

February 2023

Visit us online at 3ABN.tv

3ABN

# WORLD

MAGAZINE



PG 4

## A BRIGHT FUTURE

3ABN RADIO CELEBRATES  
23 YEARS

PG 6

SPECIAL FEATURE

JESUS GAVE HIM PEACE

YOUTUBE EVANGELISM PG14

Front Cover (L to R): Angela Lomacang, 3ABN Radio Production; Nikki Anderson, 3ABN Radio Special Projects; Jay Christian, 3ABN Radio General Manager; C. J. Lingle, 3ABN Radio Production; Michael Babb, 3ABN Radio Engineer; Jennifer Todd, 3ABN Radio Administrative Assistant.



Vol. 18 #210  
February 2023

**Executive Editor:** Jill Morikone  
**Managing Editor:** Bobby Davis  
**Creative Director:** Adam Dean  
**Graphic Designers:** Janelle Owen, Svetlana Christian  
**Photographer:** Svetlana Christian  
**Proofreaders:** Lynette Jaque, Valerie Morikone, Kiersten Poling, J.D. Quinn

3ABN World is a monthly publication. Subscriptions are free and available in the United States. Overseas subscriptions by request. ISSN 1552-4140

**Subscriptions & Feedback**

To subscribe, change your subscription, or send us feedback, please contact us in the following ways:

**By phone:** 618-627-4651 Sun–Fri 8:00 a.m.–11:00 p.m. (CT)

**By mail:** 3ABN Call Center / Attn: Subscriber Services / Feedback, P.O. Box 220, West Frankfort, IL 62896-0220

**By email:** 3abnworld@3abn.org or online at 3ABN.tv

Copyright © 2023, Three Angels Broadcasting Network, Inc. Three Angels Broadcasting Network (3ABN) is a 501(c)(3) nonprofit company. 3ABN is not owned by any person or organization, but is governed, instead, by a board of directors who work very hard behind the scenes to ensure we stay true to our mission and reach people of all cultures and backgrounds. The biblical truths presented on 3ABN are consistent with the teachings of the Seventh-day Adventist Church. All donations are tax-deductible in the United States. Scripture is taken from the New King James Version® unless otherwise noted. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. All photos courtesy of Shutterstock.com unless otherwise noted. Cover Image: Portraits by Svetlana Christian

618-627-4651      
**3ABN.TV | 3ABNSTORE.COM**

**PRESIDENT'S LETTER | Greg Morikone**



Dear 3ABN Family,

My mom tells the story of when I was just a little guy, under the age of three. She found me eating some food that was to be saved until later, but I'd decided to eat it right away! When I saw her, I quickly covered both of my eyes with one chubby hand and continued to stuff my mouth with the other. I obviously thought that if I covered my eyes, Mommy couldn't see me. 😊

I was definitely wrong about that.

That reminds me about the all-seeing eyes of God. Proverbs 15:3 says, "The eyes of the Lord are in every place, keeping watch on the evil and the good." What an incredible promise! God sees all that is going on in this world of sin and suffering. Nothing escapes Him. He also sees the good happening all around us—and those who are earnestly seeking for truth.

John 16:13 says that the Holy Spirit will guide them into all truth, and we continue to hear stories of people who have "stumbled across" 3ABN on cable, TV and radio stations, on satellite, the Internet, or in print. We call this Divine Providence!

Our God—who never slumbers or sleeps—sees those who are searching for truth and uses 3ABN as part of His great plan to show them "the way, the truth, and the life" (John 14:6). Thank you for being such an integral part of our 3ABN family. Your prayers and financial support make it all possible.

Greg Morikone  
3ABN President



**4 NEWS & EVENTS**  
**A Bright Future**  
3ABN Radio Celebrates 23 Years

**6 SPECIAL FEATURE**  
**Jesus Gave Him Peace**  
Life was tough, but Travis persevered

**8 3ABN TV SCHEDULE**

**12 CHANGED LIVES**  
**They're Listening!**  
Listeners express their gratitude

**14 HOW CAN I HELP?**  
**YouTube Evangelism**  
An amazing tool that really works

**15 HEALTH HELP**  
**The Weight Loss Equation**  
There's more to it!



# IS FAMILY IMPORTANT?

Discover a new playlist on 3ABN+ that looks at the most important relationships we have in life! Scan the QR code or visit 3ABNPlus.tv—and start watching!



bit.ly/IsFamilyImportant



# A BRIGHT FUTURE

## 3ABN RADIO CELEBRATES 23 YEARS

by Bobby Davis

Twenty-three years ago this month, Jay remembers walking into his office shortly after the sun had gone down on Sabbath. “We were scrambling to launch 3ABN Radio Network by the end of the month,” he says, “and honestly, we knew it would take a miracle. But when February 28 came around, we watched God bring the 3ABN Radio Network to life!

“At first, we had to convert audio from our television programs to radio technology and make them radio listener-friendly. Although we had gotten the latest digital playback equipment, memory was so limited back then that we could only load so many programs into our playlist computer. Then we had to erase some of them in a few weeks so we could add more to finish the month! However, when we began receiving phone calls, emails, and letters from listeners everywhere... well, the joy we felt was amazing.

“A lot has changed over the years, but 3ABN Radio’s mission to proclaim the three angels’ messages of Revelation 14 has not changed, and we still broadcast the gospel 24 hours a day on over 350 radio

stations, over the Internet, and on satellite to millions of listeners all over the world!”

### 3ABN RADIO MUSIC CHANNEL

Then, in 2017, Jay was impressed by God to propose the 3ABN Radio Music Channel. “So much of today’s contemporary Christian music is meant to appeal to those who listen to rock-n-roll, leaving very few choices for those who love straightforward Christian music that’s easy to understand,” he says. “That’s why we play a great variety of Christian music that brings honor and praise to the Lord.

“Some of our affiliates carry a few hours of 3ABN Music Channel programming at various times of the day, or on the weekends. But there are many new radio affiliates coming on, and all our affiliates are given the choice of which radio networks they want to broadcast—and when.

“Our newest station, WITM 88.7 FM in West Frankfort, Illinois, will be the first to carry it full time, and I believe those who are looking for that will really enjoy it. I think it’s a great way to celebrate our twenty-third anniversary,” he adds.



Jay Christian (above) is 3ABN Radio Network’s General Manager.

(Above right): C. J. Lingle, Angela Lomacang, and Nikki Anderson record inspirational breaks for 3ABN Radio.



### NEW PROGRAMS

Jay says 3ABN Radio has just recorded a series called *He Said Grow* with Joy Kauffman from Farm Stew ministry. “It features interviews with those who are using their food-growing skills, as well as many tips on growing healthful food and reaching our neighbors with the gospel.

“We’ve also added *LifeStart Seminars* with Dr. David DeRose speaking on a variety of topics like losing weight, reversing diabetes and heart disease, maximizing mental performance, relieving arthritis, and many other health topics.

“*Unlocking Bible Prophecies* features Cami Oetman of Adventist World Radio showing how biblical prophecies are being fulfilled faster than ever before.

“Other popular 3ABN television programs that have just come to 3ABN Radio include *Bible Questions and Answers Replay*, and *Digital Disconnect* with Scott Ritsema.

“In addition, we have a new series starting soon called *Inside Steps to Christ* with Pastor Damon Snead. This is an in-depth look at a book that has brought hope and salvation to so many.

“And speaking of new, C. J. Lingle has come to work with us after several years in 3ABN’s television production department. He’s learning radio production and editing, and we’re very happy to have him with us.”

### NEW AFFILIATES

Jay says that the word ‘radio’ has become a generic name for audio streaming. “It happened with TV, and now it’s happening with radio, too. Folks mostly listen on tablets, computers, and smartphones, and the Lord continues opening new opportunities for more people to receive the gospel through the Internet.

“We’re getting new requests to air 3ABN Radio programs from those who are starting up radio stations, or leasing time on one. As these stations put their lineup together, they are interested in our programming—and we are grateful to expand the reach of the gospel. Thanks to each of our supporters, our future is bright; and God blesses our mission to bring the three angels’ messages to the world! Please continue to pray and support 3ABN Radio as we change lives for eternity.” ☺





# Jesus Gave Him Peace

(L): Greg Morikone interviews Travis Harbaugh during 3ABN's Homecoming Camp Meeting. (R): Pastor Seth Gaskin and Travis during his baptism at the New Haven Seventh-day Adventist Church. Please join them when you're in Overland Park, Kansas!



**T**ravis Harbaugh grew up in Manchester, Iowa, where his parents owned a cleaning business and taught him the value of hard work, honesty, and respect.

"My two older sisters and I were raised Catholic and attended mass and confession on a regular basis; but we weren't taught to read the Bible," he says. "I went to public school, and although one of my teachers pointed out my special ability in math, a learning disability got me placed in a special classroom. Most of my classmates were there because they were constantly fighting—and the daily bullying and mistreatment I received caused me to escape into a world of video games and movies. Then, to make matters worse, I began suffering from obsessive-compulsive disorder (OCD), where I experienced uncontrollable reoccurring thoughts, and behaviors I felt compelled to repeat, over and over.

"Although my school was focused on getting me a job after high school, I wanted to go to college. But my anxiety was so crippling that my father suggested a machinist job and enrolled me in that course.

"Reading was hard for me, and I had no real knowledge of history, biology, or any of the sciences. I'd never written a single paper, and was so unsure of myself that I failed the course. Not surprisingly, when my counselor said that school was not for

me, I lost my drive and my hope, and went back to video games."

## Another Crucible

After working several other places, Travis landed a job as a machinist. He met and married a young lady, moved to Cedar Rapids, Iowa, and bought a home, too. But when she left a voicemail telling him she had feelings for someone else, his world crumbled. "I've been through many crucibles," he says, "but that one was hard; and since I had no one to turn to, I turned to God."

Another machinist job brought back his desire to excel, but his divorce and long work hours were too much. A shoulder injury kept him from working out, and he began running so hard that he developed plantar fasciitis—a painful inflammation of the feet. Then, after shots, physical therapy, and surgery on both feet, he got a letter saying he'd been let go at work!

"I knew I had to change careers," Travis says, "so despite my sixth-grade level of education and my physical and learning disabilities, I went back to college!"

## Taught By YouTube

Travis kept thinking about Jesus in Gethsemane. "Christ was willing to do whatever it took," he says, "and now I was, too. I wanted to be a computer program-

mer, but God had to teach me how to read and write so someday I'd be able to read my Bible. I actually did pretty well, too, but when it came to physics and calculus, I had to watch YouTube and iTunes U videos on those subjects for six to eight hours a day to learn them. Not only did I learn how to read, but I also learned that by watching, taking notes, and listening, the information would stick.

"I struggled with loneliness, isolation, and fatigue; but remembered that Jesus endured His beatings. If I could endure my agony, then peace would come. Jesus said, 'My peace I give to you...' (John 14:27), and He *did* give me peace. He taught me how to battle with my weaknesses, and little by little, they became my strengths. He showed me that 'with God all things are possible' (Matthew 19:26)."

## A New Search

After graduating as a software engineer with a 3.79 grade point average, Travis began working for an aerospace company.

"I'd been greatly helped by watching inspirational TV sermons on YouTube," he says, "but now I felt compelled to watch Bible prophecy and Revelation studies. Pastor Mark Finley's 3ABN series called *Revelation's Ancient Discoveries* on YouTube opened my eyes to the Sabbath. So when the pandemic hit and I got laid off, I spent eight hours every Sabbath transcribing those programs. Then finally, it dawned on me to write a program that would strip closed captioning and turn it into text!"

By the time Travis moved to a new job in

Kansas City, YouTube had begun suggesting programs with Pastor Doug Batchelor of Amazing Facts, Pastor Stephen Bohr of Secrets Unsealed, and Pastor John Lomacang of 3ABN. (Yes, YouTube Evangelism really does work!)

"Then it suggested the *3ABN Sabbath School Panel*, and I really enjoyed that," Travis says. "I felt the need to attend a Seventh-day Adventist church, so I looked up and visited the New Haven Church in Overland Park, Kansas. They greeted me warmly and invited me into their homes, where I began developing those human relationships I'd been missing for so long."

New Haven's Senior Pastor, Douglas Eley is delighted. "I can't tell you what a sweet and humble man Travis is," he says. "After 31 years of ministry, it's still so wonderful when someone like him comes along and reminds us that the Holy Spirit is still reaching souls for Jesus. He has very quickly become an active and beloved member of our church, and we're blessed to have him as part of our church family."

Travis was baptized last May, and says, "I praise God for every crucible I've been through, and I am so thankful for those YouTube programs from 3ABN and other ministries. God knew that when I started learning, I'd focus on Him—and that when I was freed, He'd get my whole heart." ☺

# FEBRUARY 2023 | 3ABN TV SCHEDULE

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



WHERE GETTING  
TO KNOW JESUS

IS FUN!  
3ABNKids.tv

SUNDAY CENTRAL TIME	
2:00a	<b>It's Coming</b> <b>CC</b> 1hr
3:00	Featured Ministries <b>CC</b>
3:30	From Sickness to Health <b>CC</b>
4:00	House Calls <b>CC</b> 1hr
5:00	Digital Disconnect <b>CC</b>
5:30	Evolution Impossible <b>CC</b>
6:00	Body & Spirit Aerobics <b>CC</b>
6:30	Amazing Facts with Doug Batchelor <b>CC</b>
7:00	Amazing Adventures <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Your Favorites By Request <b>CC</b>
9:30	Adventures in Missions <b>CC</b>
10:00	3ABN Sabbath School Panel <b>CC</b> 1hr
11:00	3ABN Worship Hour <b>CC</b> 1hr
12:00p	<b>The Incredible Journey</b> <b>CC</b>
12:30	Timeless Healing Insights <b>CC</b>
1:00	Mark Finley Presents 1hr
2:00	Body & Spirit <b>CC</b>
2:30	Kids X-Press / Creation Is! Science <b>CC</b>
3:00	3ABN Today LIVE <b>↻</b> 2hrs
5:00	The Carter Report <b>CC</b> 1hr
6:00	Jesus for Asia Now <b>CC</b>
6:30	Salvation in Symbols & Signs - Daniel <b>CC</b>
7:00	3ABN Sabbath School Panel <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Three Cosmic Messages: Earth's Final Conflict <b>CC</b> 1hr
10:00	Strategies for Strongholds <b>CC</b>
10:30	Lineage <b>CC</b>
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Secrets Unsealed Presents <b>CC</b> 1hr
1:00	Celebrating Life in Recovery <b>CC</b> 1hr

MONDAY CENTRAL TIME	
2:00a	Revelation of Hope <b>CC</b> 1hr
3:00	3ABN Homecoming <b>CC</b> 1hr
4:00	Table Talk <b>CC</b> 1hr
5:00	His Words Are Life/Grandma's House <b>CC</b>
5:30	Cook:30 <b>CC</b>
6:00	Body & Spirit <b>CC</b>
6:30	Pressing in to His Presence <b>CC</b>
7:00	Tiny Tots for Jesus <b>CC</b>
7:30	Jesus My Light / Creation Crafts <b>CC</b>
8:00	3ABN Today <b>CC</b> 1hr
9:00	House Calls <b>CC</b> 1hr
10:00	Free Indeed <b>CC</b>
10:30	Books of the Book <b>CC</b>
11:00	3ABN Sabbath School Panel <b>CC</b> 1hr
12:00p	Behold the Lamb Presents <b>CC</b> 1hr
1:00	Off the Grid <b>CC</b>
1:30	Abundant Living <b>CC</b>
2:00	Action 4 Life (Casio Jones) <b>CC</b>
2:30	Heaven's Point of View <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	Kids Camp Kitchen Fun <b>CC</b>
4:30	Tiny Tots Kitchen/Tiny Tots Worship <b>CC</b>
5:00	ASAP Ministries <b>CC</b>
5:30	Your Favorites by Request <b>CC</b>
6:00	IIW Sabbath School <b>CC</b>
6:30	<b>Enjoy Healthy Eating</b> <b>★</b> <b>CC</b>
7:00	Unlocking Bible Prophecy <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Summer Camp Meeting <b>CC</b> 1hr
10:00	The Carter Report <b>CC</b> 1hr
11:00	3ABN Today <b>CC</b> 1hr
12:00a	The Carter Report <b>CC</b> 1hr
1:00	Mark Finley Presents <b>CC</b> 1hr

TUESDAY CENTRAL TIME	
2:00a	Optimize 4 Life <b>CC</b>
2:30	<b>The Incredible Journey</b> <b>CC</b>
3:00	Sanctuary, Salvation, & Our Savior <b>CC</b>
3:30	Authentic <b>CC</b>
4:00	<b>Pioneer Media</b> <b>CC</b> 1hr
5:00	Salvation in Symbols & Signs - Revelation <b>CC</b>
5:30	Wonderfully Made <b>CC</b>
6:00	Body & Spirit Aerobics <b>CC</b>
6:30	The Heavens Declare <b>CC</b>
7:00	Tiny Tots for Jesus <b>CC</b>
7:30	Maranatha Mission Stories <b>CC</b>
8:00	3ABN Today LIVE <b>↻</b> 2hrs
10:00	Piano Praise <b>CC</b>
10:30	Adventures in Missions <b>CC</b>
11:00	Featured Ministries <b>CC</b>
11:30	Exalting His Word <b>CC</b>
12:00p	Revelation's Ancient Discoveries <b>CC</b> 1hr
1:00	Digital Disconnect <b>CC</b>
1:30	Cook:30 <b>CC</b>
2:00	Body & Spirit <b>CC</b>
2:30	Unshackled Purpose/Intimate Clarity <b>CC</b>
3:00	3ABN Today <b>CC</b> 1hr
4:00	Bible Gems / Bible Buzz <b>CC</b>
4:30	Kids X-Press / Bible Treasures <b>CC</b>
5:00	Evolution Impossible <b>CC</b>
5:30	The Incomparable Jesus <b>CC</b>
6:00	Mission 360 <b>CC</b>
6:30	Timeless Healing Insights <b>CC</b>
7:00	Secrets Unsealed Presents <b>CC</b> 1hr
8:00	3ABN Today <b>CC</b> 1hr
9:00	Behold the Lamb Presents <b>CC</b> 1hr
10:00	Amazing Facts with Doug Batchelor <b>CC</b>
10:30	<b>Digital Disconnect</b> <b>CC</b>
11:00	3ABN Today <b>CC</b> 1hr
12:00a	Featured Ministries <b>CC</b>
12:30	Jesus For Asia Now <b>CC</b>
1:00	<b>Child Impact Int./ Journeys</b> <b>CC</b>
1:30	The Creator Revealed <b>CC</b>

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





**When they need a Mighty Healer, we bring them Jesus.**

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



## New Programs on 3ABN TV!



**Check out these new programs, now available on 3ABN!**

### Enjoy Healthy Eating

Teenie Finley is known worldwide for her evangelism training seminars, health expos, and cooking classes. And now, she shares her vast experience on healthy eating, plant-based diets, and the many advantages following the Bible's advice for a long and healthy life! Don't miss this new 3ABN series.

### Eternal Truths Matter

Pastor Mark Finley knows that the ancient words of Scripture speak powerfully to this generation! Join him as he unravels Satan's greatest deception, points out the Bible truth Satan hates the most, discusses the question atheists cannot answer, and exposes the devil's master plan of deception. Yes, eternal truths matter!



### THURSDAY CENTRAL TIME

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

### FRIDAY CENTRAL TIME

- 3:00 Strategies for Strongholds **CC**
- 3:30 Live to Be Well
- 4:00 The Incomparable Jesus **CC**
- 4:30 Action 4 Life **CC**
- 5:00 Multitude of Counselors **CC**
- 5:30 Ultimate Prescription
- 6:00 Body & Spirit **CC**
- 6:30 Contending for the Faith **CC**
- 7:00 Amazing Adventures **CC 1hr**
- 8:00 3ABN Today **CC 1hr**
- 9:00 Optimize 4 Life **CC 1hr**
- 9:30 Cook:30
- 10:00 **Enjoy Healthy Eating** ★ **CC**
- 10:30 Life After Choice / Divine Design **CC**
- 11:00 Thompsonville Worship Hour **CC 1hr**
- 12:00p Daniel All Access **CC 1hr**
- 1:00 Behold the Lamb Presents **CC 1hr**
- 2:00 Raw Questions Relevant Answers/Journeys **CC**
- 2:30 HeartLift **CC**
- 3:00 3ABN Today **CC 1hr**
- 4:00 A Day With the King **CC**
- 4:30 Sing Along / Jesus My Light **CC**
- 5:00 Featured Ministries **CC**
- 5:30 Your Favorites By Request **CC**
- 6:00 Jesus for Asia Now **CC**
- 6:30 **Child Impact Int. / Unshackled Purpose** **CC**
- 7:00 3ABN Sabbath School Panel **CC 1hr**
- 8:00 3ABN Today Family Worship **CC 1hr**
- 9:00 It is Written **CC**
- 9:30 Maranatha Mission Stories **CC**
- 10:00 Mission 360 **CC**
- 10:30 Child Impact Int. / Pause to Pray **CC**
- 11:00 3ABN Today Family Worship **CC 1hr**
- 12:00a ASI Conventions **CC 1hr**
- 1:00 Breath of Life **CC**
- 1:30 **Eternal Truths Matter** ★ **CC**

### SATURDAY CENTRAL TIME

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

**NEED PRAYER? CALL THE 3ABN PASTORAL PRAYER LINE AT 618-627-4651.**



# They're Listening!

“Ever since I started listening to your programs on the radio, you all have become my family.”

Our 3ABN Radio Network is dedicated to use every means possible to reach listeners where they are with the gospel of Jesus Christ, and for 23 years, they've been reaching many that our parent network, 3ABN television, cannot reach.

For example, today 3ABN Radio listeners can hear God's Last Day messages in their homes, at work, and in their cars—in fact, there are very few places where radio or Internet signals do not reach!

We praise God for His continued blessings on 3ABN Radio, and we're delighted to hear our listeners when they write to tell us how it touches their lives. Just look at some of the letters, emails, and social media comments we've received.

## Listening At Home

**Betty** in Texas, writes, “Just a note to let you know how thankful I am that 3ABN now has a radio station in Sulphur Bluff, Texas, about 12 miles from my home. I'm happy we have 3ABN so close! I know we're living in the Last Days, and it's good to have a Christian station so close. Keep up the good work!”

**Ruth** emailed us, saying, “I am 87 years young and I enjoy listening to *Your Story Hour* on your radio broadcasts. I look forward to hearing them every day. I also love your interviews with missionaries and

the Sabbath School discussions. These full, informative discussions of God's Word are quite invigorating! My husband and I don't have much, but we're going to dedicate \$10 a month to help spread the gospel. We're praying for you!”

And then there's **Barbara** in Michigan, who writes says, “Thank you for being a huge part of my life. Whenever I feel bad or scared, I turn on 3ABN and it's always at the right time. Thank you!”

## Listening in Prison

**Crockett** writes from prison, saying, “I am a Christian who's been incarcerated for about two years, and for the last year, I've been listening to 3ABN Radio.... I want to thank you for the positive influence you've had on my life. My walk with the Lord has been strengthened by God's Holy Spirit, who's residing with all of you. Please keep me in your prayers as you are continually in mine.”

**Nina** in Indiana sent us a letter saying that her son listens to our broadcasts, too! “Thank you for your radio broadcasts,” she writes. “My son, who is an inmate at the Indiana State Prison, asked me to send this donation... God has watched over him, and I know He has a plan for his life.”

And finally, **Sabrina** is in prison in the Pacific Northwest and writes, “I want

to thank you for your broadcasts. As an inmate, I rely solely on your station to be fed the Word of God, helping me to grow closer to Him. Enclosed is a love gift to show my gratitude to the Lord. I thank you for staying strong and spreading God's Word to all of us, bringing His children closer to Him.”

## Listening When Lonely

For some of our listeners who spend most of their time alone, 3ABN Radio fulfills the longing they feel for fellowship.

**Bonnie** wrote us a touching letter, saying, “Thank you so much for your inspiring programs. I joined the Seventh-day Adventist Church years ago, in Loma Linda, California. But once I retired, I moved to Kansas and I couldn't find a church close by. At times, I feel quite lonely, but you all show me how to be totally committed.... I really appreciate all of you.”

**Jeanine** in Indiana, says, “I am an 87-year-old woman, whose close family is all gone. But ever since I started listening to your programs on the radio, you all have become my family. God bless you for your hard work!”

**Audrey** lives in Wisconsin and says, “Thank you so much for spreading the gospel around the world. I was raised Lutheran, but I have been listening to you

every day.... My husband has passed, yet God loves me with nature and my seven children. I enjoy the turkeys and the deer that live around my property. I hope my donations help in some way.”

## Listening in Many Ways

There are many ways to listen to 3ABN Radio—through radio broadcast stations, on cable, online, and even through smartphones and tablets. We sometimes hear from listeners that enjoy 3ABN in each of those ways—like **Donna** in Nevada, who says, “God bless you all! 3ABN Radio, 3ABN television, and 3ABN's YouTube channel all keep me going. I love you all!” and **Lois** in Michigan, who writes, “I watch 3ABN on satellite and streaming, and I listen to 3ABN Radio. Please keep it going!”

Many of our listeners take to social media to express their appreciation—like these recent comments from Facebook and Instagram:

“What a beautiful message today,” **Sharon** says. “I understood the sanctuary message and how it relates to Jesus and the judgment so clearly. The altar call was touching, and it was such an important opportunity to renew my relationship with my Savior.”

**Paulette** writes, “Thank you for sharing these messages of assurance. I really need your prayers right now as I believe in God by faith!” and an **anonymous listener** writes, “Thank you for lighting up your corner of the world so we can see Him through you!”

Tell someone about 3ABN Radio or the 3ABN Radio Music Channel today. It could make all the difference to them! And thank you for your support that keeps 3ABN Radio on the air, reaching millions of people who are searching for truth! ☺





# YouTube *Evangelism*

**E**vangelism is our focus and our passion, and as we look for every means to spread the gospel and the three angels' messages of Revelation 14, YouTube has become a wonderful opportunity.

"Society has turned to their computers and tablets for answers," says 3ABN President Greg Morikone, "and YouTube has become a massive and powerful resource for evangelism. With 2.6 billion monthly users, it is the second most visited website in the world, delivering one billion hours of video every day.

"When someone watches a 3ABN clip, YouTube's algorithms analyze what they've watched and suggest another 3ABN clip. Ultimately, our goal is to get them to discover Jesus and His Word, and Travis Harbaugh's story is a prime example of this. When you read his story (beginning on page 6) you'll see that he searched for videos on Bible prophecy. Then YouTube began recommending 3ABN videos on that topic, and now he is a vibrant and excited member of God's family!"

## Cost Effective

"YouTube is an especially cost-effective tool for evangelism," says 3ABN Web/Print Design Manager Adam Dean. "We can reach multiple people for a single penny, and in terms of cost-to-results, that's very hard to beat!

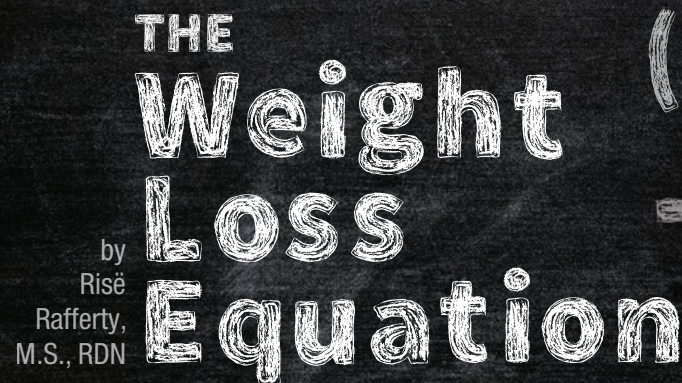
"We are committed to using all the latest technology God gives us; and even though the devil uses it for evil, God can use it to bring the opportunity for eternal life to millions every day."

Please pray that those who are searching for truth will be prompted by the Holy Spirit to watch; and if you are impressed to support YouTube Evangelism, please use the earmark number below.

Thank you for all you do to reach those who are still searching for answers. You are making it possible for them to spend eternity with our Savior, Jesus Christ. ☺

Be sure to earmark your donation

**#417 - YouTube Evangelism**



# THE Weight Loss Equation

by  
Risë  
Rafferty,  
M.S., RDN

**G**uess what month of the year Weight Watchers makes the most money and has the greatest attendees? (I'll give you a hint: It's the same month that gym memberships increase.) With holidays in the rear view, the weight loss season is ushered in. The standard approach is simple: Eat Less, Move More. This is based on an equation:  $\text{Calories Consumed} - \text{Calories Expended} = \text{Weight}$ . If we want the difference to change, then we have to modulate the minuend or subtrahend. That's it. We have two factors, both having to do with calories. We expect the eat-less-exercise-more strategy will bring us results; but in reality, it's more complicated than that. In fact, if we were to include all the variables and factors that contribute to what one weighs, the equation would look more like an advanced calculus, take-up-the-whole-chalkboard kind of problem.

Consider some other items I think should be included in this equation:

**Obesogens** – We could basically look at obesogens as fattening chemicals. These environmental disruptors interfere with our hormones and affect metabolism in multiple ways, increasing fat storage. We can absorb, inhale, and ingest these compounds from pesticides, fungicides, flame retardants, plastics, food wrappers, solvents, and metals—and they all increase our susceptibility to weight gain. Obesogens have zero calories.

**Gut Microbiome** – The community of microbes living within each of us has a tremendous impact on the numbers we see on the scale. Years ago, I listened to a scientist present his research of fecal transplants being able to alter the weight of the rodent recipient. In other words, populating a rat with a gut microbiome sample from an obese donor would result in the dramatic weight gain in the recipient, irrespective of any other factors. But this is not the only mechanism in which bacteria can influence weight. Some bacteria are more adept at extracting every last calorie out of the meal. Metabolism has also been observed to be affected by the gut microbiome. The composition of the gut microbiome is similar in the obese—just as those who do not struggle with weight control have similarities.

**Other Items** – Additional items we could add include: stress, disruption in appetite-regulating hormones, insulin resistance, undernutrition, inflammation, adverse childhood experiences, isolation, quality of sleep, processed foods, meal timing, relationship with food, and antibiotic treatment.

Acknowledging the multi-faceted, complex nature of the weight loss equation can be life-changing, as we can bring out different tools and strategies that result in greater and sustainable success. ☺





**New 3ABN  
Program  
With Pastor  
Mark Finley**

Search out the power in the  
ancient words of Scripture!  
Watch on our 3ABN+ app  
or on 3ABNPlus.tv

# E+TERNAL RUTHS MATTER



P.O. Box 220 | 618-627-4651  
West Frankfort, IL 62896 | 3ABN.tv

NONPROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
THREE ANGELS  
BROADCASTING  
NETWORK