

3abn.org

March 2009

3ABN WORLD



A candid interview

KENNETH COX:

What's On My Mind

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Kenneth Cox
Director/Speaker, Kenneth Cox Ministries

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He found truth, and it shows!

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Unwanted and poor, but God had a plan

Many Christians are filled with fear, and it seems everyone has a dark theory about what lies ahead. But should we be afraid? What should we be doing right now? You'll be fascinated by Kenneth Cox's candid comments. This beloved international evangelist has spent a lifetime studying the Scriptures, and his comments are both eye-opening and challenging.

So be of good cheer, God has said, "I will never leave you nor forsake you." Hebrews 13:5.

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Dear 3ABN Partner,

This magazine is sent to those of you that we hear from on a regular basis. We only send it to those we feel have an interest, and that contact us. It doesn't just go to those who give to this ministry—although they certainly receive it, and should. It also goes to those who cannot give but let us know they enjoy reading it and want our program guide each month. We feel 3ABN World is a very important tool for communicating with you, and for some of you it's our *only* way of reaching you.

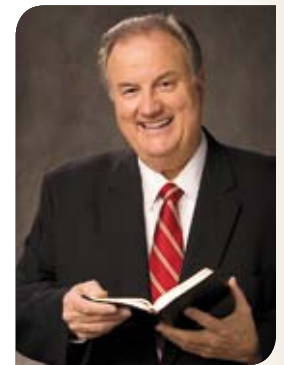
Recently we heard from a lady who is still very healthy, in her upper nineties, and who lives on a mountain in Oregon. She does not have electricity, and cannot receive 3ABN or any television, but she supports this ministry with a small monthly gift, all she can do. Of course she receives this magazine, reads it from cover to cover, and also writes to us on a regular basis. We really enjoy her letters, and not only read them, but also copy them and share them around the office because they are so positive and uplifting. She believes strongly in the messages of the three angels of Revelation 14, and in Jesus Christ, who gave John the Revelator the three angels vision for these last days.

We also receive letters of admonition, and even criticism, and we try to glean counsel from those to keep our ministry on the cutting edge. Either way, we enjoy hearing from you, and I assure you that your letters are read, and make an impact on us at 3ABN.

Why don't you take a pen and write us a note right now, before you forget. Tell us what's on your heart, and we will take it to heart. We would love to hear from you!

Keep on keeping on with Jesus,

We enjoy hearing from you, and I assure you that your letters are read, and make an impact on us at 3ABN.



Jim Gilley is
3ABN's president.

WRITE TO US!

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 3abnworld@3abn.org.

TEHACHAPI, CALIFORNIA:

"I had been saving some money to buy property out in the country. However, I have been impressed to give it to the Lord's work. I was not fully convinced

"Due to your programs coming on CNL satellite channel, I came to believe in God, and my life changed." —WALFRATSHAUSEN, GERMANY

until I realized the world's situation and that I must help now more than ever before. Later in life, I do not want to say, 'I wish I had done more.' I know that God will provide for me in the future. May many more souls be won by this small offering, and may God multiply it greatly!"

CAPE GIRARDEAU, MISSOURI:

"Over the years radio and TV ministries have been a source of learning and blessing to me, and

I have, in turn, supported them. 3ABN sends us truthful teachings, and I am so thankful I have found you. I can't believe I didn't find you on the air before now. I didn't even know about Seventh-day Adventists. I sold some property, and am sending you a portion.... May God bless you, and thank you for always being on the air."

CHICAGO, ILLINOIS:

"In 2007 I asked the Lord to allow me to help 3ABN finish the work.... By God's grace, the windows of heaven are open. May the Lord continue to bless the work that you do. Continue to let Him direct your path."

WALFRATSHAUSEN, GERMANY

[TO OUR 3ABN RUSSIA STAFF]:

"Dear *Face To Face* staff, due to your programs coming on CNL satellite channel, I came to believe in God, and my life changed. I am happy! Thank you very much! I will pray for you. Please send me your *New Life* Bible study courses as well as your bank information so I can support you financially."

YUCCA, ARIZONA:

"I pray Philippians 4:19 for you every day. I just hope we will wake up to the great possibilities available to us on 3ABN before it's too late. There are so many wonderful, inspiring programs on 3ABN. Recently I enjoyed

C.A. Murray interviewing Isaiah Duong [about Vietnamese house churches]. It was so incredible. I praise God for people like him. There are so many at 3ABN who are making a difference out here. Love to you all."

VIA E-MAIL:

"I am from the small island of St Lucia. However, presently I am studying in England. Every night at 11:00 p.m. I look forward to listening to *Musical Meditations* on 3ABN Radio. It is such an inspiration to me, and a source of comfort, since I'm so far away from home. You are now playing my favourite song, 'Trust His Heart.' I am disappointed when I don't hear this song ... and I really long to hear the words. It's so comforting. Thank you for your inspiring music."

GLENDALE, ARIZONA:

"My wife and I are so thankful the Lord Jesus has brought your TV programs to us. We have learned a tremendous amount of Good News from all of your pastors."

MINNEAPOLIS, MINNESOTA:

"I just want to thank you so much for being available to me. You'll never know how much you have blessed me with your truthful teachings. Thank you. You are in my prayers continually. I pray that God multiplies this small

gift. I pray for your continued ministry on TV. I have waited many years to find a place that holds to the true teachings of God's Word."

MONSON, MAINE:

"I have had back problems for years and found no real help, even with all the exercises suggested. Some friends gave us the 3ABN satellite system, and I faithfully have been doing the exercises with Dick Nunez. I am simply amazed at how much strength, mobility, and marked reduction in pain I have. I feel like I've been given a huge gift from Jesus, and a new lease on life. Please keep this program on the air! Thank you so much for blessing me and many others."

GRANTS PASS, OREGON:

"I am very thankful for 3ABN. After leaving the church for 40-some years, I found 3ABN. Thank you. I am back loving Jesus more and walking closer with Him. God is my loving Father."

ST. JOSEPH, MISSOURI:

"We have a new visitor who has been coming for about a month. He has been listening for a while to the 3ABN broadcasts on our low-power radio station, KLHM-LP 100.7 FM. He already wants to be baptized. Praise the Lord for 3ABN!" ■

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

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

KENNETH COX:

What's On My Mind

What's happening? It seems like something big is about to happen, but does anybody know what's supposed to happen next? Some say the world is going to end in 2012. Are the plagues coming next?

These questions, and others like them, come up more frequently in everyday conversations. As the worldwide economic crisis intensifies, many people—Christians and non-Christians alike—are looking for answers.

World: Pastor Cox, as you see final events unfolding, what is foremost on your mind?

Cox: I feel we're moving into serious times, and I feel what the Scriptures say in 2 Peter 1:19, "We also have the more sure prophetic word, which you do well to heed as a light that shines in a dark place, until the day dawns and the morning star rises in your hearts" (margin).

I definitely believe we need to

pay close attention to what Bible prophecy is telling us. That's the reason behind our current *Give Me the Bible* series on 3ABN. That's what's uppermost on my mind.

World: Do you feel it's time for God's people to divest themselves of their earthly possessions, and "head for the hills"?

Cox: Some say this is the time for that, but I believe we have enough in Bible prophecy

"Many of us apparently think that God has a problem with communication. I've never understood that. Why do we seem to think that God can't talk to us, or tell us what He wants?"

That's good news, of course, for those who are sharing the gospel. But many of God's people are afraid of what is coming next.

We know that the Lord has not given us a spirit of fear (2 Timothy 1:7), so what should we be doing instead? Recently we

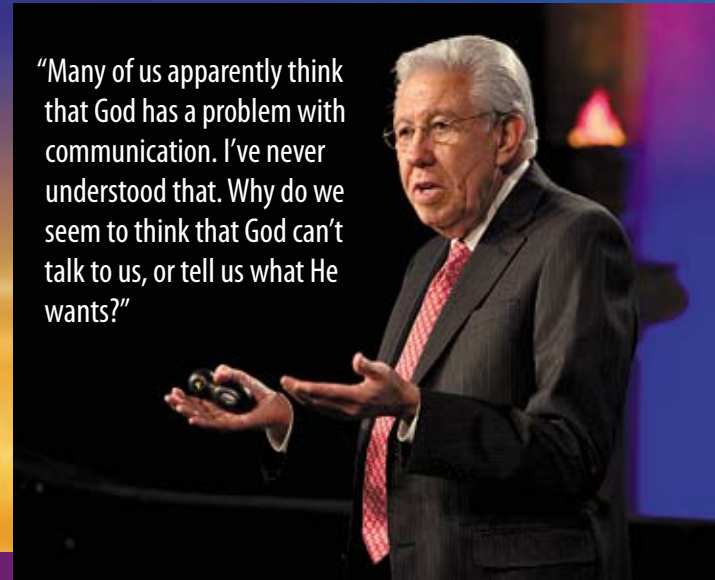
sat down with Pastor Kenneth Cox and talked with him about the current world situation in light of the Bible's description of final events. We asked him to share what's on his mind, and were delighted by his candid answers.

to show us that this is not so. As Paul told the Thessalonian believers, "Let no one deceive you by any means; for that Day will not come unless the falling away comes first...." 2 Thessalonians 2:3. There are signs that have to take place, and they haven't happened yet. When this country tries to enforce Sunday worship, that will be a sign.

World: What about selling our homes and putting those funds into the

spreading of the gospel? Some are saying that now is the time for everyone to do this.

Cox: What bothers me with this idea is that our people go out and do that without consulting the Lord. Did God tell them to? Many of us apparently think that God has a problem with communication. I've never understood that. Why do we seem to think that God can't talk to us, or tell us what He wants? God has never had trouble com-



PHOTOS: NICOLE LISA



“Our most urgent need is to spend time in God’s Word—*right now.*”

municating with mankind. If we ask Him, then *He* will tell us—*individually*—when that time has come, if we are willing to listen.

World: So what can we do to prepare for the final events, which we know will be rapid?

Cox: Our most urgent need is to spend time in God’s Word—*right now.* We need to make sure we’re watching, and that our eyes are wide open. Rather than worrying about selling our property, or about the plagues, we need to be worried about the development of our character. We need

to make sure we’re surrendering our hearts to the Lord so that the Holy Spirit can do His work in our lives.

That’s the reason for the *Give Me the Bible* series. We want people to understand and know what the Bible teaches, so they have something to build their faith on. That’s why we’ll spend five nights on a particular subject.

World: What about debt? Should we be working to become debt-free?

Cox: The Lord has given us counsel to get out of debt through the Bible, as well as through the inspired writings of Ellen White. In fact, she counsels that we should shun debt like leprosy! It only makes sense. Times are hard, and they will get harder.

We need to be in a position to walk away and leave all that we own. It’s a sad thing when someone’s so emotionally tied to the things of this world that they can’t leave them. Our treasures need to be in heaven.

World: Do you think a single currency will be adopted soon—fulfilling the Bible prophecy that no one will be able to buy or sell unless they accept the mark of the beast?

Cox: This will not happen until our monetary system completely fails. Think of it. There would be too much opposition from other countries who would not

want to conform, unless they realized that they must in order to function.

World: Many are worried about the great tribulation mentioned in Matthew 24. Some have even built cabins in remote places and stockpiled food and water. Is this wise?

Cox: Again, the Lord has given us specific counsel *against that.* The problem with storing up food and water is that people can easily rob you. And why does anyone think they can disappear into the mountains? Obviously we live in a very advanced technological age. There is nowhere anyone can go in this world to hide.

When the time comes, it will be obvious to God’s people—if they are tuned in to the Holy Spirit. They will be impressed to move out of the cities and into the country where they can grow their own food, avoiding the riots and crime which will befall the great cities. But we can’t hide. We’ll have to depend on God to defend us and provide for our every need. He’s promised that in Isaiah 33:16.

World: Many people wonder if this is the right time to bring children into this world. What do you think?

Cox: I know a couple who many years ago were counseled not to have children because the end was near. They sin-

cerely believed and followed this advice. But now, in their old age, they regret it very much.

I believe that if you’re going to have a family, you need to make a commitment as a couple to raise your children for the Lord—over and above anything else in this world. Otherwise, you’re putting your children’s souls—and your own—at risk! If you don’t raise them for the Lord, those children will want what the world wants. They will put pressure on you to compromise, and it will be very difficult to resist.

Also, I believe strongly that the education of a child is the parent’s responsibility—not the local Christian school’s, academy’s, or church conference’s. It’s the *parent’s responsibility.* I must be willing to take the necessary steps to see that my children get the type of Christian education they need.

We have a tendency to take them to church school and say, “I’ve done my part.”

I’m sorry to say it, but you haven’t done it at all! I’ve seen too many that don’t get what they need.

If it’s totally impossible to put my children in church school, then I should set aside some time each day to teach them at home, so they get the training they need.

World: Some have studied the Bible and the inspired writings of Ellen White only to come up with elaborate timelines for the final events before the Second Coming. What do you think about that?

Cox: People tend to go to extremes with those timelines. They want to detail every aspect, and I don't think that you can do that. I get whole manuscripts where someone has spent countless days, months, or years putting together this tremendous volume, detailing every aspect and sequence of the end-time events.

Sure, there are things we need to be very aware of, but we don't need to be trying to know when every "t" is crossed and every "i" is dotted. The biggest danger with that is that we can be wrong—*dead wrong!*

Most people will begin with some small detail and start building on that alone. Their timelines and theories are not built on solid ground. I believe we have to be very, very, *very careful* of speculation. We need to have solid biblical facts.

And as far as the writings of Ellen White, I don't want to build on any of her statements while ignoring what the Bible says. I believe many take her statements much farther than she intended. If you think about it, Ellen White never took her

statements any farther than the Scriptures!

World: Some people are discouraged with what they see in the church. What would you say to them?

Cox: We do have major problems and hurdles in the church, but we have to realize that we need to keep our focus on Jesus Christ. We must be sure we have oil in our lamps.

Let's get serious about getting ready for the Lord to come, rather than being afraid of, or discouraged with, the church. Our only question should be, *Am I ready?*

There's nothing in the church, or in this world for that matter, that should frighten or discourage us. These are signs that we need to get ready, that's all.

World: What subject will you be dealing with during your Give Me the Bible programs in March?

Cox: I'll be speaking about the Holy Spirit, because there is no subject that's more needed, or more misunderstood. The charismatic movement has so warped our ideas about the Holy Spirit that we need to take a look at what *the Bible* says.

For example, they've long taught that we have to beg and plead, or "pray through" the Holy Spirit. They also teach we must continually pray for the

baptism of the Holy Spirit. But the Scriptures teach otherwise. The Bible clearly states that you receive the Holy Spirit when you accept Christ. He's given exclusively to us as Christians *when we accept salvation*. We don't have to ask—we have! It's only a question of surrendering, so He can do His work in our lives.

There are many other things that are misunderstood about the gifts of the Spirit, the fruits of the Spirit, and about the "latter rain"—which we'll spend a whole evening on. These subjects are very important for the time we live in.

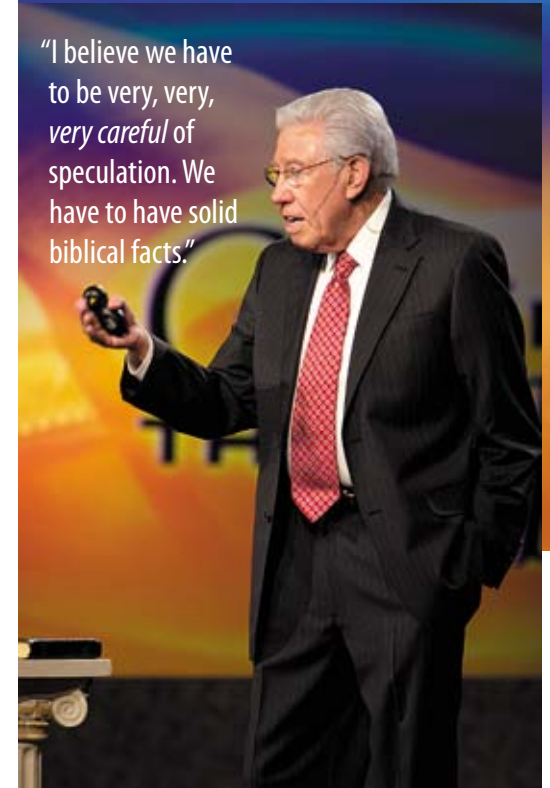
World: Any final thoughts?

Cox: Yes, I believe we should be ready to share the gospel at any time—"in season, and out of season" (2 Timothy 4:2). But I also believe that each one of us should be developing friendships with people so we can be helpful in their spiritual journey.

Many Christians develop friendships with one another, but how many know the neighbor next door? Or how about the neighbor two or three doors down? We need to get acquainted.

We need to trust in the Lord when it's absolutely dark. When we can't see, and don't know which way to go, we have to trust Him. That makes the difference.

"I believe we have to be very, very, *very careful* of speculation. We have to have solid biblical facts."



I feel that's what God wants to see in us—that we are His people, and that we have given our lives to Him. That we trust Him, follow Him, and are more concerned about others knowing our God than we are about ourselves.

Then, God says, "You shall be my people, and I will be your God." Jeremiah 30:22. I believe the most terrible words recorded in the Scriptures are the words, "I never knew you." Matthew 7:23.

What do you have if God doesn't know you? ■



A SUPERIOR RADIO STATION

by Nikki Anderson

Jerry Carlson of Superior, Wisconsin, was amazed when the Lord made it clear He wanted him to build a radio station.

The city of Superior, Wisconsin, is located at the western end of Lake Superior, the largest of the five Great Lakes. It's bordered by three bays, two rivers, and a harbor it shares with its neighbor, Duluth, Minnesota. Together they form a single metropolitan area referred to as the Twin Ports. Not only is Superior half of one of the most important ports on the Great Lakes, but also it's very important because it is home to Hope Radio, WGHF-LP 93.7 FM.

Jerry Carlson, a member of the Superior Seventh-day Adventist Church, first called me in July of 2004. He told me that an application for a construction permit to build a low-power FM radio station had been submitted to the Federal Communi-

cations Commission (FCC), and that his church had been awarded a permit. But by the time they received the permit they were inundated with other costly projects, so after much discussion, they decided not to pursue building a radio station. (Applications for these stations were filed with the FCC back in 2000 and 2001.)

Jerry remembers gathering all the information about the station in one pile and putting it on a shelf in a closet. "God, if this is a project You want, then You will need to take it off the shelf," he prayed. "But if You want it, I will do it."

Although he made a commitment that day, Jerry figured that was probably the end of it, so he was very surprised when he

received a phone call from Len Fast, who had been instrumental in building an LPFM radio station in Rice Lake, and a few other Wisconsin communities as well. He'd heard about their construction permit, and wanted to know how their radio project was coming along.

When Jerry told him the status of the Superior station, Len offered to help the church members realize what a wonderful evangelism opportunity the permit represented. After a meeting, the church board voted to approve the radio project, but since there were only 11 months left of the 18 months on the permit, they had to hurry!

Several years before, Jerry had won a cement pump at a construction trade show in Las Vegas, Nevada. His attempt at a concrete business was unsuccessful, though, so he tried to sell the pump, but all offers were way too low. His mother, Sue Carlson, advised him, "Give the pump back to God," but Jerry struggled with that advice for a while, wanting to keep the profit from the sale. Then one day he decided that if the pump would sell, he'd give the total amount to the radio station project. (Uh- oh! We know what that means!)

Yep! The next morning the Lord sent a man who bought

the pump for \$6,500! That blessing became the seed money for the project, and soon the other church members were contributing toward the rest of the funds needed to build the station. WGHF-LP 93.7 FM began broadcasting in December, 2004.

WGHF stands for *We're Giving Hope for the Future*. "If you listen to our station, you're going to hear a message that is different from anything else you're going to listen to out there," Jerry says.

They recently rented a prominent billboard near a set of railroad tracks in town. Sue likes to think about how everyone stopped for a train will have the opportunity to read their sign. She's certain that God had a hand in choosing that spot! Now they're looking into the possibility of renting an additional billboard just outside of town.

The church is excited about the many souls listening who are blessed by the consistent message they hear on Hope Radio. So, if you're in that area, and are looking for a *superior* radio station, tune in to 93.7 FM, WGHF-LP, Hope Radio in Superior, Wisconsin. ■



Nikki Anderson is the administrative assistant for 3ABN Radio.

A Voice in the Wilderness

by John Dinzey

When I think of where our 3ABN headquarters is located, I marvel, since it was built in the middle of a corn and soybean field. In fact, when Pastor C. A. Murray came here from New York City, he jokingly said that if he were to give directions on how to find 3ABN, he would say, “Drive to the middle of nowhere, and then turn left!”

I’ve compared our location to the ministry of John the Baptist, because the Bible states that he came as “the voice of one crying in the wilderness: ‘Prepare the way of the Lord; make His paths straight.’” Mark 1:3. The Bible also says that John would “‘turn the hearts of the fathers to the children,’ and the disobedient to the wisdom of the just, to make ready a

people prepared for the Lord.” Luke 1:17.

I believe that 3ABN’s mission is also a ‘voice in the wilderness’ of space, as we preach the gospel to the whole world via satellite, preparing people for the coming of our Lord.

It’s truly amazing to see how the Holy Spirit used John the Baptist to prepare the way for the Messiah. In the same manner, God is using 3ABN Latino to draw people to the Lord that have no interest in knowing Him.

Here’s a perfect example: When Pastor Jose Torres from Tijuana, Mexico, donated a satellite dish to Juan’s family, he showed no interest in it at all. But as his whole family began watching 3ABN Latino, Juan reluctantly began watching, too. In

a short testimony, Juan recently stated, “Now the first thing I do when I come home from school is turn on the TV to watch 3ABN Latino. I really enjoy it.”

As Jesus told the parable of the lost sheep, He encouraged us to consider how the Good Shepherd searches for the lost sheep until He finds it and rescues it! Olivia’s husband was “a lost sheep” for ten long years. Recently she wrote to us from Monterrey, Mexico, stating that her husband found 3ABN Latino on cable and was very excited to show her what he had found! “The channel has been a great blessing to my husband,” she says, “because he had not been in church for ten years. 3ABN Latino has reestablished his relationship with God. Thank you, brethren.”

For others, 3ABN Latino has marked the end of a long journey. Leydi from Cali, Colombia, says she’d been searching for a church that taught the truths of the Bible for 34 years. She found 3ABN Latino in December of 2007, and has been watching ever since. “I congratulate you,” she writes, “and may the Lord bless you with wisdom, discernment, and above all, love for humanity. We need so much for the Lord to bless you. . . . I was baptized on January 16, 2008, and my 16-year-old son was

baptized on May 23, 2008. I am now waiting for my two older sons, and my parents.”

If you ask Indhira from Azua, Dominican Republic, she’ll tell you that 3ABN Latino is like a lifeline. “You cannot imagine the joy I feel in my soul as I

“Prepare the way of the Lord; make His paths straight.” Mark 1:3.

share this message with you,” she writes. “You’ve helped me change my lifestyle, my body, and my spirit. I also would like to ask for your prayers, because I will be getting married next month. A thousand thanks for what you do for me every day from the moment I wake up until I go to sleep. You’re the best relaxing ‘tea,’ in a world full of anxiety and problems. For me you are like the shoulder of a best friend when I need comfort. 3ABN Latino has translated me to heaven, and has placed me in communion with my Creator. You make me feel like His child, and elevate me to Him. Thank you for doing such a marvelous job. You are so needed in this world.”

Please pray that the Lord will continue to use 3ABN Latino as a voice in the wilderness, helping to prepare people for the coming of our Lord and Savior Jesus Christ. ■



John Dinzey is the general manager for 3ABN Latino Network. He also works in Pastoral Ministries.

Kids Korner

Natural Bookmark

Hey kids, check out how to make your own Natural Bookmark!

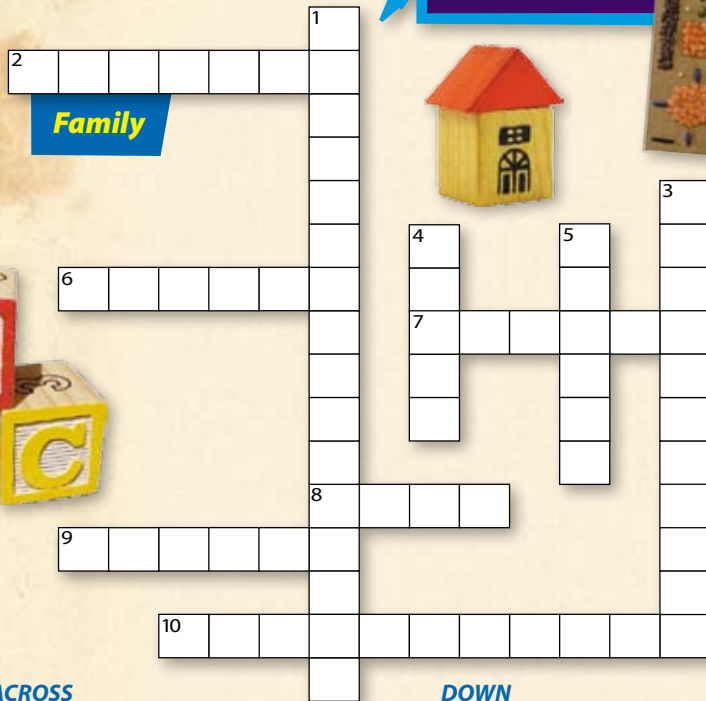
www.3abn.org/kids



Hi Kids,

A friend of mine gave me this picture (below). The little girl's name is Hannah Scott. I love old photographs, antiques, and history. Maybe you have some old pictures of your great-grandparents or other family members that you have never met. Won't heaven be wonderful when we meet our family members we've only heard about, and we can ask them about what life was like when they were little kids?

Love,
Tammy



Family

ACROSS

2. Male sibling
6. Female parent
7. The son or daughter of your aunt or uncle
8. The sister of your mother or father
9. Male parent
10. The father of your mother (or the father of your father)

DOWN

1. The parent of your grandparent
3. The mother of your mother (or the mother of your father)
4. The brother of your mother or father
5. Female sibling



Memory Verse



"I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named."

Ephesians 3:14, 15

“YOU WILL SHINE BRIGHT”

Every Sabbath, John Damron waits at the same corner in Granite City, Illinois, for the bus that will take him to the Metrolink station. Then it's a long ride into St.

there in the world”? What motivates him to go to great lengths just to worship the Lord on the Sabbath?

“I was born in the coalfields of West Virginia,” he says, “and I was influenced by my dear grandmother. She was a praying woman, and she was determined that I should learn about the Lord. Later on, our parents taught us to ‘tow the line’ by requiring us to go to church every Sunday. But I never had a personal relationship with the Lord.

“After graduating from high school I volunteered for military service and spent 18 months in Germany. Then when I came back to the United States I began a long and rewarding career in the Coast Guard,” he says. “First I was a seaman on a buoy tender, running up and down

“She said, ‘You’re old enough that you had better settle down and find the Lord.’”

Louis, Missouri, and a four block walk from the station to the doors of the Central Seventh-day Adventist Church. His trip takes an hour and a half each way, but he doesn't mind. In fact, he has a smile on his face each time he goes there, as he thinks of seeing his church family.

But what changed the life of this man who, by his own admission, lived most of it “out

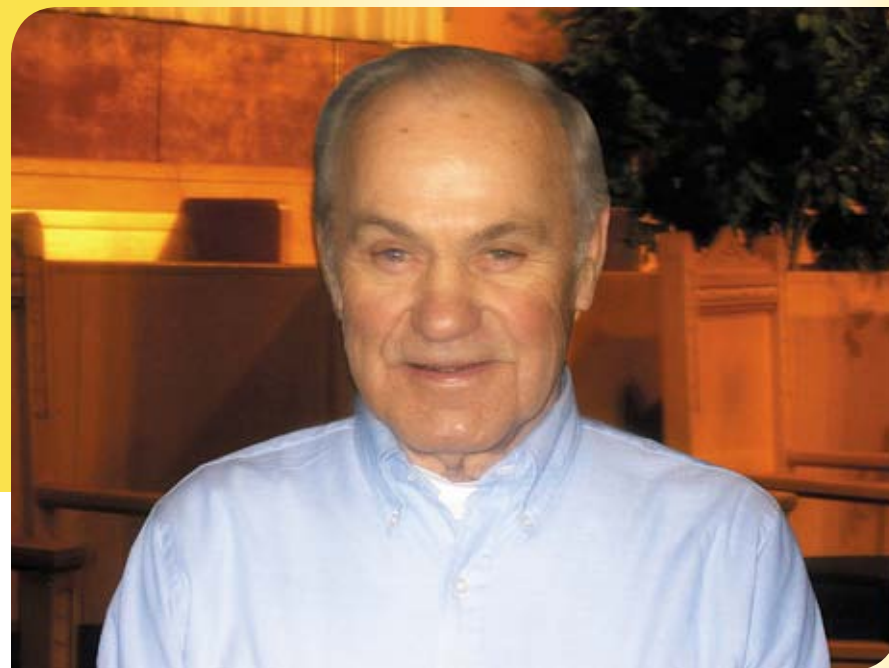


PHOTO: YAC/VAN SCHAK

the Mississippi River checking on navigational lights. Then I worked at the St. Louis Armory for a while before moving to California where I worked on Coast Guard cutters. I even worked on Governor's Island in New York before retiring in 1977 and moving back to Illinois.”

Although he didn't live what many would consider to be a bad life, John did smoke, drink, and make many trips to casinos. But little did he know that on the way back from a gambling trip to Reno, Nevada, the Holy Spirit would be knocking on the door of his heart.

“I was on a Greyhound bus,” he recalls, “and a little lady

behind me was talking about the Bible and about Jesus. Although she didn't know it, she was witnessing to me, too. At some point I spoke to her, and she asked me how old I was. When I told her I was 55, she said, ‘You’re old enough that you had better settle down and find the Lord.’

“I got to thinking about that the rest of the way home, and when I arrived, I began reading a New Testament a friend of mine had given me. There was a small Pentecostal church just three or four blocks away, and one night, I couldn't hold back anymore. When I walked in something got a hold of me

John Damron has found a new home at the St. Louis Central Seventh-day Adventist Church. “I love my new church family,” he says.

If you're in the St. Louis area, stop by 5 North Skinker Boulevard for a visit! John will be there to greet you.

almost immediately. When the preacher made his appeal I knew I wanted to go up to the altar. I began to cry, and they prayed over me. About a month later I was baptized into that church.”

Eventually, the church closed down and John began attending another Protestant church. “I had a lot of questions, and it seemed my preacher would

ing, and I began to trust God with my finances, too,” he says. “I also began watching Christian television, and supported it with my offerings. Then one day I was flipping through the channels and I stumbled onto one I’d never seen before. It was 3ABN’s channel 49, and I fell in love with it.

“What I really liked about it was that you all didn’t beg for money like everybody else did. You also had a consistent message. No preacher contradicted any other. I followed along in my Bible carefully, making sure they weren’t taking stuff out of context, too!

“It wasn’t long before I started keeping the Sabbath,” John says. “I stopped going to flea markets and yard sales on Sabbath, and I felt the need to find another church where I could be with people who believed like I did. I was amazed to discover that although we have 90 churches in Granite City, there wasn’t a single Seventh-day Adventist church in town. The closest one was 20 miles away in Alton, but I don’t have a car, and the bus doesn’t go anywhere near the church.

“Finally I decided to ride over to St. Louis. I tried to find the Central Church, and had to make two trips before I found it. Seems like I went the wrong

direction on that street the first time, but when I did find it they were real friendly. They made me feel very much at home,” he says, “and the greeters knew I was a stranger, so they gave me a card to fill out. It wasn’t long before Pastor Vic Van Schaik called me, and after a few visits, I knew this was my new home. I told them I wanted to be baptized, and they explained that because I’d been baptized by immersion before, I didn’t have to be baptized again. But I wanted to, see, because this time it was something special. It made me feel like I belonged, and it strengthened me, too. It really did.”

How has John’s life changed?

“I’ve noticed I feel much more relaxed and peaceful on Sabbath,” he says. “Since I was saved in 1992, I’ve tried to live a good life. But I always knew that something just wasn’t right. Now I know that I needed the rest of the Bible truths.”

Pastor Van Shaik is thrilled to have John as a new member. “It was wonderful when he walked through the doors. In fact, we’ve had quite a few of our members come to us from watching 3ABN,” he says.

“I believe 3ABN is a wonderful tool for the Lord, and we’re grateful for 3ABN’s help in getting our local church service on

the air here locally. It’s wonderful to work hand in hand for the salvation of souls.”

John is always looking for new ways to share the new truths he’s discovered. “In addition to channel 49, our church services are also on our Charter Cable public access channel each week. I tell my friends about it, and I hope they watch us. I also give out books, and I’ve been talking to my relatives about this, too.”

He’s truly excited about all this, and a story he told us illustrates it perfectly:

“Every Sabbath I stand out at the bus stop in my city, waiting to catch a ride to the Metrolink station,” he says. “There are three churches on that corner, and one of them serves breakfast for the homeless each Saturday morning. Recently a man walked past me and asked the question, ‘Are you a preacher?’ “When I asked him why he thought that, he said, ‘Well, you always have a glow on your face!’”

The Bible says in Luke 11:36 (New Century Version), “If your whole body is full of light, and none of it is dark, then you will shine bright, as when a lamp shines on you.”

No doubt about it. John Damron’s lamp is shining brightly in Granite City! ■

“What I really liked about it was that you all didn’t beg for money like everybody else did.”

never answer them to my satisfaction. For example, he taught about the Secret Rapture, but I just couldn’t get the hang of it. It was like he was saying that Jesus wasn’t coming a second time, He was coming *three times*—and that didn’t make any sense.

“I also had some trouble when he said that if he died this moment, he would be in heaven with his mother. I guess my old Freewill Baptist roots brought back the old song that said, “Mother’s not dead, she’s only a-sleepin’; just patiently waiting for Jesus to come...”

In spite of this, John says that his life changed dramatically after he got saved. “I stopped gambling, smoking, and drink-

How To Reduce Your Blood Pressure



by Dr. Agatha Thrash

High blood pressure has few symptoms, and most people feel healthy during its early stages. Yet if undetected and untreated, it can be a contributing cause of heart trouble, as well as blood vessel and degenerative kidney disease. Statistical comparisons show that vascular diseases are more common as blood pressure rises, and diet, exercise, anxiety, quarrelsomeness in the home, guilt, and other emotional distresses can all cause a rise. Since high blood pressure seems to have a definite tendency to be inherited, if your family has a history of high blood pressure, you should be especially careful.

Low blood pressure is desirable, and apparently the lower the better. Here are some simple ways to bring yours down:

Exercise

Do some useful labor, such as gardening or yard work, at a moderate pace for about one hour each day. Work outdoors is usually more beneficial,

and remember, “vigorous, not violent.”

Starting with your legs, thighs, and back, tense your muscles as much as possible and hold for several seconds before gradually relaxing. Repeat this with your abdomen, chest, arms, and neck muscles until your tension is gone. Do this twice a day.

Take a long walk at a rapid pace while concentrating on the beauties of nature, or try running in place for six minutes twice daily.

Breathing

Take a very deep breath and hold it to the count of twenty, then exhale and hold to the count of ten. You can do this while driving. Repeat twenty to sixty times.

Diet

Use a non-stimulatory diet free from caffeine, chocolate, alcohol, and spices. Avoid fermented or aged products like cheese, which contains tyrosine that breaks down to tyramine—a substance which can constrict

blood vessels, cause headaches, or increase your blood pressure. Use few concentrated foods, but eat freely of fruits, vegetables, whole grains, and non-concentrated foods. Avoid free fats, since your entire cardiovascular system will respond to their presence by maintaining greater tension.

To prevent high blood pressure, don't use more than one-half to one teaspoon of salt per day, and remember that baking soda and baking powder are also high in sodium.

If you already have high blood pressure, salt, baking soda, baking powder, most antacids, and even toothpaste may need to be eliminated until your blood pressure is entirely normal and stable. Many over-the-counter and prescription drugs contain sodium, too.

Dr. B. S. Levin has found apples to have a beneficial effect. To reduce severely elevated blood pressure, try a day of fasting, followed by three days in which you eat only apples—raw, cooked, stewed, dried, or frozen—at each of three meals. For the next two days, eat only fruit and salt-free, whole grain bread for breakfast, followed by vegetables and salt-free bread for dinner. Eat only one apple for supper. (Omit supper if you're overweight.)

Hydrotherapy

A neutral bath for 10–30 minutes at the end of the day in a tub of water that feels neither warm nor cool (92–96° F), has a remarkably calming effect and usually lowers blood pressure.

A hot bath at 104° F for 20 to 30 minutes will invariably reduce your blood pressure, too. After your bath, cool down gradually while lying well-covered in bed. After thirty minutes, when you've stopped sweating, take a regular shower, then friction your skin dry with a coarse towel.

Sunshine

The marvelous effect of sunshine cannot be overestimated. Dr. Wynn Horsley of Uchee Pines Institute found as much as a 60 point drop in blood pressure in patients who took a 20-minute sunbath. Repeated daily, the reduction eventually becomes sustained.

Meditation

During each moment your mind is not occupied with active labor or conversation, practice concentrating on virtues like love, joy, peace, patience, goodness, meekness, and faith. Think on the attributes of God—His eternalness, faithfulness, honesty, lovingkindness, creativity, intelligence, and power—and receive the healing He has to offer. ■



Dr. Agatha Thrash cofounded Uchee Pines Institute with her husband, Dr. Calvin Thrash. Together they wrote a book entitled, Natural Treatment for Hypertension, which can be ordered by calling 706-323-9194.

This schedule is an overview of the program lineup for North American and website broadcasts. Check out the schedule listings on our website, 3abn.org, for additional details and program changes.

Abbreviations and symbols: PST = Pacific Standard Time (UTC-8); MST = Mountain Standard Time (UTC-7); CST = Central Standard Time (UTC-6); EST = Eastern Standard Time (UTC-5). **CC** = Closed captioned. **L** = Live program. **★** = New series. **↺** = Repeat of live program. **Program titles in red are changes effective this month.**

3ABN today
 Thursday LIVE / March 2009

Time: Thursday at 8:00 p.m. Central

Mar 5	Wintley Phipps: "Loving One Another"	Mar 19	Dr. Hans Diehl, Dr. Caldwell Esselstyn, Jr.: "Heart Disease: Putting Out the Fires"
Mar 12	Dan Gabbert, Dick Nunez, Michael Olivier: "Developing Sound Body, Mind, and Spirit"	Mar 26	3ABN Behind the Scenes

For more program information, please visit our website, www.3abn.org

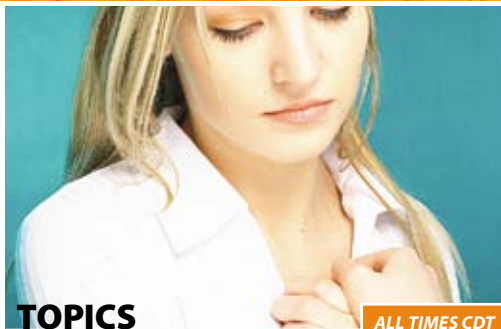
GIVE ME THE BIBLE

THE HOLY SPIRIT

FOR MANY, the Holy Spirit is the mysterious member of the Trinity, but did you know that He is a person? This month Pastor Kenneth Cox will focus his *Give Me the Bible* series on the vital ministry of the Holy Spirit, and how we can allow Him to work in our lives.

So don't miss *Give Me the Bible* with Pastor Kenneth Cox, beginning March 12 at 7 p.m. CDT, right here on 3ABN!

Why not record these programs and share them with your friends or neighbors? You'll receive a tremendous blessing as you work with the Holy Spirit to reach the hearts of those around you.



TOPICS		ALL TIMES CDT
The Promise of the Holy Spirit Thu 3/12	7 p.m.
Why Many Never Receive the Benefit of the Holy Spirit Fri 3/13	7 p.m.
The Fruits of the Holy Spirit Sat 3/14	11 a.m.
The Gifts of the Holy Spirit Sat 3/14	7 p.m.
The Latter Rain Sun 3/15	7 p.m.

Apr 9– Apr 12	LIVE Give Me the Bible: "The Sabbath." Thu.–Sun. 7:00–8:00 p.m.; Sat. 11:00 a.m.–12:00 noon, 7:00–8:00 p.m. CDT.
May 14– May 17	LIVE Give Me the Bible: "Five Have Fallen." Thu.–Sun. 7:00–8:00 p.m.; Sat. 11:00 a.m.–12:00 noon, 7:00–8:00 p.m. CDT.

3ABN: MARCH

▼ SUNDAY

Daylight Saving
Time Effective
March 8

				◀ CHOOSE YOUR TIME ZONE	
PST	MST	CST	EST		
Midnt	1:00a	2:00a	3:00a	Exalting His Word (Shelley Quinn)	CC
12:30	1:30	2:30	3:30	Breath of Life (Walter Pearson)	CC
1:00a	2:00a	3:00a	4:00a	Amazing Facts Presents... (Doug Batchelor)	CC
1:30	2:30	3:30	4:30	Battles of Faith	
2:00a	3:00a	4:00a	5:00a	Digging Up the Past (David Down)	
2:30	3:30	4:30	5:30	It Is Written (Shawn Boonstra)	CC
3:00a	4:00a	5:00a	6:00a	Give Me the Bible (Kenneth Cox)	★ CC
3:30	4:30	5:30	6:30	...continued	
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez)	
4:30	5:30	6:30	7:30	His Words Are Life/Grandma's House	
5:00a	6:00a	7:00a	8:00a	Kids' Time (Brenda Walsh)	
5:30	6:30	7:30	8:30	Kids' Time Praise	
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	India: Face to Face/World Prophecy News	
7:30	8:30	9:30	10:30	Exploring the Word (Lonnie Melashenko)	
8:00a	9:00a	10:00a	11:00a	Inspirational Hour	
8:30	9:30	10:30	11:30	...continued	
9:00a	10:00a	11:00a	Noon	Revelation Insights (Lyle Albrecht)	
9:30	10:30	11:30	12:30	...continued	
10:00a	11:00a	Noon	1:00p	Bible Rx (Jim Marcum)	
10:30	11:30	12:30	1:30	Marriage in God's Hands	
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	IIW Mini-Series (Shawn Boonstra)	CC
12:30	1:30	2:30	3:30	...continued	
1:00p	2:00p	3:00p	4:00p	3ABN Today LIVE (repeat)	↺
1:30	2:30	3:30	4:30	...continued	
2:00p	3:00p	4:00p	5:00p	...continued	
2:30	3:30	4:30	5:30	...continued	
3:00p	4:00p	5:00p	6:00p	The Carter Report (John Carter)	
3:30	4:30	5:30	6:30	...continued	
4:00p	5:00p	6:00p	7:00p	Hope on Fire	CC
4:30	5:30	6:30	7:30	Heaven's Point of View (Hal Steenson)	CC
5:00p	6:00p	7:00p	8:00p	Celebrating Life in Recovery (Cheri Peters)	CC
5:30	6:30	7:30	8:30	...continued	
6:00p	7:00p	8:00p	9:00p	Issues & Answers	
6:30	7:30	8:30	9:30	Romans—Books of the Book (Lee Gugliotto)	CC
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	White Horse Media Presents... (Steve Wohlberg)	
8:30	9:30	10:30	11:30	Faith Chapel	
9:00p	10:00p	11:00p	Mon	Making Waves (Jim Ayer)	
9:30	10:30	11:30	12:30	Wonderfully Made	
10:00p	11:00p	Mon	1:00a	Mark—Books of the Book (Shepherd/Hart)	CC
10:30	11:30	12:30	1:30	ASI Video Magazine (Dan Houghton)	
11:00p	Mon	1:00a	2:00a	3ABN Today	
11:30	12:30	1:30	2:30	...continued	

3ABN: MARCH

▼ MONDAY

PST	MST	CST	EST	◀ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a		Up Close CC
12:30	1:30	2:30	3:30		...continued
1:00a	2:00a	3:00a	4:00a		Revelation Insights (Lyle Albrecht)
1:30	2:30	3:30	4:30		...continued
2:00a	3:00a	4:00a	5:00a		Celebrating Life in Recovery (Cheri Peters) CC
2:30	3:30	4:30	5:30		...continued
3:00a	4:00a	5:00a	6:00a		Faith Chapel
3:30	4:30	5:30	6:30		Heaven's Point of View (Hal Steenson) CC
4:00a	5:00a	6:00a	7:00a		Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30		World Prophecy News/Grandma's House
5:00a	6:00a	7:00a	8:00a		Janice's Attic (Janice Smith)
5:30	6:30	7:30	8:30		Wonderfully Made
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 (John Lomacang)
7:30	8:30	9:30	10:30		...continued
8:00a	9:00a	10:00a	11:00a		Thinking About Home (Kathy Matthews)
8:30	9:30	10:30	11:30		Maranatha Mission Stories (Dick Duerksen) CC
9:00a	10:00a	11:00a	Noon		His Harvest Is Ready (C. A. Murray)
9:30	10:30	11:30	12:30		...continued
10:00a	11:00a	Noon	1:00p		Digging Up the Past (David Down)
10:30	11:30	12:30	1:30		Breath of Life (Walter Pearson) CC
11:00a	Noon	1:00p	2:00p		Grandma's House/His Words Are Life
11:30	12:30	1:30	2:30		Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p		Body & Spirit (Dick Nunez)
12:30	1:30	2:30	3:30		ShareHim Newsmagazine
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 (Linda Johnson)
2:30	3:30	4:30	5:30		Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p		Homecoming 2008
3:30	4:30	5:30	6:30		...continued
4:00p	5:00p	6:00p	7:00p		Health for a Lifetime (Don Mackintosh)
4:30	5:30	6:30	7:30		Melody From My Heart
5:00p	6:00p	7:00p	8:00p		House Calls (John Lomacang)
5:30	6:30	7:30	8:30		...continued
6:00p	7:00p	8:00p	9:00p		Exploring the Word (Lonnie Melashenko)
6:30	7:30	8:30	9:30		World of Praise (Wintley Phipps) CC
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 (John Carter)
8:30	9:30	10:30	11:30		...continued
9:00p	10:00p	11:00p	Tue		Hebrews—Books of the Book (Gibson/Rafferty) CC
9:30	10:30	11:30	12:30		Issues & Answers
10:00p	11:00p	Tue	1:00a		Hope on Fire CC
10:30	11:30	12:30	1:30		Maranatha Mission Stories (Dick Duerksen) CC
11:00p	Tue	1:00a	2:00a		3ABN Today
11:30	12:30	1:30	2:30		...continued

▼ TUESDAY

PST	MST	CST	EST	◀ CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a		Wonderfully Made
12:30	1:30	2:30	3:30		By My Spirit (Ed Reid)
1:00a	2:00a	3:00a	4:00a		Nature's Lesson Book (Greg Evans)
1:30	2:30	3:30	4:30		...continued
2:00a	3:00a	4:00a	5:00a		Faith Chapel
2:30	3:30	4:30	5:30		Praise! (Kelly Mowrer)
3:00a	4:00a	5:00a	6:00a		Everlasting Gospel CC
3:30	4:30	5:30	6:30		...continued
4:00a	5:00a	6:00a	7:00a		Body & Spirit (Dick Nunez)
4:30	5:30	6:30	7:30		Bible Rx (Jim Marcum)
5:00a	6:00a	7:00a	8:00a		Revelation Insights (Lyle Albrecht)
5:30	6:30	7:30	8:30		...continued
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		Help Yourself to Health (Agatha Thrash)
8:30	9:30	10:30	11:30		Variety
9:00a	10:00a	11:00a	Noon		Romans—Books of the Book (Lee Gugliotto) CC
9:30	10:30	11:30	12:30		White Horse Media Presents... (Steve Wohlberg)
10:00a	11:00a	Noon	1:00p		3ABN On the Road
10:30	11:30	12:30	1:30		...continued
11:00a	Noon	1:00p	2:00p		Heaven's Point of View (Hal Steenson) CC
11:30	12:30	1:30	2:30		Let's Cook Together
Noon	1:00p	2:00p	3:00p		Body & Spirit Aerobics (Dick Nunez)
12:30	1:30	2:30	3:30		Mark—Books of the Book (Shepherd/Hart) CC
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 (Linda Johnson)
2:30	3:30	4:30	5:30		Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p		Kids' Time Praise
3:30	4:30	5:30	6:30		Melody From My Heart
4:00p	5:00p	6:00p	7:00p		ShareHim Newsmagazine
4:30	5:30	6:30	7:30		Exalting His Word (Shelley Quinn) CC
5:00p	6:00p	7:00p	8:00p		Secrets Unsealed Presents...
5:30	6:30	7:30	8:30		...continued
6:00p	7:00p	8:00p	9:00p		Battles of Faith
6:30	7:30	8:30	9:30		In the Footsteps of Paul (Tony Moore)
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		Discover (David Asscherick) CC
8:30	9:30	10:30	11:30		...continued
9:00p	10:00p	11:00p	Wed		Ten Commandments Weekend 2008
9:30	10:30	11:30	12:30		...continued
10:00p	11:00p	Wed	1:00a		Special Feature
10:30	11:30	12:30	1:30		...continued
11:00p	Wed	1:00a	2:00a		3ABN Today
11:30	12:30	1:30	2:30		...continued

3ABN: MARCH

▼ WEDNESDAY

PST	MST	CST	EST	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Mark—Books of the Book (Shepherd/Hart) CC
12:30	1:30	2:30	3:30	Exploring the Word (Lonnie Melashenko)
1:00a	2:00a	3:00a	4:00a	Homecoming 2008
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	World of Praise (Wintley Phipps) CC
2:30	3:30	4:30	5:30	Teen Pathways
3:00a	4:00a	5:00a	6:00a	Generation of Youth for Christ 2007
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30	Back to Nature/Grandma's House
5:00a	6:00a	7:00a	8:00a	His Words Are Life/World Prophecy News
5:30	6:30	7:30	8:30	Thinking About Home (Kathy Matthews)
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	Give Me the Bible (Kenneth Cox) ★ CC
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Marriage in God's Hands (Tom and Alane Waters)
8:30	9:30	10:30	11:30	In the Footsteps of Paul (Tony Moore)
9:00a	10:00a	11:00a	Noon	Revelation Now (Jac Colon)
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	In Search of Truth (Charles Byrd) CC
10:30	11:30	12:30	1:30	Liberty Insider (Lincoln Steed)
11:00a	Noon	1:00p	2:00p	Hope on Fire CC
11:30	12:30	1:30	2:30	Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p	Body & Spirit (Dick Nunez)
12:30	1:30	2:30	3:30	World of Praise (Wintley Phipps) CC
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 (Linda Johnson)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	Generation of Youth for Christ 2007
3:30	4:30	5:30	6:30	...continued
4:00p	5:00p	6:00p	7:00p	Amazing Adventure (Doug Batchelor)
4:30	5:30	6:30	7:30	...continued
5:00p	6:00p	7:00p	8:00p	3ABN On the Road
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	Bible Rx (Jim Marcum)
6:30	7:30	8:30	9:30	Amazing Facts Presents... (Doug Batchelor) CC
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	It Is Written (Shawn Boonstra) CC
8:30	9:30	10:30	11:30	Romans—Books of the Book (Lee Gugliotto) CC
9:00p	10:00p	11:00p	Thu	Revelation Insights (Lyle Albrecht)
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Thu	1:00a	Secrets Unsealed Presents...
10:30	11:30	12:30	1:30	...continued
11:00p	Thu	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

▼ THURSDAY

PST	MST	CST	EST	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Help Yourself to Health (Agatha Thrash)
12:30	1:30	2:30	3:30	Hebrews—Books of the Book (Gibson/Rafferty) CC
1:00a	2:00a	3:00a	4:00a	House Calls (John Lomacang)
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	Health for a Lifetime (Don Mackintosh)
2:30	3:30	4:30	5:30	Issues & Answers
3:00a	4:00a	5:00a	6:00a	Amazing Facts Presents... (Doug Batchelor) CC
3:30	4:30	5:30	6:30	Romans—Books of the Book (Lee Gugliotto) CC
4:00a	5:00a	6:00a	7:00a	Body & Spirit (Dick Nunez)
4:30	5:30	6:30	7:30	So Send I You (May Chung)
5:00a	6:00a	7:00a	8:00a	IIW Mini-Series (Shawn Boonstra) CC
5:30	6:30	7:30	8:30	...continued
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	Nature's Lesson Book (Greg Evans)
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Liberty Insider (Lincoln Steed)
8:30	9:30	10:30	11:30	Laymen Ministries (Jeff Reich)
9:00a	10:00a	11:00a	Noon	Keepers of the Flame
9:30	10:30	11:30	12:30	Health Headlines/World Prophecy News
10:00a	11:00a	Noon	1:00p	Secrets Unsealed Presents...
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Melody From My Heart
11:30	12:30	1:30	2:30	Let's Cook Together
Noon	1:00p	2:00p	3:00p	Body & Spirit Aerobics (Dick Nunez)
12:30	1:30	2:30	3:30	Marriage in God's Hands
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 (Linda Johnson)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	Kids' Time Praise
3:30	4:30	5:30	6:30	Making Waves (Jim Ayer)
4:00p	5:00p	6:00p	7:00p	The Carter Report (John Carter)
4:30	5:30	6:30	7:30	...continued
5:00p	6:00p	7:00p	8:00p	Central Study Hour CC
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	3ABN Today LIVE 🔴
6:30	7:30	8:30	9:30	...continued
7:00p	8:00p	9:00p	10:00p	...continued
7:30	8:30	9:30	10:30	...continued
8:00p	9:00p	10:00p	11:00p	Give Me the Bible (Kenneth Cox) ★ CC
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Fri	Celebrating Life in Recovery (Cheri Peters) CC
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Fri	1:00a	Heaven's Point of View (Hal Steenson) CC
10:30	11:30	12:30	1:30	Praise! (Kelly Mowrer)
11:00p	Fri	1:00a	2:00a	3ABN Today LIVE (repeat) 🔵
11:30	12:30	1:30	2:30	...continued

3ABN: MARCH

▼ FRIDAY

PST	MST	CST	EST	◀ 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	White Horse Media Presents... (Steve Wohlberg)
1:30	2:30	3:30	4:30	Hope on Fire CC
2:00a	3:00a	4:00a	5:00a	The Carter Report (John Carter)
2:30	3:30	4:30	5:30	...continued
3:00a	4:00a	5:00a	6:00a	Central Study Hour CC
3:30	4:30	5:30	6:30	...continued
4:00a	5:00a	6:00a	7:00a	Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30	Exalting His Word (Shelley Quinn) CC
5:00a	6:00a	7:00a	8:00a	Kids' Time Praise
5:30	6:30	7:30	8:30	Making Waves (Jim Ayer)
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	Special Feature
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Wonderfully Made
8:30	9:30	10:30	11:30	Digging Up the Past (David Down)
9:00a	10:00a	11:00a	Noon	Ten Commandments Weekend 2008
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Up Close CC
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Mark—Books of the Book (Shepherd/Hart) CC
11:30	12:30	1:30	2:30	Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p	Discover (David Asscherick) CC
12:30	1:30	2:30	3:30	...continued
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 (Linda Johnson)
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	In the Footsteps of Paul (Tony Moore)
3:30	4:30	5:30	6:30	Variety
4:00p	5:00p	6:00p	7:00p	Breath of Life (Walter Pearson) CC
4:30	5:30	6:30	7:30	Melody From My Heart
5:00p	6:00p	7:00p	8:00p	Homecoming 2008
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	It Is Written (Shawn Boonstra) CC
6:30	7:30	8:30	9:30	Maranatha Mission Stories (Dick Duerksen) CC
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 CC
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Sat	ShareHim Newsmagazine
9:30	10:30	11:30	12:30	Exalting His Word (Shelley Quinn) CC
10:00p	11:00p	Sat	1:00a	Keepers of the Flame
10:30	11:30	12:30	1:30	India: Face to Face/His Words Are Life
11:00p	Sat	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

▼ SATURDAY

PST	MST	CST	EST	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Revelation Now (Jac Colon)
12:30	1:30	2:30	3:30	...continued
1:00a	2:00a	3:00a	4:00a	3ABN On the Road
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	Melody From My Heart
2:30	3:30	4:30	5:30	In the Footsteps of Paul (Tony Moore)
3:00a	4:00a	5:00a	6:00a	It Is Written (Shawn Boonstra) CC
3:30	4:30	5:30	6:30	Hebrews—Books of the Book (Gibson/Rafferty) CC
4:00a	5:00a	6:00a	7:00a	His Words Are Life/Back to Nature
4:30	5:30	6:30	7:30	Kids' Time Praise
5:00a	6:00a	7:00a	8:00a	Tiny Tots for Jesus (Linda Johnson)
5:30	6:30	7:30	8:30	Kids' Time (Brenda Walsh)
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 CC
7:30	8:30	9:30	10:30	...continued
8:00a	9:00a	10:00a	11:00a	Worship Hour
8:30	9:30	10:30	11:30	...continued
9:00a	10:00a	11:00a	Noon	Give Me the Bible (Kenneth Cox) ★ CC
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	Amazing Adventure (Doug Batchelor)
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Ten Commandments Weekend 2008
11:30	12:30	1:30	2:30	...continued
Noon	1:00p	2:00p	3:00p	House Calls (John Lomacang)
12:30	1:30	2:30	3:30	...continued
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	Maranatha Mission Stories (Dick Duerksen) CC
2:30	3:30	4:30	5:30	Kids' Time (Brenda Walsh)
3:00p	4:00p	5:00p	6:00p	Kids' Time Praise
3:30	4:30	5:30	6:30	Tiny Tots for Jesus (Linda Johnson)
4:00p	5:00p	6:00p	7:00p	Laymen Ministries (Jeff Reich)
4:30	5:30	6:30	7:30	Praise! (Kelly Mowrer)
5:00p	6:00p	7:00p	8:00p	Discover (David Asscherick) CC
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	Mark—Books of the Book (Shepherd/Hart) CC
6:30	7:30	8:30	9:30	In Search of Truth (Charles Byrd) CC
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	Revelation Now (Jac Colon)
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Sun	His Harvest Is Ready (C. A. Murray)
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Sun	1:00a	3ABN On the Road
10:30	11:30	12:30	1:30	...continued
11:00p	Sun	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued



3ABN RADIO is available 24/7 on the Internet, through digital satellite, and via over-the-air radio broadcasts. To learn more, check detailed schedule listings, or listen online, visit our website: 3abnradio.org.

Abbreviations and symbols: CST = Central Standard Time (UTC-6). ⚡ = Live program. ★ = New series. ♻️ = Repeat of live program. Program titles in red are changes effective this month.

RADIO FEATURE



Endtime Insights is hosted by Pastor Steve Wohlberg. This 15-minute program separates fact from fiction on various topics, such as the Secret Rapture, the Antichrist, and the Second Coming. You will certainly be blessed by hearing the Biblical truths about these and other pertinent topics. Be sure to tune in Tuesdays and Thursdays at 6:45 a.m., and Saturdays at 9:15 a.m. CDT.

3ABN RADIO: MARCH

CST	SUNDAY
2:00a	When God's People Pray
2:30	Health for a Lifetime
3:00a	Heaven's Point of View
3:30	Faith Chapel
4:00a	Revelation Insights
4:30	...continued
5:00a	Musical Meditations
5:30	...continued
6:00a	Rags to Riches/Growing in Grace
6:30	Freedom's Ring/The StoryHouse
7:00a	Your Story Hour
7:30	Bible Answers
8:00a	3ABN Today
8:30	...continued
9:00a	His Words Are Life/Melody From My H.
9:30	The Bible in Living Sound
10:00a	Central Study Hour
10:30	...continued
11:00a	Worship Hour
11:30	...continued
Noon	Lift Him Up
12:30	Marriage in God's Hands
1:00p	Discover Prophecy
1:30	...continued
2:00p	It Is Written
2:30	It's Your Money!
3:00p	3ABN Today LIVE (repeat) ♻️
3:30	...continued
4:00p	...continued
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	Revelation Insights
6:30	...continued
7:00p	More Abundant Life
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	Your Story Hour
10:30	Marriage in God's Hands
11:00p	Homeschool of Health
11:30	Freedom's Ring/The StoryHouse
Mon	Revelation Speaks Hope
12:30	...continued
1:00a	3ABN Today
1:30	...continued

Daylight Saving Time Effective March 8

CST	MONDAY
2:00a	Help Yourself to Health
2:30	Faith Chapel
3:00a	Voice of Prophecy/Between the Lines
3:30	Heaven's Point of View
4:00a	Kids' Time
4:30	Left Behind: Fact or Fiction?
5:00a	Musical Meditations
5:30	...continued
6:00a	When God's People Pray
6:30	Christian Concerns
7:00a	The Bible in Living Sound
7:30	Classic Radio Sermons/A.L.
8:00a	3ABN Today
8:30	...continued
9:00a	Crossroads on 3ABN Radio ⚡
9:30	...continued
10:00a	Bible Answers
10:30	His Words Are Life/Your Health News
11:00a	3ABN On the Road
11:30	...continued
Noon	Your Story Hour
12:30	Freedom's Ring/Melody From My Heart
1:00p	Help Yourself to Health
1:30	Faith Chapel
2:00p	Kids' Time
2:30	Left Behind: Fact or Fiction?
3:00p	Voice of Prophecy/Between the Lines
3:30	Wonderfully Made
4:00p	Revelation Speaks Hope
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	3ABN On the Road
6:30	...continued
7:00p	The Bible in Living Sound
7:30	Classic Radio Sermons/A.L.
8:00p	Heaven's Point of View
8:30	Stop Smoking Clinic
9:00p	3ABN Today
9:30	...continued
10:00p	Your Story Hour
10:30	Wonderfully Made
11:00p	Crossroads on 3ABN Radio
11:30	...continued
Tue	Revelation Speaks Hope
12:30	...continued
1:00a	3ABN Today
1:30	...continued

CST	TUESDAY
2:00a	Bible Answers LIVE ♻️
2:30	...continued
3:00a	Voice of Prophecy/Between the Lines
3:30	By My Spirit
4:00a	Kids' Time
4:30	Health for a Lifetime
5:00a	Musical Meditations
5:30	...continued
6:00a	Issues & Answers
6:30	Freedom's Ring/Endtime Insights
7:00a	The Bible in Living Sound
7:30	Classic Radio Sermons/R.R.
8:00a	3ABN Today
8:30	...continued
9:00a	Crossroads on 3ABN Radio
9:30	...continued
10:00a	More Abundant Life
10:30	Homeschool of Health
11:00a	3ABN On the Road
11:30	...continued
Noon	Your Story Hour
12:30	In Search of the Truth
1:00p	By My Spirit
1:30	Lift Him Up
2:00p	Kids' Time
2:30	Health for a Lifetime
3:00p	Voice of Prophecy/Between the Lines
3:30	Women at the Well
4:00p	Revelation Speaks Hope
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	3ABN On the Road
6:30	...continued
7:00p	The Bible in Living Sound
7:30	Classic Radio Sermons/R.R.
8:00p	Issues & Answers
8:30	Genesis to Revelation Seminar
9:00p	3ABN Today
9:30	...continued
10:00p	Your Story Hour
10:30	Women at the Well
11:00p	Crossroads on 3ABN Radio
11:30	...continued
Wed	Revelation Speaks Hope
12:30	...continued
1:00a	3ABN Today
1:30	...continued

3ABN RADIO: MARCH (continued)

CST	WEDNESDAY	CST	THURSDAY
2:00a	Help Yourself to Health	2:00a	Help Yourself to Health
2:30	Breath of Life	2:30	In Search of the Truth
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	Bible Answers	3:30	Bible Answers
4:00a	Kids' Time	4:00a	Kids' Time
4:30	Dynamics in the Science of Prayer	4:30	Health for a Lifetime
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Issues & Answers	6:00a	When God's People Pray
6:30	Christian Concerns	6:30	The StoryHouse/Endtime Insights
7:00a	The Bible in Living Sound	7:00a	The Bible in Living Sound
7:30	Classic Radio Sermons/Y.F.H.	7:30	Classic Radio Sermons/G.G.
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	It's Your Money!	10:00a	Genesis to Revelation Seminar
10:30	Homeschool of Health	10:30	Stop Smoking Clinic
11:00a	3ABN On the Road	11:00a	3ABN On the Road
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Your Story Hour
12:30	Thinking About Home	12:30	Heaven's Point of View
1:00p	Help Yourself to Health	1:00p	By My Spirit
1:30	Health Headlines/ Abundant Living	1:30	Lift Him Up
2:00p	Bible Answers LIVE	2:00p	Kids' Time
2:30	...continued	2:30	Health for a Lifetime
3:00p	Voice of Prophecy/Between the Lines	3:00p	Voice of Prophecy/Between the Lines
3:30	Wonderfully Made	3:30	It Is Written
4:00p	Revelation Speaks Hope	4:00p	Revelation Speaks Hope
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	3ABN On the Road	6:00p	3ABN On the Road
6:30	...continued	6:30	...continued
7:00p	The Bible in Living Sound	7:00p	The Bible in Living Sound
7:30	Classic Radio Sermons/Y.F.H.	7:30	Classic Radio Sermons/G.G.
8:00p	Issues & Answers	8:00p	3ABN Today LIVE
8:30	His Words Are Life/Freedom's Ring	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	Wonderfully Made	10:30	It Is Written
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
Thu	Revelation Speaks Hope	Fri	Revelation Speaks Hope
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today LIVE (repeat)
1:30	...continued	1:30	...continued

CST	FRIDAY	CST	SATURDAY
2:00a	3ABN Today LIVE (cont.)	2:00a	Lift Him Up
2:30	...continued	2:30	Genesis to Revelation Seminar
3:00a	Voice of Prophecy/Between the Lines	3:00a	3ABN On the Road
3:30	By My Spirit	3:30	...continued
4:00a	Central Study Hour	4:00a	Revelation Insights
4:30	...continued	4:30	...continued
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	In Search of the Truth	6:00a	Rags to Riches/Growing in Grace
6:30	More Abundant Life	6:30	More Abundant Life
7:00a	The Bible in Living Sound	7:00a	Your Story Hour
7:30	Classic Radio Sermons/MFMH	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	Melody From My H./Endtime Insights
9:30	...continued	9:30	Christian Concerns
10:00a	Bible Answers	10:00a	Central Study Hour
10:30	Homeschool of Health	10:30	...continued
11:00a	3ABN On the Road	11:00a	Worship Hour
11:30	...continued	11:30	...continued
Noon	Your Story Hour	Noon	Heaven's Point of View
12:30	Thinking About Home	12:30	Women at the Well
1:00p	Help Yourself to Health	1:00p	Discover Prophecy
1:30	Breath of Life	1:30	...continued
2:00p	Kids' Time	2:00p	When God's People Pray
2:30	Dynamics in the Science of Prayer	2:30	Faith Chapel
3:00p	Voice of Prophecy/Between the Lines	3:00p	House Calls
3:30	Marriage in God's Hands	3:30	...continued
4:00p	Revelation Speaks Hope	4:00p	3ABN On the Road
4:30	...continued	4:30	...continued
5:00p	Musical Meditations	5:00p	Musical Meditations
5:30	...continued	5:30	...continued
6:00p	3ABN On the Road	6:00p	Revelation Insights
6:30	...continued	6:30	...continued
7:00p	The Bible in Living Sound	7:00p	Heaven's Point of View
7:30	Classic Radio Sermons/MFMH	7:30	Rags to Riches/Growing in Grace
8:00p	Worship Hour	8:00p	3ABN Today
8:30	...continued	8:30	...continued
9:00p	3ABN Today	9:00p	Bible Answers
9:30	...continued	9:30	Christian Concerns
10:00p	Your Story Hour	10:00p	Your Story Hour
10:30	Marriage in God's Hands	10:30	Stop Smoking Clinic
11:00p	Crossroads on 3ABN Radio	11:00p	Faith Chapel
11:30	...continued	11:30	By My Spirit
Sat	Discover Prophecy	Sun	Discover Prophecy
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

CHOSEN FROM THE START

Each person who works at 3ABN has an amazing story, and Ismael Terón is no exception. Behind the happy young father's smile is a story of rejection and loss, but also a story of God's wonderful grace.

"My mother tried all sorts of ways to be rid of me," he begins. "She already had a son and a daughter, and she wanted another girl, so she drank things, and beat on her stomach, hoping to provoke an abortion. She promised to give me away as soon as I was born, but when I came two months early, I weighed two and a half pounds, and it didn't look like I'd survive.

"Sadly, as uncaring as my mother was before my birth, things were even worse after. During the next few months she fed me rotten milk, and my brother sprayed insect repellent on me. On another occasion he wrapped a rubber band around my leg so tightly I cried all night. My mother did absolutely nothing until a neighbor arrived the next morning and discovered my badly swollen leg, which almost had to be amputated."

As the situation worsened, his grandfather convinced his mother to give up the child, and within a few weeks Ismael was growing and thriving. "I thank God for Juan and Julia," he says. "They were the best parents my Heavenly Father could have given me."

Life in La Via—a suburb of Aguadilla, Puerto Rico—was hard. "We had a humble home in a very poor neighborhood," he says, "but I had six older sisters who loved me dearly, since I was the baby of the house—and the only boy.

"I'll never forget my trips to school, though. No 5-year-old should ever have to see people injecting drugs into their veins. I'd see the ones who'd died of an overdose lying in the streets, the police chasing the criminals, and many other atrocities. However, the Lord impressed my uncle Samuel to bring me and three of my sisters to the Seventh-day Adventist church. From an early age I knew it didn't matter where I grew up. There was always hope in Jesus."

PHOTO: NICOLE BSA



Ismael says he always wished he could do more for the Lord, but hardly allowed himself to dream he could work for 3ABN Latino Network.

But there was much more pain to come. "When I was 13 my family moved to Massachusetts," he says, "but I didn't learn the language very quickly. Even though I'd been really good at baseball and basketball in Puerto Rico, I suddenly found myself isolated and alone."

The following year Ismael's father was diagnosed with colon cancer. "I felt helpless as I watched him groan in pain every night, and I began to sleep under my bed and in my closet. My parents were not Adventists," he adds, "but when we moved to America my family had begun attending a Spanish Seventh-day Adventist church. That turned out to be our saving grace. My father became sicker until he slipped out of consciousness.

We called the pastor, and as he anointed him, my father miraculously sat up and spoke to us! He expressed his joy in giving his heart to Jesus, and he gave each of us individual and loving advice. The next day he was unresponsive again, passing away three days later."

Shortly after this, he and his mother were baptized; and even though Ismael had struggled for years with the feeling that he had nothing to offer the Lord, now he began to ask how he could serve Him. "A kind high school teacher noticed I had an interest in video production and began teaching me how to use a camera after school. I just loved what happened behind the scenes, and soon I was hired to work on the high school productions

like Christmas concerts, sporting events, and other activities. Looking back on it, that was the beginning of my TV career!” he says.

“As a kid I also pretended to be a radio announcer, but because of my undiagnosed dyslexia, I struggled to read. One day a friend invited me to sit in on his college radio show, and I suddenly became excited about learning that medium, too. I began to practice reading out loud, and my diction improved. After a while I even managed to convince my church to produce radio programs, and to buy six hours of radio time each week!”

Ismael was thrilled to discover these God-given talents, but now He was about to give him the biggest gift of all. “I was still in high school when I met a beautiful young lady named Teresa Bonilla,” he recalls. “She had just arrived from Ecuador, and we soon became great friends. I even invited her to come to my church. She liked what she heard, and asked me to study the Bible with her. I was overjoyed when she decided she wanted to be baptized!”

“Six months later she made me the happiest man in the world by becoming my wife, and she’s blessed me with two beautiful sons, Enoc and Jabes.”

Ismael eventually began working for a Spanish-language Telemundo TV station as a video editor. Then he started working for a Spanish-language radio station, as well. But something was missing. Even though he was producing television and radio programs for his church, he longed to do more for the Lord.

“One day, I discovered 3ABN on the Internet!” he says. “Here was high-quality programming that carried a consistent Adventist message, and I loved it. I asked my wife, ‘Can you imagine a 3ABN channel in Spanish? Can you imagine me working there?’ I didn’t dare believe it could happen, but my wife said, ‘If it’s God’s will, you’ll work there someday.’”

In 2004, Ismael called 3ABN and spoke with John Dinzey, 3ABN Latino’s general manager. They had been broadcasting for a year, and although there wasn’t an opening at the time, he was told they would keep his résumé on file.

“Teresa and I prayed for nearly two years about this,” he says, “and during that time we went through severe financial struggles. We began asking the Lord for a complete change, and to give us a chance to work for Him. Then our phone rang in April of 2006. It was an unknown number so I ignored

it, but after three missed calls, someone finally left a voice-mail.

“‘Hello, Mr. Terón? This is John Dinzey from 3ABN Latino.’ *My heart almost stopped beating!* ‘We have your résumé on file, and we finally have an opening. Please call me as soon as you can—if you’re still interested.’

“I couldn’t believe it! I truly thought John Dinzey had dialed the wrong number, but my wife said, ‘God has answered our prayers, Ismael. Call him back.’

“I’d never felt so nervous about a job interview in my whole life! As I flew in from Massachusetts I read an entire book on how to succeed in a job interview!”

“Several weeks went by before I heard from 3ABN again.

“‘I have some news for you,’ John Dinzey said on the phone. ‘Unfortunately the position you interviewed for has been filled, but we see you have video editing experience, and we want to offer you that position instead.’”

Ismael almost fell out of his chair. “That’s exactly what I hadn’t dared to hope for!” he cried. “Only God knew that I truly wanted an editor’s position!”

Eagerly the young family packed up their belongings for the long trip. “Not only did God provide for our moving expenses, He also provided

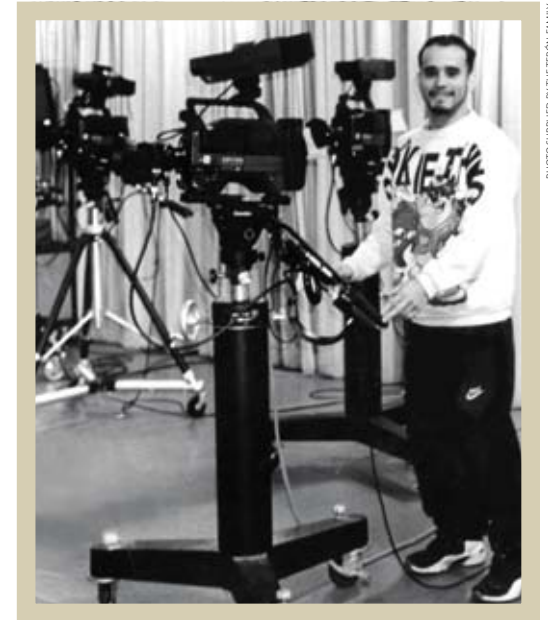


PHOTO SUPPLIED BY THE TERÓN FAMILY

enough to live on until I received my first paycheck. Then, two months later, my wife got the job of production coordinator for 3ABN Latino!”

As he looks back on his incredible life, Ismael can’t help but remember his friend who questioned whether anything good could ever come from La Via, Aguadilla.

“They said the same words about Jesus, you know, ‘Nazareth! Can anything good come from there?’” John 1:46.

What chance did a poor, unwanted, dyslexic boy from a drug-infested neighborhood have? The best chance in the world—because God had chosen him from the beginning of time to work for Him! ■

Ismael was thrilled when, as a 17-year-old high school student in Brockton, Massachusetts, he was given the chance to learn TV production.

SEARCHING THE PROPHECIES

by Michael Prewitt

In *Table-Talk*, Martin Luther is quoted saying, “I hope the last Day of Judgment is not far, I persuade myself verily it will not be absent full three hundred years longer.”¹ Luther lived 1483–1546, so these 300 years likely would have ended in the early- to mid-1800s. How Luther arrived at this conjecture

culmination of the Bible’s 1260-day prophecy. (For verses related to this time period, see Daniel 7:25; Revelation 11:2; 12:14; 13:5.) This led to a study of the longest time prophecy in Scripture, the 2300-day prophecy of Daniel 8:14.

The idea that a day represents a literal year in Bible prophecy was commonly believed among Christian scholars, going as far back as Augustine.² This view was accepted as the key to the 70-week (490-year) prophecy of Daniel 9:24–27 that pointed to Jesus’ baptism and death, an important theological tenet for centuries. Indeed, many hold that when Jesus preached, “The time is fulfilled, and the kingdom of God is at hand” (Mark 1:15). He was referring specifically to the time prophecy of Daniel 9.

On the other hand, the 2300-day prophecy of Daniel 8 had long been a mystery to Christians. For example, the 17th-century scientist and Bible scholar, Sir Isaac Newton, used the day-for-a-year principle to explain

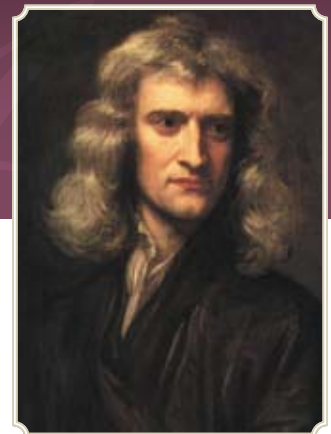
the time prophecies of Daniel 7 and 9. He also understood the 2300-day prophecy to represent 2300 years, but he could not account for the start or end of it with certainty.³

In the late 1700s, Johann Petri, a German Calvinist pastor, discovered a link between the prophecies of Daniel 8 and 9. He saw that they must share a common starting point, which he believed to be 453 B.C. From this, he reasoned that the 2300 years would end in 1847. Some years later, in 1810, an Englishman named John Brown proposed 457 B.C. as the start, and 1843 as the end. Others in Ireland and the United States took the same view as Petri or Brown, with slight variations in the starting and ending dates.

In 1821, Joseph Wolff also began to preach the imminent soon return of Christ. His messages fanned the flames of Christians’ hopes far and near. Wolff was a missionary to many countries in Africa and Asia, as well as a popular speaker in the United States, where he was once invited to present his views to Congress.

In France and Switzerland, François S. R. L. Gausson preached on the prophecies of Daniel, giving special attention to children. He reasoned that if children could understand Bible prophecy, their parents had no excuse for not understanding it. In Scandinavia, when the popular movement of interest in the Second Coming was quickly outlawed, children—gifted with the Holy Spirit—began to preach stern messages against worldliness, and spoke about the soon coming of Christ. Other preachers in Germany, Australia, and India also gave the message.

The movement burned bright and hot—and then faded just as quickly. It might have died completely, if not for the energy of William Miller on the American continent. We’ll look at his story next month.

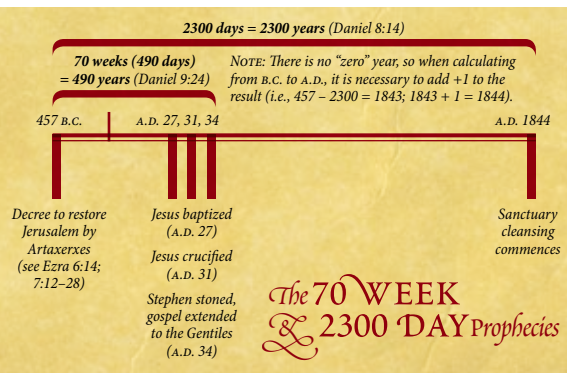


GODFREY KNELLER'S 1689 PORTRAIT OF ISAAC NEWTON

Best known for his scientific writings, Sir Isaac Newton was also a prolific Bible scholar who wrote about the time prophecies of Daniel.



Michael Prewitt is the manager of the Publishing Department at 3ABN.



is unknown, but his prediction is quite similar to a belief that broke out among Christians worldwide in the 1800s.

From the late 1700s, a renewed interest in prophecy and end-time events arose. This was driven partly by a widespread belief that the pope’s exile to France in 1798 was the

1. Martin Luther, *The Table-Talk of Martin Luther*, pages 7–8.
 2. Uriah Smith, *Daniel and the Revelation*, p. 204.
 3. Isaac Newton, *Observations Upon the Prophecies of Daniel, and the Apocalypse of St. John*.

Did You Know?

STORIES FROM 3ABN'S EARLY YEARS

A MIRACLE THAT BIRTHED A MIRACLE

by Hal Steenson

A retired couple from Apison, Tennessee, looked over the simple little newsletter that a friend had passed on to them which told about what God was doing in southern Illinois. It wasn't a worldwide mailing; Danny had typed it himself on a Commodore 64 and sent it to a meager two hundred people. However,

day with the Sheltons, but they got so excited about the project they canceled their trip to Newfoundland.

What were they so excited about? The Holy Spirit got them excited over trenches. That's right—trenches dug to pour the concrete footings. Isn't that exciting? It was to them, because they caught the vision.

When Marvin asked Danny how much money was set aside to put up the building, he almost choked when Danny replied, "We have about \$200 in the bank, and that will go for renting the construction equipment."

"You mean you don't have enough money to pour the footings?" he asked, amazed that Danny had even started to build. "What if you get the footings dug and it rains before you get money for the cement?"

"Well," Danny laughed, "maybe the Lord wants three-foot deep ditches! Besides," he explained, "how can we expect the Lord to give us more money if we haven't used what He's already given us?"

The Holy Spirit got them excited over trenches. That's right—trenches dug to pour the concrete footings.

it had so impressed Marvin and Rosella McColpin, that they sent in a small donation.

Now they had decided to call, and when Danny answered, they told him they were headed to Newfoundland to see about helping a ministry there, and wanted to know if they could stop by and talk to him about the 3ABN vision.

"Of course you can," Danny said. "We would love to have you visit us."

Marvin and Rosella were planning to spend only one

"How much do you think it will cost to put up the shell of the building?" he inquired.

"Maybe fifty thousand dollars," Danny answered, as truthfully as he could.

The McColpins were kind people, and interested in God's work, but Danny could tell they didn't have much to give, by the simple way they lived. Nonetheless, the Holy Spirit had already started prompting their hearts to donate when Danny's phone rang that night. It was Clarence Larson calling to tell Danny they needed a miracle.

What no one knew, of course, was that God had decided to demonstrate His power to Marvin and Rosella, and birth one miracle from another miracle.

God wanted Marvin in the back seat of that van as Danny and Clarence drove down the gravel roads of Thompsonville, looking for a three-phase power miracle. God wanted him there to see this miracle, not just hear about it.

Then, after witnessing this miracle firsthand, the McCol-

pins presented the Sheltons with a check for \$25,000!

Danny was shocked that night, but overwhelmed the next morning, when they handed him another check for the same amount!

Undoubtedly, he thought, they must have this money in savings. However, he found out later that this was not the case when the McColpins asked him not to cash the checks until they returned home and made some arrangements.

You see, they were so impressed that 3ABN was God's work, they went home and mortgaged their house for \$50,000, making it possible for 3ABN's first studio to be built before winter!

"In the next six months, our business of reselling land made more money than we had ever made before," Marvin told Danny later. "In fact, we made enough money to pay off that mortgage, and still had as much money left over as we did before we gave the \$50,000 to 3ABN!" ■



Marvin and Rosella McColpin (center) visited the site of 3ABN's first building as the foundation was being dug. Danny (right) and Kenny Shelton (left) showed them around, with Kenny's son, Jeremy.



Hal Steenson is a part of 3ABN's pastoral staff and presenter of the program, Heaven's Point of View. Hal is the husband of Mollie Steenson, 3ABN's vice president.



WHITE MARY JANES & COLORED CHALK

by Tammy Chance

The other night I couldn't sleep. I tossed and turned, until finally a memory surfaced from long ago.

When I was about five, I lived a few doors down from the only other little girl on our street. Her name was Pam, and she was three or four years older than I was. Pam's mother had passed away when she was very young, so she was being raised by her dad and grandmother. He earned a pretty good living, so she had lots of nice things. On the other hand, my dad was disabled and struggled to get us even the necessities of life, so every time I went to Pam's house, I marveled at her pretty clothes and nice toys.

One summer day I walked down to her house to see if she wanted to play. The front door was open, so I assumed someone was home. I knocked on the screen door several times, but no one came. Finally, I stepped in and called for her. Still no answer. Then as I turned to go, I spotted Pam's shoes! Church

shoes, school shoes—all lined up in a row, and several pairs of each! How could any little girl be so lucky and have that many shoes?

Then I saw *them!* Right there at the end of the row were my favorites—a shiny white pair of Mary Janes that she wore only to church. I picked them up and held them close. I loved those shoes, and I didn't have any that were nearly as nice. I glanced up at the coffee table, and my heart skipped a beat. A brand new box of colored chalk! Oh, I loved colored chalk more than anything in the world, and Pam always had lots of it!

Many years later, when I was an adult, Mom told me how she was in the yard talking to a neighbor when she looked up and saw me slapping down the road in white Mary Janes that were at least three sizes too big—my old shoes in one hand and clutching a brand new box of colored chalk in the other!

"Tammy, what are you doing in those shoes?" Mom asked.

"Oh, Pam has lots of nice shoes, and I don't have any, so I took them."

"Do you mean she gave them to you?" Mom quizzed me.

"No, Pam wasn't home," I answered truthfully, not realizing what I had done.

My mom's face had a funny puzzled look.

"Tammy, do you mean to tell me that you just *took* them from Pam's house when nobody was home? And by the way, did you just *take* the colored chalk in your hand, too?"

"Yes," I shook my head affirmatively. I think my forthrightness shocked her!

"Tammy Shelton, what in the world would make you do such a thing? Don't you realize that's *stealing?*"

As innocent as a newborn babe I answered, "No, Mom. I didn't steal. You see, Pam has lots of nice shoes and dresses, and I don't have any. So I thought I would just take these, and she won't care, because she has others."

At this point my mother was not very happy with me. "You march yourself right back down to Pam's house and put those things back exactly where you got them, and when you get back you are getting a spanking!"

The neighbor lady had seen the whole thing. "Goldie, don't

spank that child," she said. "She honestly thought what she did was okay, because if she didn't, Tammy wouldn't have come marching down the street in plain view."

My neighbor was right, of course. In my innocent five-year-old mind I was totally justified in having those nice shoes and that new box of chalk. Pam had others and could always

At that young age I still thought life was fair, and what could be fairer than taking something from someone who had plenty, when I had none?

get more, but I couldn't. At that young age I still thought life was fair, and what could be fairer than taking something from someone who had plenty, when I had none?

The Bible says we are born with sinful natures. The fact that I justified my actions in my own mind confirms that statement. But, don't we all sometimes justify things in much the same way? You know, *Yes, I did that. But it's because he did such and such!* Or, *I wouldn't have said that, but she provoked me!*

Justification. What a deadly weapon! We justify things to ourselves, but can we justify them to God? He's is the only One that counts! ■



Tammy Chance and her husband Bruce work in 3ABN's Donation Center.

LLAPINGACHOS

(YA-PING-GÁ-CHOS)

Mom and I spent so many wonderful hours in the kitchen as I was growing up. I think of her every time I make Llapingachos, a delicious potato patty recipe that originated in my home town of Ambato, in central Ecuador.

Why not try making this dish with your spouse, your kids, or your friends? There's no better time than the hours you spend with those you love! ■



Teresa Bonilla is the production coordinator for 3ABN Latino Network. She moved here from Massachusetts, along with her husband, Ismael Terón, and her two children, Enoc and Jabes.

PHOTOS: NICOLEISSA



LLAPINGACHOS (ECUADORIAN POTATO PATTIES)

- 6 large potatoes
- ½ tsp. salt
- 1 cup shredded soy cheese
- 2 tsp. soy margarine
- 2 tsp. olive oil
- 1 Tbsp. annatto seed color

Peel potatoes and boil them in water and salt. Drain and mash once they are soft, and let stand until warm. Add the soy margarine, soy cheese, and annatto seed color. Mix well. Form into small patties by hand and set aside for 15 minutes. Fry them, or bake at 350° F until golden.

Llapingachos are traditionally served with lettuce and avocado, but you can add onions, lemon juice, or a salad if you want. They're a perfect complement to your main dish.

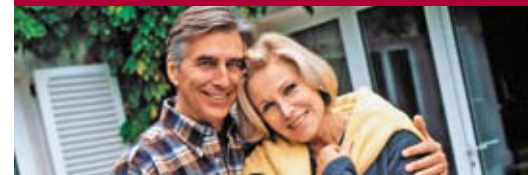


Did you know that if you had a tongue like a giraffe you could lick your ears and the top of your head? If you were an elephant, you could drink water from your nose, and if you were a butterfly you could taste with your feet!

These strange facts of nature make perfect opportunities to point to our Creator God on 3ABN's new SonBeam Channel segments!

To order this channel visit our website: sonbeamchannel.org, or call 877-369-8560 from the United States or Canada, or 618-627-2300 from any country. ■

3ABN STEWARDSHIP AND TRUST SERVICES



IN ADDITION TO regular gifts to 3ABN's ministry, many of you have also helped us grow through 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!

3ABN Stewardship and Trust Services
 Dr. Leonard Westphal
 PO Box 907, Loma Linda, CA 92354
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"What Is This You Have in Your Hand?"

WE'RE HUMBLED and grateful for the gift of an anonymous donor who recently sent us their prized collection of Red Skelton clown reproduction paintings. Their love for Jesus enabled us to put \$1,502.43 towards spreading the gospel to millions who hear about Him each day through television, radio, and the Internet.

If you have something of value you would like to use for the Lord's work, please contact our Donation Center managers, Bruce and Tammy Chance, at 618-627-4651 or e-mail tammy.shelton@3abn.org. All gifts are tax-deductible in the United States.



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