

3abn.org

July 2008

Shelley's journey of faith

# WORD WARRIOR

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**Shelley Quinn**

3ABN Program Development Manager

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**W**e are inspired by the stories of faith we hear every day! Christians humbly working for the Master, pleading for more opportunities to share their love for Jesus. Consider Shelley Quinn's faith in God's Word, and Doxa Israel's faith strengthened by finding 3ABN in Nigeria. Read how Julia Outkina's faith grows as she produces Christian programming in Russia, and how Idalia Dinzey put her faith—and her life—in God's hands by donating a kidney to her dying brother. God honors faith, so be inspired by the stories in this month's *3ABN World*!

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## GOD HONORS FAITH

SOMETIMES IT'S DIFFICULT to launch a project when you can't see the end from the beginning, yet I believe that's exactly what God wants us to do. The *Kids' Time* program with Brenda Walsh is one of the most viewed programs on 3ABN, and people of all ages tell us how much it means to them. But for financial reasons, we haven't been able to produce any new *Kids' Time* episodes for the last several years.

Danny Shelton's grandson, Noah, has appeared on the program for years, and the story is told around 3ABN that a lady asked her church to have special prayer for him because he hasn't grown an inch in several years! She got that impression because she's been watching re-runs all this time.

Noah is fine, of course, and has grown right on schedule. You'll see for yourself very soon, because by faith we started taping new *Kids' Time* episodes during the first week in June. I say by faith because we didn't have the money for sets, the very expensive lights, or even the cameras. But we are going ahead anyway! We believe that as we step into the water, God will honor our faith and send the provisions needed to finish the project.

By His grace we will start to see those new *Kids' Time* episodes by this fall, with some of the original kids (some have outgrown the program already!), some new children, and a brand new set! Please join us in prayer and support for this very important project. God honors faith. And faith honors God. To God be the glory!

Keep on keeping on with Jesus!



Jim Gilley is  
3ABN's president.

**We believe that as we step into the water, God will honor our faith and send the provisions needed to finish the project.**

# 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 us at: [mail@3abn.org](mailto:mail@3abn.org).

## KALAHEO, HAWAII:

"Thank you so much for all of your programs. I have learned so much over the past few months. I realized the other day that I really don't like the other chan-

**"I am not a Seventh-day Adventist, but that does not prevent me from really enjoying most of your programming."**

—VIA E-MAIL

nels on TV. They are very violent and immoral. I'm going to be baptized on May 24 into the Seventh-day Adventist church here on Kauai. God bless you."

## WILLINGBORO, NEW JERSEY:

"A member of the family. That's exactly how I felt when I recently visited 3ABN. No words can express my deep appreciation for a first-class operation. It seems everyone

is aware that they are serving a great Master. Their friendliness and helpfulness touched my heart. Be assured that my prayers remain with all of you wonderful, dedicated Christian people."

## VIA E-MAIL:

"I am not a Seventh-day Adventist, but that does not prevent me from really enjoying most of your programming. I was very touched by a program you had on today about a family-run business that designs benches for the many churches that are being built overseas. What a sweet and lovely family. Thank you for your programming—very inspiring indeed."

## VIA E-MAIL:

"I am listening to 3ABN Radio from the Gold Coast in Queensland, Australia, through the Internet. I find it an excellent, informative way to keep in touch with the gospel. I recommend 3ABN Radio and Amazing Facts ministries on my website which I'm currently building. Thank you for broadcasting."

## KEENE, TEXAS:

"Here's a small donation in appreciation for the blessing you are to me. I'm 81 years old and find it more difficult each day to keep going. My social

security check is minimal, and I have to work to make it cover the rising cost of living. 3ABN is a bright light in a dark world. God bless you."

## ESTONIA [TO 3ABN RUSSIA]:

"Hello! I thank the Lord, and you, dear ones, for the opportunity to study a home Bible course! May God bless you abundantly in your work and give you a thirty, sixty, hundred-fold fruit."

## JACKSONVILLE, FLORIDA:

"I have been watching you on TV for about six months. You have been a great help in my spiritual search. I have a limited income, but I am enclosing what I can. May God bless your ministry."

## HENDERSON, NEVADA:

"I have learned so much from watching 3ABN and listening to the sermons. I really enjoy the cooking programs, too. They're helping me change my meals to become more vegetarian, using less meat. Eventually I hope to become 100 percent vegetarian. May God continue to bless 3ABN's ministry. I feel blessed to be a part of it."

## UZBEKISTAN [TO 3ABN RUSSIA]:

"Dear 3ABN Russia staff, thank you for the book, *Steps to Christ*.

I read it slowly, reflecting upon almost each word. I must confess I did not even know that there are books that make people kinder, more generous, and help them give up bad habits—which is not left unnoticed by other people. The New Life Bible Study lessons have become my faithful companions. They support me in this life full of violence and vice, and relieve my loneliness."

## WESTERN AUSTRALIA:

"Please find enclosed a cheque for \$1,600. We have had 3ABN for a few years now and have found it to be an absolute blessing. After watching *By His Spirit* with G. Edward Reid, we felt God wanted us to sell our home in order to get out of debt. We prayed about it and told God that for every \$1,000 we received over and above our minimum price, we would donate \$100 to 3ABN. When our house sold, our real estate agent was amazed, because we sold our house for the full asking price. This was a first for him. God also blessed us with the purchase of our new house. He kept it on the market for us for five years. It has been such a thrill to see God's hand working in our lives. Thank you so much for the blessing that 3ABN has been to our family." ■

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.

# WORD WARRIOR

Over the centuries, the Lord has raised up mighty warriors who've drawn their strength from His Word. By faith they've commanded the sun to stand still, parted the sea, and crumbled the walls of Jericho. But how does one become a Word Warrior for God?

If family of origin were the qualifying test, Shelley Quinn wouldn't have a chance. Her parents divorced when she was four, and custody of the two girls was divided. Two years later her father, a pilot, was tragically killed in a plane crash, and she returned to her mother's custody.

Life became worse when her mother married an abusive alcoholic, and then became much worse when her mother was diagnosed with bipolar disorder, and later developed a drinking problem of her own. "Our home was so dysfunctional, so I tried to be perfect in order to

be loved," Shelley recalls. "My mother quit going to church because some members convinced her she'd committed the unpardonable sin by divorcing. Thankfully, my grandfather made sure my sister and I attended church each Sunday.

"I was a straight-A student, on fire for Jesus, and a Sunday school teacher during my teen years. But in college my spiritual passion flickered. Paying my way through college and carrying a full school load, I became spiritually lukewarm, and I'd been taught that when I'd reached that condition God was through with me, so I quit trying.

"But God kept drawing me back to His Word. I entered into deeper Bible study, and realizing



half of what my denomination taught was inaccurate, I studied my way out of that church and into the non-denominational arena."

After college and a successful business career as a computer systems analyst and corporate planner, Shelley met J.D. Quinn, a dashing Texas entrepreneur. As their friendship grew they became business partners, marrying two years later. Then Shelley came down with severe

vertigo for eight months. Doctors couldn't seem to help her, but the Lord impressed her to claim His promises for healing. Miraculously, within four months she was healed, and her passion became teaching others to speak God's promises over their lives.

Two years later a new job consumed every waking moment, and her focus again slowly drifted. "I still read the Bible and prayed, but I wasn't walking in the same intimacy and spiritual power," she says. "Finally, I cried out, 'Lord, how can I walk so close to You and *then* backslide?' God's 'still small voice' spoke to my heart, *I promise that if you begin the first hour of*

*each day in prayer with Me, you'll never backslide again!*"

The next morning Shelley felt impressed to write out her prayer. "As I began to type, I thanked Him, praised Him, repented, and interceded for others, and prayed for myself until there was nothing more. Then I realized I'd been praying for over two hours, and as I was about to type 'Amen,' I heard, *Be still, and know that I am God.* Psalm 46:10. That day I learned

two-way communication with Him, and within a few months I knew He was calling me to full-time ministry. J. D. believed it, too, so we abandoned our plans for a new business venture and accepted God's call.

"The next morning God spoke to my heart, *Every time you've put your hand to the plow you've turned back, but not this time, for I will cup My hand over yours. Forget what you think you*

**"That Sabbath was a breakthrough moment. It was the first time I'd ever experienced freedom from performance!"**

*know. Come sit at My feet and I will teach you."*

As Shelley studied the Sanctuary, the Ten Commandments, and the Sabbath, she found what became one of her favorite Scriptures: "Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you." Exodus 31:13. "All my life I'd been trying to perform for God without relying on His power," she admits, "but God simply said, 'Come rest in Me.' That Sabbath was a breakthrough moment. It was the first time I'd ever experienced freedom from performance!"

Shelley worked in full-time ministry for two years before she watched 3ABN. "I wouldn't watch because it was run by Adventists, and I thought they were legalists," she says. "I was out teaching obedience by grace, and one day I flipped through the channels and heard Pastor Kenneth Cox say, 'I don't know what everybody's problem is with obedience, because it's all by faith.' I thought to myself, *He must not be an Adventist!* The next day I tuned to 3ABN on purpose, and the speaker was talking about salvation by grace through faith! *He must not be an Adventist either,* I thought.

"As I watched I realized everything God had been teaching me agreed with Adventist doctrines, but I was clueless about Bible prophecy. I'd read the Bible many times, but had no idea the book of Daniel unlocks the prophecies of Revelation. I'd watch for an hour, and go study for six or eight! I learned they had the truth on prophecy, so I drained my ministry account and sent it all to 3ABN, asking them to pray for me because I felt the Lord calling me into the Seventh-day Adventist Church."

A portion of her letter was printed in 3ABN's newsletter, identifying her only by her hometown of Coleman, Texas (population 4,874). But someone

saw it and told the local Adventist pastor. "When he called 3ABN, they wouldn't release my information until he proved he had ministerial credentials!" she says with a laugh. "I'd planned to call him, so when he asked me if I had questions, I told him I already knew what Adventists believed. Then I interviewed *him* for several hours! He told me he was an Adventist because they taught more Bible truths than any other church he knew. I liked that answer!"

"After attending services for six months I prayed, *Lord, I feel like You're leading me to join this church. Their literature says they believe in the Holy Spirit, but I haven't heard anything preached on this. If you want me to join, please prove to me that they believe in the power of the Holy Spirit!* As I got ready for Sabbath School the next morning, an Adventist pastor was on *3ABN Today* talking about the baptism of the Holy Spirit, so I joined the church on June 8, 2002, and a few months later J. D. was re-baptized, too."

Shelley attended her first ASI laymen's convention that year, and as she passed 3ABN's booth, she prayed for a chance to tell Danny Shelton how much 3ABN meant to her. "Just then he suddenly turned to me and introduced himself!" she says.

"And that same night he called me on stage to share my story. A few months later 3ABN invited me to be on their New Year's Eve program, and soon I became a 3ABN program host. Two years later we both joined the staff."

Shelley's work as 3ABN's Program Development Manager keeps her very busy, and she and J. D. still travel with their Word Warrior Ministry. Somewhere she's found time to write her new book, *Life Affirmations From Scripture*, a sequel to her best-seller, *Exalting His Word*. "But when 3ABN began planning for the first Ten Commandments Weekend, I felt that this was the reason God brought me to 3ABN!" she says.

"Something more personally rewarding, though, is what the Lord has done in my husband's life. When I met J. D. he was a good, honest, and loving man, but he wasn't attending church, so I told him I wouldn't date someone who didn't. He'd been raised an Adventist, but his idea of religion was all rules and no relationship. The Lord promised me He would do a great work in J. D.'s life. Now, as I listen to him talk and pray with people, I know God has made him a Word Warrior, too—with a pastor's heart. God is always faithful to His promises!" ■

# The Blessing of Radio

by Nikki Anderson

*“So shall My word be that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.”* ISAIAH 55:11

Television is wonderful! It allows a viewer to not only hear a message, but also to see amazing things, by bringing both picture and sound to people around the world—things the average person would probably never be exposed to otherwise. In fact, television, or video, is probably the dominant media worldwide. We can even place phone calls with video and see the other person!

In the media industry we refer to things as “viewer-friendly” or “listener-friendly,” and constantly try to distinguish

the difference when referring to one or the other: television or radio.

Someone told me the other day that they were “extremely blessed to be able to listen to the 3ABN Radio broadcast” at home and in their car. That started me thinking of the blessings of radio. The *Webster’s Unabridged Dictionary* defines a blessing as “something conducive to happiness or welfare.” And to bless means “to invoke divine care for, or to confer prosperity or happiness upon, someone.” Well, both 3ABN television and radio have a goal

to do all of that! Our mission is to present Jesus to everyone around the world, which would certainly be conducive to happiness!

What I think of as blessings are the *differences* between television and radio. When someone is impressed to watch a “religious” program on television, anyone walking by can see and hear what that person is watching, unless they are very isolated. Sometimes they don’t want someone else to know what they’re watching. Religion can be a very emotional and personal part of our lives. One might feel intruded upon or embarrassed. They may even feel vulnerable and open to ridicule, especially if this hasn’t been a part of their life before. We’ve all heard stories about people listening to Radio Free Europe during WWII; having to hide the radio from their oppressors, and only being able to listen for a short time for fear of running down the battery. That radio broadcast was their lifeline to the world but they couldn’t let anyone know they had one.

While television is a wonderful tool, radio can be non-threatening in taking the gospel where television can’t go. People ride bikes and skateboards, drive cars and ride horses, walk

trails and climb mountains, listen on computers and personal listening devices with headphones; they can even listen on their cellular phones!

Radio is also called “the theater of the mind” because their



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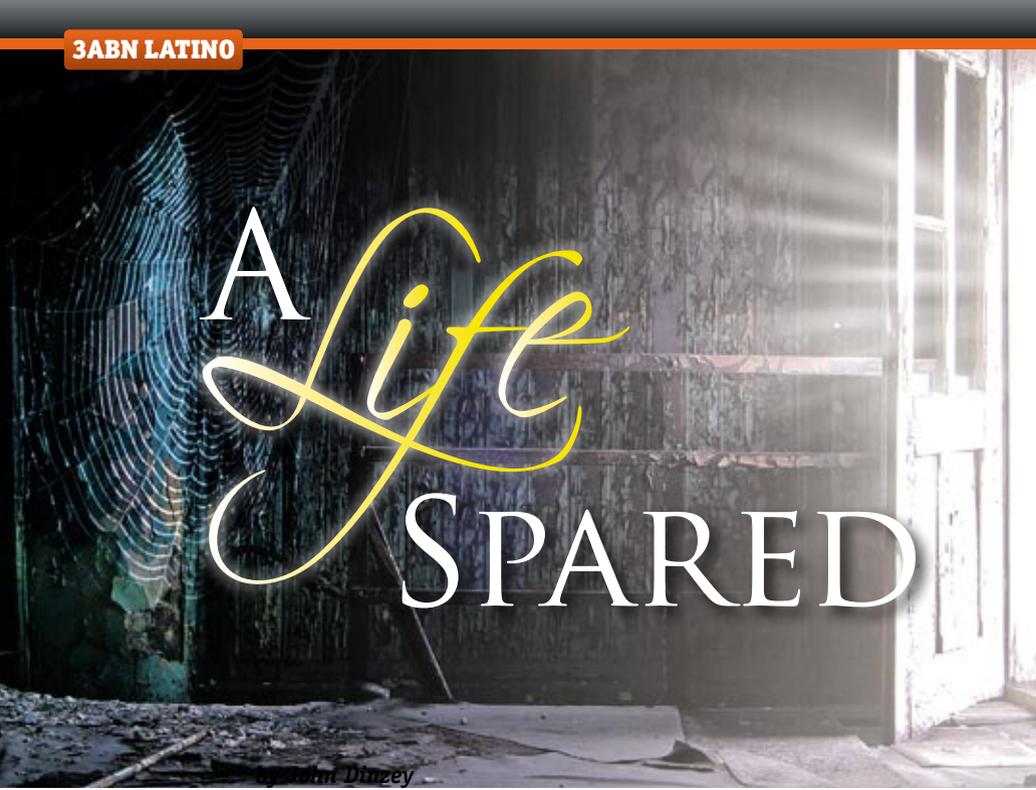
mind has to pay close attention to receive and process the message, since there’s only the sense of hearing to rely upon for information. These days, with the mobile electronic equipment most of us have, we can listen to any message we want, as much as we want, and no one is the wiser. To me that means that the Holy Spirit has a congregation of one!

He can do what He does best, one on one, with the listener. Then, it’s up to the listener and the Holy Spirit for an outward display of what he’s been learning.

Praise God for tools like television and radio! He uses whichever will work, wherever it’s needed, to be a blessing to us. ■



Nikki Anderson is the administrative assistant for 3ABN Radio.



# A Life SPARED

**I**n a world of despair, solitude, and deception, 3ABN Latino shares the love of Christ with humanity. In the midst of turmoil, uncertainty, and bondage, God brings hope and liberty. Let me share a letter I received from Margaret, one of our viewers from Portuguesa, Venezuela. It says (and I translate):

"I am a wife raising two children, my 18-year-old son Carlos, and my 14-year-old daughter Gerandine. I have a story to tell you. On November 16, 2007, my daughter was determined to take her own life while we were all home resting. It was about 3:45 in the afternoon.

"The demon was astute, because he took advantage of the weak moments my daughter has had. I didn't think a demon could touch our lives because we were so close to God! Then I realized that the demon claims ownership of the earth. But God is our Master, our Owner. If we don't pray every day we'll be weak and exposed to temptations.

"This bitter experience led us to 3ABN Latino Network through cable TV. Our eyes were opened to God's path. Your prayers, your wisdom... I love the family topics. My husband drank liquor every weekend, but today he's reflected on his ways,

and is not drinking. I'm in awe when he watches your programs. I'm a Catholic, and we watch you frequently. You just don't know how much you help us. I thank the Creator for getting to know you through this technology. God bless you all."

Let me just say, "Lord, thank You for raising this ministry to reach a lost and dying world." As I read this letter, I felt happy to hear that Margaret accepted the promptings of the Holy Spirit to search for something better. Thank God for speaking to us and for drawing us to Him through every sweet, difficult, or bitter experience. He is there to comfort us, to heal our wounded and broken hearts, to hear our sorrows, and to give us the strength we need each day.

Gerandine is alive and enjoying our programming as she searches for the Lord to fill her life with His love. I stand amazed as I contemplate the ways God uses to get us to look for His face. Oh, there's strength in the Name of the Lord! And there's power, and peace, and hope as we come to Him in prayer.

Friends, do not let your guard down. Pray without ceasing! Sometimes we make the mistake of thinking we're so close to God that nothing can touch us! Satan is constantly seeking whom to devour. Don't let him

destroy your family, or your very life. Come to Jesus, the King of kings, for eternal life.

One more person has found strength in God to give up drinking. Praise the Lord! I rejoice, for once again, God has blessed our efforts. Yours and mine! It's so wonderful to hear of lives transformed by the anointing of the Holy Spirit through this ministry. It's amazing to receive letters, e-mails, and phone calls. They all tell us that God is at work in every corner of the world, touching the lives of His children.

The list of cable companies and TV stations that are airing 3ABN Latino Network continues to grow every month. I marvel that each month more and more people burdened by despair, solitude, uncertainty, and bondage have the opportunity to find the love of Christ! Now they can receive God's message of hope, love, and liberty as 3ABN Latino comes into their homes.

Please join us in prayer that every home where 3ABN Latino can be received will be drawn to Christ. I'd like to thank each and every one of our guests here at 3ABN, 3ABN Latino, and 3ABN Radio for their willingness to be used by God to bless the hearts of those who view and listen to our programming. ■



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

# THE ONLY THING I CAN DIE FOR

**D**oxa Israel was born Abeke Beshel, in the Cross River State of Nigeria. This coastal state in the southeastern part of the country is home to some of the most pristine tropical forest areas. The port city of Calabar is over 2,000 years old, but has a sad history. From here, approximately 30 percent of the 2.5

million African slaves set sail for faraway lands during the slave trade era. smoking marijuana. “I was an early alcoholic,” he recounts. “When I was just a few years old my dad used to dip his finger in brandy and put it in my mouth. Even our dogs were alcoholics! I got drunk when I was about ten, and in my teenage years I became a habitual drunk.”

During his university years he joined a secret, cult-like organization. “It was more like a gang, and it was all about lust and plots to kill other students,” he explains. “I had already declared myself an atheist, but all that was about to change!”

“In November of 1997 I was on a 10-hour trip on a night bus to Lagos. I thought about all the trouble and disgrace I’d brought on my parents, and out of desperation, I prayed something like this, ‘Jesus, if You’re there for real, then please change me! Please save me!’ What I meant by ‘save me’ was, ‘save me from my drinking and drug use.’ I don’t know how long I prayed, but I do know that for a significant amount of time, I wasn’t myself.”

“Out of desperation, I prayed something like this, ‘Jesus, if You’re there for real, then please change me! Please save me!’”

Raised in a strong Catholic family, his eldest brother, Saviour, attended a Catholic seminary to become a priest. But Doxa says he attended church just to please his parents, and as soon as he could he stopped going. Soon he was running with the wrong crowd, drinking and

To some, a spiritual experience comes gradually, but to Doxa it was instant. “I got to Lagos, finished my business, and headed back—without drinking or smoking marijuana! Just like that. It was a miracle! Back home I announced I’d been born again, and of course that was a mighty call for ridicule. But later I was driving my mum somewhere and she said, ‘Since you’ve declared you’ve signed up for Christ, you should keep it up!’”

His gang, however, was not supportive. In fact, they came to his house and threatened to kill him! “But I prayed them out!” he says. “God gave me an uncommon boldness, and the verse, ‘Do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.’” (Matthew 10:28.)

Finding an old Bible, Doxa dusted it off and within a few days read through the gospels of Matthew, Mark, Luke, and John. “My next challenge was to find a church, so of course I went to the Catholic church,



PHOTOS SUPPLIED BY DOXA ISRAEL

the only one I was familiar with. But somehow I didn’t feel like I belonged there, and twice I left before the mass was over. Then a friend came by to invite me to drink, but when I told him my experience, he said I should try his mother’s church.”

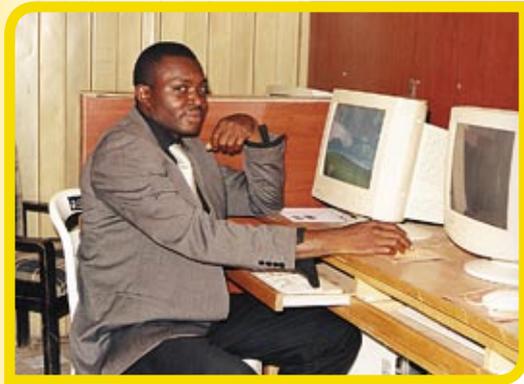
The next three years Doxa studied the Bible and attended an Independent Baptist church in Calabar. But after some time he began questioning some of their doctrines because they didn’t seem to line up with the Scriptures. Finally, while trying to convince his church to give two security guards a raise, he felt like the whole church turned against him. Hurt and confused, he began to stay away from church. “I felt like my loving family had turned against me,” he says, “but perhaps that was God’s way of telling me I needed to move on.”

Eventually his search led him to respond to an invitation to

*Doxa and Kayil Israel found 3ABN when they started a satellite dish dealership in Nigeria. Now they are raising their sons Michael (L) and Elienai (R) to follow Jesus.*

attend Christ Embassy, a charismatic and healing ministry founded by Chris Oyakhilome, and perhaps the largest and most visible ministry in Nigeria and all of Africa. It was there that Doxa met his wife, Kayil.

“They had totally different doctrines from the Baptists,” he says, “but gradually I began



*God has recently blessed Doxa with a new position as a computer systems administrator in the city of Lagos.*

believing and practicing what they preached, even though it was a strange doctrine. I found that most of their believers knew very little about the Bible. People are attracted to such ministries here in Nigeria, because the ministry makes lots of waves. But eventually I couldn't stand the false doctrine anymore. One day I left and changed my telephone numbers so they couldn't reach me,” Doxa says. “My wife and I both resolved to be Christians from home, period. I was very afraid of doctrine at this point, because I'd seen two very

distinct denominations using the Scriptures to suit themselves. I realized the Bible was so vast that anyone could use it selfishly! My friends kept asking which church had truth, since I was leaving them all, and the only answer I could give them was that I didn't know. One thing was certain, though. They couldn't all be right, because 1 Corinthians 14:33 says, ‘God is not the author of confusion.’ Looking back on it now, I know that God had a hand in everything that was happening. It was a setup!”

Doxa went into a great depression that took its toll on his mind and body. “My wife and I traded our car and started a small cell phone business,” he says. “Not long after, we began selling satellite systems for TrendTV. Of course, I had one installed in my home and another one in my office. One of the stations on the bouquet [channel package] was 3ABN! We started watching, and my wife and I kept checking our Bibles constantly. I would check the context as well, and I studied the Greek and Hebrew at the same time with the help of *Strong's Exhaustive Concordance*. About a year went by, and I was more critical than ever. But the humility of the presenters, the calm music—everything just seemed to add up.

“What really got my atten-

tion was the idea of a visible rapture instead of a secret one. I was used to the *Left Behind* propaganda, but in my heart I knew it was wrong. Then there was the issue of what happens when we die. I didn't have any problem believing what I heard, but it brought great fear when I realized that I'd been teaching the opposite for quite a long time in gross ignorance!”

Doxa needed time to become grounded in these new teachings, and he began to study the Bible with the help of the Discover Online Bible School ([www.dicoveronline.org](http://www.dicoveronline.org)). Then, one day, he couldn't resist. “I drove to work one morning and watched myself drive straight to the Seventh-day Adventist church,” he says. “I didn't realize that the pastor was a distant relative, whose brother Sam had lived with my family for five years, so when we met we were both shocked! We began to study Revelation together, and I drove to the church three or more times a day, seeking clarification on one issue or the other. He never seemed to mind. *These things are too marvelous, too good to be true!* I thought. *Why would God bless me with this knowledge among all the seekers of truth, both living and dead?*

“What finally convinced us

was the sound preaching from the Word of God. My wife and I were baptized immediately, but soon after that I began to have real financial difficulties. It has been most challenging for me, but I believe my greatest test of faith was getting the nerve to get back up again after falling into false doctrines.”

Then in 2005, Doxa and his family moved to the country's capital, Abuja, and God has recently blessed them with the birth of their second son. “Our first son is named Michael, and our newborn is named Elienai, or Eli for short. His name means ‘eyes toward God.’ My wife and I both changed our names. Mine is now Doxa, the Greek word for ‘fullness of God's glory,’ and my wife's name, Kayil, is Hebrew for ‘virtuous.’”

Today Doxa holds many positions in his church, including youth and communications director. He was also ordained as a deacon. But without a doubt, the most exciting thing for him is preaching. “I've been blessed to preach regularly in our local churches for the past year. Last Sabbath I even preached in my own church. I want to work in full-time ministry for the Lord, and I beg Him often to place me at the front lines of the gospel. To me, it's the only thing I can die for.” ■

# SEPARATISTS & PILGRIMS

by Michael Prewitt

**M**ore than 150 years before the founding of the United States, members of a group known as Separatists decided they needed a new home. They had split with

views were deemed too radical, many of them were forced to flee to other countries.

This group of Puritans made their way to the Netherlands, where they lived for a time. But eventually they came to see that their best hope to live their faith freely in the sight of God, was to move to the new colonies across the Atlantic.

John Robinson was pastor to the first wave of Puritans who boarded the Mayflower—these and others who followed became known as Pilgrims—and he intended to sail to the colonies later with a larger group. His parting words in 1620 to those setting out on this long and daring voyage included this solemn plea: “I charge you before God and His blessed angels to follow me no further than I have followed Christ. And if God should reveal anything to you by any other instrument of His, be as ready to receive it as ever you were to receive any truth of my ministry; for I am very confident the Lord hath more truth

and light yet to break forth out of His holy Word.”<sup>1</sup>

Robinson saw that the Reformation was not a finished work, and that the Bible was still rich with undiscovered treasures. He urged his parishioners to keep an open mind to truth. “The Lutherans cannot be drawn to go beyond what Luther saw, for whatever part of God’s will He had further imparted and revealed to Calvin, they will rather die than embrace it.... And the Calvinists, you see, stick fast where he left them. This is a misery much to be lamented; for though they were precious shining lights in their time, yet God had not revealed His whole will to them; and were they now living, they would be as willing to embrace further light, as that they had [first] received.”

He sensed that people who accepted new light tended to walk a few steps forward and stop there, content with their progress, or with the views of a particular leader. He realized that this wasn’t a responsible way to handle the light shining from God’s Word. Christians must be willing to accept all truth found in the Bible, and live by it, esteeming it as a revelation from God Himself.

The Puritans later fused into other churches (the Presbyterians, Congregationalists, and



*The Pilgrim Fathers boarding the Mayflower for their voyage to America.*

Baptists), and today little more than their name remains. Yet they’ve left us a tremendous legacy. Today we know that the light of God shines on the pew as well as on the pulpit. Every man, woman, and child has a freedom to explore God’s Word, and find there truths both “new and old” (Matthew 13:52). The Puritans’ history is a testimony that God’s Word is a living Word, with widening branches and deepening roots—not hard, and dead, and gray with age.

The importance of studying the Bible for fresh insights was prized by the Puritans and others like them. Among the earliest colonists, their influence in the New World carried far, laying the groundwork for a great revival yet to come. ■

*WE CAN REJOICE in the faith of our fathers. But we must not stop there. The poet James R. Lowell, author of the hymn, “Once to Every Man and Nation,” was right when he penned these words: “New occasions teach new duties, / Time makes ancient good uncouth; / They must upward still and onward, / Who would keep abreast of truth.”*

*Jesus recognized the unfolding nature of truth (see Matthew 5:21–44), as did Paul (Acts 17:30). Fundamental to our heritage is a yearning to follow the light wherever it leads, to keep pace with “the present truth” (2 Peter 1:12).*

the Church of England over matters of doctrine, and for this reason they were persecuted. They belonged to a larger faction within the church, popularly known as Puritans, a name that represented their desire for the pure faith of the Bible, unmixed with needless rites and human philosophies. Because their



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

house calls

# Don't Be Absent

by John Lomacang

**D**riving “on the other side of the road” required some intense thinking on my part, but two weeks of it brought new appreciation for how the rest of the world sees life. That’s also how others see the Bible. To us it may be natural to think, read, and see things one way, while others see it differently. While hosting 3ABN’s *House Calls* I’ve had the privilege of seeing “the other side of the road” when it comes to Bible questions, and I realize that those who ask them are simply on “the other side of the road.”

Neither side is right nor wrong—when it comes to driving. But the Bible doesn’t support opposing views. Often we hear, “That’s what your church teaches, and this is what we believe,” but the Bible is the great governor of teachings, and “my church versus your church” is not really the issue.

Sometimes I address teachings with opposing views, stirring up the waters hoping that,

when the mud settles, we’ll see things more clearly. Let’s begin with what I think is one of the most unintentionally addressed teachings—death.

I’ve heard talk show guests claim they can contact the dead who are sending messages “from the other side.” I’ve heard world-renowned preachers say, “They’re with the Lord, now—they’re in a better place.” When confronted, their responses vary, but the most common Scripture quoted is, “To be absent from the body is to be present with the Lord.”

I encourage you to read this verse in context in 2 Corinthians 5:1–10. Some suggest “being absent from the body” means our soul or spirit floats up to heaven to be with the Lord when we die. But examining the text we find it has nothing to do with death. The “crowning verse” says, “For we must all appear before the judgment seat of Christ, that each one may receive the things done in the body, according

to what he has done, whether good or bad.” The question Paul awakens is, “What’s our reward after we appear before Christ in the judgment?” and not, “What happens when we die?”

Paul, better than most, knew that trials bring with them a longing to be with the Lord. He longed for the day when, “mortality may be swallowed up by life.” Rather than teaching us that death is an alternate route to heaven, Paul clearly states that one day this mortal life will be swallowed up!

Does he tell us what’s going to happen, and when? Yes, he gives us the sequence. Notice carefully that before we can be with the Lord, a major change has to take place. “Behold, I tell you a mystery: we shall not all sleep, but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality.” 1 Corinthians 15:51–53.

For now, the grave awaits us all, and at the last trumpet we will be changed from mortal to immortal. Only then can we be clothed with a new body. Immortality is not a change that happens at death, it happens

to the righteous at God’s last trumpet call.

When Lazarus died, Martha knew her brother hadn’t gone to heaven. His hope was in Jesus’ last great miracle—the Resurrection. “Martha said to Him, ‘I know that he will rise again in the resurrection at the last day.’” John 11:24.

Job understood the same truth: “But man dies and is laid away; indeed he breathes his last and where is he? As water disappears from the sea, and a river becomes parched and dries up, so man lies down and does not

rise. If a man dies, shall he live again? All the days of my hard service I will wait, till my change comes.” Job 14:10–12, 14.

One day we *will* be absent from this body of affliction and death. One day we *will* be present with the Lord. But until then we must wait for the change to come at the last trumpet, at the last day.

Next time you attend a funeral, you can believe that the Second Coming of Jesus will yield the greater blessing. If I don’t meet you until then, don’t be absent. I hope to see you when the trumpet sounds! ■



## KEY VERSES

- 2 Cor. 5:1–10
- 1 Cor. 15:51–53
- John 11:24
- Job 14:10–12, 14

If you have any further questions you can e-mail Pastor John Lomacang at [housecalls@3abn.org](mailto:housecalls@3abn.org)



John Lomacang is pastor of the Thompsonville Seventh-day Adventist Church. His wife Angela works at 3ABN Radio Network.



**Old Testament Flatbread**

Wanna try out our recipe for Old Testament Flatbread? Check it out online at [3abn.org/kids/crafts](http://3abn.org/kids/crafts)

**Hi Kids,**

Before Israel had kings, it was once ruled by a woman (read what the Bible says about her in Judges 4). She was considered a very wise person, and led her people to a great victory over the Canaanites. Before that victory, life was miserable for the people of Israel. Look at the pictures on the left, and then write the name of each picture in the spaces above. When you finish, you'll find out the name of this famous lady judge in the shaded spaces.

Love,  
**Tammy**



**Using the code find out the hidden word:**

Look at the pictures below and write the name of each picture in the spaces at the right. When you finish you will find the name of this famous lady judge in the shaded spaces.

1.									
2.									
3.									
4.									
5.									
6.									
7.									



Answers: 1. door, 2. bell, 3. book, 4. clouds, 5. grapes, 6. pear, 7. hat.  
Hidden word: Deborah.



**"For the Lord will judge His people, and He will have compassion on His servants."**

**Psalm 135:14 (New King James Version)**

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: PDT = Pacific Daylight Saving Time (UTC-7); MDT = Mountain Daylight Saving Time (UTC-6); CDT = Central Daylight Saving Time (UTC-5); EDT = Eastern Daylight Saving Time (UTC-4). = Closed captioned. = Live program. = New series. = Repeat of live program. Program titles in red are changes effective this month.

## 3ABN today

### Thursday LIVE / July 2008

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

<b>Jul 3</b>	Fourth of July Special	<b>Jul 24</b>	C. D. Brooks
<b>Jul 10</b>	Shelley Quinn, Jennifer Jill Schwirzer, Mollie Steenson	<b>Jul 31</b>	Shawn & Jean Boonstra
<b>Jul 17</b>	3ABN Behind the Scenes		

For more program information, please visit our website, [www.3abn.org](http://www.3abn.org)

# DTV Antennas



Philips® brand DTV antenna (shapes and sizes of other brands and models vary dramatically)

AS THE FEBRUARY 18, 2009, deadline approaches, anyone with an older model analog TV set should become informed on how the changeover to digital TV (DTV) broadcasting will affect them. This month we want to address antenna issues.

According to the FCC, a special antenna is not generally needed to receive digital signals *if you have one that already gives you a good picture*. You may have antenna issues though, if you do not receive UHF signals (channels 14 and above) well, because most DTV stations are on the UHF band. Mountains, buildings over four stories high, or trees over 30 feet high can seriously affect your signal.

Some may be able to pick up DTV signals with a small antenna, like the popular “rabbit ears,” while others will need a larger one. Here’s a simple list of antenna types:

**Small Multi-Directional:** smallest of TV antennas, works well in areas with a strong signal.

**Medium Multi-Directional:** somewhat larger and more powerful, new designs feature stick, wing-shaped, or disk-shaped models.

**Large Multi-Directional:** multi-element rooftop models, best for distant or low-strength signals. These antennas can also be mounted in the attic.

VCRs, DVD players, camcorders, and video games will continue to work, even if they are only analog-capable. Such equipment, however, may not provide digital-quality picture and sound.

For a free survey and recommendations on antennas, visit [www.antennaweb.org](http://www.antennaweb.org). Find this and other DTV articles on our website: [www.3abn.org](http://www.3abn.org).

## 3ABN: JULY

## ▼ SUNDAY

				◀ CHOOSE YOUR TIME ZONE	
PDT	MDT	CDT	EDT		
Midnt	1:00a	2:00a	3:00a		Exalting His Word (Shelley Quinn)
12:30	1:30	2:30	3:30		Breath of Life (Walter Pearson)
1:00a	2:00a	3:00a	4:00a		Amazing Facts Presents... (Doug Batchelor)
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)
3:00a	4:00a	5:00a	6:00a		Kenneth Cox Ministries Presents...
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		ShareHim Newsmagazine
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		Praise! (Kelly Mowrer)
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		Liberty Insider (Lincoln Steed)
12:30	1:30	2:30	3:30		Health for a Lifetime (Don Mackintosh)
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		Adventures in Missions
4:30	5:30	6:30	7:30		In Search of Truth (Charles Byrd)
5:00p	6:00p	7:00p	8:00p		Celebrating Life in Recovery (Cheri Peters)
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		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		White Horse Media Presents... (Steve Wohlberg)
8:30	9:30	10:30	11:30		...continued
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		Books of the Book (Gibson & Rafferty)
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: JULY

### ▼ MONDAY

PDT	MDT	CDT	EDT	← CHOOSE YOUR TIME ZONE	
Midnt	1:00a	2:00a	3:00a		Up Close <span>CC</span>
12:30	1:30	2:30	3:30		...continued
1:00a	2:00a	3:00a	4:00a		Revelation Speaks Hope (Brian McMahon) <span>CC</span>
1:30	2:30	3:30	4:30		...continued
2:00a	3:00a	4:00a	5:00a		Celebrating Life in Recovery (Cheri Peters) <span>CC</span>
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) <span>CC</span>
4:00a	5:00a	6:00a	7:00a		Body & Spirit Aerobics (Dick Nunez)
4:30	5:30	6:30	7:30		World Prophecy News/ <b>Grandma's House</b>
5:00a	6:00a	7:00a	8:00a		Janice's Attic (Janice Smith)
5:30	6:30	7:30	8:30		Food for Thought
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) (John Lomacang) <span>🔴</span>
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)
9:00a	10:00a	11:00a	<b>Noon</b>		His Harvest Is Ready (C.A. Murray)
9:30	10:30	11:30	12:30		...continued
10:00a	11:00a	<b>Noon</b>	1:00p		Digging Up the Past (David Down)
10:30	11:30	12:30	1:30		Breath of Life (Walter Pearson) <span>CC</span>
11:00a	<b>Noon</b>	1:00p	2:00p		Grandma's House/His Words Are Life
11:30	12:30	1:30	2:30		Abundant Living (Curtis & Paula Eakins)
<b>Noon</b>	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		Generation of Youth for Christ 2007
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 (repeat) (John Lomacang) <span>🔵</span>
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)
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	<b>Tue</b>		Here We Stand (Doug Batchelor)
9:30	10:30	11:30	12:30		...continued
10:00p	11:00p	<b>Tue</b>	1:00a		...continued
10:30	11:30	12:30	1:30		Maranatha Mission Stories (Dick Duerksen)
11:00p	<b>Tue</b>	1:00a	2:00a		3ABN Today
11:30	12:30	1:30	2:30		...continued

### ▼ TUESDAY

PDT	MDT	CDT	EDT	← 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 <span>CC</span>
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		In Search of Truth (Charles Byrd) <span>CC</span>
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) <span>🔵</span>
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	<b>Noon</b>		Revelation Speaks Hope (Brian McMahon) <span>CC</span>
9:30	10:30	11:30	12:30		...continued
10:00a	11:00a	<b>Noon</b>	1:00p		3ABN On the Road
10:30	11:30	12:30	1:30		...continued
11:00a	<b>Noon</b>	1:00p	2:00p		Heaven's Point of View (Hal Steenson) <span>CC</span>
11:30	12:30	1:30	2:30		Let's Cook Together
<b>Noon</b>	1:00p	2:00p	3:00p		Body & Spirit Aerobics (Dick Nunez)
12:30	1:30	2:30	3:30		Books of the Book (Gibson & Rafferty) <span>CC</span>
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		<b>Kids' Time Praise</b>
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) <span>CC</span>
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		Making Waves (Jim Ayer)
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) <span>CC</span>
8:30	9:30	10:30	11:30		...continued
9:00p	10:00p	11:00p	<b>Wed</b>		<b>Ten Commandments Weekend 2008</b>
9:30	10:30	11:30	12:30		...continued
10:00p	11:00p	<b>Wed</b>	1:00a		Special Feature
10:30	11:30	12:30	1:30		...continued
11:00p	<b>Wed</b>	1:00a	2:00a		3ABN Today
11:30	12:30	1:30	2:30		...continued

### 3ABN: JULY

### ▼ WEDNESDAY

PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Books of the Book (Gibson & Rafferty) <span>CC</span>
12:30	1:30	2:30	3:30	Exploring the Word (Lonnie Melashenko)
1:00a	2:00a	3:00a	4:00a	Battles of Faith
1:30	2:30	3:30	4:30	Laymen Ministries (Jeff Reich)
2:00a	3:00a	4:00a	5:00a	World of Praise (Wintley Phipps)
2:30	3:30	4:30	5:30	3ABN Classics
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	Kenneth Cox Presents...
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) <span>CC</span>
10:30	11:30	12:30	1:30	Liberty Insider (Lincoln Steed)
11:00a	Noon	1:00p	2:00p	By My Spirit (Ed Reid)
11:30	12:30	1:30	2:30	Food for Thought
Noon	1:00p	2:00p	3:00p	Body & Spirit (Dick Nunez)
12:30	1:30	2:30	3:30	World of Praise (Wintley Phipps)
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	Teen Pathways
3:30	4:30	5:30	6:30	Exploring the Word (Lonnie Melashenko)
4:00p	5:00p	6:00p	7:00p	Issues & Answers
4:30	5:30	6:30	7:30	Wonderfully Made
5:00p	6:00p	7:00p	8:00p	White Horse Media Presents... (Steve Wohlberg)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	It Is Written (Shawn Boonstra) <span>CC</span>
6:30	7:30	8:30	9:30	Amazing Facts Presents... (Doug Batchelor) <span>CC</span>
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	3ABN On the Road
8:30	9:30	10:30	11:30	...continued
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

PDT	MDT	CDT	EDT	◀ 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	In Search of Truth (Charles Byrd) <span>CC</span>
1:00a	2:00a	3:00a	4:00a	House Calls (repeat) (John Lomacang) <span>▶</span>
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) <span>CC</span>
3:30	4:30	5:30	6:30	Adventist Frontier Missions <span>CC</span>
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	The Presence (Shawn Boonstra)
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 <span>CC</span>
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	3ABN Today LIVE <span>▶</span>
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	Kenneth Cox Ministries Presents...
8:30	9:30	10:30	11:30	...continued
9:00p	10:00p	11:00p	Fri	Celebrating Life in Recovery (Cheri Peters) <span>CC</span>
9:30	10:30	11:30	12:30	...continued
10:00p	11:00p	Fri	1:00a	Heaven's Point of View (Hal Steenson) <span>CC</span>
10:30	11:30	12:30	1:30	Praise! (Kelly Mowrer)
11:00p	Fri	1:00a	2:00a	3ABN Today LIVE (repeat) <span>▶</span>
11:30	12:30	1:30	2:30	...continued

### 3ABN: JULY

### ▼ FRIDAY

PDT	MDT	CDT	EDT	◀ 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	...continued
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
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)
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	Health for a Lifetime (Don Mackintosh)
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
10:30	11:30	12:30	1:30	...continued
11:00a	Noon	1:00p	2:00p	Books of the Book (Gibson & Rafferty)
11:30	12:30	1:30	2:30	Abundant Living (Curtis & Paula Eakins)
Noon	1:00p	2:00p	3:00p	Discover (David Asscherick)
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	Teen Pathways
3:30	4:30	5:30	6:30	Variety
4:00p	5:00p	6:00p	7:00p	Breath of Life (Walter Pearson)
4:30	5:30	6:30	7:30	Praise! (Kelly Mowrer)
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	It Is Written (Shawn Boonstra)
6:30	7:30	8:30	9:30	Maranatha Mission Stories (Dick Duerksen)
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	Sat	ShareHim Newsmagazine
9:30	10:30	11:30	12:30	Exalting His Word (Shelley Quinn)
10:00p	11:00p	Sat	1:00a	Revelation Speaks Hope (Brian McMahon)
10:30	11:30	12:30	1:30	...continued
11:00p	Sat	1:00a	2:00a	3ABN Today
11:30	12:30	1:30	2:30	...continued

### ▼ SATURDAY

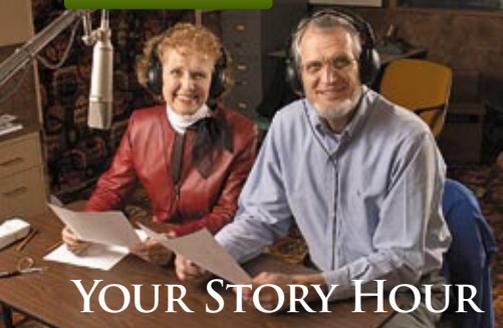
PDT	MDT	CDT	EDT	◀ CHOOSE YOUR TIME ZONE
Midnt	1:00a	2:00a	3:00a	Revelation Now (Jac Colon)
12:30	1:30	2:30	3:30	...continued
1:00a	2:00a	3:00a	4:00a	3ABN On the Road
1:30	2:30	3:30	4:30	...continued
2:00a	3:00a	4:00a	5:00a	3ABN Classics
2:30	3:30	4:30	5:30	In the Footsteps of Paul (Tony Moore)
3:00a	4:00a	5:00a	6:00a	Ten Commandments Weekend 2008
3:30	4:30	5:30	6:30	...continued
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
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	Here We Stand (Doug Batchelor)
9:30	10:30	11:30	12:30	...continued
10:00a	11:00a	Noon	1:00p	...continued
10:30	11:30	12:30	1:30	Keepers of the Flame
11:00a	Noon	1:00p	2:00p	Back to Nature/His Words Are Life
11:30	12:30	1:30	2:30	Issues & Answers
Noon	1:00p	2:00p	3:00p	House Calls (repeat) (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)
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	Melody From My Heart
5:00p	6:00p	7:00p	8:00p	Discover (David Asscherick)
5:30	6:30	7:30	8:30	...continued
6:00p	7:00p	8:00p	9:00p	Books of the Book (Gibson & Rafferty)
6:30	7:30	8:30	9:30	Heaven's Point of View (Hal Steenson)
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 Daylight Saving Time (UTC-5). ⚡ = Live program. ★ = New series. ♻ = Repeat of live program. Program titles in red are changes effective this month.

**RADIO FEATURE**



**T**his half-hour program features stories from the Bible and other sources, presented by Aunt Carol and Uncle Dan. The dramatizations are designed and presented to build character and equip children for life's challenges. It has been a favorite of boys and girls for over 50 years! Whatever your age, be sure to tune in daily at 10:00 p.m., Monday through Friday at noon, and Saturday and Sunday at 7:00 a.m. CDT.

**3ABN RADIO: JULY**

CDT	SUNDAY
2:00a	Thinking About Home
2:30	Dynamics in the Science of Prayer
3:00a	Heaven's Point of View
3:30	Faith Chapel
4:00a	A Closer Look
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	Endtime Insights/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
<b>Noon</b>	Lift Him Up
12:30	Marriage in God's Hands
1:00p	Revelation Speaks Hope
1:30	...continued
2:00p	It Is Written
2:30	Left Behind: Fact or Fiction?
3:00p	3ABN Today LIVE (repeat) ♻
3:30	...continued
4:00p	...continued
4:30	...continued
5:00p	Musical Meditations
5:30	...continued
6:00p	A Closer Look
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
<b>Mon</b>	Discover Prophecy
12:30	...continued
1:00a	3ABN Today
1:30	...continued

**This schedule begins July 1.**

CDT	MONDAY	CDT	TUESDAY
2:00a	Help Yourself to Health	2:00a	Bible Answers LIVE ♻
2:30	His Words Are Life/Rags to Riches	2:30	...continued
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	Your Health News/Growing in Grace	3:30	By My Spirit
4:00a	Kids' Time	4:00a	Kids' Time
4:30	It's Your Money!	4:30	Issues & Answers
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Thinking About Home	6:00a	Health for a Lifetime
6:30	Christian Concerns	6:30	Freedom's Ring/Your Family Health
7:00a	The Bible in Living Sound	7:00a	The Bible in Living Sound
7:30	Wonders in the Word	7:30	Wonders in the Word
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	Bible Answers	10:00a	Lift Him Up
10:30	Endtime Insights/Health Headlines	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	Freedom's Ring/Melody From My Heart	12:30	Abundant Living/Growing in Grace
1:00p	Help Yourself to Health	1:00p	By My Spirit
1:30	His Words Are Life/Rags to Riches	1:30	Dynamics in the Science of Prayer
2:00p	Kids' Time	2:00p	Kids' Time
2:30	It's Your Money!	2:30	Issues & Answers
3:00p	Voice of Prophecy/Between the Lines	3:00p	Voice of Prophecy/Between the Lines
3:30	Wonderfully Made	3:30	Women at the Well
4:00p	Discover Prophecy	4:00p	Discover Prophecy
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	Wonders in the Word	7:30	Wonders in the Word
8:00p	Heaven's Point of View	8:00p	Health for a Lifetime
8:30	Thinking About Home	8:30	Genesis to Revelation Seminar
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	Wonderfully Made	10:30	Women at the Well
11:00p	Crossroads on 3ABN Radio	11:00p	Crossroads on 3ABN Radio
11:30	...continued	11:30	...continued
<b>Tue</b>	Discover Prophecy	<b>Wed</b>	Discover Prophecy
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

### 3ABN RADIO: JULY (continued)

CDT	WEDNESDAY	CDT	THURSDAY
2:00a	Help Yourself to Health	2:00a	Help Yourself to Health
2:30	His Words Are Life/Rags to Riches	2:30	His Words Are Life/Rags to Riches
3:00a	Voice of Prophecy/Between the Lines	3:00a	Voice of Prophecy/Between the Lines
3:30	<b>Bible Answers</b>	3:30	<b>Bible Answers</b>
4:00a	Kids' Time	4:00a	Kids' Time
4:30	Issues & Answers	4:30	Issues & Answers
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Health for a Lifetime	6:00a	Thinking About Home
6:30	Christian Concerns	6:30	The StoryHouse/Your Family Health
7:00a	The Bible in Living Sound	7:00a	The Bible in Living Sound
7:30	Wonders in the Word	7:30	Wonders in the Word
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	Left Behind: Fact or Fiction?	10:00a	<b>Genesis to Revelation Seminar</b>
10:30	Endtime Insights/Health Headlines	10:30	Stop Smoking Clinic
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	When God's People Pray	12:30	<b>Heaven's Point of View</b>
1:00p	Help Yourself to Health	1:00p	<b>By My Spirit</b>
1:30	His Words Are Life/Rags to Riches	1:30	His Words Are Life/Rags to Riches
2:00p	<b>Bible Answers LIVE</b> ◀	2:00p	Kids' Time
2:30	...continued	2:30	Issues & Answers
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	<b>Discover Prophecy</b>	4:00p	<b>Discover Prophecy</b>
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	Wonders in the Word	7:30	Wonders in the Word
8:00p	Health for a Lifetime	8:00p	3ABN Today LIVE 🔴
8:30	Your Health News/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
<b>Thu</b>	<b>Discover Prophecy</b>	<b>Fri</b>	<b>Discover Prophecy</b>
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today LIVE (repeat) ◀
1:30	...continued	1:30	...continued

CDT	FRIDAY	CDT	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	<b>By My Spirit</b>	3:30	...continued
4:00a	Kids' Time	4:00a	A Closer Look
4:30	Issues & Answers	4:30	...continued
5:00a	Musical Meditations	5:00a	Musical Meditations
5:30	...continued	5:30	...continued
6:00a	Health for a Lifetime	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	Faith Chapel	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	Freedom's Ring/His Words Are Life
9:30	...continued	9:30	Christian Concerns
10:00a	<b>Bible Answers</b>	10:00a	Central Study Hour
10:30	Endtime Insights/Health Headlines	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>	Heaven's Point of View
12:30	When God's People Pray	12:30	Women at the Well
1:00p	Help Yourself to Health	1:00p	<b>Revelation Speaks Hope</b>
1:30	Breath of Life	1:30	...continued
2:00p	Kids' Time	2:00p	Issues & Answers
2:30	Issues & Answers	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	<b>Discover Prophecy</b>	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	A Closer Look
6:30	...continued	6:30	...continued
7:00p	The Bible in Living Sound	7:00p	Heaven's Point of View
7:30	More Abundant Life	7:30	Rags to Riches/Growing in Grace
8:00p	Health for a Lifetime	8:00p	3ABN Today
8:30	Thinking About Home	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	Left Behind: Fact or Fiction?
11:00p	Crossroads on 3ABN Radio	11:00p	Faith Chapel
11:30	...continued	11:30	By My Spirit
<b>Sat</b>	<b>Revelation Speaks Hope</b>	<b>Sun</b>	<b>Revelation Speaks Hope</b>
12:30	...continued	12:30	...continued
1:00a	3ABN Today	1:00a	3ABN Today
1:30	...continued	1:30	...continued

# THE DANGERS OF FAT



by Risë Rafferty

There's a tale of a duke of Burgundy, who was held entrapped in prison due to his extensive abdominal girth. The only prerequisite for being freed from his house of bondage was that he fit through the door. His captor fed him the richest delicacies, and rather than choosing to abstain and lose weight, he remained a prisoner.

Aside from this extreme example of obesity, carrying fat—specifically in our midsection—has been linked to greater risk of heart disease, diabetes, stroke, and hypertension, as well as breathing problems, disability, some cancers, higher mortality rates, dementia, and metabolic syndrome or syndrome X, a term given to a cluster of risk factors that intensify risk of heart disease and adult-onset diabetes. A study published in the medical journal *Lancet*, involving 27,000 people in 52 countries, found that waist-to-hip ratio more accurately predicts who will have a heart

attack than weight or even body mass index.<sup>1</sup>

Apparently not all fat is alike. Some fat resides on hips, thighs, and even arms. Other fat “hangs out” just under the surface. Then there's the centralized, deep, visceral fat that packs itself around internal organs and is the most metabolically active.

“It's becoming clearer and clearer that body fat distribution is a critically important variable,” says JoAnn Manson, Chief of Preventive Medicine at Harvard University's Brigham and Women's Hospital. “And abdominal obesity is the key culprit.”<sup>2</sup>

We tend to see fat cells as brainless blobs of stored leftovers waiting to be used in time of famine. But in reality, fat cells are chemical factories, “extraordinarily dynamic, complex, and influential entities that affect a staggering array of crucial bodily functions.”<sup>3</sup> According to Rexford S. Ahima, an endocrinologist at the University of Pennsylvania, “It's obvious that

[fat] makes and secretes more hormones and proteins than probably any other [organ]. It's at the center of a very complex system. It coordinates how much we eat, how much energy we burn, how the immune system works, how we reproduce. The list goes on.”<sup>4</sup> Unfortunately, in some it is probably the largest endocrine organ in the body, meaning that it makes and secretes chemical messengers.

The chemicals released communicate with and give directions to brain, liver, muscles, and reproductive organs. They influence the immune system, the formation of blood clots, determine when blood vessels constrict, and increase the body's resistance to insulin.

Another significant effect is its ability to provoke an inflammatory response. “As fat mass increases, this is associated with a systematic stress response and inflammatory response, and that exhibits itself in a variety of diseases.”<sup>5</sup>

Fat has long had a negative connotation. It has been drilled into the Western mind that fat is bad. Yet fat is a necessary part of human anatomy. The problem, as the duke illustrated, is the excessive amount. We may judge others, like sumo wrestlers, as rich in visceral fat. But due to their level of activity, MRI scans have

shown they carry less visceral fat than a moderate-weighting, inactive man, whose fat may be less noticeable because it is on the inside. Inactivity is the main culprit in the increase in potentially dangerous visceral fat.

Researchers found that high amounts of exercise and the consumption of whole grains shed more belly blubber than mere caloric restriction. They have also found that exposing mice to a typical American lifestyle of high stress and a high fat, sugar-rich diet resulted in the accumulation of twice as much belly fat as mice who only experienced one of these variables.

The Bible speaks of wounds that go down into “the innermost parts of the belly.” Proverbs 26:22 (KJV). Whether from excess fat accumulation, trauma, or emotional stress, internal damage has occurred in us all. But no one need despair. Whether our struggles are visible or hidden, we will find a Present Helper and Deliverer in the God we serve. “For I will restore health to you and heal you of your wounds, says the Lord.” Jeremiah 30:17.

Remember, skinniness is not the goal, wholeness is. ■

1, 2. Amanda Spake, “The Belly Burden,” *USA Today*, November 20, 2005.

3, 4, 5. Rob Stein, “Decoding the Surprisingly Active Life of Fat Cells,” *The Washington Post*, July 12, 2004.



Risë Rafferty works part time for Light Bearers Ministry. She fell in love with God's plan for uniting medical ministry and the gospel as a young adult. She lives with her beloved family, husband James and their two children, in Oregon.

# GOD TEACHES ME TO TRUST HIM

PART 2

*Editor's Note: This is part two of an interview with 3ABN's Russian Evangelism Center director, Julia Outkina. Part one appeared in the June 2008 issue and is available online at [www.3abn.org](http://www.3abn.org).*

God had His hand on Julia Outkina as a child, influencing her father to send her to an English school during the Communist Era in Russia. His mighty hand guided her in

**“I thought, Lord, if I’m good enough for You to want to dwell in me, then why do I need all those sins I’m involved in?... I want to be worthy of You, for Your Holy Spirit to dwell in me.”**

choosing a career, and He gave her the unprecedented opportunity to begin teaching English at a university immediately after graduation. But His bigger plan began to come into view as she attended Pastor John Carter’s meetings in Nizhny Novgorod

in the spring of 1992.

As 3ABN’s television crew began setting up, she couldn’t have known that this event would lead her to accept Jesus Christ. Every night Julia sat in the back row of the crowded sports arena, listening intently to someone who spoke English as their native tongue. Although she was an English teacher herself, she’d never had that luxury during the Communist Era. Night after night, Pastor Carter appealed to the crowd to give their hearts to Jesus, but Julia never responded.

“The Russian Orthodox Church was the historical, traditional, and cherished religion of the nation. My decision to join any other church would have been very bad for the public image of my brother, Boris Nemtsov, the youngest governor in Russia, who later became the deputy prime minister of Russia,” she says. “So when the first two great baptisms took place in the Volga River, I had no inten-

tion of doing so.”

But something she couldn’t explain or comprehend was stirring in her. “Two days before the meetings were over, Pastor Carter read, ‘Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?’ 1 Corinthians 6:19. For some reason, I was struck by the thought that the Holy Spirit wanted to live in me—in my person. All the calls to repentance came home to me at that moment. I thought, *Lord, if I’m good enough for You to want to dwell in me, then why do I need all those sins I’m involved in? I know only too well they don’t bring happiness to my life. I want to be free of them. By Your grace, I don’t want to repeat them anymore. I want to be worthy of You, for Your Holy Spirit to dwell in me.*

“I well remember the feeling of happiness that swept over me from head to toe—I had stepped into sunshine and light. At that

moment I knew that, no matter what, I would be baptized into God’s family, and two days later I was immersed in the Volga River, the very symbol of Russia. Although my family was very close, I decided not to discuss this with my brother ahead of time. I was afraid he would say, ‘Julia, for my sake, please put off your decision,’ but I knew I wouldn’t, even if he did.”

A month later, Julia told him about her new faith, and his reaction surprised her. “If this

*Julia Outkina’s city, Nizhny Novgorod, was founded in 1221 at the confluence of the Volga and Oka rivers. Through the centuries it has been an important economic center, and today its kremlin (fortress) is visited by many thousands of tourists.*

PHOTO: SVETA BARINOVA

is how you feel, Julia, then do it and be happy in what you do,” he said.

“That surprised me, probably because if I were in his place I would have said something different,” she adds with a smile. “I decided I wouldn’t attend church, but as time passed, I knew I needed to be fed spiritually, so I found the Seventh-day Adventist church and I’ve never regretted it.”

On September 1, Julia was scheduled to begin teaching again. “I was nervous about discussing my Sabbath observance,”

asked Julia if she would be willing to work as John’s translator. “It was three days before the new school year was to start, and I was so happy and relieved, I said, ‘Yes!’”

Then Danny brought up her salary. Julia was a senior professor at the university, and had recently been told they wanted her to become the next chairperson for the Department of Foreign Languages, which didn’t appeal to her at all. When she was asked about her salary, she told Danny that it was about \$200 a year.

“Why don’t we pay you \$250 a year, so you won’t have any regrets that you left your job?” he asked, but Julia refused the raise, telling him that her current salary was very decent, and besides, she didn’t want to charge God’s ministry more than the government was paying her!

The job wasn’t easy. Julia worked at the construction site from early morning till late at night. It was a mere shell of a building, originally designed to house a movie theater, sports complex, and recreational facilities for the metal plant workers next door. Its abandoned foundation and walls had stood in the weeds for 20 years, and they had a huge task ahead of them. “John Kantor had very high standards, and Russian building

supplies fell far short of them, to say nothing of the labor quality,” Julia continues.

Then one day Danny asked her to begin taping interviews with some of the newly baptized Christians. “He had a dream of getting Russian language programs on the air,” she says, “so we taped testimonies, short children’s stories, Russian songs, and segments with Russian pastors with a little hi-8 video camera. He also asked me to see if any of the Russian TV stations would accept Christian programming.

“We taped many hours of interviews, because there were over 2,500 new converts. At the time there was only one Seventh-day Adventist church in our city of 1.5 million people. It had been built in 1990 to seat about 250 people, but the Lord had a bigger plan. Little did they know that in two years their church family would grow to ten times their capacity!”

In 1993 Julia came to the United States and taped 3ABN’s first Russian language program, *Face to Face*. “I sat with an editor for days putting the segments together,” she says. “He didn’t know Russian, and I didn’t know the technology, but by God’s grace we put them together. Getting in front of the camera was scary and undesirable for me,

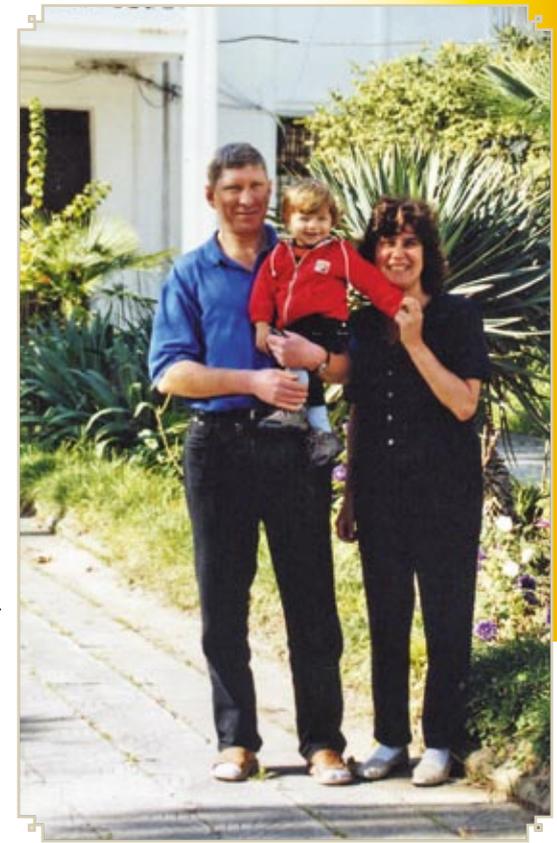


PHOTO SUPPLIED BY JULIA OUKRINA

but God had trained me through 17 years of teaching to speak even when I was afraid.

“I spoke in Russian, the segments were in Russian, and the director and crew had no idea what I was saying. There was no script or TelePrompTer, either, but somehow they knew when I was about to switch cameras or was calling for the next segment. I don’t remember stopping *one time* while we were taping! God was guiding, and somehow

Julia and her husband Anatoly pose with their little friend, Leon, from Abkhazia, on the eastern coast of the Black Sea.

► continued on page 46...

## Julia refused the raise, telling him that her current salary was very decent, and besides, she didn’t want to charge God’s ministry more than the government was paying her!

she says, “and on August 28, I received a call from the Seventh-day Adventist Conference president, asking me if I would translate for 3ABN’s founder, Danny Shelton.”

They were discussing the construction of 3ABN’s new Evangelism Center, and 3ABN’s friend, John Kantor, had agreed to be the construction manager. At the end of the meeting, Danny

## Did You Know?

## MIRACULOUS HEALING

by Hal Steenson

**T**he miracle of Three Angels Broadcasting Network is only one of the countless miracles God used to unfold His faithfulness. One such story is how Danny Shelton came to the truth of the Sabbath as the result of a miracle, one that happened before he was born.

Neither Tommy nor Goldie Shelton were practicing Christians when they married. Tommy's brother Olen and his wife Mildred had become Seventh-day Adventists and gave Goldie Bible studies for about two years; however, her background kept her from accepting the Bible truths of the Sabbath and the state of the dead.

Then, on a fateful day in 1949, Goldie came down with polio. Her arms and legs started withering before her eyes. Their family doctor made a house call, and after careful examination, broke the bad news to the family: It was the worst possible form of polio.

Goldie overheard the doctor tell her husband and three young children that she would need to be taken to Barnes Hospital in St. Louis, Missouri. The diagnosis was devastating.

Danny's father called on God the best way he knew by calling his brother Olen, who at the time was the only active Christian in the Shelton family. Olen came and brought along a Seventh-day Adventist pastor, they anointed Goldie, and they prayed the prayer of faith as recorded in the book of James. Immediately after prayer, Goldie rolled off the bed, fell to her knees, and began to cry out to the Lord.

"Lord, if You will heal me, I'll never sing in another tavern," she cried. "I'll give my life totally to You and raise my children in church," she promised.

Within minutes everyone present witnessed a miracle. Goldie's color began to return to her cheeks, and all her mus-

cular functions were restored. In less than an hour she appeared as though nothing had ever happened, and all signs of polio were gone!

"How do you explain this? What do you make of it?" Danny's dad questioned the doctor.

"There must be a Higher Power than doctors here, because there's no doubt in my mind that your wife had polio," replied the doctor. "I've seen too much of it."

Danny's mother never set foot in a tavern again. Two years later another little miracle named Danny came along. God knew that "Mama Goldie" still had a vital part to play in the unfolding of the 3ABN dream.

Goldie made her decision never to sing in the taverns again, and she encouraged her husband to do the same. However, performing was the only business he knew, and he had a large family to support. Tommy quit the clubs, but this decision wasn't without setbacks. While living in an upstairs apartment, Tommy insisted on fulfilling a Friday night engagement. His attempt to break the Sabbath resulted in a tumble down



PHOTOS SUPPLIED BY DANNY SHELTON

the stairs and a broken ankle. Tommy knew that God hadn't done this, but it gave him ample time to reconsider keeping the Sabbath holy.

"Enough is enough!" he said. He gave his heart and life totally to the Lord, embracing God's fourth commandment, and keeping His Sabbath rest.

Thousands of years ago, God gave a dream to a young man named Joseph. To Joseph's family it was nothing more than a prideful dream, but when Joseph revealed himself to his near-starving brothers in Egypt, they knew it had truly been a dream from God.

As we press on in this series, we'll see how God's miracles unfolded to bring about Danny's dream, and through the Holy Spirit, how 3ABN is actually God's dream for His remnant church. ■

*Tommy and Goldie Shelton experienced a firsthand miracle when Goldie was instantly cured of polio.*



*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 general manager.*

*My brother needed my kidney*

*My family needed me*

# NO STRINGS ATTACHED

*What would I do?*

by *Idalia Dinzey*

**M**y brother hadn't spoken to me for ten years, and every attempt I made to find out why just made him angrier. To this day I have no idea what I did to drive him away, but he obviously wasn't ready to speak to me.

I wracked my brain through those sleepless, tearful nights, and I made sure that my two sons understood me when I told them over and over again, "You two are brothers. You must love each other through thick and thin. Never turn your back on your brother."

He missed my wedding, the birth of both my sons—all the most important events in a woman's life—but I finally accepted that this was the way it was going to be, and I moved on.

Until the phone call.

"Tita, your brother's kidneys are failing. He's going to die. Please come quickly," my mother's voice on the telephone made my heart stop.

"I'll be there, Mom," I said, and in an instant all my love for my big brother rushed from my heart into my conscious mind. *His kidneys have failed*, I repeated to myself as we drove north. *He may need a kidney transplant*. I'd signed up as an organ donor, but I hadn't considered that I might be donating one before I died.

"Honey, if my brother needs a kidney, I would like to give him one of mine. Is that okay?"

Johnny's expression was a mixture of surprise and worry. "It's okay with me if that's what

you want to do," he finally said after a long pause.

When we arrived my dilemma became strong. I didn't want to be a potential donor just because it might be the nice thing to do. I had two children, and what would happen if *they* needed one of my kidney's someday? *I need a yes or no answer from you, Lord*, I prayed. *It will have to be a 100 percent match*.

Three of my brother's friends from work, along with my youngest brother and I, went through the battery of tests. As I tried to lie still during my two-hour MRI test, my mind raced. *Lord, I'm so scared. I need You to be with me now*.

"We have a donor!" the transplant coordinator announced. My heart pounded faster.

"Who is it?" my brother asked.

The coordinator told us my brother's friends had all scored zero, and that my youngest brother had scored 50. That was enough of a match. But I had scored 100 percent compatible. *I was his match!*

"Oh, no! Not my sister!" he cried out. "She's got little kids. Her family needs her!"

Later that day, as he underwent emergency dialysis, I stood by watching him helplessly. At lunchtime he was shaking so much he couldn't feed himself.

"Willie, are you hungry?"

He nodded.

"Do you want me to feed you?"

He nodded again.

*Oh God, I'm feeding my brother!* I prayed. *This strong, independent man now made so weak by his illness*. My heart was breaking, but I was so grateful to do this small task for him.

The operation took five hours, but when he awoke from surgery he was celebrating life. He felt great! But the donors always have a worse time of it, and for the next three months I suffered excruciating pain. My husband would feed me in bed because I couldn't sit up.

But it was worth it. I see how happy my brother is today. He always wanted to be a father, and now he has a beautiful little girl! Our family no longer celebrates his birthday or mine. We celebrate together on January 16, the day of our transplants.

I love my brother, and I love the fact that I could give him life. But even more, I love the fact that God knew from the beginning that Willie would need my kidney, and He gave me two and made me a perfect match.

I still don't know what came between us. Perhaps I never will. But it doesn't matter. We have a new life together. And God knew this would happen all along. ■



*Idalia Dinzey works for 3ABN Latino and loves sharing testimonies from viewers.*

Thousands of people have taken 3ABN Russia's free Bible studies by mail. Our dedicated staff gives each letter their personal attention and prayer.



PHOTO: SVETLANA BARNOVA

the language barrier was not important."

Returning to Russia with 14 new programs, Julia approached the local TV stations. "None of them wanted to take Protestant programming," she says, "so I finally asked my brother, the governor, for help. He recom-

ended I talk to a lady at a small station, whom he had personally assured that the programs would be very good for the people." They changed their mind from the very first one," Julia beams, "because we immediately began receiving several hundred letters a week, and the station's rating suddenly shot up! Today, 3ABN Russia's programming airs on about 150 full-power stations across the ex-Soviet Union, as well as on three satellite channels. And all of them air us for free!" she adds.

In 2000, Julia became 3ABN Russia's new director. "Very quickly I realized that we needed to produce a great variety of programs to be competitive in our market, but God requires the highest standards to bring Him glory. There have always been those who believe we need to compromise our content to be successful, but I've struggled against that notion, and we well

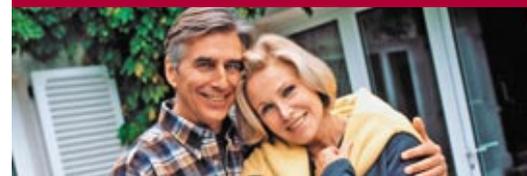
mended I talk to a lady at a small station, whom he had personally assured that the programs would be very good for the people."

That one little station took the programs with the stipulation that if public reaction was negative, they would stop airing

know why. The devil doesn't want the undiluted three angels' messages of Revelation 14 on the air—or anywhere else! But I know who will have the final victory, and I praise the Lord that 3ABN Russia's programming is 100 percent solid and Bible based, and is presented in a winsome way.

"I want the message we preach to be worthy, and I want each of our workers to be sincere Christians, and to be saved for the kingdom, too. When a person makes a decision for the Lord, repents, and becomes really dedicated to God and His work, it often involves trying circumstances. No matter how difficult those situations are for me, I need them also. God always uses the gentlest hand possible, so it must be my only way of learning how to trust Him, and Him only." ■

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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!

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Dr. Leonard Westphal

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### "What Is This You Have in Your Hand?"

Bill and Geraldine from Huber Heights, Ohio, longed to do more for the Lord. Their generous donation of vintage Dakota early American pressed glass pieces brought \$482! Their donation has helped stretch the reach of 3ABN's ministry around the world!

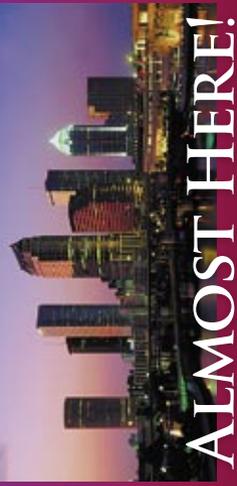
If you have a something of value that you would like to use for the Lord's work, please contact our Donation Center managers, Bruce and Tammy Chance, at 618-627-4651, or e-mail [tammy.shelton@3abn.org](mailto:tammy.shelton@3abn.org). All gifts are tax-deductible in the United States.

Bruce and Tammy Chance will be at the 3ABN booth in Tampa, Florida, this year for the ASI Convention. If you have something of value to donate, they will be happy to accept it with our gratitude and thanks. They ask simply that you call them beforehand to make sure we can arrange for transporting the items back.





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