

What Do You
Think?

▶ New feature!
Prophecy Watch

PAGE 28

THE PROMISE OF HIS COMING

PASTOR DOUG BATCHELOR



The Bible says that in the last days, there will be scoffers who say, “Where is the promise of his coming? For since the fathers fell asleep, all things continue as they were from the beginning of the creation” (2 Peter 3:4). Keep in mind, the apostle is not talking about scoffers in the world, but rather churchgoers being dismissive of Jesus’ return.

It’s true that the wheel of prophecy can, at times, seem to turn slowly, but it has never jumped off track. Today, I see incredible evidence of God’s prophetic power. If you’ve ever wondered what the last days might look like, how

it would feel to have the final events unfolding around you, might I be so bold as to suggest *this* is how it looks and feels?

When Pope Francis recently sent a personal message of unity across the gulf to a large convocation of Pentecostal leaders, I sat up in my chair. In fact, it was so monumental that Amazing Facts responded immediately with a YouTube video that went viral. (See it now at www.youtube.com/amazingfacts.)

This seemed like just the first salvo in a recent slate of prophetic appointments—from earthquakes in diverse places, rumors of war in nations like the Ukraine and Syria, unique

celestial events, the deepening cultural war against God’s plan for the family, and so much more.

And let’s not forget the recent parade of religious films influencing biblically illiterate audiences, from the Kabbalistic *Noah* to *Heaven Is for Real*, which promotes a dangerously false picture of death. Indeed, the rise of spiritualism

in the Christian church and confusion surrounding death and the afterlife also required a prompt response, so I just recently published a book called *Final Mystery: The Truth About Death Revealed* that addresses this last-day deception.

As you can see, we’ve been busy at Amazing Facts! That’s why I want to thank you for

enabling us to respond quickly to sudden surges of prophetically charged events. It’s an incredible opportunity to show others that God’s Word can be trusted and that we can safely put our eternal destiny in His hands.

And in this issue of the *Inside Report*, we’re introducing a new feature that will help you see current events in light of Bible prophecy—it’s called “Prophecy Watch.” I believe God is signaling His sleeping church that now is the time to surrender our hearts to Christ and His great commission. Thank you for sensing the urgency to share undiluted Bible truth and for being a part of our family. 

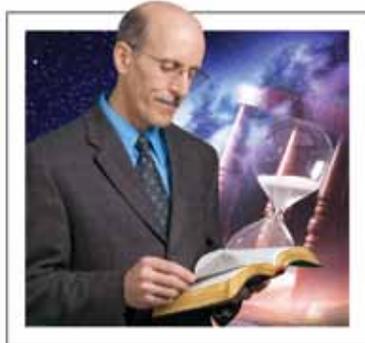


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Mail Bag

testimonies@amazingfacts.org



No Longer Deceived

“I thank God for this ministry. Had it not been for you, I would not have learned about the Sabbath truth. After your program, I was baptized and joined my local church. I would probably still be in a Sunday church, waiting for the secret rapture. I praise God for showing me the true way and for opening my eyes to the way I was being deceived by Satan. May God continue to bless Pastor Batchelor, and help him to stay true to God and not waiver, to continue to preach truth in the midst of the new theology sweeping into churches today.” *Donna*

Bible Answers Live

“I cannot believe how amazing your radio program is! I have been so blessed by it. I am 22 years old. Lately, I have found myself hungrier than ever to learn. Today I came to work, turned on my computer, looked for a talk radio show, and found you! Talk about good nuggets of truth. Pastor Doug, you have inspired me to really dig deeper in the Word. I walked away from my computer awestruck at what God has revealed to you through study. Thank you!”
Jennifer, California



“Thank you, thank you, thank you for the website and *Bible Answers Live*. I record the programs onto CDs and give them to my family members. They are making a difference. I know that it must take so much work to keep things going, but thank you for the work!” *Barry*

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!**

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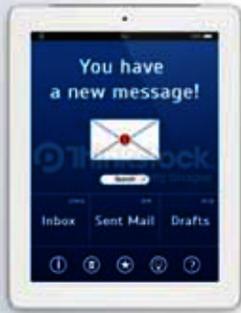
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Freely Given

“Thank you so much for offering so much free information. I love the fact that you freely provide such lifesaving knowledge. I think it is a shining example of what a Christian ministry should be like—to freely give and not charge money for information that belongs to all of us. Good fruit! Keep up the good work, all of you.” *James*

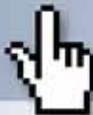
“I just emailed back a friend of mine in Hawaii whom I’ve not seen for 30 years. He sent me an article called, ‘Left Behind: Can You Still Be Saved?’

I went to your Q&A section on your website and sent him the link. Your answers are very enlightening. Thank you for having a site like this where I can just simply search the topic ‘second coming’ and get answers in the blink of an eye.” *Mario, Canada*



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Amazing Facts, a nonprofit ministry, shares the saving truths of Jesus Christ around the world through literature, radio, television, the Internet, public evangelism, outreach training, and more. For operation, we depend on the gifts and prayers of caring Christians who believe in our mission.

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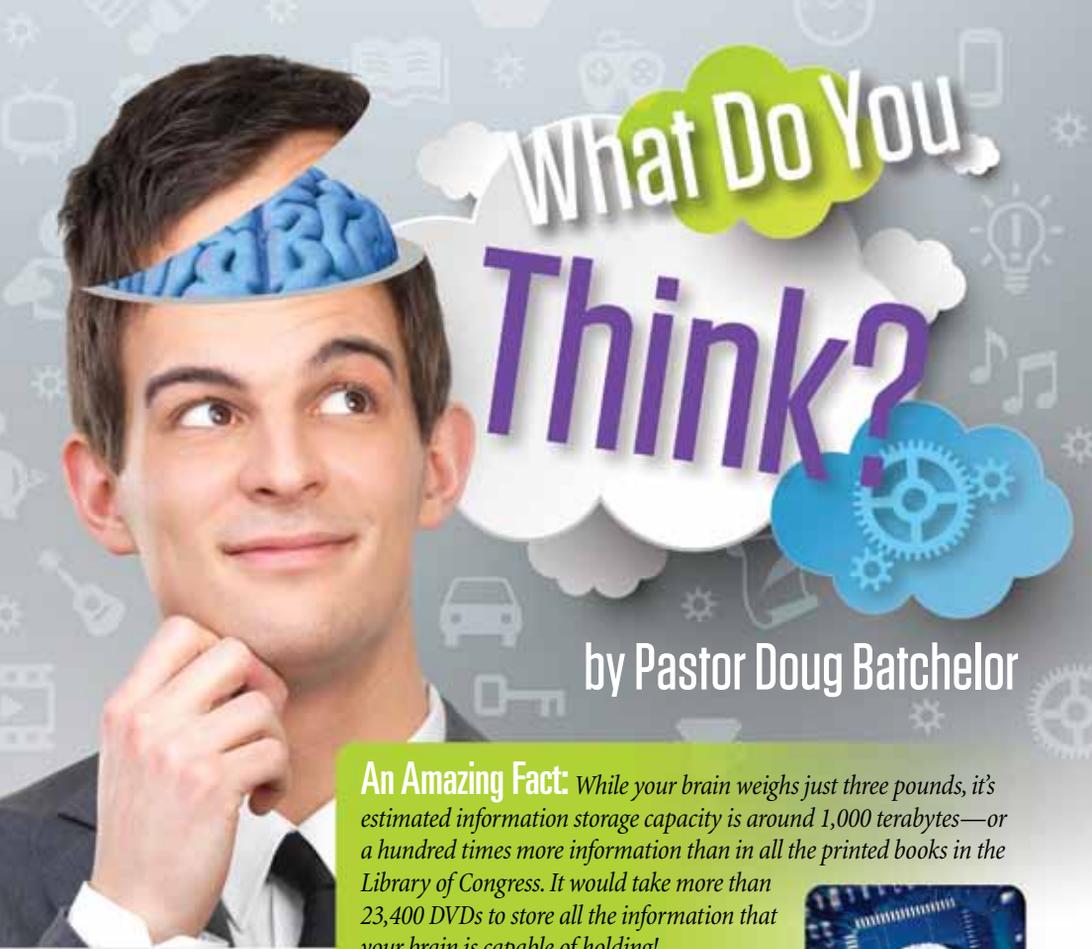
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Visit afbookstore.com to discover all the great Christian resources available through Amazing Facts, including books, DVDs, and other products to help you in your walk with Christ and share the good news with others.



What Do You Think?

by Pastor Doug Batchelor

An Amazing Fact: *While your brain weighs just three pounds, it's estimated information storage capacity is around 1,000 terabytes—or a hundred times more information than in all the printed books in the Library of Congress. It would take more than 23,400 DVDs to store all the information that your brain is capable of holding!*



Modern medicine understands much more about the human heart than about the human brain. In some ways, the mind is the last great frontier on earth.

But if you're anything like me, you rarely think about your thinking mind. Thinking usually just happens, like an anchorless ship that goes wherever the wind blows.

Still, if we can learn to play the piano or speak a second language, we can also train our minds to think well in just about every circumstance. I for one believe this is absolutely crucial as we head into the last days of earth's history. We need to have sharp minds ready to overcome all the

devil's challenges.

Our ability to reason in abstract ways is perhaps the most fundamental difference between human beings and the rest of God's animal creation. It is a significant difference, as someday you and I will answer to God for what we choose to think.

"For the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart" (1 Samuel 16:7). Even if we can fool others with our "righteous" actions and somehow entertain sin only in our minds, enjoying the pleasures of those forbidden escapades only within our imaginations, God still sees it. He knows our hearts. According to

differently because they do not think differently.” So how does a person become spiritually minded, thinking the thoughts God wants us to think?

You Think What You See

Part of training the mind is controlling the inputs. We’re likely to let our minds slip into sinful thoughts if we’re constantly eyeing what passes these days for entertainment. What we take into our minds affects what we think.

How much more likely is it that you will have a nightmare if you watch a graphic horror flick before going to bed? It’s a question of focus and attention. The more poison we let into our minds, the more poisonous our thinking and the more poison we’re likely to leave in the world. Isaiah said of the wicked, “Their feet run to evil, and they make haste to shed innocent blood: their thoughts are thoughts of iniquity; wasting and destruction are in their paths” (Isaiah 59:7). If our thinking is influenced by what

we take into our minds, shouldn’t we be careful about what we choose to watch and hear?

Some Christians wonder, *Lord, why can’t I be more like Christ? Why is the Christian walk so difficult?* Yet they’re filling their minds with things that are totally opposed to Christ. We console ourselves that we would never consider murder, adultery, stealing, or lying, yet many deliberately choose to do these forbidden behaviors vicariously by beholding entertainment filled with these acts. That’s a startling contradiction.

It is, in fact, one of the most dangerous problems in the church—the frivolous, nasty things that people watch, and hear, and read, vexing their minds with filth and temptation. Do not be deceived! “To be carnally minded is death. . . . Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God” (Romans 8:6–8). What we sow into our minds, we will reap in our thoughts and actions.

You Are What You Study

Scripture says, “Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth” (2 Timothy 2:15). Every believer should dedicate quality time each day to prayer and Bible study.

I hope that you’ll start establishing a library of good inspirational books to read and find CDs to listen to as you drive. There’s an ocean of great material for reading and sermons that you can download from the Internet. (There’s also some poor stuff, too, so “squeeze the tomatoes” as you shop.)



Naturally, I recommend amazingfacts.org as a place to start!

Make this study time as important and regular to you as your daily meals. Job said, “I have esteemed the words of his mouth more than my necessary food” (23:12). Good study is one of the most practical things you can do to change your thinking. Real truth requires real thinking. Unfortunately, the average person doesn’t crave Bible doctrines that require them to study deeply or think through for themselves. They want the

meditate on His truth. Good Bible study isn’t just copious reading or constantly listening to sermon CDs. It requires us to mentally masticate what we’ve read. As we ponder the biblical truths, the mind files away the thoughts and principles for future application. Good study must be combined with the processing that meditation provides. Paul instructed Timothy, “Till I come, give attention to reading, to exhortation, to doctrine. . . . Meditate on these things; give yourself entirely to them, that your progress may be evident to all” (1 Timothy 4:13, 15 NKJV). Of course, I’m not talking about the Eastern form of meditation in which people are told to empty their minds. Rather, I’m speaking of the biblical model of meditation, in which we set a truth down in our minds and mentally walk around it, studying its different angles.

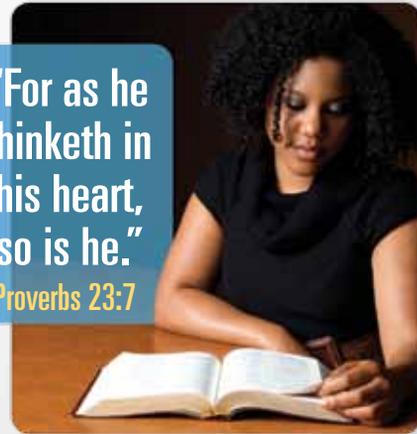
The best summary description of biblical meditation that I’ve found is in the famous devotional *Morning and Evening* by Charles Spurgeon. I can’t improve on it, so here it is—

There are times when solitude is better than society, and silence is wiser than speech. We should be better Christians if we were more alone, waiting upon God, and gathering through meditation on His Word spiritual strength for labor in His service. We ought to muse *upon the things of God, because we thus get the real nutriment out of them.* Truth

(Continued on page 34.)

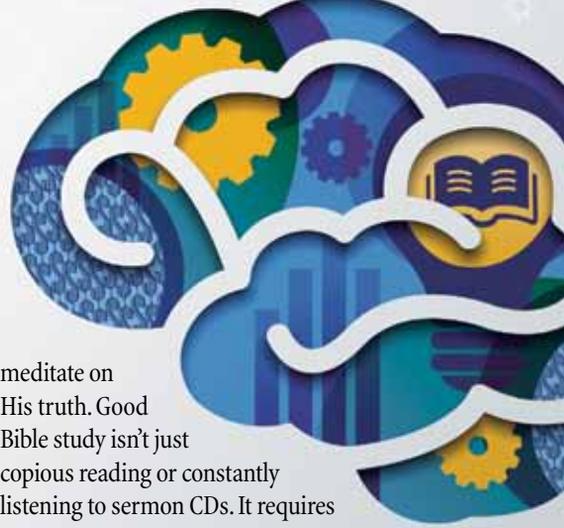
“For as he
thinketh in
his heart,
so is he.”

Proverbs 23:7



pastor to spoon-feed them sweet spiritual pabulum. The book of Hebrews says, “Though by this time you ought to be teachers, you need someone to teach you again the basic elements of the oracles of God. You need milk, not solid food; for everyone who lives on milk, being still an infant, is unskilled in the word of righteousness. But solid food is for the mature, for those whose faculties have been trained by practice to distinguish good from evil” (5:12–14 NRSV).

God invites us to daily, deliberately discipline our minds to pray, study, and





HOW TO BUILD AN UNSHAKEABLE WITNESS!

by Curtis Rittenour, Anthony Lester

“Every church should be a training school for Christian workers. Its members should be taught ... how to work for the unconverted.” —E.G. White

It was shipbuilders in 1892 who constructed the beautiful facility now home to a body of passionate, outreach-minded Sabbathkeepers. The structure is rock solid too, as if specifically built to withstand turbulent seas. Indeed, the building survived unscathed both the 1906 great earthquake and the 1989 Loma Prieta earthquake even as many other buildings in the area were demolished.

Yet even more important than the broad, earthquake-resistant structure is the work of training members to be unshakeable witnesses for Christ in a world rumbling with disasters and moral decay. That’s exactly what happened when more than 120 souls from as far away as New Jersey and Canada gathered in San Francisco for

Amazing Facts’ AFCOE to Go training and equipping event!

This unique, revamped Amazing Facts Center of Evangelism (AFCOE) course trains members to become more effective soul-winners in just four days. The practical classes focus on Christ-centered, friendship evangelism and how to effectively share your faith. It’s designed to compress our comprehensive program so that busy professionals have the opportunity to experience AFCOE’s professional, affordable training.

Teachers Doug Batchelor, Jean Ross, Chuck Holtry, and Carissa McSherry, who were joined by guest speaker Ivor Myers, covered an array of intriguing topics, including personal preparation, friendship evangelism, studying the Bible, giving your

personal testimony, characteristics of a healthy church, the cycle of evangelism, how to use technology effectively, and giving a heartfelt gospel presentation.

This diverse range of topics spoke to many different church members walking at many different points on the journey of faith, and lives were changed!

Why They Came

Many attendees came simply to strengthen their everyday personal witness. Sarah Hulse, a new member in Christ, shares, “When I became serious about living a Christian life, I began to look for resources to help me share. I’m a nurse and work five days a week. When I stumbled on AFCOE to Go, I was excited because I knew I could finally attend.”

Likewise, Mark Brunig was baptized just three weeks prior attending AFCOE to Go. “I want to expand my spiritual horizons. I’m hungry for more Bible knowledge. I’ve gained much more this weekend than I anticipated. As a salesman, I learned there are similar principles in breaking the ice and building friendships with others.”

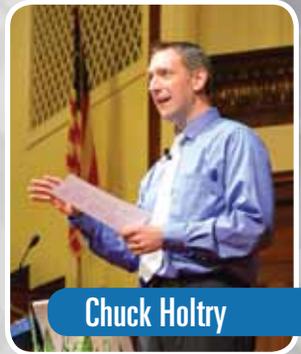
Sean and Aurora Green are a young couple from Sacramento who saw an ad for AFCOE to Go in their Union paper. “We were interested in this program because we both work full-time,” Sean says. “My wife is a physical therapist and has lots of connections. We both have friends and neighbors who don’t attend church, and we’ve wondered, ‘Where do you start? When do you share? What do you say?’”



Ivor Myers

But Aurora also reveals that some attendees come in search of revival. “We’re interested in seeing more revival in our church. A lot of members have become comfortable just going to church, hearing a sermon, and then going home. This weekend reignited our passion for God.”

Similarly, 35-year-old Matthew Koerner from San Jose felt the need to be motivated in his spiritual life. “It’s easy for evangelism to get pushed aside,” he says.



Chuck Holtry

“I needed some inspiration and came looking for new ideas. My goal for coming is for God to re-light a fire in my heart.”

Dave Tessler, a member for 20 years, says, “I’ve been dragging along in my walk with the Lord, but this

weekend has motivated me to reach out and get involved. Many members get baptized and then flounder. I’m learning this weekend how to be a mentor for them.”

Equipped and Empowered in Christ

AFCOE to Go strives to teach Christ’s way of evangelism, and attendees were excited to see this vital philosophy shining through the instructors’ presentations. Dorothy Oluwemi, an attendee who came all the way from New Jersey, says, “The theme I am hearing at this seminar is Christ. I’ve always been a Christian, but my



AFCOE to Go - San Francisco 2014



theology has not always been Christ-centered. We have been so impressed with the focus on Jesus that we're now working on AFCOE to Go to come to the East Coast next year."

The quality of the program and its sharing resources is also equipping members to train others. Perry Marcos is helping plant a church in Southern California. He came with a small team to learn about principles of evangelism and church growth. "My group wants to take the things we are learning at AFCOE to Go back to our church and teach them to others."

San Francisco Central Pastor Mark Ferrell says, "We have been blessed to host AFCOE to Go at our church. The presentations had a lot of good information and the handouts and resources were top quality. Our members are excited to learn new methods to reach new people in new places and are already putting the information into practice."

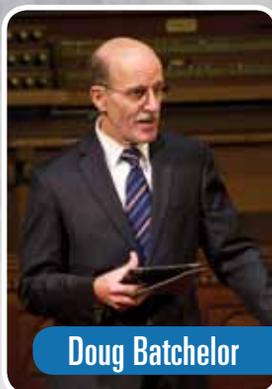
Finally, AFCOE graduate Jesica Minton is now a passionate young Bible worker in San

Francisco who was excited about what AFCOE to Go could do for her church and city, not only in witnessing but also in revival. "We need to create a culture of evangelism in our churches," she explains. "We think witnessing is optional, but every person who has a relationship with

Jesus has something to share with others. This event explains how to reach out to others." She also cuts to the heart—"So many of our churches are dying or are dead. Most members do not share their faith. We have become too self-focused. AFCOE to Go is a program that will bring revival to our churches. When most of our members are witnessing for Jesus, I believe a greater measure of the Holy

Spirit will be poured out."

Today, AFCOE to Go is building up solid, faithful witnesses for Christ who are going out and changing the world, one soul at a time. Additional AFCOE to Go events in 2014 are planned across the country. To learn more, visit www.afcoe.org. 



Doug Batchelor



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Finding New Life

Because of your ongoing support, a family facing the most tragic of circumstances found hope in Christ through the many ministries of Amazing Facts.

“You’ve got to be kidding!”

Brandon said in utter discouragement.

After being sentenced to three years, he was now being transferred from a jailhouse cell to a prison. While awaiting trial, he started reading a Bible and other Christian books his family had sent, but a guard told him those books could not go with him. “I was searching for truth, so I didn’t understand how all this literature could be left behind. I said, ‘Why God? What am I going to do now?’”

A few weeks later, Brandon was transported to his new prison home.

As he walked through the cellblock, he was nervous about meeting his new cellmate. When the cell door was opened, Brandon peered inside but could only see a solid wall of a man. Dwayne was 6 foot, 4 inches, and filled the entire doorway. Brandon stood there speechless.

When Brandon finished getting settled in, he quickly discovered he and his cellmate had something in common. Both of them were interested in the Bible. That’s when Dwayne handed Brandon some *Amazing Facts Bible Study Guides*. They started studying together. “It was my first introduction to solid Bible truth.”

Watering the Seeds

After his release, Brandon returned home to his wife Jennifer. Things were rocky, and he didn't know how to practice the things he had learned from the Bible. But he soon found our website and began watching programs such as *Central Study Hour*, *Amazing Facts Presents*, and the *Everlasting Gospel*. He says, "Pastor Doug's preaching was so convicting that we decided to give up broadcast television."

Jennifer tells how when her husband found amazingfacts.org, their experience was like a snowball rolling downhill, getting bigger and bigger. They also soon discovered Amazing Facts TV and gave up Netflix. "We watched your programs to fill our time," she says.

When Jennifer heard some teachings that conflicted with her childhood beliefs, Brandon encouraged her to study her Bible. "I always thought the Bible was not written for the common person," she shares, "so I considered it a waste of time to even open God's Word." But as more questions came up in her mind, she remembered hearing Pastor Doug say, "You need to read the Bible for yourself." Jennifer was convicted that she wanted to be baptized.

"One day," she remembers, "my husband and I had a disagreement. I felt so frustrated that I jumped in the car and decided to go watch a movie as a way to

distract me." It was an old habit and, deep inside, she knew it wasn't right. Just a few weeks before, Jennifer discovered she was pregnant, and she knew that going back down old paths wouldn't help her make a new start. So instead she drove to a church Amazing Facts had told her about.

When Jennifer entered the church office, she told the secretary that she wanted to talk with someone about getting baptized. The secretary directed her to Andrea, a Bible worker, and soon she began studying with the couple. Their church attendance was sporadic, but one Saturday, while listening to Pastor Doug preach, they heard him say, "I know some of you are sitting at home right now watching this live streaming program when there is a church just a few miles away that you could be attending..." Jennifer turned to Brandon and said, "He's talking to us." After that they faithfully started going to church each week.

Tragedy and Victory

A few months later, the church they attended held a series of Bible meetings with Amazing Facts evangelist Tim Jones, called "A Ray of Hope." Jennifer explains, "I invited my mother to come visit us for a month. She lived in Florida. After she arrived I told her about the meetings, and she gladly joined us." Together the family attended all of Pastor Tim's presentations.

Brandon shares, "I could see the Holy Spirit work through Pastor Tim and his wife

(Continued on page 30.)



BIBLE ANSWERS WITH DOUG BATCHELOR



Q. What is the real meaning of Ezekiel 37 and the valley of dry bones?

A. Let's face it, Ezekiel's vision of an army of resurrected skeletons is pretty unusual, so let's keep in mind that several different Bible writers—such as Daniel, Zechariah, John, and Ezekiel—have apocalyptic visions that are filled with symbolic imagery.

Now, God's people, three different times, were carried off into captivity and then restored—once in Egypt, once by the Babylonians, and once dispersed by the Romans. Some in recent times have returned to Israel. I believe these apocalyptic symbols were first meant for Israel and God's work of restoring them as a nation.

The immediate application of Ezekiel's vision spoke to a nation exiled in Babylon. People felt there was no hope, and they longed for God to "resurrect" them as a people back to their lands. This symbolism certainly speaks also to spiritual Israel, God's church at the end of time, who also long to be taken to their heavenly home.

Of course, this vision reminds us what every believing Christian already knows: God is able to resurrect the dead, both spiritually and physically.

Some Christians today identify with the hopeless feelings of captive Israelites in Babylon. They long to be set free from sin and feel they are dead and dry in their hearts. But through God's Spirit and through the prophetic preaching of the Word, Christians can be revived and returned to their place among God's final people, the remnant who will go to the place prepared for them in heaven. Read Titus 3:4–6! 

Q. How do I fully surrender my life to God?

A. Scripture says, “There you will seek the LORD your God, and you will find Him if you seek Him with all your heart and with all your soul” (Deuteronomy 4:29 NKJV).

In order to find God, we need to be looking for Him with everything we’ve got. Likewise, a total surrender means going beyond recognizing our need of God and putting our full effort into seeking His will through His Word and through prayer.

God has given us the power to choose. He won’t force His ways on us, but He invites us to “choose you this day whom ye will serve” (Joshua 24:15). The first thing to do is to choose to serve God.

We can then pray, “Lord, I’m willing to follow you.” If you’re not sure you’re willing but you want to be, you can even pray, “Lord, make me willing *to be made willing*.”

What about when we do things we know we shouldn’t? Paul describes this struggle in Romans 7:15: “What I will to do, that I do not practice; but what I hate, that I do” (NKJV).

How do we get victory over this conflicted condition in our flesh? Paul says, “I thank God through Jesus Christ our Lord!” (verse 25). God promises to do that for us by faith in Jesus. We need to yield our will to Christ. Continue to pray and tell God, “I’m willing for you to work in my life and do whatever you need to do.”

Finally, don’t get discouraged. Remember that surrendering your life to God is not a one-time event; it must be a daily commitment. Paul said, “I die daily” (1 Corinthians 15:31). The apostles followed Jesus for three-and-a-half years before they were fully converted. Justification happens instantly, but sanctification requires time. 



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.



A Harvest Festival

by John and Sheryl Hersom

The weather was perfect for the 29th annual Apple Harvest Festival on Sabbath, October 5, in Dover, New Hampshire! Tens of thousands of people came to take advantage of the last remaining beautiful, warm fall days in New England. They came to enjoy the hundreds of activities and the good ol' taste of apples from the local orchards.

So with the opportunity to plant gospel seeds, this is where the Lord guided three of His children to share His message. We went into the marketplace to meet people where they were. Our simple goal was to find just one person who was open to the three angels' messages, but the Lord, as always, gave us more than we expected!

Over the course of this one-day event, the Holy Spirit led nearly 1,000 people to accept both *Final Events* and *Cosmic Conflict* DVDs and the book *The Great Hope*. We also had some repeat visitors to whom we gave special DVDs detailing our faith.

One interesting story from the day is of a lady to whom we gave a series on the Sabbath. She told us the story of her 91-year-old mother who is a Sabbathkeeper and praised the person who introduced her mother into the church many years ago. Another exciting



John Hersom, Brian and Nina Schrimp



moment was when a young boy requested a *Final Events* DVD. Praise the Lord for children who want to know truth!

God is always planting seeds, and it's up to us to water them and help them grow. We have done our job, and now it is up to the Holy Spirit to convict those who want to know truth. We are living just before Jesus' return, so let us help finish the work while we can and go home!

Please join us by praying for all those who talked with us and received a DVD! 📖

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“But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint” (Isaiah 40:31).

NEWS to NOTE

Bible School Reaches 115 New People Every Day!

Our Bible school is bringing light, love, and truth to thousands every month. Because of your support, every single day in 2013, 115 new students began studying the Bible through our online and mail-based schools. More than 183,000 lessons were graded in 2013, and more than 5,000 graduated with a better understanding of God's Word!

As a result, hundreds of students requested baptism, asked about nearby churches, and



requested visits from local pastors. Moreover, 3,599 inmates completed 57,949 lessons in 2013; we also praise God for inspiring almost 400 foreign graduates in 2013! Your support is making a huge difference. Please invite your friends and family to study God's Word at amazingfacts.org or bibleuniverse.com. 

Bible Timeline Website

If you haven't been to Amazing Facts' new Bible Timeline at www.biblehistory.com, you're missing out on an incredible Bible study tool. The timeline is an enriching, state-of-the-art resource that will help you get a detailed and expansive look at biblical events and characters across the span of history.

Nearly 80 percent of Americans say that Bible study is too difficult. So we've designed the timeline to help curious seekers get the most out of their Bible study by providing a dynamic, user-friendly resource that will encourage them to increase their Bible literacy in a fun and intriguing way.



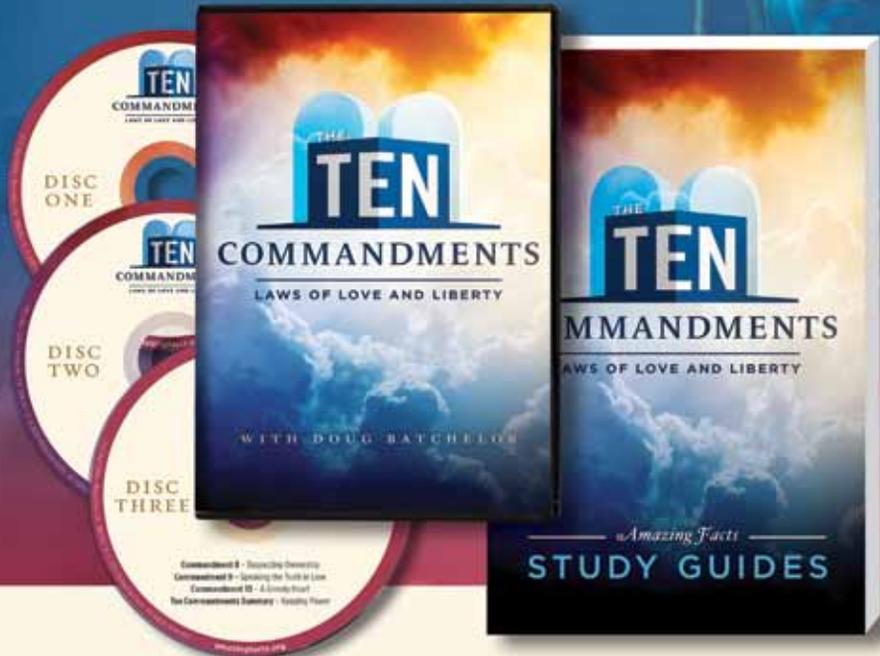
The Bible Timeline utilizes the latest online technology to pinpoint 850 historical events and Bible characters—from Adam, Obed, and Samson to Jesus, Paul, Stephen, and beyond—providing context and vital information through articles, Scripture references, historic artwork, and more.

It features three major eras, or ages (age of patriarchs, age of Israel, age of Christ), divided into a total of 13 categories of events and characters, making navigation simple and intuitive.

Visitors can also create an account to save their favorite entries for quick access.

Will you please share the Bible Timeline with your friends, family, neighbors, coworkers, and church family? Thank you for making outreach possible at Amazing Facts! 

Ancient relic *or* timeless truth?



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Doug Batchelor. In this long-awaited, massive 12-hour series on DVD with 125-page study book, Pastor Doug explores the amazing riches found in every commandment, revealing that God's law still offers proven solutions to the real-world problems of everyday life. Do you want better relationships? Do you desire more joy and fulfillment in your life? Pastor Doug will help you discover the ultimate meaning of God's law and what it could mean for the world if we all began following it in our hearts and lives. (3 DVDs and study guide book)

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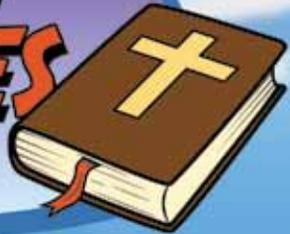


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AMAZING ADVENTURES IN THE BIBLE



MR. and Mrs. Gaston hadn't been seen for almost three weeks, so their neighbors called 9-1-1.

But when policemen arrived at the Chicago home to check on the couple, they had to hold their noses! It was so stinky, in fact, the police got on the radio and called the fire department for help. It wasn't easy, but firemen in special suits finally worked

their way into the home and found Mr. and Mrs. Gaston buried under a mountain of their own trash! The elderly people were still alive, but they were very sick. They were taken to a hospital to recover.

Of course, it didn't have to be this way. They could have taken the garbage out in bags and set it by the curb so the cleanup crew would haul it away. But these poor people let garbage *run* their lives and *ruin* their lives!

What about you? Have you taken out the garbage lately?

Not the stuff in trashcans around the house or under the kitchen sink. No, we're talking about those not-so-good thoughts that might be bouncing around in your head—maybe impatience, or lies, or jealousy, or even hatred.

Have you ever been grouchy when you were told to do a chore that you didn't want to do, or angry that you had to go somewhere you didn't want to go? Or have you ever wished you could have something that belonged to someone else? Have you ever told a lie?

How did you feel afterward? Probably not too happy. There are so many rotten thoughts that can make us miserable! We can let those kinds of thoughts ruin us, or we can take them



out quickly and get rid of them before they start to stink. But how, exactly, do we do that?

First of all, think about the kinds of music we listen to, the kinds of games we play, the books we read, the TV shows we watch. What kinds of friends do we hang out with? How do we spend our time? All these things feed our minds. If we're feeding our minds trash, our thoughts are going to be pretty rotten. It's time to take out the garbage!

The best way to clean up our thinking is to fill our minds with good thoughts. Reading our Bible and other Christian books is a good start. We should also try to be happy with what we have and think about the needs of others. We can't do it alone, so we need to ask Jesus, and He will help us to be kind, patient,



truthful, forgiving, and loving toward others. He will help us make better choices.

After all, we don't want what we think to stink!

Can you figure out this Bible verse that tells us why it's good to have a clean heart?

The consonant letters are shown in the correct order. The vowels have been separated from them, but are also in the correct order. The dashed line shows how many letters are in each word. You can cross out each letter you use as you go along.

Consonants:

HPPYRTHSWHSHRTRPR,FRTHYSHLLSGD

Vowels:

AAEOEOEEAAEUE,OEAEEO

“ _____
 _____,
 _____ ”

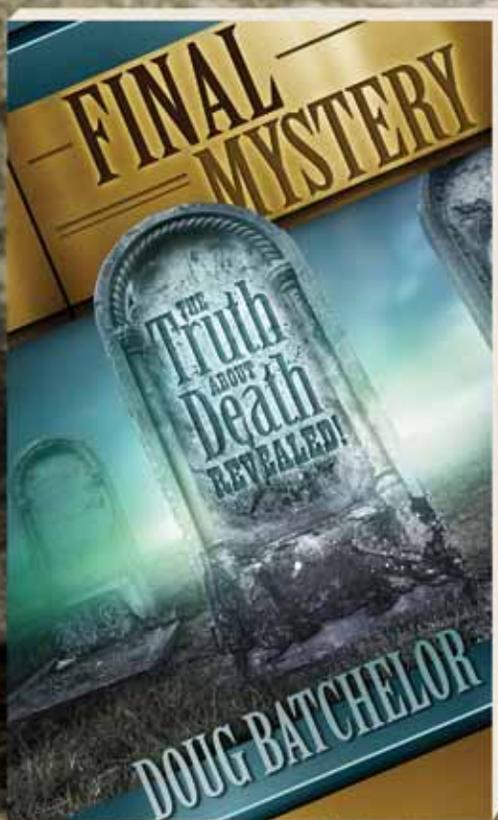
MATTHEW 5:8, TLB

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It's frightening to consider that, in these last days, she's now open to the most destructive deceptions imaginable, leading her away from the truth.

But you can make a difference today by sharing God's Word through Amazing Facts.

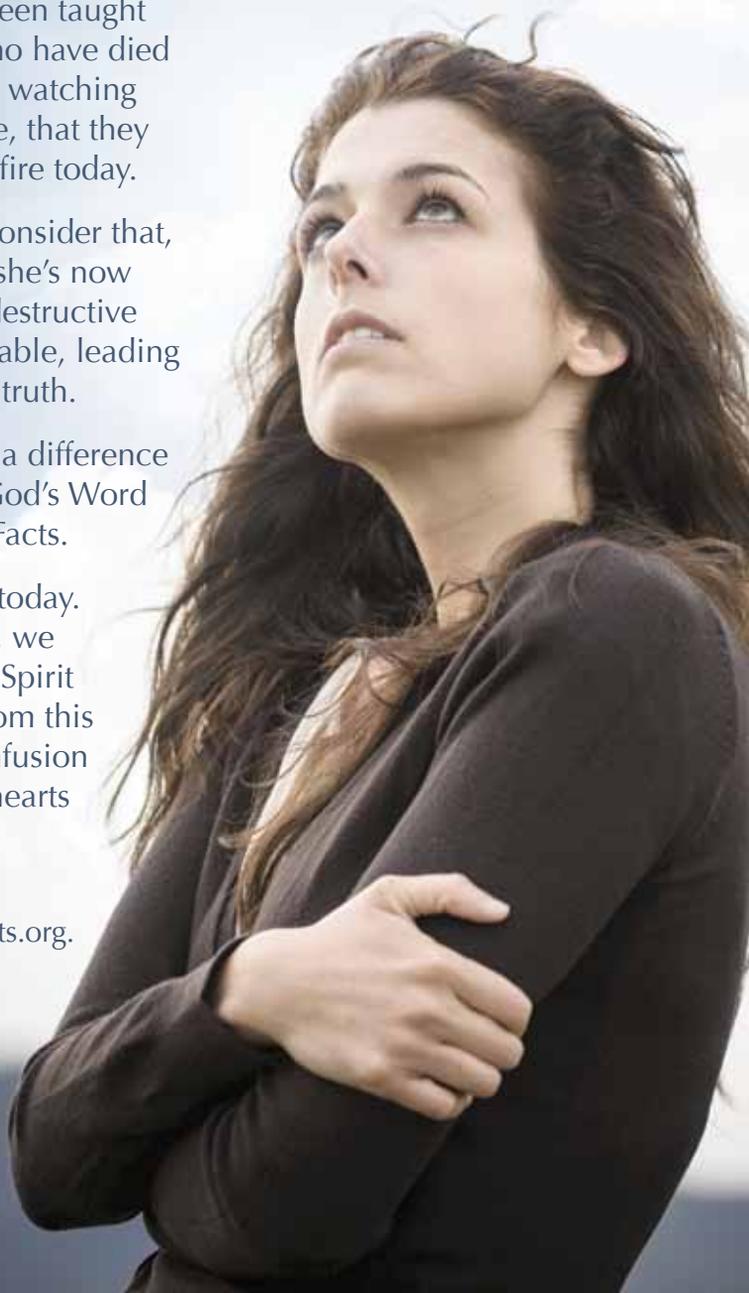
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Doug Batchelor

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June 6, 7

Texico Camp Meeting
Albuquerque, New Mexico

June 13, 14

Arizona Camp Meeting
Prescott, Arizona

July 30 – August 1

AFCOE to Go
Korean Camp Meeting
Angwin, California

September 5, 6

Wahroonga Church, NSW Australia

September 7 – 10

Derby, Kimberly, Western Australia

September 12, 13

Adelaide, Australia

September 26, 27

3ABN Fall Camp Meeting

November 1 – 22

Albuquerque, New Mexico
Call 916-209-7286 for details.

Darrin Bartell

June 13 – July 12

Owasso, Oklahoma
Call 918-809-9295 for details.

August 15 – September 13

Marrero, Louisiana
Call 504-220-1556 for details.

Ryan Day

May 30 – June 28

Clarksville Church Auditorium
2514 W Main Street
Clarksville, Arkansas
Call 479-754-3244 for details.

August 1 – August 30

Jonesboro Church Auditorium
2317 West Washington Avenue
Jonesboro, Arkansas
Call 870-656-6666 for details.

September 12 – October 11

Zachary Church Auditorium
20025 Old Scenic Highway
Zachary, Louisiana
Call 225-819-6651 for details.

Lowell Hargreaves

September 12 – October 11

University of the Philippines Campus
Quezon City, Metro Manila

For more information or to schedule a seminar, visit our website at prophecyseminars.com, call **916-209-7286**, or email cathyq@amazingfacts.org.

Tim Jones

July 11 – August 9

Church Auditorium
22 8th Street East
Dickinson, North Dakota
Call 701-483-2050 for details.

September 5 – October 11

Church Auditorium
1601 Nichols Road
Kalamazoo, Michigan
Call 916-209-7286 for details.

Carlos Muñoz

May 16 – 24

Church Auditorium
12191 Firestone Boulevard
Norwalk, California

May 30 – June 28

South Logan County Fairgrounds
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Booneville, Arkansas
Call 813-442-0219 for details.

August 15 – September 13

Church Auditorium
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Spanish-language series!
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October 24 – November 22

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Dave Steward

July 25 – August 30

Church Auditorium
164 Church Street
Loganville, Georgia
Call 770-687-1494 for details.

September 5 – October 11

Church Auditorium
1002 21st Avenue
Greeley, Colorado
Call 303-817-6302 for details.

October 18 – November 22

Church Auditorium
416 S. Hickory Street
Yuma, Colorado
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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!

Dennis Priebe (*Revivalist*)

June 6, 7: Peoria Church, Illinois

June 13, 14: Green Bay Living Faith Church, Wisconsin

June 27, 28: Cadillac Church, Michigan

July 4, 5: Clare Church, Michigan

July 11, 12: Cedar Lake Church, Michigan

July 18, 19: Vernon Church, Vermont

July 25, 26: Fairview Village Church, Pennsylvania

August 1, 2: Burnt Mills Church, Maryland

August 8, 9: Charles Town Church, West Virginia

August 15, 16: Clayton Little Creek Fellowship, North Carolina

August 22, 23: Mills River Church, North Carolina

August 29, 30: Hickory Church, North Carolina

September 5, 6: Middlesboro Church, Kentucky

September 12, 13: Jonesboro Church, Arkansas

September 19, 20: Wichita Three Angels Church, Kansas

September 26, 27: Tulsa Three Angels Church, Oklahoma

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

PROPHECY WATCH



season is the budding of trees. It's a sign that summer will soon arrive.

Christ once used these early, tiny tree shoots to remind us how there will be signs in our world pointing to the nearness of His coming. "Look at the fig tree, and all the trees," Jesus said. "When they are already budding, you see and know for yourselves that summer is now near. So you also, when you see these things happening, know that the kingdom of God is near" (Luke 21:29–31).

When Christ's disciples heard Him describe the coming destruction of the temple in Jerusalem, they were shocked and asked, "Tell us, when will these things be? And what will be the sign of Your coming, and of the end of the age?" (Matthew 24:3). Though His followers believed the end of the temple and His coming were one event, they were really asking two questions. Christ answered them both. The gospel writers didn't always make clear distinctions between them, but when you read about these signs in Matthew 24, Mark 13, and Luke 21, it's pretty clear.

The reason for giving these signs is not to give theologians a chance to make fancy predictions about the exact time of Christ's

WHY

did Jesus give us signs about His soon return?

Springtime marks a beautiful transformation in our world. As snow melts and the temperatures climb, the grass turns a vibrant green. Flowers appear. Birds migrate, and daylight hours grow longer. One natural event that occurs at the dawn of this new

coming. “But of that day and hour no one knows, not even the angels of heaven, but My Father only” (Matthew 24:36). Nor were they to present a doom and gloom picture of God. The purpose for signs is to motivate us to be ready for the event. “But take heed to yourselves [when you see these signs taking place], lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly” (Luke 21:34).

Prophecy Watch is a new feature of the *Inside Report* to encourage us to “Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man” (v. 36). It is not intended to make detailed predictions about events, but rather to help us look at the signs in our world in order and know that Christ’s coming is near.

Some people scoff at the notion that the world will soon end. They actually fulfill one of the signs of the times! “Knowing this first: that scoffers will come in the last days, walking according to their own lusts, and saying, ‘Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation’” (2 Peter 3:3, 4). Such distractors will use

supposed science, biased reasoning, and false reports to laugh off signs in nature and in the religious world.

Yet Jesus is very clear. There will be signs. Many of them have already been fulfilled. Even the most secular people in our time indicate that world conditions continue moving toward a tipping point of calamity. The natural world is being shook to its foundations, the decline of genuine spirituality in churches, a decline of religious freedom and an increase in immoral living all point to a rapid deterioration in society.



There are encouraging signs as well. The incredible growth of Bible translations show Christ’s prediction that the gospel will be spread to the entire world before He comes (see Matthew 24:14). In the year AD 1800, the Bible was available in 68 languages. Today you can read the whole Bible in 451 different languages (a 563 percent increase) and portions of the Bible in 2479 languages.¹

Prophecy Watch encourages us to look around at our world so that we may follow Christ’s words: “Now when these things begin to happen, look up and lift up your heads, because your redemption draws near” (Luke 21:28). 

1. http://www.ubs-translations.org/about_us/
All Scriptures from the NKJV, copyright Thomas Nelson.

(Continued from page 15.)

Carol. They are so approachable. They always greeted everyone at the door each evening.” He adds, “I really appreciated how carefully he based all his presentations on the Bible and provided Scripture texts to back up everything he said.”

Brandon and Jennifer responded to Pastor Tim’s powerful altar call. Tears were shed as the Holy Spirit moved on many hearts,

and the couple was soon baptized.

Jennifer shares, “I now felt equipped with the armor of God to fight spiritual battles. Little did I realize

how much I would need God’s help.”

Not long after, their baby girl, Evelyn, was stillborn after the umbilical cord wrapped around her neck. Jennifer was devastated. “My world fell apart. As I clung to God, I remembered my plans to go to the theater and how it was thoughts of my unborn daughter that prompted me to drive to church that day and look for answers. God used her to give us a final push into His church.” Their newfound

faith even impressed Jennifer’s mother to begin attending church back in Florida.

Today Brandon and Jennifer continue to watch *Amazing Facts* and get valuable truths from our website. “It’s where we go when we are stuck with a Bible question. We’ve ordered several resources to help others see Bible truth. We’ve shared your Bible Study Guides with family members and neighbors,” Brandon explains. They’ve especially enjoyed

the *Cosmic Conflict* DVD and new *Revelation* DVD and have sent copies to their family. “The best resource I’ve ever received is the *Amazing Facts Study Bible*. Whoever thought to put all the guides



in the back is a genius,” Brandon shares.

“These tools make it much easier to share God’s truth with others. *Amazing Facts* is a mouthpiece for the Holy Spirit. The work started by Joe Crews and carried on by Doug Batchelor brings people closer to Christ.”

Jennifer concludes, “I can honestly say that God used *Amazing Facts* to help change my life and the life of my husband, and my mother. Thank you, *Amazing Facts*. Glory be to God!” 

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AMAZING FACTS SHORT VIDEOS INFORM AND INSPIRE



“Preach the word; be instant in season, out of season; reprove, rebuke, exhort with all long suffering and doctrine.” —2 Timothy 4:2

Because of your faithful support, Amazing Facts is now able to use the power of YouTube and social media to reach people who spend more time on their computers than watching television.

Dean Dennis, marketing director, explains, “Because of the influx of alternative media platforms, the viewing landscape has drastically changed. In order to stay in front of today’s viewer, we’ve made adjustments to be more effective. Because viewer attention spans are now shorter, content must be hard-hitting and concise, all while maintaining the integrity of God’s message. Mastering the short-form video has been critical to Amazing Facts’ mission.”

Harnessing the opportunities of our new onsite media studio, we can quickly respond to urgent current events and reach millions of seekers who aren’t accessible through traditional outreach methods.

For instance, nearly 375,000 people have watched Pastor Doug’s analysis of Pope Francis’ message of unity to a group of evangelical Pentecostals. The video also led to a surge in new visitors to our homepage at amazingfacts.org, connecting tens of thousands to the last-day message for the first time.



We also uploaded the video “Deadly Deceptions,” a response to the film *Heaven Is for Real*, the story of a young child who supposedly went to heaven during a near-death experience. The film has earned more than \$50 million at the box office,

and our video has already been seen and shared by thousands on Facebook.

Not long ago, we also posted the video “What Is the Mark of the Beast?” This presentation tackles the misunderstandings of this apocalyptic message and connects viewers to 666truth.org for further study.

Other videos we’ve added to YouTube include messages about the divinity of Jesus (“Is Jesus God? Really?”), the Sabbath (“The Truth About the Sabbath Day”), and the problem of evil (“Where Was God?”). The purpose of every video is to surprise viewers with new truths and encourage them to seek out Jesus Christ.

Of course, none of this innovative evangelism is possible without you. Thank you for your compassion!

Visit www.youtube.com/amazingfacts to watch new videos and share them with family and friends. You can also follow or like us on **Twitter**, **Facebook**, **Google+**, and now **Instagram**. 📖

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Watch *Amazing Facts Presents* on one of our family of networks!

NATIONAL

3ABN	Wednesday, 5:00 AM & 5:00 PM CT
ABC Family	Wednesday, 6:30 AM ET
Hope Channel	Sunday, 7:00 PM; Friday, 12:30 PM PT
Lifetime Network	Sunday, 8:00 AM ET
NRB	Sunday, 12:00 PM CT
Safe TV	Monday, 10:00 AM; Tuesday, 2:00 AM Wednesday, 9:00 AM; Saturday, 2:00 AM CT
The Church Channel	Monday, 7:00 PM ET; Saturday, 5:30 PM ET
Total Living Network	Wednesday, 7:00 PM CT
Word Network	Sunday, 1:00 PM ET

For Dish Network viewers only, all listed times are Eastern.

LOCAL (All Times Local)

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

CENTRAL STUDY HOUR

3ABN	Thursday, 5:00 PM; Friday, 3:00 AM; Saturday, 7:00 AM CT
Hope Channel	Friday, 9:00 PM PT
Safe TV	Friday, 9:00 PM; Saturday, 12:00 AM, 5:00 AM & 7:00 AM CT

EVERLASTING GOSPEL

Hope Channel	Sunday, 10:00 AM PT
Safe TV	Sunday, 2:00 AM & 11:00 AM; Saturday, 11:00 AM CT



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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. Streaming online 24 hours a day, 7 days a week on your computer, iPhone, iPad, and more! You can even watch on ROKU!

(Continued from page 9.)

is something like the cluster of the vine: if we would have wine from it, we must bruise it; we must press and squeeze it many times. The bruiser's feet must come down joyfully upon the bunches, or else the juice will not flow; and they must well tread the grapes, or else much of the precious liquid will be wasted. So we must, by meditation, tread the clusters of truth, if we would get the wine of consolation therefrom. Our bodies are not supported by merely taking food into the mouth, but the process which really supplies the muscle, and the nerve, and the sinew, and the bone, is the process of digestion. It is by digestion that the outward food becomes assimilated with the inner life. Our souls are not nourished merely by listening awhile to this, and then to that, and then to the other part of divine truth. Hearing, reading, marking, and learning, all require inwardly digesting to complete their usefulness, and the inward digesting of the truth lies for the most part in meditating upon it. Why is it

that some Christians, although they hear many sermons, make but slow advances in the divine life? Because they neglect their closets, and do not thoughtfully meditate on God's Word. They love the wheat, but they do not grind it; they would have the corn, but they will not go forth into the fields to gather it; the fruit hangs upon the tree, but they will not pluck it; the water flows at their feet, but they will not stoop to drink it. From such folly deliver us, O Lord, and be this our resolve this morning, "I will meditate in Thy precepts" (emphasis original).

Steps to Better Thinking

It's absolutely true that selfish humans can think the way God wants us to think! How? By letting God control our minds. It doesn't always happen overnight, but we need to ask and believe. The Holy Spirit is willing to work wonders in our thinking. "They that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit" (Romans 8:5).

Before I accepted Christ, I had a nasty vocabulary. I cursed habitually because I was living in the world, and the world's vocabulary is really terrible. When I invited the Lord into my heart, I noticed that as I'd get ready to say something crude or inappropriate out of habit, God would pull the emergency brake on my tongue. Suddenly, a little voice would whisper, "Don't say that." And I praised the Lord, because I saw with the aid of God's Spirit I was actually in control of my thinking. Well, it was actually the Holy Spirit who was in control and who changed my mind and my talking. God will do that for you, too, if you are willing.

We would all think differently if we would remember the first great commandment: "Thou

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Doug Batchelor. Would you like to increase your faith more than ever before? Satan is out to steal the spiritual identity of all of God's children, seeking to obscure the truth and confuse believers regarding who they truly are in Christ. The goal of this book is to fan away the chaff, exposing the essence of your true identity, and reveal who you can be through Jesus! Priced for sharing.

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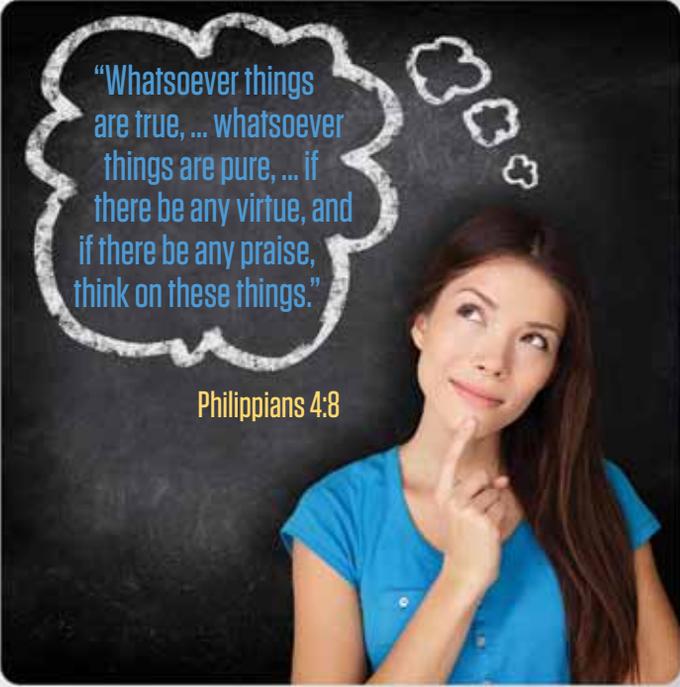
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shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind” (Matthew 22:37). How do we love the Lord with our minds? I can tell you it isn’t by imagining a bouquet of flowers in God’s honor. Rather, it is telling Him that we want to think like Him, that we desire the mind of Christ. God tells us, “My thoughts are not your thoughts, neither are your ways my ways. . . . For as the heavens are higher than the earth, so

are my ways higher than your ways, and my thoughts than your thoughts” (Isaiah 55:8, 9). So He invites us to think with His mind: “Come now, and let us reason together” (Isaiah 1:18).

We see a demonstration of God’s thoughts in His two great “books”—the Bible and creation. The universe and everything we see in the world are examples of God’s thoughts, with all of their magnificent wonder and beauty. Spend more time in nature. Surrounded by His creation, you will find yourself echoing His thoughts.

The other way to think God’s thoughts, as I’ve already mentioned, is to commit to prayer and Bible study. Just as pop culture can infect our thinking with all kinds of empty, carnal thoughts, so the Bible can infuse our thinking with holy and spiritual thoughts. If instead of watching that movie or TV program, we’ll covenant with God to read His



“Whatever things are true, ... whatsoever things are pure, ... if there be any virtue, and if there be any praise, think on these things.”

Philippians 4:8

Word, and we’ll soon see how quickly the Holy Spirit can change our thinking. “O how love I thy law! it is my meditation all the day. Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me. I have more understanding than all my teachers: for thy testimonies are my meditation” (Psalm 119:97–99). A new, positive pattern of thinking is one of the best signs that God is transforming our hearts.

God is offering you a new covenant, the new heart He wants to put within you. “Blessed are the pure in heart”—pure in thought and mind—“for they shall see God” (Matthew 5:8). It really is important what you think about. Not a single atom of your body is going to make it to heaven, not even your brain matter. What’s going to go? Your thoughts, your character, which will be downloaded into a new body.

Are you beginning to think about what you are thinking about? 

SPECIAL *Recognition*



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Ackermann, his wife

Francine Ackley from Wally and

Gerri Dunks

Harry Arriola Sr. from Al and

Margaret Marion

Marion Austin from Don Austin, her son

John Becher from Terrie Becher, his wife

William Bell from Jeanette Bell, his wife

Dena Kay Bowes from Jim and Judy

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Burghart

Cora Calvitti from Olga Haines,

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Neil Carruthers from Cape Cod Church

Merle Chandler from Al and

Margaret Marion

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Enda Craik from Dr. and Mrs. Stratton

Joe Crews from Lu Ann Crews, his wife

Ronnie Crews from Lu Ann Crews,

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Jesse Cross from Vonsella Scott,

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Myron Durham from Anita Lowe,

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Florence Grose

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Ann Jimenez, their daughter

Jerry Freeman from Hazel Freeman,

his wife

Ona Lee Glidden from Arnold Glidden,

her husband

Allen Goede from Jeanette Bigsby,

his sister

Donald Gruesbeck from Valerie

de Fluiter, his daughter

Carl Heft from Haley Trimmer

Alvina Heitzmann from Olga Lang

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Ray Herbel from Leanna Herbel, his wife

Lois Hileman from Wally and

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Robert Hoffer from Jane Hoffer, his wife

Patty Hoffman from Ilda Mae Hoffman

Irma Hyde from Gordon, Bradley, Sylvia,

and Rodney Hyde

Judy Johnson from Sean Morgan-Bell

Cecil Johnston from Wally and

Gerri Dunks

Bill Keehnel from Donna Keehn, his wife; from Calvin Acuff; from Faye Acuff; from Mr. and Mrs. Baybarz, his neighbors; from Scott and Laurie Bradley; from Roberta Larsen; from Dwayne and Judy Nash

John Ralph Kent III from Ralph and Pearl Kent, his parents

John Kingham from Anna Kingham, his wife

Robbie Kirby from Marty and Debbie Varsubsky

Donald Kirkwood from Dorothy Kirkwood, his wife

Phillip Kissinger from Tamara Petrovich

Bill Kitterman from Al Wiggins

Gerald Lammerding from Bonnie and Ed Ensminger, his sister and brother-in-law

William Lowe from Anita Lowe, his wife

Arlene Taffi Luzader from Jim and Judy Culpepper

Homer Lynd from Teresa Lynd

Frank Martinell from Al Wiggins

Bill May from Robert and Mattie Chism

Leona Miller from Olga Lang Rodin, her sister

James Milton from Mary Ann Jimenez, his sister

Ben Minder from Wally and Geri Dunks

Orven and Ashley Morelock from Susan Shipley

Hazel Livingston Moore from Phyllis Livingston, her daughter

Harold Parmenter from Wally and Geri Dunks

Elva Pohl from Wally and Geri Dunks

Aaron and Rachel Polston from Susan Bateman Hutzler; from Dominador Rosete

Rachel Polston from Peter and Milcah Donton; from Remia Jones; from Warren Werner

Beatrice Porter from James and Judy Culpepper

B. Lynn Price from Beverly Price, his wife

Max Qualley from Earl and Grace Reuss, his parents

Linda Paulsen Ramos from Donald and DeVerne Schlegel, her uncle and aunt

Glendolyn Rees from Don and Cindy Rees

Leon Reuhland from Nancy Frye, his daughter

Leon Rich from Vivienne Rich, his wife

Ron and Sue Richard from Rob Richard, their son

Paul Riley from Pastor Luke and Gerri Fessenden

Loretta Risse from Matt Risse, her husband

Lucille Rodman from Wally and Geri Dunks

Don Santangelo from June Ackermann

Alice Schultz from Jerry and Elaine Snyder

Wayne Scott from Angela Scott, his wife

Floyd Scott, MD from Vonsella Scott, his wife

Gerald Silvestri from John and Anita Silvestri, his parents

Ann Simpkins from Frank and Gayle

Patricia Stephan from James Stephan II, her son

Betty Swanson from Harold and Beverly Leffler

Mark Swett from Kim Swett

Margaret Taglavore from June Ackermann

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 Vanderwijck from James and Ingrid Albright

Eric Vanterpool Jr. from Honoria Vanterpool

Carol Ward from Al and Margaret Marion

Marie Ward from Ruth Sackett

Bill White from Duane White, his son

Lloyd White from Nancy Heinrich
Del Wiggins from Al Wiggins

John Young from Therissa Young, his wife
T.D. Yu from Michael Yu, his son

N. Dale Zumwalt from Barbara Zumwalt, his wife

Happy Anniversary

Farrell and LaVerna Eastin (66th)

Lorraine Yatcoske Jones and John Hallberg Jones (50th)

Melvin and Freda (65th)

Duane and Pattie (42nd)

Happy Birthday

Stephen Batchelor (21st)

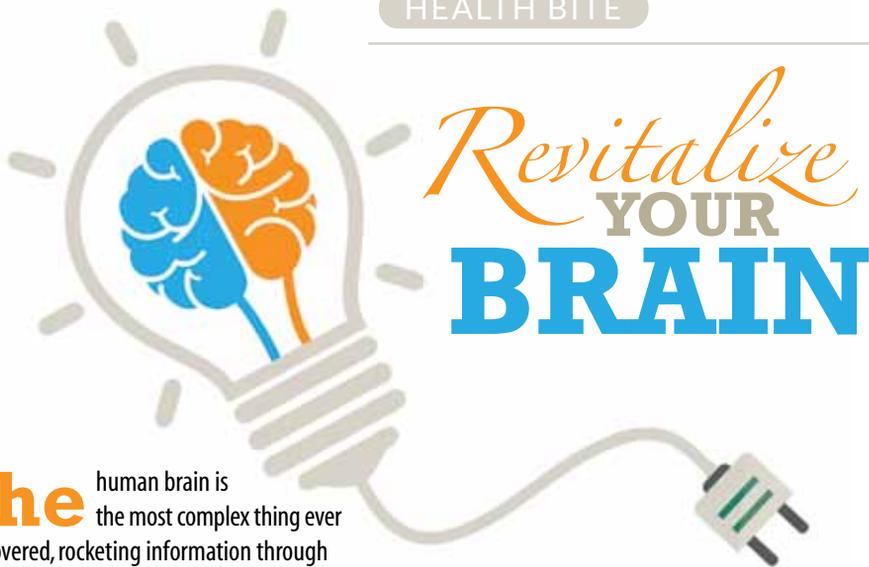
from grandma and grandpa

Nathan Jones from Celeste Jones, his mother

Richard Marker from Andrew Taylor, his co-worker

Christian Sumanti from Silvana Sumanti, his brother

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.



Revitalize YOUR BRAIN

The human brain is the most complex thing ever discovered, rocketing information through its neural pathways at more than 150 mph! Besides being responsible for managing all the complexities of our body, the brain is the hub for all thought, learning, memory, and emotion. But for all this hard work, it saps only about 20 percent of our energy.

Every time a new thought or memory is generated, the brain's structure changes as new connections are formed in the neural network. Neural pathways are reinforced

when a thought or sensory input is repeated. In a sense, the "groove" gets deeper with each repetition. This is one reason it's so critical to be aware of what's traveling through our senses and into our brains, and this is why our thoughts are vitally important.

Our brain is an amazing gift, and it's just common sense to take good care of this incredible miracle of engineering. It is in the brain that we enjoy life and relate to others, and it's through our intellect that our Creator speaks to us.

Unfortunately, our brain is the target of a negative media barrage that can leave it spinning out of control. And there are other ways we abuse our brain, often without realizing the impact of our choices. We can end up making poor decisions, reacting improperly to life events, and damaging relationships. We can become moody and miserable. A gloomy mental state will negatively affect our physical and spiritual health as well.

But it doesn't need to be this way! Here are some simple things we can do at almost any time to boost our mood



and our thinking ability, which will help our body and spirit too:



1 Exercise! Research has shown that regular exercise increases blood flow to the brain, enhancing its abilities. Outdoor exercise has the added benefit of sunlight and fresh air, both of which are beneficial to brain function. (By the way, right after exercise, your body produces a special chemical that makes it easier to learn. Good time to study!)



2 Get plenty of sleep. A tired, sleep-deprived brain functions very much as if it were intoxicated—resulting in poor judgment, reduced willpower, foggy thinking, and impaired motor skills; learning and memory are also negatively affected.



3 Eat healthy, whole foods. Nutrition plays a vital role in brain function.



4 Drink enough water. Science has shown that even mild dehydration can lower your cognitive function.

5

Relax. Take a quiet stroll out in nature, enjoy some soft music, or soak away your cares in a warm bath. Anything you can do to lower your stress will help your brain work better.



6 Avoid chemical stimulants. Instead, stimulate your brain by working crosswords or logic puzzles, playing word games, or reading a good book. Memorize Bible verses. Take up a new hobby to challenge your brain!



7

7 Get your “kindness fix.” Do nice things for others. Among other benefits, helping others releases pleasure-producing hormones in the brain. Spending quality time with friends and family enhances your feeling of well-being—and theirs too!



8 Seek God. Talk to Him and tell Him your concerns. Learn to trust in Him and He will give you wisdom and understanding (Proverbs 2:6).

9

9 Guard your senses. Don’t let anything into your brain that will come between you and God.

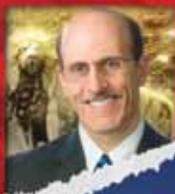


10 Follow the Bible’s advice on what we should think about. Here is one of the most direct Scriptures regarding our thoughts: “Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8 NKJV).

With some extra attention and nurturing, your brain can work in a more efficient and positive manner, boosting your happiness to a higher level than you might have thought possible! 📖

MARK YOUR CALENDAR!

Landmarks of Prophecy with Doug Batchelor, the multimedia evangelism event of the year, will be streamed live **November 1–22, 2014**, from Albuquerque, New Mexico.



a 24/7 Christian satellite channel—featuring new programming and the ministries you know and trust.



To watch online or to learn more,
go to www.amazingfacts.tv.