

# SEIZE THE DAY

**KEEPING THE SABBATH HOLY**

**PART 1**



# Know the Word

by Pastor Doug Batchelor

I'm sad to report that Pastor Byron Spears Sr., the legendary evangelist known as the "Walking Bible," died on January 29. I was honored to participate in his memorial service, and I believe he'll have many stars in his heavenly crown for his prolific soul winning.

It's bittersweet to think that just the previous July, I travelled to Southern California as a surprise guest to celebrate his 100th birthday. He told me that he faithfully watched our programs on AFTV, and I was deeply humbled to be thought of so respectfully by this gifted man of God. He was a great supporter of Amazing Facts.


Pastor Spears was among the last of the great old guard church evangelists. One of the things that made him stand out so much was his phenomenal ability to quote as many as 120 Bible passages verbatim, in a single sermon, all from memory! It was incredible to hear and behold.

His legacy is a stellar example for all of us. It is crucial in these last days for you and I to know God's Word intimately,

perhaps even more important for us than all the previous generations. If the return of our Lord is as soon as I believe it to be, we must feed on the Bread of Life every day. Our Laodicean hearts must wake up to this truth.

"Thy word have I hid in mine heart, that I might not sin against thee" (Psalm 119:11). Knowing the Bible is more than for convenience, it's about transformation.

Imagine that for every temptation that wielded its sword, a Bible verse would come to mind to help conquer it. Wouldn't that be thrilling? This is how Jesus did it. Please commit today to opening your Bible every day.

Finally, in this issue of *Inside Report*, I address an equally important truth for the last days—the Sabbath. As Christians, it's important to practice honoring God's command today for the real test to come later. I hope you take the message to heart! 




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Amazing Facts has recently posted Pastor Spears' complete sermon series, *The Trumpet of Truth*, on our media library website.

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# Mail Bag

## How You Change Lives!

“I’m thankful for your wonderful program. It helps the people, both Muslims and Hindus, to whom I’m giving Bible studies here in England. Some have already given their lives to Jesus and are now duplicating the work that Jesus has done in their lives. May God continuously preserve the truthfulness that your message shares to people around the world. God be praised!” *Annie, United Kingdom*



Want Bible answers in your inbox? Inspiring articles? Latest ministry news? Testimonies showing how your support is making a difference? Or how about exclusive deals on our best products? Then sign up for our email specials and the *Inside Report* e-newsletter at [subscribe.amazingfacts.org!](http://subscribe.amazingfacts.org!)



## Greetings from Australia

“I’m a 38-year-old lawyer in Melbourne. I used to live a very selfish, materialistic, sinful life. I never thought in a million years that I would be sending this email. But I thank you for this website as I listen to your sermons every day and watch and learn from many of your resources. Thank you.”

*Krystal, Australia*

## Inside Report: Pictures of Heaven

“Thank you for this wonderful, uplifting message. I think what I’m looking forward to most is spending time with Jesus and seeing my family in heaven, especially my loved ones who have passed away. One of my sons has autism, and I can’t wait to see him made whole. Right now, I pray that we will all be ready, and I want to contribute in any way I can to help finish spreading the gospel. God bless the Amazing Facts ministry.” *Web comment*





## Worldwide Study Guide

"I started using the Amazing Facts Bible Study Guides first in Ghana, where 39 were baptized, and now in Liberia, with more than 200 baptized. I also run a radio program using your guides. We have several groups around Monrovia, Liberia, and West Africa wishing to study with us. We now have a demand for more Study Guides!"

*Fred Ted, Liberia*



## Gratitude All Around

"The Lord has truly blessed us through your ministry. Sometimes when all seems gloomy, He gives us hope through the little things. What an awesome God we serve! So many lives are clinging to this world and live with no hope. My prayer is that they'll turn to Amazing Facts and discover Jesus. Please let your entire ministry know they are each special and are being a blessing to many. Keep up the good work!"

*Editor's Note: And likewise, a big 'thank you' to each and every one of our special supporters—who help to make testimonies like these possible. Whenever we are thanked for God's working in people's lives, we think of you—and praise God for His goodness and grace.*

The *Inside Report* welcomes all correspondence regarding Amazing Facts. Letters and other materials might be used—in whole or in part and edited for content and clarity—in future ministry publications. **If Amazing Facts has helped change your life for Christ, please write us at [testimonies@amazingfacts.org](mailto:testimonies@amazingfacts.org)!**

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# SEIZE THE DAY

## KEEPING THE SABBATH HOLY

BY PASTOR DOUG BATCHELOR

PART 1

### An Amazing Fact:



During the Paris Olympics in 1924, Scotsman Eric Liddell, a celebrated sprinter, was expected to win gold in the 100 meters. However, he discovered that the time trials for his event were going to fall on a Sunday, which he believed to be the Sabbath. (While he had the wrong day, he did have

the right attitude about the Sabbath.)

Even though he had relentlessly trained and his country had invested in him, he refused to run. This decision put him under immense pressure from politicians, teammates, and even some family. “God will understand,” they said. “Your country is counting on you! Do it just this one time!” But he said, “No. I can’t do it—not even once.”

Well, it turned out that Liddell could run in another event that did not conflict with his beliefs—the 400 meters. During the time trials, he didn’t perform well. Teammates wondered about his ability to secure a medal. But Liddell believed the results were in God’s hands, and just prior to running the final, he was handed a slip of paper from an American with a profound message on it: “Those who honor me, I will honor.” When the gun sounded, Liddell ran like he was possessed and broke the standing record to finish first!



**E**ric Liddell firmly believed in obeying God no matter the cost—and that meant following every one of His Ten Commandments, including the fourth.

For him the Sabbath commandment was no less important than the ones that say, “Do not murder” and “Do not commit adultery.” It’s very difficult for most people to wrap their minds around that idea, but I also believe it is absolutely true. Very few people, after accepting Christ, dispute nine of the Ten Commandments, but the fourth they often see as a “personal preference” or optional commandment. But it’s not just a recommendation from Moses; it’s the law of the Almighty.

The Bible tells us, “For whoever shall keep the whole law, and yet stumble in one point, he is guilty of all” (James 2:10). The devil doesn’t care whether your sin is adultery or murder or Sabbath breaking, just as long as he can get you to sin and separate you from God.

He knows that in God’s view the Sabbath commandment is not any less important than the other nine. That’s why I believe it is the devil’s plan to erode our convictions through rationalizations and compromises so that when the big test of the last days comes, when we must choose whom we will worship on penalty of death, many people will have been so trained to compromise that they won’t be prepared to take a stand when it matters most. That’s why it is important now to be faithful in keeping the Sabbath holy; it’s all about preparation.

ho•ly

/’hōlē/

Adjective

Dedicated, set apart,  
or consecrated to God.



Sabbath day and hallowed it (vv. 8–11, emphasis added).

God says there is holy time; what does He mean? The word “holy” means something “dedicated, set apart, or consecrated to God.” And it’s clear from the Bible that some things are holy and should not be profaned or treated as common.

For one, marriage is called holy. You can court someone for years, but it’s not a holy relationship until you seal the covenant and marry him or her.

Profaning that holy relationship is a violation of the commandment against adultery.

Tithe is also called holy

(Leviticus 27:30). It can be hard to grasp that among the ten \$1 bills in your pocket, one of

them is considered holy, but nonetheless, using that dollar to make a car payment profanes something sacred.

Well, God also points out in this commandment that a certain amount of time each week is holy—not because a church teaches it, but because He said so. No man in the world can call common what God has called holy. Nor does God say, “Remember the Sabbath *to make* it holy.” We can’t make it holy; God is the one who makes something holy. In this commandment, He is saying, “I’ve already made it holy, so you must recognize what I have done and respect

## WHAT IS HOLY?

Let’s first take a look at the commandment itself, found in Exodus 20:

Remember the Sabbath day, *to keep it holy*. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the Lord your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the Lord made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the Lord blessed the



Me.” Keeping the Sabbath holy is all about a love relationship with God.

## A DANGEROUS TOPIC

I tackle the Sabbath with some trepidation because of how easy it is to be misunderstood, to appear to be extreme and labeled legalistic. In the time of Jesus, two fanatical religious groups struggled for supremacy, the Sadducees and the Pharisees. They were, for lack of better words, the liberals and the conservatives of their day. The Sadducees didn’t believe in angels or resurrection; that’s pretty liberal theology. The Pharisees, on the other hand, were so meticulous in their Sabbath-keeping, they set rules to ensure you didn’t walk too far on Sabbath, at least according to their calculations. They had thousands of such manmade rules about the Sabbath and other religious duties.

Jesus often battled with the Pharisees regarding Sabbath observance; He would heal somebody that day and then be accused of breaking the Sabbath. While the commandment certainly doesn’t forbid healing on the Sabbath, and Jesus, God

Himself, did it, we should also realize that Jesus never said, “You don’t need to keep the Sabbath anymore.” Every debate He had about the Sabbath was about *how* to keep it holy, not whether to keep it.

Interestingly, the spiritual problem in the time of Christ was certainly more about legalism. But before then, in the time of Jeremiah and Isaiah, Sabbath problems were more like the problems we face today. The Jews in their time were largely ignoring the Sabbath, not keeping it any better than the pagans. They were being careless in their Sabbath observance. And that’s the crisis I perceive in the Christian community at large today: We treat God’s commandment with sloppy indifference.

As a pastor, I’m not just writing to you. I’m writing to the Batchelor family. My wife, Karen, and I are constantly educating and reminding ourselves about what is right and what is not right on the Sabbath. We are living in such a relentlessly busy culture that it takes thought, planning, and effort to rest. I confess that at times I’ve failed to keep the Sabbath holy—so this isn’t about judging you; rather, it’s a Bible study for people who love the Lord.



It's not legalistic to love the Lord and want to please Him by showing you're serious about keeping the Sabbath day holy according to His commandment.

Don't let people accuse you of being legalistic because you're asking practical questions about what a person should and shouldn't do on the Sabbath. That's our purpose here.

## FINDING OUT HOW TO KEEP IT HOLY

The Ten Commandments are, in some ways, an abbreviation of the law of God. For instance, when it says, "Thou shalt not take the name of the Lord in vain," the commandment doesn't go into great detail to explain every possible way in which a person could take God's name in vain—whether it's swearing, using God's name carelessly, or claiming you're a Christian but living as a hypocrite. The details of the law require our further study, and you'll find examples of this commandment being honored or disregarded in other places in the Bible.

In regard to our goal of better understanding the fourth commandment, we also need to look at the specifics of Scripture through a prayerful study of Bible principles.

For example, in Hebrews 4:11, we read, "Let us [labor] therefore to enter into that rest." This

sounds like a contradiction, but that's really what happens when we prepare for the Sabbath. We invest additional labor so that we might enjoy the blessed rest of the Sabbath more fully. While I'm not comparing the Sabbath with a typical vacation, if you're going to have a good vacation, it does require extra work, planning, and preparation to make it happen.

I believe that in order for us to really enjoy the release and peace that God has designed for this holy day, we must labor to enter that rest. And this involves educating ourselves. God throughout His Word gives us a lot more details about what is involved in keeping the Sabbath holy. As we'll see, it does not mean that you simply swing in a hammock all day long, drinking pineapple juice through a straw. There's a lot more to God's rich rest!

Of course, the fourth commandment is the longest of all the commandments—precisely because it goes into the most detail. It says people are to rest, their animals are to rest, their servants are to rest—everybody within their gates.

The Sabbath commandment is also somewhat different from most of the others because it makes statements in a positive and a negative sense. Most of the others are only stated in the negative—"thou shall not." The Sabbath commandment says, "You *shall* keep it holy" and "you *shall not* work." It gives both sides, and so I'm approaching this message in the same way. Now, let's get started . . .

## PREPARING FOR THE SABBATH

John Wesley tells a story about a new convert to Christianity who was very devout. As the sun was going down before the Sabbath,

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# "Must See"

## The Work in China Advances

By: China Project Coordinator

*Due to the sensitive nature of our work in China, we cannot disclose the full names or locations of the individuals mentioned in this article or show pictures of them.*

**A**mazing Facts' Chinese-language videos continue to draw a record-breaking number of hits on China's largest video hosting site, tudou.com. In 2012, our outreach videos were seen almost 2 million times, and two videos even appeared on its homepage under a section labeled "Must See." We also know that 21,395 other websites link to one or more of these videos!

This all leads the curious and the seeking to our website at qimiaozenxiang.com, now the ministry's second most-visited website. The number of visits continues to increase daily. At the end of March, we averaged over 20,000 visits per week and our videos had been watched 544,011 times!

Our website gives these seekers access to many of the same articles and sermons found on our English website. But what thrills us the most is the number of people who write us to tell us about how our materials have impacted their lives! Here are a few examples ...

Mrs. Ma lives in Hebei Province. She visited our website and, after watching our

videos and studying our materials, asked if we had a church in her area. We gave her an address, and she started attending regularly. After six months of in-depth studying, she was baptized! Through her influence, her husband has started



attending church and will be baptized this year. She is also sharing the good news with her parents and prays they will choose to follow Jesus soon.

One man told us how Pastor Doug Batchelor's videos have helped his 13-year-old son. He says, "My son is in middle school. Before he watched the programs,

*Continued on page 30.*



# Does Your Will Stand the TEST OF TIME?

**“The Lord calls upon those who are in positions of trust, those to whom He has entrusted His precious gifts, to use their talents of intellect and means in His service.” —E.G. White**

.....

Some manmade monuments have lasted for millennia, but none of them will survive the coming of Christ!

The only memorials that will last forever are the hearts and lives changed by the gospel. As a friend of Amazing Facts, you share our passion for evangelism and a desire to spread the hope found in Christ. If you've not had a chance to include your values in your will or estate plan, we can help you create a memorial that will stand the test of time!

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that you leave a lasting legacy of faith that honors the Lord's work and reflects your desire to do something that will endure through time.

*Laura from Washington says, “I feel so relieved to know that if something happens to me, my affairs are in harmony with my wishes! And when I desire to change something later, I know it's a simple process that takes very little effort.”*

If you desire to support the Lord's work through Amazing Facts, prayerfully consider remembering us in your will or estate plan.

**Call 800-436-2695** and we'll discuss with you how to craft a will—or update your current will due to major life changes— that will endure and provide hope to thousands.



# BIBLE ANSWERS WITH DOUG BATCHELOR



## Q. How can someone keep the Sabbath in space?

**A.** I often get questions like this about challenging places to keep the Sabbath. Another way I might hear this question is, “How do you keep the Sabbath during the winter in the North Pole, when the sun doesn’t come up or go down for months?” (The way that Sabbathkeepers in the arctic zones traditionally deal with this conundrum is by picking a consistent time to mark sundown, such as 6:00 PM.)

In my quiet moments, I have often thought about this question because I’d love to go to space someday. The International Space Station goes around the earth very quickly, several times a day, in fact. So I figured I would just say, “Lord, I’m going to keep the Sabbath at the time they’re keeping it at home in northern California.” I believe you would have to use some kind of earth time standard and dedicate that time to God.

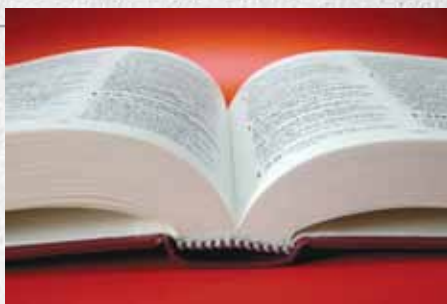
These curious questions usually come from someone who is struggling with the Sabbath truth, forgetting he or she will have the same problem keeping Sunday in the North Pole or in space. However, when you imply that it’s impossible to keep the Sabbath, you’re suggesting God’s law is unreasonable. While I surely do not know all the answers to these interesting dilemmas, in every case, I’m going to keep the Sabbath according to the Word as best as I know how, and I believe God will accept my best service.




## Q. What should we wear to church on the Sabbath?

**A.** I believe that when we come into the presence of God, we should be conscious that He's a holy God. I believe that means we should wear our best. In the very least, don't save your worst for God. Some people go to work all week long wearing professional attire—they wear respectful clothing according to their employer's expectations—but then they come to church looking like they are just stopping by on their way to the beach. I don't mean to be ungracious; indeed, if that's the best you have then, praise the Lord, come anyway! I've been to church in some South Pacific islands where everybody wears short sleeves, and it's their respectful clothing. In the Philippines, they wear the barong to church.

The principle here is to wear respectful clothing because you're coming into God's presence and you want to, by your example, show Him esteem. Genesis 35:2, 3 says, "Jacob said to his household and to all who were with him, 'Put away the



foreign gods that are among you, purify yourselves, and change your garments. Then let us arise and go up to Bethel; and I will make an altar there to God" (NKJV). The word "Bethel" here means "house of God." They were to change their clothes as they went before the Lord. When the Lord was about to give the Ten Commandments, Moses commanded the people to wash their clothes. We should want to be neat and respectful when we come into God's presence.

At the other end of the spectrum, in 1 Timothy 2:9, 10, we're counseled, "In like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with ... costly clothing." We should not seek to be flamboyant or extravagant in our Sabbath dress. Frankly, some people come to church as if they believe that the center aisle were the runway of a Paris fashion show. Always remember, we want the attention to be on Christ and not ourselves. 

Tune in to **Bible Answers Live**, Amazing Facts' live, nationwide call-in radio program, and listen to Pastor Doug give biblical, straightforward answers to difficult Bible questions. To get times and stations in your area, or to listen to answers online, visit [www.amazingfacts.org](http://www.amazingfacts.org). You can also request a free program guide by phone or mail.

# The AFCOE Effect

## in India



by Carissa McSherry



**India** is a land of contrast: from the beautiful clothing, warm smiles, and bright colors to the horrendous smells, garbage-strewn streets, starving children, and rampant disease. The Hindus vainly attempt to appease the “gods” through their pilgrimages and coconut or hair sacrifices. But still there is no peace. They feel no hope...

But for the couple hundred souls attending our four AFCOE prophecy seminars in India last December, a message was heard of a God who does not desire their sacrifices, but rather gave Himself as one; of a God who does not force their obedience, but rather seeks their love. This was a revolutionary concept. It gave them the peace and incredible freedom for which they had been hungering!

### No More Idols

One of our AFCOE graduates, Gary Hess, had a first-time guest come to him after the meeting and say that she wanted to be baptized. She had been listening every night from a nearby house but had

not felt comfortable coming before that time because of her Hindu faith. But no restraining power could hold her back from the incredible God of love that she was learning about! This new sister in Christ boldly destroyed the idols she had once served, throwing them in a trash heap outside her little shack, and accepted Christ as her personal Savior.

Many would be disheartened if they, like Weston Fargo, had no guests at their series the first night. The fear of what would be presented kept the villagers back. But Weston was not dissuaded. He pressed on—visiting people in the community, preaching to the children that bravely ventured out for the second night, and to the parents they brought with them later. Weston’s site was soon flourishing with spiritually hungry people who were touched by his passion for the message. One teenage girl, the daughter of a local evangelical pastor, brought at least 10 adult family members with her to the meetings. She and her mother craved

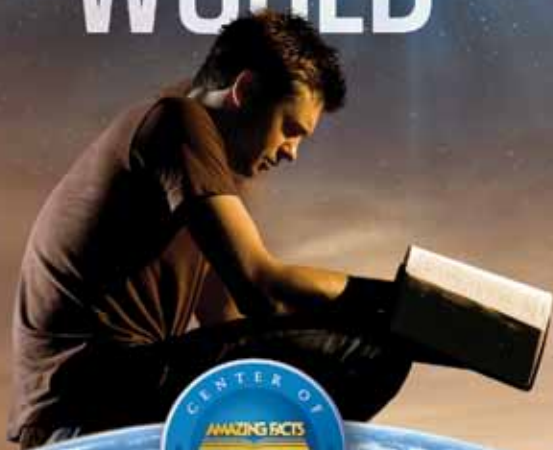
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# AFCOE

Amazing Facts Center of Evangelism

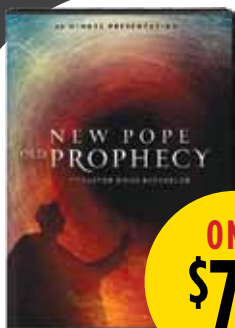
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To learn more about how AFCOE can make  
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**Next session begins August 15, 2013**



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**HOT  
OFF THE  
PRESS**

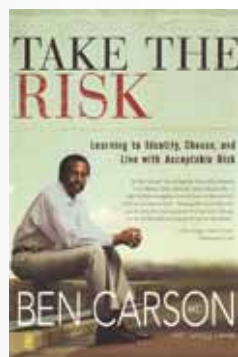


## Think Big Unleashing Your Potential for Excellence

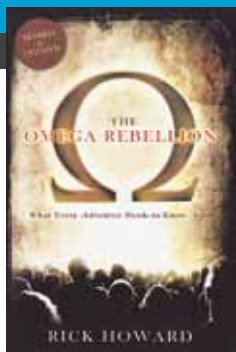
After telling the story of how he overcame an inner-city background to become a world-renowned neurosurgeon in his bestselling *Gifted Hands*, Dr. Ben Carson now gives an inspirational look at the philosophy of life that helped him overcome life's obstacles. BK-TB ... \$14.95

## Take the Risk

You can find our culture's obsession with avoiding risk everywhere, from multiple insurance policies to crash-tested vehicles. But is ducking risk the most productive way for us to live? Surgeon and author Dr. Ben Carson, who faces risk on a daily basis, offers an inspiring message on how accepting risk can lead us to a higher purpose. BK-TR ... \$19.95







## The Omega Rebellion

Very soon, before the final great outpouring of the Holy Spirit, Satan will try to deceive the very elect. Safeguard your heart and learn how to recognize the warning signs that the great deceiver is at work. By Rick Howard. BK-TOR ... \$13.95



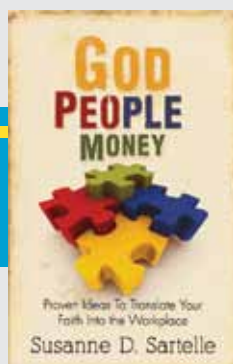
## Worship at Satan's Throne

Learn the methods that Satan is now using to call the faithful out of God's end-time church—methods that are popular with churches compromising truth and peddling a soft gospel message that fails to transform lives for the heavenly kingdom. A mighty call-to-arms for you to be a bright beacon of light to others. By Stephen Bohr. BK-WST ... \$11.95



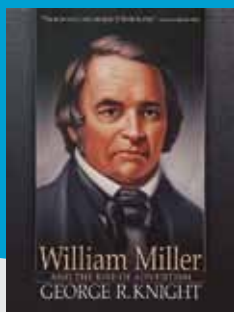
## The Best of Amazing Facts Presents, Vol. 2

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## William Miller and the Rise of Adventism

"Has the Bible proved a failure?" asked Hiram Edson, voicing the giant question haunting the wounded flock. "Is there no God, no heaven, no golden home city, no paradise? Is this all a cunningly devised fable?" In this landmark volume, author-historian George R. Knight recounts the history of that shattering disappointment and explores the vital dynamic that thrust the Millerites into the flow of history.

BK-WMRA ... \$21.99



## Keeping a Princess Heart

Do you wonder how your heart will survive because what you have isn't even close to what you hoped for? Hang on! Real hope is found in the tension between the two—in an invisible kingdom. This place is where you discover the true heart of a princess—one full of dreams, wonder, delight, and joy. Learn to keep it alive, even in the midst of this crazy, disappointing, hard-to-understand world. By Nicole Johnson.

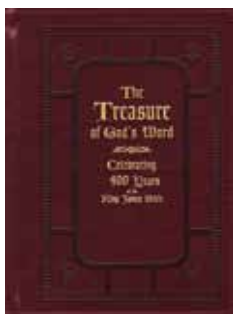
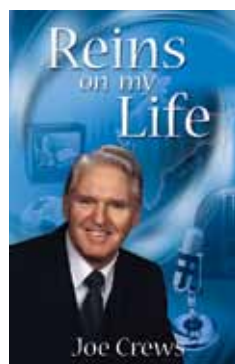
BK-KPH ... \$13.50

## Reins on My Life

Ever wondered how Amazing Facts got its start? In this autobiography, the founder of Amazing Facts relates the thrilling story of how God prepared him for the most amazing assignment of his lifetime—director-speaker of a nationwide media ministry.

The miracles surrounding Amazing Facts since its beginning 40 years ago are truly unforgettable! By Joe Crews.

BK-RML ... \$7.95



## The Treasure of God's Word

Celebrate the most influential book in the history of English civilization! Scholars have long agreed that one of the greatest influences in the shaping of the English language is the King James

Bible. *The Treasure of God's Word* is a celebration of the King James Bible's 400th anniversary, continuing its legacy of inspiration to people in all walks of life. By Jack Countryman.

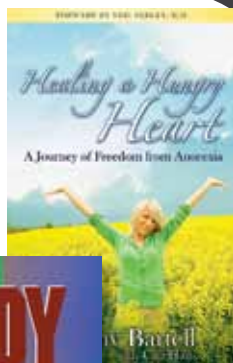
BK-TGW ... \$16.99

# TOOLS for PERSONAL GROWTH

## Healing a Hungry Heart

Gripped in the clutches of a deadly eating disorder that continues to plague millions of women in America, Tiffany's half-starved brain refused to acknowledge that she was lying on her death bed. An inspiring story of recovery and redemption! By Tiffany Bartell.

BK-HHH ... \$13.95



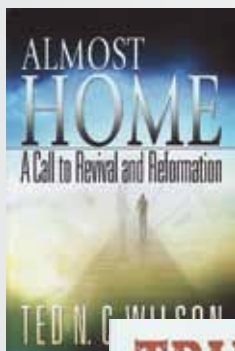
## Ready or Not: Here He Comes

What does it mean to be ready? How can I be prepared for the very subtle deceptions of the devil in these last days? By carefully studying, we can see clearly that not only is the second coming near at hand but that a way has been made for our rescue from this doomed planet. By Edward Reid.

BK-RON ... ~~\$12.70~~ **NOW \$9.95**



**NOW  
\$9.95**

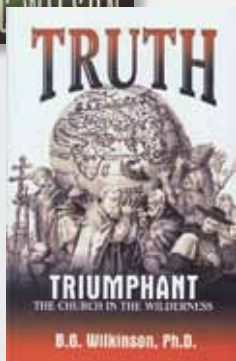


## Almost Home

### A Call to Reformation and Revival

All around us today we see striking evidence that Jesus is coming soon. That's a reason to rejoice. But it's also a call for us to shake off our lethargy and get to work fulfilling the commission God has given us and preparing to meet Jesus when He returns. In *Almost Home*, Ted N.C. Wilson, General Conference president, identifies the spiritual essentials for those who will live through the end times and witness Jesus' return.

BK-AHCR ... \$13.95



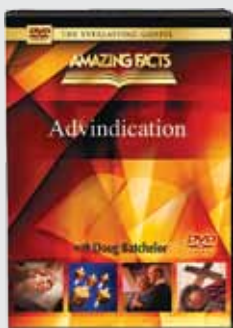
## Truth Triumphant

### The Church in the Wilderness

God has preserved His faithful workers to spread the gospel even in the most dangerous times. An amazing narrative that will increase your faith for the coming time of trouble. By B.G. Wilkinson.

BK-TTRI ... \$14.95

# ▶▶ AMAZING PRODUCTS from a



## Advindication DVD Set

Pastor Doug defends key biblical doctrines entrusted to God's end-time church, including obedience, health, and more. Also features a powerful presentation on the Sabbath! Will keep you steadfast in the faith when you need it most (6 DVDs).

DV-ADVIN ... \$54.95

## 52 Things to Do on the Sabbath

Sit around all day on Sabbath? Take naps? Do nothing? This book offers practical suggestions for Sabbath activities to make the day a delight for both adults and children.

BK-TDOS ... \$3.99



ONLY  
**\$3<sup>99</sup>**

## Prophecy for Kids

Thrill your kids with 18 stunning Bible prophecies that came true, each colorfully presented in this fully illustrated prophecy learning adventure by Pastor Doug Batchelor. Watch their faith grow as they see how God's Word can be trusted through the fulfillment of prophecy throughout history. Your kids will see that putting their faith in Jesus is the most important thing they can do!

BK-PFK ... \$4.95

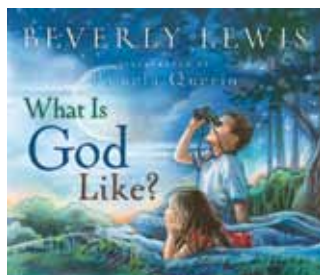


**BRAND  
NEW!**

## What Is God Like?

A story about a boy and girl who spend a fun-filled day discovering awesome things about their heavenly Father: He is powerful, loving, everywhere, perfect, merciful—and He wants to be loved! With imaginative text, Bible verses, and full-color illustrations, this book for kids (ages 4+) takes difficult concepts about God and brings them to life (32 pages). By Beverly Lewis.

BK-WGL ... \$14.95





# SOURCE you KNOW and TRUST!

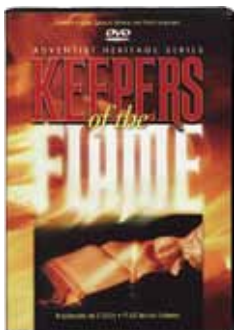
## One Blood, One Race

Ken Ham boldly discusses a topic that many Christian leaders avoid—the often divisive “race” issue. In this two-part DVD, Ken reveals Charles Darwin’s destructive teaching regarding lower and higher “races.”  
DV-OBOR ... \$14.95



## Keepers of the Flame

Through each of these eight episodes, dramatic vignettes capture the greatest moments of Martin Luther, the Waldenses, Calvin, Zwingli, and John Knox. The light of truth has shone through time and is pointing to the second coming of Jesus Christ. By Adventist Heritage.  
DV-KOF ... \$39.99



AUDIO  
CDs

## The Pilgrim's Progress: Christian (Part I)

John Bunyan's character-building allegory *Pilgrim's Progress* is a Christian classic, inspiring millions of people for more than 300 years. Now in this full-length dramatized version, you can experience it in a whole new way as 77 actors, sound effects, and music bring it to life like never before!  
CD-PPS1 ... \$34.95

## The Pilgrim's Progress: Christiana (Part 2)

The journey continues, as the Pilgrim's wife, Christiana, disregards the ridicule of her neighbors and follows in her husband's footsteps towards the Celestial City. Accompanied by her four sons and Mercy, a young neighbor, Christiana is in for an adventure. Travel with them as they gather wisdom and confront internal and external dangers along their path of faith. By John Bunyan.  
CD-PPS2 ... \$34.95

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AMAZING FACTS



**Shipping Information:** Please add **15%** of sales value or **\$5.50** (whichever is higher) for shipping & handling.

California residents please add 8.25% sales tax. For orders shipped outside the U.S. and Canada, add 25% or \$10 (whichever is higher) for foreign postage. Some items may require additional shipping costs and delivery time due to weight.


# Taking the Final Step

**Corrine** Pierce grew up in a Mormon home, but the ties quickly dwindled when her parents divorced. “I always was a spiritual searcher and remember being afraid of hell. At the age of 14, I remember crying out to God to save me.” She began attending a Pentecostal church, which she stayed with until she was 28.

“At this point in my life, I was doing a lot of soul searching. I felt I wasn’t really living my life the way God intended,” she says. “I prayed that God would show me the truth and give me wisdom to discern what He wanted for me.”

Corrine was working at a bank and occasionally had brief spiritual conversations with an elderly security guard. One day he loaned her a Christian DVD that contained a link to the Amazing Facts website. During downtimes, she began to peruse the site. She found the online Bible Study Guides and soon completed every single study.

The studies pressed on her heart, especially the teachings about the



“I was afraid I would not be accepted, but the Lord is gentle and kept prodding me toward the true church. I finally attended meetings on last-day events from Amazing Facts without knowing that God was leading me toward my final step.”

Sabbath. She says, “I remember questioning why we observed Sabbath on Sunday.” The answers she had received, such as, “It was changed by early Christians to avoid persecution,” were not biblical reasons. She came to understand God had never changed the Sabbath.

Corrine also enjoyed studying about last-day events and was taught Christians would be raptured before a seven-year tribulation. But, once more, she could not find such a teaching in the Bible. She also learned the Antichrist was not a person but a false religious system.

However, Corrine admits that during this time, “My walk had taken a wrong turn. I had divorced my husband and was living with another man. I thought if I attended a church, I would not be accepted.” So she continued to study on her own.

## Finding Happiness and Peace

About a year later, she ordered some Bible books for her children. “A book evangelist came to my home to deliver the books and ministered to me about God. He then shared about another book, *The Great Controversy*, which I delved into.” Once more she felt a pull to attend church.

Corrine was pregnant at the time, and through the encouragement of the lay-evangelist, she married the father of the baby. She then began attending a non-denominational church. She was warmly accepted and became involved in children’s ministries but shares, “I still did not feel God’s peace.”


In August 2011 she received an ad in the mail for a series of tent meetings pitched in the parking lot of a local high school. Evangelist Dave Steward from Amazing Facts would be speaking about



last-day events and Corrine was intrigued. “I wanted to refresh my knowledge on what I had learned a few years before through the Amazing Facts Study Guides.” Without realizing what church sponsored the meetings, she started attending.

“And wouldn’t you know,” she shares, “all the fear I had of not being accepted in that church vanished when I attended. I saw that the people were not only accepting of me, but also were genuine and kind. Their faith was not showy or loud. It was quiet and simple.”

Corrine adds, “I suddenly realized that at last I felt God’s peace. I knew this was where my life’s spiritual journey had been leading all this time.

She is now a member of the church in Mead, Washington. “I am finding that the more I invest in my church family and teaching my children about God’s Word, the more peace and happiness I experience. All I needed to do was surrender my fear. Even though God time and again tried to prod me toward His church, it finally took me attending Amazing Facts’ prophecy seminar before I took that final step. God knows exactly how to gently lead His children when they call out to Him.” 

*Continued from page 14.*

a deeper understanding of God's Word and were thrilled to receive it each night, not allowing family pressure or previous beliefs to hold them back.

## Prayer and Faith


Nightly, our AFCOE team would pray with each of our guests. Frequently, they asked us to come to their homes and pray for their sick loved ones. At Zac Williams' site, we visited a feverish man who couldn't muster the strength to open his eyes during our visit with his family. He had been faithfully attending the meetings before this point. We gathered around him and Oliver Solomon, another graduate, prayed together with us over this man. The next day, he was back at Zac's site in full health! To us, this



**A new family in Christ!**

across the highway attempting to reach the local market without being crushed by taxis racing by. We watched as old men pulled their tattered blankets closer around their nearly naked bodies, attempting to find some comfort as they slept along the noisy roadside. We watched as idol worshippers brought their sacrifices to their silent gods in a desperate attempt to find peace. We watched the hundreds who seemed to constantly surround us, busy about their daily toil, but with no true hope. All the while we prayed, "God! There are so many hurting people searching for peace. Where should we start? Who can we reach first?"

Although it is often more recognizable in other countries, there are millions in our home country who face the same predicament. As we drive around on traffic-congested freeways, do we pause to consider how many people around us are just as empty and hurt as the precious souls in India? The gods they fill their lives with might look different, but the only answer, Jesus Christ, is just the same. Today, may our prayer be: "God, who can I reach first for You? Where would You have me to start?"

Is God calling you to AFCOE? 

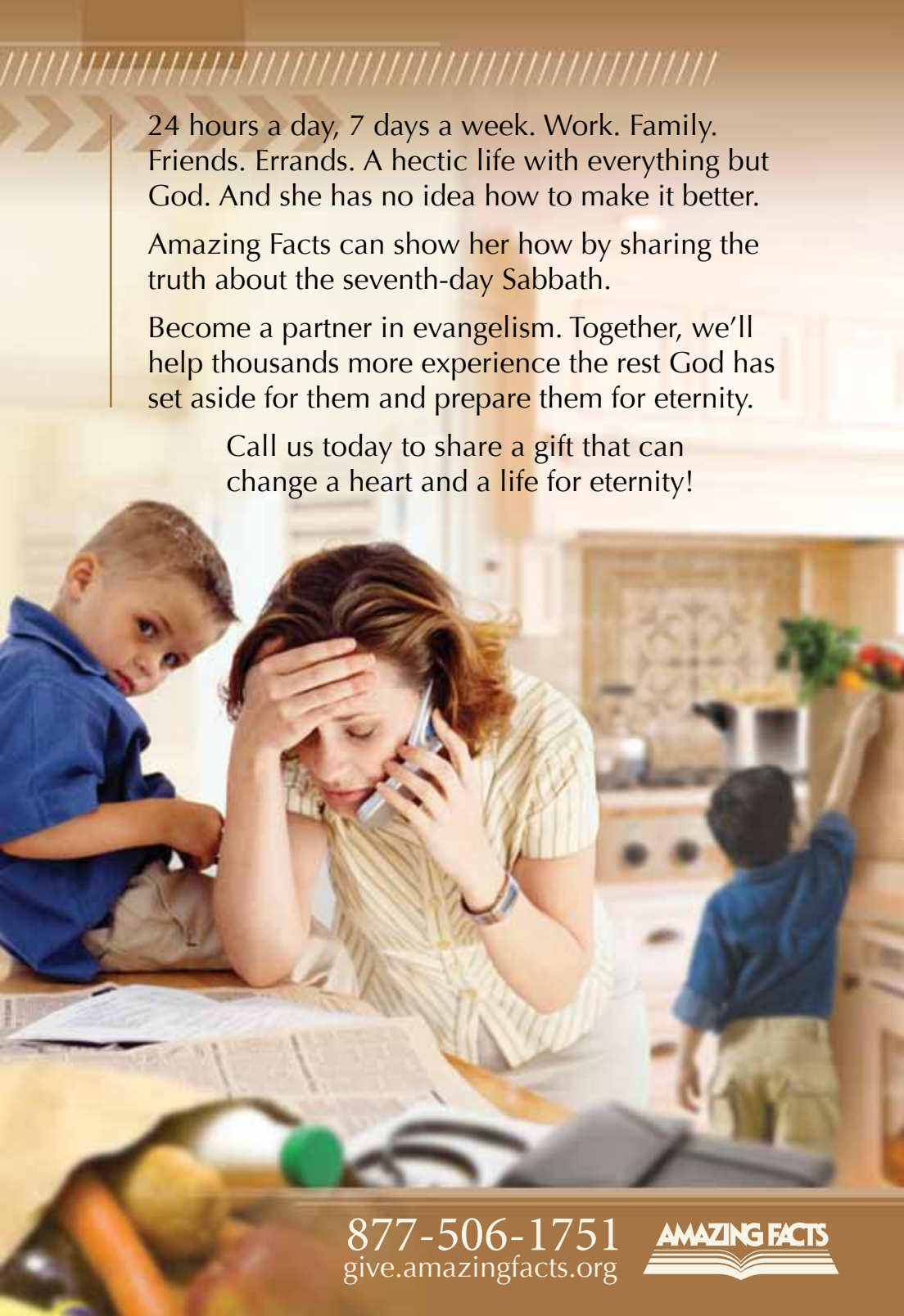


**Our outreach team in India.**

was somewhat surprising considering he was so ill the day before. But to his family, this was no surprise, "Of course he's healed; you prayed for him!"

Many times we would pause and watch as the world passed quickly around us. We watched as crippled children stumbled



A woman with brown hair, wearing a yellow and white striped shirt, is sitting at a kitchen table. She is holding a silver flip phone to her ear with her left hand and has her right hand pressed against her forehead, looking stressed or overwhelmed. To her left, a young boy in a blue shirt is leaning over the table, looking at her. In the background, another child in a blue shirt is standing near a kitchen counter, reaching up. The kitchen has wooden cabinets and a patterned backsplash. The overall scene suggests a busy, hectic household.

24 hours a day, 7 days a week. Work. Family.  
Friends. Errands. A hectic life with everything but  
God. And she has no idea how to make it better.

Amazing Facts can show her how by sharing the  
truth about the seventh-day Sabbath.

Become a partner in evangelism. Together, we'll  
help thousands more experience the rest God has  
set aside for them and prepare them for eternity.

Call us today to share a gift that can  
change a heart and a life for eternity!

877-506-1751  
[give.amazingfacts.org](http://give.amazingfacts.org)



# Kids' Corner

with Laurie Lyon

## One Day Is Different

**H**ave you ever wondered why a week is seven days long? Here's a clue: Ever since God made our world, it has been this way. But why? The Bible gives us the answer. "For in six days the LORD made the heavens and the earth ... and rested the seventh day." Our week still mirrors Creation week!

God made the seventh day a very special day, and God wanted humans to always keep it special.

On that day, we should spend time with God, learning about Him, and thanking Him for all the wonderful things He has given us. That way, the Sabbath day will always remind us that God is our Creator. People always get into BIG trouble when they forget that!

### Church and More

Going to Sabbath School and church each week is one of the ways we thank God for all the kind things He does for us. But there's much more to the Sabbath!

While Sabbath is a "rest" from our regular work, it doesn't mean we have to be lazy. The right activities will help you have an exciting day!

### It Shouldn't Be Boring

When Jesus was on earth, the religious leaders made the Sabbath all about rules—gazillions of them! Talk about boring! When Jesus started helping people on the Sabbath, the leaders accused Him of breaking the rules. They were so sure He was wrong for helping people on a holy day. But that is exactly what we should do. We can follow Jesus' example!

### Some ways you can help people on the Sabbath:

Get a group together and go to a nursing home. Sing hymns and visit the people who live there.

Make cards or bookmarks with pictures and Bible verses and give them to shut-ins.

Go with a group to give sandwiches and clothing to homeless people.

Invite neighborhood kids to go to Sabbath School with you, or start your own afternoon Bible study group (you can get study guides for kids from Amazing Facts!).



What did Jesus say about keeping the Sabbath? Circle the first letter, then circle every third letter after that, and write them in the blanks below to reveal the answer. (The first two letters are highlighted.)

**IPWTRNIAVSBZLIQAPSWRMF**  
**CDUIJLEMTWBOYUDANOXRGE**  
**PONTOCB DYBOWDNURTECHU**  
**MEZTSQUALIBRCBOPANDTNRH**

“

\_\_\_\_\_

”

\_\_\_\_\_.

## Take It Outside

We can also learn about God and His love by studying the things He has made. Go on a hike with your family or visit a nature center or park. Take binoculars and go bird-watching. Enjoy a picnic lunch in a forest.



## Stuck at Home?

Get some friends together and play a Bible game. See who can memorize a Psalm the fastest. Act out a Bible scene. If you play a musical instrument, organize a band and play Sabbath songs together.

## Use Your Imagination!

Helping others and honoring God as our Creator is what Sabbath is all about!

Answer: "It is lawful to do good on the Sabbath." Matt. 12:12





# Amazing Facts EvangelismTeam



Doug  
Batchelor



Emanuel  
Baek



Darrin  
Bartell



Lowell  
Hargreaves



Tim  
Jones



Martin  
Kim



Tyler  
Long



Dennis  
Priebe



Dave  
Steward

► Our Bible prophecy seminars now feature can't-beat price breaks and a marketing team that will help you advertise your event. This is a great time to book an Amazing Facts evangelist and grow your church! Call today to get more details.

## **Doug Batchelor**

**May 30–June 1**

Ozark Family Camp Meeting  
Ozark Academy  
Gentry, Arkansas

**June 21, 22**

Michigan Camp Meeting  
Great Lakes Academy  
Cedar Lake, MI

**August 2, 3**

Hope Camp Meeting  
British Columbia, Canada

**August 8**

ASI Convention  
"One on One Witnessing Seminar"  
Shingle Creek Resort  
Orlando, Florida

**August 30 – September 7**

Week of Prayer  
Brazil Adventist University  
Sao Paulo, Brazil

**September 20, 21**

Kauai Camp Meeting  
Kauai, Hawaii

**September 27, 28**

Oahu Camp Meeting  
Oahu, Hawaii

**October 11, 12**

Houston Camp Meeting  
Lake Whitney Ranch  
Houston, Texas

**Emanuel Baek**

**May 17 – June 22**

Grand Rapids, Michigan  
Call 916-434-3880 for details.

**August 31 – October 6**

Holland Landing, Ontario, Canada  
Call 905-814-8262 for details.

**October 18 – November 23**

Hawthorne, California  
Call 916-434-3880 for details.

**Darrin Bartell**

**April 5 – May 4**

Mandeville, Louisiana  
Call 916-434-3880 for details.

**Beginning October 18**

Kearney, Nebraska  
Call 916-434-3880 for details.



Contact us at 916-209-7220 to schedule an Amazing Facts evangelistic prophecy series or revival weekend in your church!

### **Tim Jones**

#### **April 12 – May 16**

Westmoreland County  
Community College  
New Kensington Center, Room 132  
1150 5th Avenue  
New Kensington, Pennsylvania  
Call 724-339-2558 for details.

### **Martin Kim**

#### **October 5 – October 26**

Des Moines, Washington  
Call 916-434-3880 for details.

### **Tyler Long**

#### **April 19, 20**

Evangelism Training Weekend  
Timber Ridge Camp  
Spencer, Indiana  
Call 360-708-3657 for details.

#### **April 26 – May 25**

Comfort Inn and Suites  
8255 166th Street  
Surrey, British Columbia  
Call 604-575-1597 for details.

#### **September 13 – October 12**

Laval, Quebec  
Call 360-708-3657 for details.

#### **October 25 – November 23**

Twin Peaks, Colorado  
Call 360-708-3657 for details.

### **Dave Steward**

#### **April 19 – May 18**

Church Auditorium  
1002 21st Avenue  
Greeley, Colorado

Church Auditorium  
328 Walnut Street  
Windsor, Colorado

### **Dennis Priebe** *(Revivalist)*

**May 3, 4** — College Place Village  
Church, Washington

**May 10, 11** — Seattle South  
Center Church, Washington

**May 18** — Lynnwood Church,  
Washington

**May 24, 25** — Burnaby  
Westminster Church,  
British Columbia

**June 1** — Inchelium Church,  
Washington

**June 15** — Copper Mountain  
Summit Fellowship, Colorado

**June 22** — Southwest Denver  
Fellowship, Colorado

**June 28, 29** — Minocqua  
Lakeland Church, Wisconsin

**July 5, 6** — Green Bay Living

Faith Church, Wisconsin

**July 12, 13** — Frostburg Church,  
Maryland

**July 19, 20** — Burnt Mills Church,  
Maryland

**July 26, 27** — Konnarock Church,  
Virginia

**August 2, 3** — Middlesboro  
Church, Kentucky

**August 9, 10** — Kennesaw  
Mt. Pisgah Church, Georgia

**August 16, 17** — Nashville  
Bordeaux Church, Tennessee

**August 23, 24** — Ava Church,  
Missouri

**August 30, 31** — Clinton Church,  
Arkansas

You are invited to meet  
the members of our  
dynamic evangelism team  
at our many seminars  
and revivals throughout  
the year—and please  
invite a friend! Go to  
**prophecyseminars.com**  
to get exact times  
and locations!

Times and locations are subject to change. Please confirm  
at **prophecyseminars.com** prior to attending.



*Continued from page 10.*

he used to always get in fights with his classmates. But now that he got hooked on *Most Important Questions*, he's a different boy. Every night he listens to these videos until he falls asleep. I hope my son can become like Elijah to be used of God."

Brother Chang writes, "With your help, I came to know Jesus and have found the correct way." Through Chang's influence, his family members have now become Christians as well. He often copies our sermons and articles and puts them on his website; he even printed 10,000 flyers because he wants more people to find the truth.

Janice, from Shanghai, says, "One day, I was upset and feeling empty. I knelt down and prayed, asking that my spiritual life increase. I asked God to help me find a video that could help me. After praying, I started searching and saw *Cosmic Conflict*. It led me to your website." She then asked us if we could help her find the true church and, today, she regularly attends every Sabbath!

Mr. Lu found our videos while searching the web for information about Mayan prophecies. He said, "I watched *Most Amazing Prophecy* and was deeply

touched by it. Those are the most exciting sermons I've ever heard. I also watched the revival series and *Most Important Questions* many times. I couldn't help crying when I watched them. I understand the importance of Sabbath. Even though it is against my church, I keep Sabbath. The Word of God is the highest standard. I appreciate your website and your work."

We not only reach seekers with our websites and videos, we have spent many

"I asked God  
to help me  
find a video  
that could  
help me."

hours counseling, encouraging, and answering their many Bible questions. We do this through email and through China's largest instant messaging service. Since our work began, we've helped more than 22,000 people in this way—and this

year 18 have started regularly attending church every Sabbath. Praise the Lord!

The cost for producing high-quality videos is our greatest expense. Your continued support of this project is a guarantee that we'll be able to continue reaching this great country with the three angels' messages and help them to prepare for Christ's soon coming. Please mark your donations "China Project." 

# NEWS to NOTE

Amazing Facts

NEWS to NOTE

## A New Ten Commandment Series

Most people in our culture are confused about sin because they are only vaguely acquainted with God's law. That's the reason



Pastor Doug believes the Lord has impressed him to prepare a new series on God's holy moral law. We will design this specifically

as an outreach to non-believers so that Amazing Facts can exalt the beauty of God's law of love in a society that has lost its moral bearings. Presented with old-fashioned "tent meeting" power, it will convict and soften hearts to bring people to the cross of Christ. Your support for this project will help glorify God's Ten Commandments!



**Target: \$178,000   Raised: \$11,235**

## Guatemala Outreach

Amazing Facts is going to Guatemala with the Water for Life ministry to help drill wells in villages and send a team of volunteer healthcare professionals to both teach and minister to the health needs. Through your faithful support of this project, we will also share about Jesus Christ, the everlasting Water of Life, and our AFCOE team will conduct evangelistic meetings, baptize searching hearts, and establish a new church plant.



**Target: \$60,000   Raised: \$46,712**

## Revelation Documentary

The next great chapter in our *Final Events* and *Cosmic Conflict* series, *Revelation: Prophecy's Hidden History*, is almost here—and your support will help ensure Amazing Facts can complete this vital project. Your gift will be used to share the pivotal moments of the rise of the church from after Christ's ascension to the Reformation and educate seekers on what the conflict between good and evil means to their lives today. You can help ensure we get the best Bible commentators and create our most professional documentary to date and share the three angels' messages to millions around the globe.



**Target: \$100,000   Raised: \$16,135**

## Online Media Library

Amazing Facts has launched our online media library at [www.amazingfacts.org/media-library.aspx](http://www.amazingfacts.org/media-library.aspx). Featuring hundreds of hours of audio and video presentations, the media library includes a comprehensive search function



that will allow you to browse our titles by name, Bible passage, and more. It's all our media available at the touch of a button!

TELEVISION AND RADIO

# Broadcast Schedule

Spiritually uplifting messages are available every day  
on Amazing Facts radio, television, and Internet!

## TV AMAZING FACTS PRESENTS

A weekly 30-minute program with Pastor Doug that explores the Bible in depth, offering practical guidance and information for Christian living, prophecy, and more!

### Upcoming Featured *Amazing Facts Presents* Broadcasts

MAY 12

#### INSIDE THE LOST ARK

Take an incredible adventure into ancient Bible history and the spiritual mysteries of the ark of the covenant. A fascinating exploration of how the deep past meets our present-day religious life!

MAY 19 & MAY 26

#### BRICKS WITHOUT STRAW, PARTS 1 & 2

Get a unique picture of the Sabbath and its relevance to God's people. Pastor Doug's message will help everyone see the joy and importance of God's Sabbath rest.

JUNE 2

#### ELIJAH'S RETURN

Baptism plays a pivotal role in the Christian experience. Understand its deeper meaning as seen in the life of Elijah and Christ's teachings.

JUNE 9

#### DEADLY DELUSION

What happens when we die? Open the pages of the Bible for an eye-opening true picture of life after death that goes against everything you've ever heard!

JUNE 16

#### SALVATION

What does it really mean to be saved? Pastor Doug takes a fascinating walk through the Bible to uncover the depths of this uniquely Christian doctrine and how you can experience it today.

JUNE 23

#### CLOTHED WITH LIGHT

What is the purpose of God's church? Is there any way to tell which church is the true church? Pastor Doug tackles all this and more in this riveting sermon about God's effort to bring light to the world.

Schedules are subject to change. Television broadcast includes national broadcast only; visit [amazingfacts.org](http://amazingfacts.org) for more information.



# Free Podcasts!



Watch & listen to Pastor Doug anytime on your computer or MP3 player! Find out more online.

Be sure to visit our website for more audio Bible lessons!



You can enjoy Amazing Facts radio and TV broadcasts at **www.amazingfacts.org** anytime, day or night!

Watch *Amazing Facts Presents* on one of our family of networks! (National networks are Eastern times. Local networks are local times.)

## NATIONAL

3ABN	Wednesday, 7:00 AM & 9:00 PM
ABC Family	Wednesday, 6:30 AM
BET	Wednesday, 7:00 AM
Hope Channel	Sunday, 7:00 PM & Fridays 12:30 PM
Inspiration Channel	Sunday, 11:30 AM
NRB	Sunday, 12:00 PM
Total Living Network	Wednesdays, 7:00 PM
WGN	Sunday, 6:30 AM
Word Network	Sunday, 8:30 PM

## LOCAL

KAZQ Albuquerque	Friday, 8:00 PM
KTLX Fox 40 Sacramento	Sunday, 7:30 AM
WDEF Chattanooga	Sunday, 11:00 AM
WJYS Tinley Park	Monday thru Friday, 7:30 AM

## CENTRAL STUDY HOUR

3ABN	Thursday, 7:00 PM; Friday, 5:00 AM; Saturday, 9:00 AM
Hope Channel	Saturday, 9:00 PM

## EVERLASTING GOSPEL

Hope Channel	Sunday, 2:00 AM & 10:00 AM
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# RADIO



## BIBLE ANSWERS LIVE

Airs weekly on Sunday at 7:00 P.M. Pacific. A live call-in radio program where you can ask Pastor Doug any Bible question and get a biblical answer in return. Call 1-800-GOD-SAYS during program hours to participate.

# WEB

Watch Bible programming you can trust at [www.amazingfacts.tv](http://www.amazingfacts.tv). Streaming online 24 hours a day, 7 days a week on your computer, iPhone, iPad, and more!

*Continued from page 9.*

the man was shining his shoes for church the next day. It took him about 15 minutes to do each shoe. Well, he got one shoe done, but when he saw the sun in the sky, he knew he couldn't finish the other one, so he put it away.

Did he make the right decision? He went to church the next day with one shiny shoe and one scuffed shoe. Would you call him a fanatic? I believe to call this fanaticism is

to misunderstand the principle that some time is declared holy by God. We think, "How can it be okay to be shining one shoe but then after a few more ticks of the clock, it's suddenly a sin?"

Well, in a similar way, a young man might know a girl and be very fond of her, but it's inappropriate for him to gaze upon her unclothed form or to be with her intimately, and vice versa. But after they make some vows, suddenly what was once a sin is now holy and good. So yes, little things, like the tick of a clock, can separate holy time from regular time.

In our churches, many of us have become very sloppy, saying, "Oh, the sun is down, but I've still got a few more dishes to do." Why stop mowing the lawn at sundown when you only have a few rows left to mow? "It's not that big of a deal . . . right, God?"

Yet what could happen is that your neighbor drives by and sees that the sun is down and you're still mowing. What message

are you sending to your family and your neighborhood? In your mind, the devil is saying it's not a big deal. In the mind of the witness, the devil is calling you a hypocrite. It is part of Satan's game to highlight our inconsistencies and to erode our commitment. Please don't let him use you as a pawn in his game.

## WHAT IS YOUR ATTITUDE?

Does God want us to dread the Sabbath? No! He wants it to be a blessing. But if we don't have a love relationship with Jesus, we'll be watching the clock. When the Sabbath approaches, we'll be thinking, "Oh, heavens! I've got all this stuff to do. Is it Sabbath already? Now I don't have time to do it." That's not the attitude God wants us to have. It's as if the Sabbath is a burden rather than a blessing.

And who hasn't heard a young child say, "Is it still Sabbath?" They're looking for the moment they can do whatever they want. I've even caught myself looking wistfully out the window and wondering if the Sabbath is over so I can get on to my next project. I'm ashamed of having done that. Should we have that kind of attitude?

It means we need a change in our hearts. The Bible tells a story in which this very thing was a problem. In Amos 8:5, we read about people saying, "When will the New Moon be past, that we may sell grain? And the Sabbath, that we may trade wheat?" They were waiting for the sun to go down and the Sabbath to be



over so they could do their own thing.

Suppose a young man is smitten by a young woman, but because of their schedules, they can only spend a few hours a week together. He arranges his schedule to get all of his business aside, but while they're together, she's talking to him and he doesn't seem to be paying attention. As they're walking together, she says, "You seem like you're a thousand miles away."

He confesses, "Well, you know, I'm thinking about the work projects I've got this week."

Or if they're sitting together over a dinner that she's spent time preparing and he keeps looking at the clock saying, "Is our date over yet? You mind if I leave early?" What would that say about his heart? Would that hurt her feelings? His attitude indicates something is wrong with the relationship.

We want the Lord to have our hearts, and when He has our hearts we won't be asking those kinds of questions about the Sabbath. God wants the Sabbath to be a delight. And I believe the more we come to know God, the more delightful the Sabbath will become.


The Sabbath is a time for rest, so it should start and end with peaceful worship. There ought to be decisive beginnings and endings too—we should "guard the edges" of the Sabbath. We shouldn't be scrambling around an hour after the Sabbath has begun and saying, "Well, I guess we should stop and have a little



prayer." Instead of really worshiping, singing, and reading something of substance, we're in a state of panic. It takes effort and planning to give God the honor He's due.

Why push God to the last minute anyway? If

I'm getting on a plane, I like to get there early. If I'm going to wait, I don't always want to wait at home. And that's the way it is with the Sabbath. When it's coming to an end, don't be watching the clock and saying, "Blow the horn! It's over! Let's do our own thing." That's the wrong attitude. It's an insult to God.

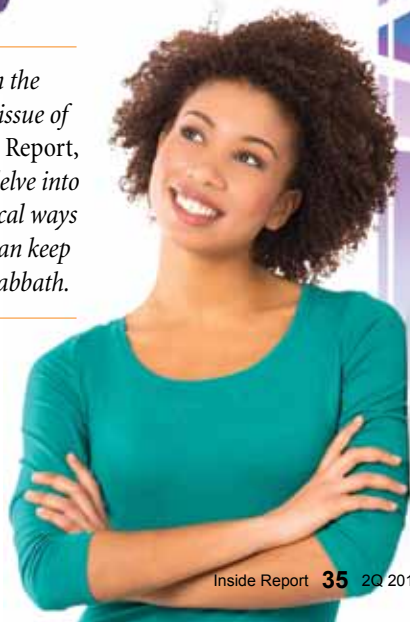
If you keep the Sabbath with your heart, you might be accused of being legalistic and Pharisaical and fanatical, but it will always be worth it in your relationship with God. Jesus is the one you are seeking to please. 



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*In the next issue of Inside Report, we'll delve into practical ways you can keep the Sabbath.*

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# Special Recognition

## In Loving Memory

**Margaret Abney** from John and Marilyn Gepford

**Douglas Ackerman** from June Ackerman, his wife; from Lu Ann Crews

**Ralph and Jean Aliff** from Barbara Ellis  
**David Andrews Jr.** from David and Janice Andrews

**Leonard Ayers** from Duane Corwin

**Thelma Barrow** from Sylvia Barrow-Adams

**Lillian Baugher** from Jerry Baugher

**Harvey Beach** from Sylvia Beach, his wife

**John Becher** from Terrie Becher, his wife

**Kimberly Blair** from Billy Blair, her husband

**Fred and Rosie Bloom** from Philip and Cleo Huff

**Domitila Bonilla de Arauz** from Elena Borsuk, her mother

**Edwin Bowen** from Joan Bowen, his wife

**Elva Bowman** from Steve and Mary Lou Pride

**John and Nellie Brewer** from Al Wiggins, their nephew

**Charles Brousson** from Heather Bacon-Shone

**Harry Brown** from Ruth Brown, his wife

**Cecil Buck** from Steve and Mary Lou Pride

**Alexis Bunch** from Phil and JoAnn Hutchins

**Josh and Agnes Burnette** from Judith Sines

**Larry Busch** from mom and dad

**Mrs. Byrd** from her husband

**Marvin Carnahan** from Patrick and Gloria Williams

**Joseph Robert Chatt-Santos** from Maria Santos De Chatt, his mother

**Betty Sue Childers** from Bill Schneider

**Ellen Christiansen** from Catherine Lunt

**Charles Coffey** from Frances Coffey, his wife

**Lydia Collins** from Kay Wright

**Anna Cook** from Pat Capps, her daughter

**Terri Cossin** from Hazel Freeman, her mother

**Bonnie Covey** from Douglas and Lynda Cross

**Margaret Crawford** from Steve and Mary Lou Pride

**Joe Crews** from Lu Ann Crews, his wife; from John and Lenore Vermeersch

**Ronnie Crews** from Lu Ann Crews, his mother

**Stella Crocker** from Ed Lucas

**Carroll Cross** from Douglas and Lynda Cross

**Gertie Cross** from Douglas and Lynda Cross

**J.D. Davis** from Jim and Wanda Hayward

**Mr. and Mrs. Adolfo Dayondon** from Donald and Gina Wallace

**Juanita DeLeon** from Teddy and Lilia Diancin

**Everett Dickerson** from Yvonne Dickerson, his wife; from Jerry and Darlas Meier

**Bob Dickson** from Donald Young

**Lorraine Dovich** from Desiree Fletcher

**Marlin Dunker** from Eileen Terrill

**Edith Durham** from Anita Lowe, her daughter

**Myron Durham** from Anita Lowe

**Warren Durham** from Anita Lowe, his daughter

**Fern Fleming Eby** from Wally and Geri Dunks

**Harriet Echols** from Lu Ann Crews

**Linda Edge** from Patricia Palmore, her daughter

**Ardis Enright** from Steve and Mary Lou Pride

**Kevin Erickson** from James and Barbara Erickson, his parents

**Laura Ford** from Matthew Kowaleeski, her nephew

**B.D. and Myrtle Ellen Fortner** from Dale and Bernita Tunnell

**Jewel and Ruth Foutch** from Gayle Tyroff, their daughter

**Merle Fredrick** from Al and Pat Marion

**Jerry Freeman** from Hazel Freeman, his wife

**David Robert Fries** from Janine Fries, his wife

**Trentor and Oriana Frost** from Rose Seagle

**George Fuller** from Sally Fuller

**Mary Gaio** from Nancy Hackbarth, her daughter

**Charles Gammethaler** from Janice Deaton, his daughter

**Calvin and Christine Goins** from Ed Lucas

**Barton Hardin** from Dessa Hardin, his wife

**Patricia Harris** from Jim and Judy Culpepper

**Mildred Hawkins** from Shirlee Heiney

**Don and Edna Hay** from Lance Lehto

**Joanne Hayward** from Jim and Wanda Hayward

**Ezra Hehn** from Estella Hehn

**Vic Hehn** from Estella Hehn

**Vern and Joan Heinbaugh** from Bonnie Lorenz

**Ray Herbel** from Leann Herbel, his wife

**Joseph Herzberg** from Debra Fechik, his daughter

**Ben Hiramoto** from Florence Hiramoto, his mother

**Danny Hollenbeck** from Edna Hollenbeck, his wife

**Earling Howell** from Patricia Palmore, her granddaughter

**Amalia Huber** from Fred and Nina Laubhan

**Sue Holliman Hudson** from Jim and Judy Culpepper

**Selma Hugley** from Sharon Stenson

**Leta Hunt** from Ruth Sackett

**Lola Hunt** from V.F.W. Post 1697

**Willard Hunter** from Mildred Hunter, his wife

**James Innis** from Bill and Jeanette Bell

**Pearl James** from the Livingston family

**Riley Quenton Janes** from Bob and Shirlene Alexander

**Lindell Jensen** from Loren Fischer

**Herman Johnson** from John and Betty Weakley

**Mary Ella Johnson** from Lova McLeod

**Thomas Johnson** from Kathy Johnson, his daughter

**Mr. and Mrs. Henry Jones** from Mrs. Ellen Stewart

**Grace Jose** from C. Mercer Straw

**Kenneth Jose** from C. Mercer Straw

**Robert Keister** from Marilyn Keister, his wife

**John Ralph Kent III** from Ralph Jr. and Pearl Kent, his parents

**Wes Kimble** from Jacob and Joyce Joyner

**Debbie Kirby** from Marty and Debbi

**Joade Korgan** from Bonnie Lorenz

**Win Koszescha** from Hilda Koszescha, his wife

**Louise Krossner** from Doug and Melody Wheeler

**Cloyd and Beulah Kuster** from Jean Kuster Ott, their daughter; from Mary Kuster Peters, their daughter

**Tim Kwiatek** from Patty Kwiatek

**Kimberly Kyle** from Talea Kyle, her daughter

**Olave La Bianca** from Wally and Geri Dunks



**Shana, Nyla, and Danielle LaFontant**

from Marie Frances LaFontant

**Donnis Lail** from Emanuel and Cathy Pavlik

**Elsie Leary** from Beulah Keeler

**Norman Livingston** from the Livingston family

**Evelyn Lockwood** from Carol Swart,  
her daughter

**Isaiah Lopez** from Daniluz Rosario, his mother

**William Lowe** from Anita Lowe, his wife

**Homer Lynd** from Teresa Lynd, his wife

**Gary Lyons** from Gloria Olney

**Terri Manning** from Hazel Freeman, her mother

**Patricia Turbull Marion** from Albert Marion,  
her husband

**Anita Martin** from Jim Marlowe

**Bill Matthews** from Phil and Audine Dieter

**Danny McDermott** from Audrey McDermott,  
his mother

**Don McDermott** from Audrey McDermott,  
his wife

**Edith McFarland** from C. Mercer Straw

**James McFarland** from C. Mercer Straw

**Margell Meade** from Wanda Hayward

**Bernard and Ruth Meadows** from Kevin  
Meadows

**Laura Meadows** from Kevin Meadows,  
her husband

**Nancy Miguel** from Kimberley Miller,  
her grandmother

**Cyril Miller** from Patricia Boyd;  
from Glenda Van Allen

**Samuel Monnier** from Ruth Haller

**Taylor Morris** from Cheryl Delarosa

**Bill Murphy** from Beulah Keeler, his sister

**Denise Myers** from Charles and Edna Myers,  
her parents

**Linda Nagy** from Gloria Olney, her sister

**Paul Neff** from Iris Clifton-Neff, his wife

**Fred Neigel** from Angelina Neigel, his wife

**Duayne Nelson** from Katie Baker

**Nancy Neuhaarth** from Ruben Neuhaarth,  
her husband

**Steven Neuhaarth** from Ruben Neuhaarth,  
his father

**Erna Norheim** from Ruth Olsen

**Kathy Osborne** from Beulah Keeler,  
her mother-in-law

**Roger Ott** from Jean Ott, his wife; from Mary  
Kuster Peter, his sister-in-law

**Frances Paranto** from Kay Singletary

**Bill Park** from Cecil Park, his wife

**Pastor Roland Parker** from Teresa Lynd

**Bruce Pence Sr.** from Patricia Pence, his wife

**Lynn Price** from Beverly Price, his wife

**Warren and Lura Pritchard** from Herb and  
Judy Pritchard

**Max Qualley** from Barbara Qualley, his wife

**Mary Rosalyn Reed** from Steve and  
Mary Lou Pride

**Bessie Rehling** from L.R. Burlingame,  
her brother

**Edward Filbert Reifsnnyder** from Lewis  
Sommerville Sr.

**Phyllis Reinhardt** from Ruth Sackett

**Earl and Grace Reuss** from Barbara Qualley,  
their daughter

**Cec Rentfro** from Bonnie and Ed Ensminger

**Frank Rice** from Reginald Rice

**Leon Rich** from Vivienne Rich, his wife

**Ron and Sue Richard** from Rob Richard,  
their son

**Paul Riley** from Pastor Luke and Gerri Fessenden

**Max and Kay Ritchie** from Lu Ann Crews

**Tito and Chamaca Rivera** from Julie Cimmer

**Tom Robbins** from Virginia Robbins, his wife

**David Robertson** from Larry Robertson

**Dr. Rose Stoia** from Joseph Stoia, her husband

**Pansy Ruddle** from Francis Ruddle;  
from Patricia Rosich

**Harry and Irma Rushold** from Marlin and  
Udene Allen

**Clarice Salsa** from Ralph Roberts

**Launa Salsgiver** from Jim and Judy Culpepper

**Margaret Schlager** from Donald Schlager,  
her husband

**Robert Schlegel** from Donald and  
DeVerne Schlegel

**Leo Schreven** from Lu Ann Crews

**Helen Schutt** from Yvonne Schutt, her daughter

**Inita (Peggy) Scyphers** from Ruth Bebee,  
her mother

**Alexandra Seheult** from Dr. and Mrs. Carl  
Seheult

**Chester and Decota Shahan** from Melvin and  
Dolly Owens

**Floyd and Florence Sherburne** from Nyla  
Sherburne, their daughter

**Clarissa Siebert** from Marjorie Gilhooly

**Eva Siewert** from Everett Siewert, her husband

**Gerald Silvestri** from John and Anita Silvestri,  
his parents

**Jacob Solone** from Bell Solone

**Ernest Steed** from Ruth Haller

**Charlene Straw** from C. Mercer Straw

**Nellie Swenson** from Mr. and Mrs. Carl Swenson IV

**Bill Sykes** from Trudi Sykes, his wife

**Jim Taylor** from Charlene VanVliet

**Dorothy Thomas** from C. Mercer Straw

**George Tilley** from Susan Ah-Mau, his daughter

**Max Torkelson Sr.** from Vivienne Rich

**Edgar and Essie Tunison** from Lu Ann Crews,  
their daughter

**Michael Dele Tuttle** from James and  
Sharolet Anderson

**James Tyroff Jr.** from Gayle Tyroff, his sister

**John Van Goosen** from Mary Van Goosen,  
his wife

**John Vanderwijck** from James and  
Ingrid Albright

**Eric Vanterpool Jr.** from Honoria Vanterpool

**Alma Wade** from Rayburn Wade, her son

**Arlayne Waggoner** from Roger and  
Karen Boyko

**Alma Warsen Wally** from Geri Dunks

**Alvena Grace Wally** from Geri Dunks

**Milo Fellows Wally** from Geri Dunks

**Ron Swetnam Wally** from Geri Dunks

**Stephen Smith Wally** from Geri Dunks

**Barbara Warner** from Bill Warner, her husband

**Pastor Kevin Wells** from Robert Weber

**Malcolm White** from Olive White, his wife

**Bruce Wickwire** from Adele Wickwire, his wife;  
from John Ruhling, his grandson

**Arlene Wiggins** from Al Wiggins, her husband

**John Young** from Therissa Young, his wife

**N. Dale Zumwalt** from Barbara Zumwalt,  
his wife

## Happy Anniversary

**Tom and Helen Downey (66th)**

**Bob and Delynn Shepard (15th)**

## Happy Birthday

**Harold Case (90th)** from C. Mercer Straw

**Pat Case (75th)** from C. Mercer Straw

**Virginia FISHING (94th)** from C. Mercer Straw

**Ruby Hobson** from Ruth Sackett


**C. Mercer Straw (91st)** from his friends at  
Amazing Facts

**Bill Thomas (90th)** from C. Mercer Straw

*Amazing Facts recognizes contributions made as a tribute to the deceased or as an honorarium celebrating significant milestones in the lives of loved ones. Please type or print legibly to ensure correct spelling; we are unable to verify confusing spellings due to volume.*

# Sleep

by Emily Simmons



Remember when some of your mom's worst words were, "It's time for bed"? And heaven forbid she suggest a nap in the middle of the day! But for most adults, life is so fast-paced there is barely time to take a breath, let alone a nap. We reflect with a sigh on those days and think, "If only I had time..."

Sleep. It is vital to our wellbeing, both mental and physical. How much is enough? How much is too much? Is eight really the magic number?

Actually, recent studies show that there might not be a magic number; the amount of sleep needed varies from person to person. One might be fine on just six hours a night, while you might need nine to feel rested. Scientists are now looking into genetics to further identify how individual sleep needs vary.

To complicate the recommendations, two factors influence your individual need: first, your *basal sleep need*, which is the amount of sleep your body needs on a regular basis to function optimally. Second,

your *sleep debt*, or the accumulation of sleep lost because of poor sleeping habits, illness, frequent awakenings, etc. Studies suggest that a healthy adult needs around seven to eight hours a night, but the interaction between your basal sleep need and your sleep debt work together to dictate your own personal need. For example, you might fulfill your basal sleep need several nights in a row, but have an unresolved sleep debt that results in you feeling more tired than usual. This extra tiredness is especially noticeable during *circadian dips* at bedtime or upon waking in the morning, the times of day when your body is biologically programmed to be sleepier and less alert.

Much remains to be learned about the concept of basal sleep; however, evidence clearly indicates that not getting enough sleep will hinder productivity and handicap memory. Sleep debt leads to serious health problems, such as heart disease and diabetes, and increases the risk of fatal accidents. On the other hand, scientists have also discovered that too



much sleep (nine hours or more per night) is similarly associated with increased risk of disease and accidents.


The good news is, establishing good sleep habits will help “pay off” any accumulated sleep debt and increase the quality of the sleep you get on a daily basis.

First you must identify your current sleep habits and needs. How often do you get a good night’s sleep? If your answer is “not often,” then changing your sleep habits is necessary. What lifestyle factors, such as work schedule and stress, affect the quantity and quality of your sleep? Note how your body responds to different amounts of sleep, paying careful attention to your mood, energy, and health.

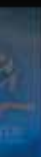
Once you’ve identified a need for change, here are some tips to improve your sleep—

- Go to bed and wake up at the same time each day, even on weekends
- Get plenty of vigorous exercise during the day, but not within three hours of bedtime
- Finish dinner two to three hours before bedtime
- Avoid caffeine or alcohol—and quit smoking
- Develop a bedtime routine, such as listening to relaxing music or taking a hot bath, and begin it well before bedtime
- Keep your bedroom dark, cool, and quiet, and get a comfortable mattress and pillow
- Eliminate “sleep stealers” like TVs, computers, or mobile devices from the bedroom; use your bedroom only for sleeping.



Along with getting plenty of sleep on a daily basis, taking a “day off” each week can have a profound impact on your life. In fact, our Creator knew you would need just such a weekly rest, so He gave you one whole day a week just for that purpose. God Himself “rested on the seventh day” (Genesis 2:2), and the Bible tells us the Sabbath “was made for man” (Mark 2:27). You have been given a fabulous gift in this day of rest; make use of it and see what it can do for you! 

*Emily Simmons owns Poplar Creek Spa in Ooltewah, Tennessee, which specializes in customized spa services using handcrafted products made in-house of all-natural and organic ingredients.*



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