:00p	2:00p	<b>Up Close</b>
11:30	12:30	1:30	2:30	...continued
<b>Noon</b>	1:00p	2:00p	3:00p	Windows of Hope
12:30	1:30	2:30	3:30	Dynamics in the Science of Prayer
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	Tiny Tots for Jesus
2:30	3:30	4:30	5:30	Kids Time
3:00p	4:00p	5:00p	6:00p	Janice's Attic
3:30	4:30	5:30	6:30	Variety
4:00p	5:00p	6:00p	7:00p	Breath of Life
4:30	5:30	6:30	7:30	3ABN On the Road
5:00p	6:00p	7:00p	8:00p	...continued
5:30	6:30	7:30	8:30	Faith Chapel
6:00p	7:00p	8:00p	9:00p	It Is Written
6:30	7:30	8:30	9:30	Teen Pathways
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	By My Spirit
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	<b>Sat</b>	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	<b>Sat</b>	1:00a	Central Study Hour
10:30	11:30	12:30	1:30	...continued
11:00p	<b>Sat</b>	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

# 3ABN TELEVISION : JANUARY : SATURDAY

PT	MT	CT	ET	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Bible Answers
12:30	1:30	2:30	3:30	Breath of Life
1:00a	2:00a	3:00a	4:00a	Melody From My Heart
1:30	2:30	3:30	4:30	Issues & Answers
2:00a	3:00a	4:00a	5:00a	The Revelation of Jesus Christ
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	3ABN On the Road
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Exalting His Word
4:30	5:30	6:30	7:30	Faith Chapel
5:00a	6:00a	7:00a	8:00a	Tiny Tots for Jesus
5:30	6:30	7:30	8:30	Kids Time
6:00a	7:00a	8:00a	9:00a	3ABN Today
6:30	7:30	8:30	9:30	...continued
7:00a	8:00a	9:00a	10:00a	Central Study Hour
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	SDA Worship Hour
8:30	9:30	10:30	11:30	...continued
9:00a	10:00a	11:00a	<b>Noon</b>	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	<b>Noon</b>	1:00p	Melody From My Heart
10:30	11:30	12:30	1:30	Lift Him Up
11:00a	<b>Noon</b>	1:00p	2:00p	Global Mission Frontline
11:30	12:30	1:30	2:30	Exalting His Word
<b>Noon</b>	1:00p	2:00p	3:00p	Marriage Matters
12:30	1:30	2:30	3:30	Laymen Ministries
1:00p	2:00p	3:00p	4:00p	3ABN Today
1:30	2:30	3:30	4:30	...continued
2:00p	3:00p	4:00p	5:00p	<b>Up Close</b>
2:30	3:30	4:30	5:30	...continued
3:00p	4:00p	5:00p	6:00p	Kids Time Praise
3:30	4:30	5:30	6:30	Tiny Tots for Jesus
4:00p	5:00p	6:00p	7:00p	Kids Time
4:30	5:30	6:30	7:30	3ABN On the Road
5:00p	6:00p	7:00p	8:00p	...continued
5:30	6:30	7:30	8:30	His Words Are Life/Rags to Riches
6:00p	7:00p	8:00p	9:00p	It Is Written
6:30	7:30	8:30	9:30	Homeschool of Health
7:00p	8:00p	9:00p	10:00p	3ABN Today
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Wonderfully Made
8:30	9:30	10:30	11:30	Melody From My Heart
9:00p	10:00p	11:00p	<b>Sun</b>	The Revelation of Jesus Christ
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	<b>Sun</b>	1:00a	Christian Concerns
10:30	11:30	12:30	1:30	Bible Answers
11:00p	<b>Sun</b>	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued



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**C**heryl Swanson is a Licensed Clinical Social Worker and hosts *Your Family Health* on 3ABN Radio. Cheryl's loving, Christian advice on such topics as anger problems and depression in children, stress, caring for aging parents, and grief recovery makes this an interesting and enlightening program!

CT	SUNDAY
2:00a	Dimensions in Prophecy
2:30	...continued
3:00a	Thinking About Home
3:30	Genesis to Revelation Seminar
4:00a	Musical Meditations
4:30	...continued
5:00a	...continued
5:30	...continued
6:00a	Freedom's Ring/Abundant Living
6:30	Rags to Riches/Growing in Grace
7:00a	Your Story Hour
7:30	Bible Answers
8:00a	3ABN Today
8:30	...continued
9:00a	Doorways/The StoryHouse
9:30	Janice's Attic
10:00a	Sabbath School
10:30	...continued
11:00a	Worship Hour
11:30	...continued
<b>Noon</b>	Thinking About Home
12:30	Christian Concerns
1:00p	Dimensions in Prophecy
1:30	...continued
2:00p	Your Story Hour
2:30	Power Up for Life
3:00p	3ABN Today LIVE (repeat)
3:30	...continued
4:00p	...continued
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	...continued
6:30	...continued
7:00p	Genesis to Revelation Seminar
7:30	Rags to Riches/Growing in Grace
8:00p	3ABN Today
8:30	...continued
9:00p	Bible Answers LIVE
9:30	...continued
10:00p	Dimensions in Prophecy
10:30	...continued
11:00p	Endtime Insights/ <b>Your Health News</b>
11:30	Freedom's Ring/Abundant Living
<b>Mon</b>	Revelation Insights
12:30	...continued
1:00a	3ABN Today
1:30	...continued



CT	MONDAY	CT	TUESDAY
2:00a	Health for a Lifetime	2:00a	Bible Answers LIVE (repeat)
2:30	His Words Are Life/Endtime Insights	2:30	...continued
3:00a	Marriage Matters	3:00a	Marriage Matters
3:30	Profiles (new!)	3:30	Issues & Answers
4:00a	Musical Meditations	4:00a	Musical Meditations
4:30	...continued	4:30	...continued
5:00a	...continued	5:00a	...continued
5:30	...continued	5:30	...continued
6:00a	<b>Bible Answers</b>	6:00a	Help Yourself to Health
6:30	Christian Concerns	6:30	Freedom's Ring/Rags to Riches
7:00a	Your Family Health/Taste of Health	7:00a	Thinking About Home
7:30	Between the Lines	7:30	Between the Lines
8:00a	3ABN Today	8:00a	3ABN Today
8:30	...continued	8:30	...continued
9:00a	Crossroads on 3ABN Radio	9:00a	Crossroads on 3ABN Radio
9:30	...continued	9:30	...continued
10:00a	When God's People Pray	10:00a	Abundant Living/Growing in Grace
10:30	Homeschool of Health	10:30	Homeschool of Health
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
<b>Noon</b>	Your Story Hour	<b>Noon</b>	Your Story Hour
12:30	Marriage Matters	12:30	Marriage Matters
1:00p	Health for a Lifetime	1:00p	Melody From My Heart
1:30	His Words Are Life/Endtime Insights	1:30	By My Spirit
2:00p	Kids Time	2:00p	Kids Time
2:30	Issues & Answers	2:30	Issues & Answers
3:00p	Wonderfully Made	3:00p	Wonderfully Made
3:30	It Is Written	3:30	It Is Written
4:00p	Revelation Insights	4:00p	Revelation Insights
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	...continued	6:00p	...continued
6:30	...continued	6:30	...continued
7:00p	Between the Lines	7:00p	Between the Lines
7:30	Health Headlines/Doorways	7:30	Thinking About Home
8:00p	<b>Teen Pathways</b>	8:00p	Help Yourself to Health
8:30	Breath of Life	8:30	Lift Him Up
9:00p	3ABN Today	9:00p	3ABN Today
9:30	...continued	9:30	...continued
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	It Is Written	10:30	It Is Written
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
<b>Tue</b>	Revelation Insights	<b>Wed</b>	Revelation Insights
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

# 3ABN RADIO : JANUARY

CT	WEDNESDAY	CT	THURSDAY
2:00a	Health for a Lifetime	2:00a	Health for a Lifetime
2:30	His Words Are Life/Endtime Insights	2:30	His Words Are Life/Endtime Insights
3:00a	Marriage Matters	3:00a	Marriage Matters
3:30	Issues & Answers	3:30	Issues & Answers
4:00a	Musical Meditations	4:00a	Musical Meditations
4:30	...continued	4:30	...continued
5:00a	...continued	5:00a	...continued
5:30	...continued	5:30	...continued
6:00a	Help Yourself to Health	6:00a	<b>Bible Answers</b>
6:30	Christian Concerns	6:30	Doorways/Rags to Riches
7:00a	Your Family Health/Taste of Health	7:00a	Thinking About Home
7:30	Between the Lines	7:30	Between the Lines
8:00a	3ABN Today	8:00a	3ABN Today
8:30	...continued	8:30	...continued
9:00a	Crossroads on 3ABN Radio	9:00a	Crossroads on 3ABN Radio
9:30	...continued	9:30	...continued
10:00a	When God's People Pray	10:00a	Abundant Living/Growing in Grace
10:30	Homeschool of Health	10:30	Homeschool of Health
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
<b>Noon</b>	Your Story Hour	<b>Noon</b>	Your Story Hour
12:30	Marriage Matters	12:30	Marriage Matters
1:00p	Health for a Lifetime	1:00p	Melody From My Heart
1:30	His Words Are Life/Endtime Insights	1:30	By My Spirit
2:00p	Kids Time	2:00p	Kids Time
2:30	Issues & Answers	2:30	Issues & Answers
3:00p	Wonderfully Made	3:00p	Wonderfully Made
3:30	It Is Written	3:30	It Is Written
4:00p	Revelation Insights	4:00p	Revelation Insights
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	...continued	6:00p	...continued
6:30	...continued	6:30	...continued
7:00p	Between the Lines	7:00p	Between the Lines
7:30	Health Headlines/Freedom's Ring	7:30	Profiles (new!)
8:00p	Help Yourself to Health	8:00p	3ABN Today LIVE
8:30	<b>Genesis to Revelation Seminar</b>	8:30	...continued
9:00p	3ABN Today	9:00p	...continued
9:30	...continued	9:30	...continued
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	It Is Written	10:30	It Is Written
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
<b>Thu</b>	Revelation Insights	<b>Fri</b>	Revelation Insights
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today LIVE (repeat)
1:30	...continued	1:30	...continued

CT	FRIDAY	CT	SATURDAY
2:00a	3ABN Today LIVE (cont.)	2:00a	Dimensions in Prophecy
2:30	...continued	2:30	...continued
3:00a	Marriage Matters	3:00a	Thinking About Home
3:30	Issues & Answers	3:30	Genesis to Revelation Seminar
4:00a	Musical Meditations	4:00a	Musical Meditations
4:30	...continued	4:30	...continued
5:00a	...continued	5:00a	...continued
5:30	...continued	5:30	...continued
6:00a	Help Yourself to Health	6:00a	Rags to Riches/Growing in Grace
6:30	More Abundant Life	6:30	More Abundant Life
7:00a	Your Family Health/Taste of Health	7:00a	Your Story Hour
7:30	Between the Lines	7:30	Bible Answers
8:00a	3ABN Today	8:00a	3ABN Today
8:30	...continued	8:30	...continued
9:00a	Crossroads on 3ABN Radio	9:00a	Doorways/His Words Are Life
9:30	...continued	9:30	Janice's Attic
10:00a	When God's People Pray	10:00a	Sabbath School
10:30	Homeschool of Health	10:30	...continued
11:00a	3ABN On the Road	11:00a	Worship Hour
11:30	...continued	11:30	...continued
<b>Noon</b>	Your Story Hour	<b>Noon</b>	Thinking About Home
12:30	Marriage Matters	12:30	By My Spirit
1:00p	Health for a Lifetime	1:00p	3ABN On the Road
1:30	His Words Are Life/Endtime Insights	1:30	...continued
2:00p	Kids Time	2:00p	Melody From My Heart
2:30	Issues & Answers	2:30	A New Revelation
3:00p	Wonderfully Made	3:00p	Breath of Life
3:30	Lift Him Up	3:30	When God's People Pray
4:00p	Revelation Insights	4:00p	Dimensions in Prophecy
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	...continued	6:00p	...continued
6:30	...continued	6:30	...continued
7:00p	Between the Lines	7:00p	Genesis to Revelation Seminar
7:30	More Abundant Life	7:30	More Abundant Life
8:00p	Help Yourself to Health	8:00p	Bible Answers
8:30	Genesis to Revelation Seminar	8:30	Rags to Riches/Growing in Grace
9:00p	3ABN Today	9:00p	3ABN Today
9:30	...continued	9:30	...continued
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	Melody From My Heart	10:30	Power Up for Life
11:00p	Crossroads on 3ABN Radio	11:00p	When God's People Pray
11:30	...continued	11:30	By My Spirit
<b>Sat</b>	A Closer Look	<b>Sun</b>	A Closer Look
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

## You Can Feel Good!

**W**e've all heard (and probably used) the excuses: "I'm too tired," "I don't have time," "It's too hard," or even, "I am



too old!" We know we need to exercise, but the excuses and procrastination continue. Sadly, by the age of 65, only 10% of us have a regular exercise program.



Dick Nunez hosts *Body & Spirit* and is the Wellness Director for the Black Hills Health and Education Center in Hermosa, South Dakota.

[bhhec.org](http://bhhec.org)

That's why we developed the *Body & Spirit* program. We're trying to remove the excuses and set people free! I've received thousands of letters from around the world in the past four years that have expressed the changes our viewers have felt since they began this simple exercise program. Some are very dra-

matic, like the woman who had gone through surgery and physical therapy but was still experiencing severe pain in her back. She resigned herself to be on the couch or in bed for the rest of her life. When her husband installed a 3ABN satellite dish, the *Body & Spirit* program was of no interest to her at first, until she saw one on exercising the lower back. She followed along, and three weeks later she was pain free!

Many others talk of more strength, improved mobility in restricted joints, weight and inches lost, improved balance and stability, better posture, and an overall feeling of well-being. All that from a humble program that you can do in the privacy of your own home, and at your own pace. There's no expensive equipment to buy. Our bodies are "fearfully and wonderfully made." All it takes is a willing heart! ■

by Dick Nunez

## Hot Off the Press!

**P**acific Press has just announced that Kay Kuzma's much-awaited book about 3ABN's miracle story is now in stores!

"As I listened to the continuing miracles of what was happening at 3ABN," Kay says, "I felt compelled to write the story. Over a span of seven years I sat across from a desk piled high with letters and notes, and sometimes I typed on my laptop as fast (or almost as fast) as Danny could talk, as he shared what God had done for 3ABN." She continues, "Seldom does a person have the privilege of being a part of an on-going miracle that is so big, so incredible, so awe-inspiring that you are compelled to declare, 'God is alive!' This has been my privilege!"

To order Kay Kuzma's new book, call us toll-free at 800-752-3226 during regular business hours, or visit your local Adventist Book Center. ■

## Video of the Month

Your response to our Anniversary Special was tremendous! Thousands of you called in to tell us how much you enjoyed it! Now you can hear and see all the miracles on our 20th Anniversary Special, available on DVD or VHS for only \$20 postpaid. It's a great gift, and makes a great witnessing tool, too! Just call us and order your copy during regular business hours.



## Giving

**I**n addition to regular gifts to 3ABN's ministry, many of you have also helped us grow by arranging both immediate and deferred gifts of your assets.

Did you know that the best instrument for highly appreciated property such as real estate, stocks, and bonds is a Charitable Remainder Unitrust? With it you can avoid capital gains taxes on donated assets, receive attractive rates of interest, avoid probate expenses on donated assets, receive a large charitable deduction, and negotiate to receive either a fixed annual payout or a variable income.

Call our Stewardship and Trusts Services to find out how you can help 3ABN's worldwide ministry through Charitable Gift Annuities and Deferred Charitable Gift Annuities as well. And as always, thank you for your prayers and support!

### For more information:

Dr. Leonard Westphal  
Stewardship and Trust Services  
PO Box 7148  
Loma Linda, CA 92354

Office: 800-886-4800  
E-mail: [threeabntrust@verizon.net](mailto:threeabntrust@verizon.net)



Three Angels Broadcasting Network

PO Box 220

West Frankfort IL 62896

**618-627-4651**

*It's Here!*

Kay Kuzma's new book about 3ABN is now available! Call 800-752-3226 during regular business hours to order your copy!

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