

AMAZING FACTS

INSIDE REPORT

JAN/FEB/MAR 2010

# 7 FACTS

ABOUT THE

# Seventh

# Day



# THE SABBATH

BY PASTOR DOUG BATCHELOR

THE PASTOR'S PERSPECTIVE THE PASTOR'S PERSPECTIVE THE PASTOR'S PERSPECTIVE

**I**t was many years ago after reading the Bible that I gave my heart to the Lord and asked Jesus to take my life in His hands. Yet I soon realized that there were many diverse and contradictory interpretations of Scripture floating around in the Christian world. I remember praying, "Lord, I want to know the truth based on Your Word." I was compelled by a deep hunger for logical answers and by a burning need to be honest with my soul.

That's why, after accepting the Sabbath truth, I have always been a little surprised about the Sabbath controversy among God's people. I know that good people who love the Lord can politely disagree with me, but showing love for the Lord by keeping this holy Sabbath appointment strikes me as a very clear and major biblical principle.

That isn't to say that keeping the seventh-day Sabbath puts one in a saving relationship with God or that it is more important than the other nine commandments. The Bible has plenty to say about those who practice that kind of works-based religion. Only the grace and love of Christ can make us right with God. But at the same time, His grace does not permit us to willingly violate any of the Ten Commandments. Once you convince yourself that the Sabbath commandment is no longer relevant because of "His grace," you are in great danger of minimizing the other nine for the same reason.

Indeed, over the years, several major denominations have realized that if they are going to consistently teach the law of God to their congregations, they should include the fourth commandment. But to avoid the obvious conundrum of the fourth commandment,

many pastors have simply stopped teaching the Ten Commandments altogether.


Obviously, as a pastor, I spend a lot of time talking about the Sabbath. I recognize that the Scriptures teach that if I love God with all my heart, I will remember His Sabbath. In fact, being obedient to this law is the epitome of showing loyalty and love to Him.

Practically speaking, it's not much different than a relationship with your spouse. If you love your lifelong mate, you enjoy being with him or her. Everyone has heard the cliché about "quality time," because every true love

relationship that exists revolves around spending quality time together.

Thus, the Sabbath represents uninterrupted time with our Maker, thinking like He wants us to think and doing what He wants to do with us. This time is strictly for worshipping and abiding in His presence. Will this day be important to you if you truly love God and are pleased to do whatever He says? Of course!

But sadly, the devil uses many avenues in which to attack the Sabbath because he knows that this is one of the most important times when we nurture our love relationship with God.

The Sabbath is a magnificent gift from God, and it should be a priority in our lives. That's why this issue of the *Inside Report* is dedicated to God's holy Sabbath day. Our cover feature this quarter is a great way to share the Sabbath truth with a friend, while my regular Bible answer column tackles a controversial question about the Sabbath that you'll want to read. I hope you will be blessed by this edition and will also prayerfully consider how you can best honor our Lord through obedient, Christian living. 



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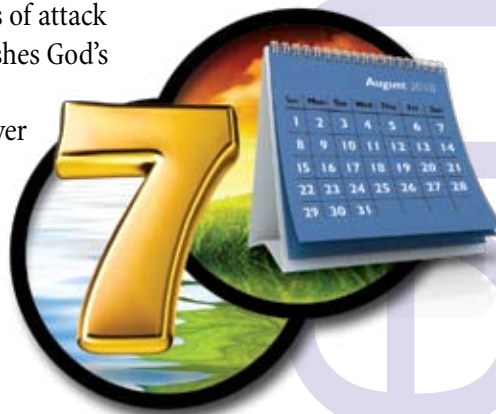
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PRESIDENT  
DOUG BATCHELOR

MANAGING EDITOR  
ANTHONY LESTER  
editor@amazingfacts.org

ART DESIGN/LAYOUT  
HALEY TRIMMER

COPYEDITORS  
ARLENE CLARK  
LU ANN CREWS

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### UNITED STATES

P.O. Box 1058  
Roseville, CA 95678-8058  
Phone: 916-434-3880  
Fax: 916-434-3889

### CANADA

Box 344, 125A-1030 Denman St.  
Vancouver, BC V6G 2M6  
Phone: 250-402-6070

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# Mail Bag



## Here for You

"I would like to thank everyone at Amazing Facts for your generosity and very thoughtful gestures. It feels good to know that I am not just taking Bible studies with a corporation but a family-grown company." *New York*



"My wife was diagnosed with breast cancer last November. We had a hard time coping. Often I asked God 'Why?' I went into seclusion and tried to keep the pain to myself. But then I emailed Amazing Facts and shared our problem. You prayed for us, along with our friends and family. Things began to make sense. My wife had her surgery this morning and did not have complications. Whatever the future holds, we know that God will never leave us, and we know that you, our friends, will always be there for us." *California*

## A Team Effort

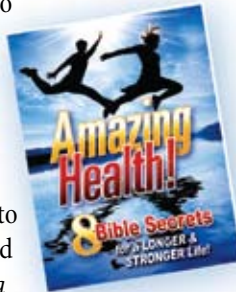
"It is our great privilege to be a part of Amazing Facts. We know that God is using this ministry for spreading His kingdom throughout the world. Being a part of it, we appreciate your prayers and your thoughtfulness. May the Lord continue to prosper our business so that we may be able to support this ministry until He comes. God bless you all." *Email*

## AmazingFacts.org

"You and your team are a testimony to God's amazing power in the world today. To think that His Word is accessible to virtually the whole world through your website is just amazing. I thank God for this ministry because it has given me a sense of urgency for telling others about Him and for sharing His Word with the people in my life. I used to drag my feet about it, hiding behind my shyness, but I've made the decision to do everything I can to spread the gospel. I've renewed my commitment to God, and I'm understanding the simple truths of His Word with new appreciation. Thanks for being a vessel for Him to fill." *Florida*

## Evangelistic Synergy

"I thank God for the work of Amazing Facts. Through our church Bible school, we have distributed thousands of your Study Guides and the *Amazing Health!* magazine. We've also been blessed by Darrin Bartell and his prophecy seminar. My prayer is that Amazing Facts will continue to hold up the standard of truth!" *Oklahoma*



## Worldwide Impact

"I would like to thank Pastor Doug for the effort he made to present the truth about 666 and the mark of the beast. I am now determined to look for the true church in this troubled world. God is so great! I have been born again, and now I am preparing to make it public in a Sabbath church. May God bless Amazing Facts to lead as many people as possible in the years to come!" *Romania*



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# Reflections and Perceptions



As I contemplated starting 2010 still waiting for the return of our Lord, I thought of Bible prophecy regarding the calamities we are to expect just prior to the second coming. And this got me thinking of the inspired counsel that encourages us to support the work of evangelism, which is so much needed prior to His triumphant return.

Of course, a donation in the form of cash, check, or credit cards is still the most popular way to give. But in these unusual times, gifts to support the final push of the end-time message can often come in unusual forms. Have you ever considered these unique but valuable ways to give of the blessings the Lord has given to you: property, a vacation home, precious metals, mutual funds, or even that old classic car? (I could even come pick that up personally.)

## Will We Have Anything Left to Give?

Considering the current economy in the United States and around the world, a great way to support the Lord's work is to give a gift through a mutual fund account or stock. Why? Well, even though many were warned that the recent bursting bubble of the market was to come, people by and large did not heed it. Much like in the days of Noah, they trivialized the level of damage that was to come upon their investment portfolios.

Many have taken refuge in the fact that the market has regained much of the lost value. People believe the market is bouncing back, and personal spending is on the rise again

because of a strong perception of reemerging prosperity. Yet what could be justifying this gain, as I see little real assets being produced? In other words, without “brick and mortar” assets backing this increase in stock value, it's just another bubble getting ready to burst.

So my concern is that many of God's people have heard His final warning and have not yet heeded it. They are tempted to hold on to what they have for the meager hope that they will gain more for themselves in this world. In this day and age, our hopes could be easily dashed by yet another market correction or a flat-lining Wall Street — and the resources we have now will be lost forever, when they could have been used to populate a better world to come.

## A Better Option

The Amazing Facts planned giving department has the ability to transfer your mutual funds and stocks into funds for evangelism, so that we can evangelize America and the world about the obvious soon coming of Jesus — and how to be prepared.

If you have non-cash gifts you have been holding onto, now might be the perfect time to dedicate them to the Lord Jesus Christ and the final push of the last-day message. Please call me today at **800-436-2695** to see how we can work together for the Lord.



Dan Storkamp  
Planned Giving Consultant



**Call Today!**  
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# 7

# FACTS

ABOUT THE

# Seventh Day

Adapted from *Why God Said Remember* by Joe Crews

Part of Satan's strategy to destroy humanity's trust in God has been to attack His claim as the Creator.

Obviously, the theory of evolution is part of this deceptive and soul-destroying effort. With its amoral humanistic emphasis, Darwin's doctrine has turned millions into religious skeptics and enshrouded in darkness their need for the Savior.

Yet while many Christians rightly denounce this unscientific belief, ironically, many are still falling into the devil's trap of denying God's sovereignty over the earth. That trap is the ages-long effort to twist and destroy the observance of the seventh-day Sabbath.

Through Satan's false information and man's trust in traditions over the sure word of Scripture, millions of Christians have been led to discount or even reject the importance of observing the Sabbath.

"The seventh day is the sabbath of the LORD: . . . in it thou shalt not do any work" (Exodus 20:10). No one

disagrees with the clear meaning of this text, yet millions are finding ways not to follow it.

Why? The general Bible ignorance of the church and the clever arguments of Satan have created a climate of prejudice against the holiness of the seventh day in favor of the observance of Sunday. So in the interest of promoting God's law over the theories of men, let's take a moment to rediscover some amazing facts about the seventh-day Sabbath.

## 1

### SABBATH FACT #1: The Seventh-day Sabbath Establishes God's Sovereignty

Why does Satan hate the Sabbath so much? Because the Sabbath identifies the true God and His claim of ultimate sovereignty.


God certainly anticipated the controversy over the Genesis account of Creation. He knew that after the fall of man, there would be doubts about His claims of manufacturing all the staggering mass of matter by merely commanding it to exist.

To safeguard His sovereignty, He established a mark that denoted His absolute right to rule as Lord. He chose to memorialize His display of creative power by setting aside the seventh day of the Creation week as a holy day of rest and remembering.

God wrote these words: "Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work. . . . For in six days the LORD made heaven and earth, the sea, and all that in them is: . . . wherefore the LORD blessed the sabbath day, and hallowed it" (Exodus 20:8-11).

Once a week, as the earth rotates on its axis, the Sabbath reminder travels around the earth reaching every man, woman, and child with the message of an instant creation and the one





For in 6  
days the Lord  
made heaven and  
earth, the sea, and  
all that in them is,  
and rested the  
7th day.

**Exodus 20:11**

who did the creating.

Why did God say remember? Because to forget the true Sabbath is to forget the true Creator.

Does it really matter *that* much? See “The One Unimportant Commandment?” on the right.

2

### SABBATH FACT #2: The Seventh-day Sabbath Was Made for Everyone (Not Just for Jews)

A multitude of Christians call God’s fourth commandment the “Jewish Sabbath.” But nowhere is this expression found in the Bible. The seventh day is called “the sabbath of the Lord,” and it is never called “the sabbath of the Jew” (Exodus 20:10).

Luke, a Gentile writer of the New Testament, often refers to things that were particularly Jewish. He writes of the “nation of the Jews,” “the people of the Jews,” “the land of the Jews,” and the “synagogue of the Jews” (Acts 10:22; 12:11; 10:39; 14:1). But he never refers to the “sabbath of the Jews,” although he mentions the Sabbath repeatedly.

Christ also taught that “the sabbath was made for man” (Mark 2:27). Adam and Eve were the only two people who existed when God actually established the Sabbath. There were no Jews in the world until 2,000 years later, so it was never meant just for the Jews. Jesus uses the term “man” in the generic sense, referring to all mankind. The same word is used in connection with the institution of marriage that was also introduced at creation. Certainly no Christian can believe that marriage was made only for the Jews.

3

### SABBATH FACT #3: It’s Not About Just Keeping Any Day

Every word of God’s Ten Commandments was written by His own hand in stone. Every word is serious and meaningful. No line in them is ambiguous or mysterious. Sinners and Christians, educated and uneducated, are not confused about the words “seventh day.” So why do they discount those

words if every other word in the commandments is considered to be ironclad?

Satan wants the world to accept Sunday as the day he has chosen for worship, but any day will do for him so long as it means we’re breaking God’s command.

Genesis describes the origin of the Sabbath like this: “Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made. . . . And God blessed the seventh day, and sanctified it:

because that in it he had rested from all his work which God created and made” (Genesis 2:1–3).

Which day did God bless and sanctify? The seventh day. How was it to be kept holy? By resting. Could any of the other six be kept holy? No. Why? Because God commanded not to rest those days but to work. Does God’s blessing make a difference? Of course. Parents pray for God to bless their children because they believe it makes a difference. The seventh day is different from all the other days because it has God’s blessing.

Has God ever given man the privilege of choosing his own day of rest? No. In fact, God confirms in the Bible that the Sabbath is a matter

## The One Unimportant Commandment?

God made it very clear that, regardless of feelings, those who abuse the Sabbath are guilty of breaking His law. James explains that it is a sin to break even one of the Ten Commandments: “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law” (James 2:10, 11).

Most of the commandments begin with the same words: “Thou shalt not.” But the fourth commandment is introduced with the word “Remember.”

Why? Because God was commanding them to call something to memory that already existed but had been forgotten.



## Why the Seventh Day?

Why did God bless the seventh day as a day of worship? Because He had just created the world in six days. It was a memorial to the birth of the world, a reason to remember that mighty act.

So could the Sabbath memorial be changed? No. Because it points backward to an accomplished fact. For instance, July 4 is Independence Day in the United States. Can it be changed? No. Because the Declaration of Independence was signed on July 4, 1776. Your birthday cannot be changed either. It is a memorial of your birth, which happened on a set day. History would have to run through again to change your birthday, to change Independence Day, or to change the Sabbath day. We can *call* another day Independence Day, and we can *call* another day the Sabbath, but that does not make it so.

settled and sealed by His own divine power. Read Exodus 16. For 40 years, God worked three miracles every week to show Israel which day was holy: (1) No manna fell on the seventh day; (2) they could not keep manna overnight without spoilage; (3) but when they kept manna over the Sabbath, it remained sweet and fresh!

But some Israelites had the same idea as many Christians have today. They felt that any day in seven would be okay to keep holy: "It came to pass, that there went out some of the people on the seventh day for to gather, and they found none." What happened? "And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?" (Exodus 16:27, 28).

God met them and accused them of breaking His law by going forth to work on the seventh day. Would God say the same thing to those who break the Sabbath today? Yes. He is the same yesterday, today, and forever (Hebrews 13:8).

But why the seventh day, exactly? See "Why the Seventh Day?" on the left.

# 4

### SABBATH FACT #4: We Know the True Seventh Day

Some reject the seventh-day Sabbath over the belief that we cannot know which day it falls on today, so picking any day should be okay. But this is fallacy. Here are four proofs that identify the true Sabbath.

*1: According to Scripture, Christ died on Friday and rose on Sunday, the first day of the week. Practically all churches acknowledge this by observing Easter Sunday and Good Friday. "This man went unto Pilate, and begged the body of Jesus. And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the preparation, and the sabbath drew on. The women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment" (Luke 23:52-56).*

This is clear evidence that Jesus died the day before the Sabbath! The day of His death was a "preparation day" because it was the time to get ready for the Sabbath. Notice, then, that the women rested over the Sabbath "according to the commandment." The commandment says,





“The seventh day is the Sabbath,” so we know they were resting on Saturday. The very next verse says, “Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared. . .

And they found the stone rolled away from the sepulchre” (Luke 24:1, 2).

2: *The calendar has not been changed so as to confuse the days of the week.* Just as we know that Jesus and His followers observed the same day as Moses, we can be positive that our seventh day is the same day Jesus observed. Pope Gregory XIII did make a calendar change in 1582, but it did not interfere with the weekly cycle. What did Gregory do to the calendar? He changed Friday, October 5, 1582, to be Friday, October 15, 1582. He did not affect the weekly cycle of days.

3: *The Jews have observed the seventh day from the time of Abraham, and they still keep it today.* An entire nation of people, all around the world, continue to observe a Sabbath they have known for more than 4,000 years.

4: *Over 100 languages on earth use the word “Sabbath” for Saturday.* For example, the Spanish word for Saturday is “Sabado,” meaning Sabbath. What does this prove? It proves that when those languages originated long ago, Saturday was recognized as the Sabbath day and was incorporated into the very name of the day.

# 5

## **SABBATH FACT #5:** **The Sabbath Is Not a Memorial of Deliverance Out of Egypt**

This is a belief taken and twisted out of the Old Testament: “The seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou. And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day” (Deuteronomy 5:14, 15).

Some people suggest this means that God gave the Sabbath as a memorial of the Exodus from Egypt. But the Genesis story of the making of the Sabbath (Genesis 2:1–3) and the wording of the fourth commandment by God (Exodus 20:11) reveals the

seventh-day Sabbath as a memorial of creation.

The key to understanding these two verses rests in the word “servant.” God said, “Remember that thou wast a servant in the land of Egypt.” And in the sentence before, He reminds them “that thy manservant and thy maidservant may rest as well as thou.” In other words, their experience in Egypt as servants would remind them to deal justly with their servants by giving them Sabbath rest.

It was not unusual for God to harken back to the Egyptian deliverance as an incentive to obey other commandments. In Deuteronomy 24:17, 18, the Bible says, “Thou shalt not pervert the judgment of the stranger, nor of the fatherless; nor take a widow’s raiment to pledge. . . Thou wast a bondman in Egypt, and the LORD thy God redeemed thee thence: therefore I command thee to do this thing.”

Neither the command to be just nor to keep the Sabbath was given to memorialize the Exodus, but God told them that His goodness in bringing them out of captivity constituted a strong reason for them to deal kindly with their servants on the Sabbath and treating justly the strangers and widows.

In the same way, God spoke to them in Leviticus 11:45, “I am the LORD that bringeth you up out of the land of Egypt . . . ye shall therefore be holy.” No one would insist that holiness did not exist before the Exodus or that it would be ever afterwards limited only to the Jews!

# 6

## **SABBATH FACT #6:** **The Sabbath Is Not Meant to Memorialize the Resurrection**

It is true that Jesus rose on a Sunday. It is one of the pivotal moments in the history of the world.

But nowhere does the Bible hint that we should keep Sunday holy. Many other wonderful events occurred on certain days of the week, but we have no

*Continued on page 18.*



# BIBLE Answers



with Pastor Doug Batchelor

# Q A

**Sometimes my family likes to go out to eat after church on the Sabbath. Is this wrong?**

From my reading of the fourth commandment (Exodus 20:8–11), the Sabbath is a holy day of rest, a weekly oasis to worship and honor the One who created us. Based on principle and Scripture, I see four potential problems with eating in a public restaurant on the Sabbath.

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# 1

**It involves active buying and selling.** Nehemiah called this profaning the Sabbath in his day. "If the peoples of the land brought wares or any grain to sell on the Sabbath day, we would not buy it from them on the Sabbath" (Nehemiah 10:31 NKJV).

He adds, "Men of Tyre dwelt there also, who brought in fish and all kinds of goods, and sold them on the Sabbath to the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said to them, 'What evil thing is this that you do, by which you profane the Sabbath day?'" (Nehemiah 13:16, 17 NKJV).

# 2

**God's people are specifically told to prepare our food in advance.** This is why God told His people to gather twice as much manna on Friday: so they could prepare their food in advance for use on the Sabbath.

"This is what the LORD has said: 'Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning'" (Exodus 16:23 NKJV).

# 3

**You are paying a servant to do work, which you could have avoided by preparing.** The Sabbath commandment clearly excludes this activity when it says, "In it thou shalt not do any work, thou, nor thy . . . manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates" (Exodus 20:10, emphasis added).

What is a restaurant cook or waiter but a servant for hire? The fact is that while visiting a restaurant, you are paying someone to break their Sabbath rest. (Please note, this is very

different from the passive use of electricity or a telephone on the Sabbath. In these cases, we aren't entering a place of business or engaging in active commerce.)

I've heard the argument that waiters and other staff are going to be working anyway, so it's not like we are creating the demand by being there. But how can we witness to restaurant staff about the Sabbath while hiring them to serve us on God's holy day? We are God's representatives, and we should live like that as much as possible every moment of the day.

# 4

**The Sabbath is a time to avoid worldly environments.** "Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation" (Leviticus 23:3 NKJV).

In a typical restaurant environment, we are surrounded by nonbelievers and worldly background music and conversation. This is not at all harmonious with a Sabbath atmosphere. Our time is better spent with believers surrounding us in an environment of peace and Christian fellowship and worship.

Of course, even as we acknowledge and apply these very plain teachings of Scripture, there might be the rare occasion or unpredictable circumstance in which a God-fearing person cannot avoid eating out on the Sabbath. That's why it is so important that we avoid being judgmental of a specific instance in which a fellow church member eats out during Sabbath hours.

However, as a practice, Bible-believing Christians should remember and honor the Sabbath by planning and preparing for it ahead of time.

While addressing this issue, we should also consider the circumstances and the times in which the principles regarding Sabbathkeeping were written. When it came to the preparation of food, it was generally much more of an ordeal in Bible times. They had to gather wood, grind grain, slaughter animals, build a fire, etc. In other words, it wasn't exactly fast food; it required a lot of work, and work of this kind was prohibited on the Sabbath.

It is so much easier for us to make food today, of course. With our many modern conveniences, it's effortless for us to push a button or turn a dial and warm up our food. Sometimes our meals come nearly complete at the grocery store, requiring very little preparation to eat it. (I'm not advocating bad eating

habits, however!) To warm up a dish in the microwave or stove before setting it out does not seem to me to dishonor God. We shouldn't take the fourth commandment to mean that God's people today are required to eat cold food on Sabbath.

So in light of everything here, when considering what you are going to eat on the Sabbath, I encourage you to prepare your Sabbath meals in advance and to avoid eating out at restaurants on God's holy day.

Finally, and most important, always remember the Sabbath involves not only physical rest from labor, it also represents a spiritual rest for our souls that we find only in Jesus. "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28).

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## Pastor Doug: "Calling All Young People"

**An Amazing Fact:** Did you know that 1.2 billion people on this planet are between the ages of 10 and 19? And if you're between the ages of 13 and 18, we want you to use your God-given creative talent to reach them!

Pastor Doug will present a new 10-part Bible series for teens beginning October 8 at the Great Lakes Academy in Cedar Lake, Michigan ... and we want you to name it! We need a name that will grab the attention of all your friends and gets them interested in what God has to say to them.

Not only will you be naming this satellite television series, you'll be putting your stamp on the upcoming DVD set and the new Bible lessons too! Plus, the top name will receive a new Apple iPad and the 50 best names will receive a free *Cosmic Conflict* DVD!



During this one-of-a-kind series, Pastor Doug will tackle the biggest questions facing young people today and help you see why and how the Bible is still totally relevant in everything we say, do, and even think! You don't want to miss it.

So what are you waiting for? Get involved and be a part of Amazing Facts history! Visit [www.AmazingFacts.org](http://www.AmazingFacts.org) to get more details and submit your entry today!

## Faith Summit 2010

Be sure to catch Pastor Doug at the Amazing Facts 2010 Faith Summit February 26 & 27, 2010, in the Nashville area! This powerful three-part weekend of spiritual encouragement and revival is absolutely free, so come be inspired by thrilling testimonies, life-changing biblical messages, powerful music, and exciting reports about how the Lord is working miraculously through the mission of Amazing Facts!



### Schedule

- Friday, February 26 at 7:00 PM
- Saturday, February 27 at 8:50 AM, 11:30 AM\*, 4:00 PM
- And don't miss the special music concert at 3:00 PM on Saturday with John Lomacang and local talent!

Come be renewed, revived, and inspired — and receive a free faith-building gift just for coming!

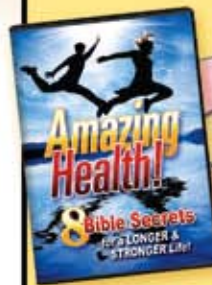
### Location

Madison Campus Church  
607-B Larkin Springs Rd.  
Madison, TN 37115

\*The 8:50 and 11:30 meeting are the same message.



## Project: Amazing Facts Health DVD



Amazing Facts has begun development on a new sharing DVD that will teach people the last-day health message and help them experience the benefits of submitting every facet of life to Jesus Christ. The

DVD will be modeled on our extremely successful *Amazing Health!*

magazine, but will also have in-depth presentations by leading authorities on Bible-based healthy living. It will be perfect for one-on-one study or as part of an evangelistic outreach series! Help make this project possible by supporting Amazing Facts today.

## Project: Cosmic Conflict 2 DVD

Amazing Facts is now at work producing the next incredible installment of the *Cosmic Conflict* DVD documentary series. As we begin to develop a sequel that will further explore the great controversy between good and evil, we need to raise funds today to create

an evangelism tool that will help millions clearly and completely understand God's plan of redemption for the entire human race. It's a great way to share the last-day message as we prepare for the return of our Lord!



## More Ways to Support God's End-Time Work



• You can now further the gospel through even more giving options! Do you have a non-cash gift you would like to donate to help reach souls lost in darkness?



• Amazing Facts gladly accepts vehicles, stocks, mutual fund shares, and real estate that we can convert into soul-winning resources.



• Call us at 1-800-436-2695, ext. 8, and we'll assist you with the paperwork and how you can benefit with the best possible tax deduction.

# TV AND RADIO BROADCAST SCHEDULE

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

## TV



You can also enjoy every Amazing Facts television and radio broadcast at [www.AmazingFacts.org](http://www.AmazingFacts.org) anytime, day or night!



Watch archives of all our revival programs online!

### FREE PODCASTS!

Watch and 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!

### AMAZING FACTS PRESENTS

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

FEBRUARY 21

#### THE MARK OF CAIN

The confusion over this mysterious mark has caused division in God's church. Pastor Doug offers a biblical look at this controversial topic and what it means for Christians today.

FEBRUARY 28, MARCH 7

#### VOICE IN THE WILDERNESS, PT. 1 & 2

Standards in God's church seem to be doing everything possible to meet up with the world, but this powerful message will help you see why biblical living is the only way for God's people.

MARCH 14, 21

#### A TALE OF TWO WOMEN, PT. 1 & 2

Is there really such a thing as God's "true church"? You can believe it! — and Pastor Doug opens up the pages of Revelation to show you how to identify it.

MARCH 28

#### ABOVE THE CROWD

With so much of the world clamoring for harmony over truth, are you prepared to stand for truth? Don't miss this crucial call to trust in God no matter the cost.

APRIL 4

#### THE RICHEST CAVEMAN

Pastor Doug's personal testimony shows how God's power can change lives! The incredible witness of a cave-dwelling hermit who's become an international soul-winner. Tell your friends!

APRIL 11

#### THE DRAGON'S EGG

It's a mystery of mysteries — how did evil get started in a perfect universe? Discover how the great controversy between good and evil began and get answers that make sense and offer hope.

APRIL 18

#### DEADLY DELUSIONS

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!

APRIL 25

#### BLOOD ON THE THRONE

What does it mean to be saved? Pastor Doug examines the cross of Jesus Christ and how we can find eternal hope because a great king was willing to suffer and die.

## RADIO

**BIBLE ANSWERS LIVE** — Airing weekly on Sunday at 7:00 P.M. Pacific.

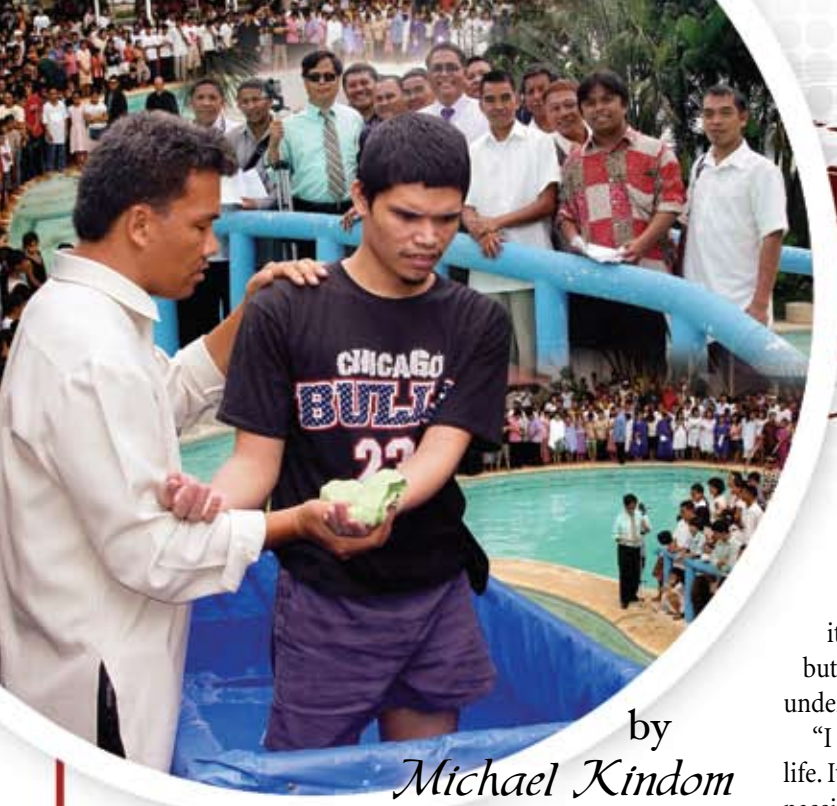
A live call-in radio program where you can ask Pastor Doug any Bible question and get a biblical answer in return. Call 1-800-GOD-SAYS during program hours to participate.

## WEB

You can watch Bible programming you can trust at [www.AmazingFacts.tv](http://www.AmazingFacts.tv) — streaming online 24 hours a day, 7 days a week. Tune in today!

Share truth! Tell your loved ones about Amazing Facts on the Discovery Channel!

Schedules are subject to change without notice. Television broadcast includes national broadcast only, so check your local listings and stations in your area or visit [www.AmazingFacts.org](http://www.AmazingFacts.org) for more information.



# Victory in Valencia

## AFCOE in Action

by  
*Michael Kindom*

**In** early 2009, I presented a prophecy seminar on the southern island of the Philippines in Valencia, Bukidnon, at the best venue in town. By God's grace, the Holy Spirit blessed our efforts in amazing ways!

Prior to the series, seven Bible workers were each assigned a territory for pre-work, and each experienced great success in reaping interests. More than 230 adults and children attended each night of the series, plus satellite downlinks were also available for those in areas too far to travel daily to the host site.

The success of our advertising campaign was a direct result of my AFCOE training, which helped me better understand the principles of effective promotion of a prophecy series. In fact, Pastor Samuel Galarpe, a church leader, exclaimed, "Never before have we seen such results!"

AFCOE not only provided the outreach training I needed, it even supplied me and other graduates with DVD resources and presentations for use in reaching those who come seeking after truth. We even used an AFCOE training DVD to prepare an outreach club at a local college!

### *Reaping a Harvest!*

Ecclesiastes 12:1 says, "Remember now thy Creator in the days of thy youth." We saw this firsthand as, surprisingly, most of the attendees were young people. Our Bible workers made a special effort to approach students from local high schools. While preaching every night, it sometimes felt like I was in a large school classroom! Some students even invited their friends to the series and were rewarded in souls won to the kingdom.

At the start of each night, I gave a small quiz in which attendees could answer questions and receive prizes. The response was amazing, and it was inspiring to see God reach

young people interested in the Bible and retaining the lessons they were hearing.

Robert, a temporary resident of Valencia, was living with Sabbathkeeping Christians. Enjoying their kindness, he took up their offer to attend the series. "I didn't expect to make a decision for baptism, but I sensed it was time for me to step forward. I read the Bible before but could not understand it. Thanks to these meetings, I now understand for the first time what the Bible teaches."

"I have never seen so many people get baptized in all my life. It seems unbelievable!" says Mrs. Sun, one of the many passionate volunteers. At the end of the series, we had a massive Sabbath service for baptisms, and many came to celebrate with the new believers.

Many of these baptisms were from areas that were too far away for people to attend the meetings but were visited by Bible workers who preached the Word. For instance, in San Fernando, one layman mobilized his church by teaching members how to give Bible studies. He also installed a giant speaker on a tree so that the village could hear the messages! The result? More than 140 baptisms from that area!

Our original goal was to see 300 baptisms for the entire series, but the Lord gave us 714 . . . including seekers from a local city jail and from a remote mountain village. Praise the Lord!



**3 of 13 pastors in the pool  
ready to baptize 274 souls!**

### *In Need of Soldiers*

Even though people are more receptive to the gospel in the Philippines than ever before, we still needed prayerful believers working together in harmony with God. This experience has revealed to me in a deeper way the importance of teamwork, public evangelism, and taking the initiative of moving forward in faith.

Christ did and is doing much for us out of love, and we are called to do the same. Though evangelism is not easy, we can rest in the promise that there will be souls won in the end so long as we do our part! And AFCOE will always be there to help us prepare the way for others. —

*Is God calling you to AFCOE? Call us at 916-209-7249  
or visit [www.AFCOE.org](http://www.AFCOE.org) for more information.*

Amazing Facts Center of Evangelism

# AFCOE



- Gain confidence
- Reach the heart
- Teach compellingly
- Preach powerfully



## Want to be a soul-winner?

Need revival in your life? AFCOE is about helping you take this opportunity to be transformed and equipping you to become all that God intends you to be — and to go impact your world.

### At AFCOE, you'll get:

- Dynamic evangelism training
- World-class, seasoned teachers
- A revival experience that will energize your faith
- Many awesome, practical resources for witnessing

## 4-MONTH PROGRAM

A dynamic, comprehensive course that will prepare you for an entry-level career in ministry. Come study God's Word, learn principles of effective soul-winning, and work under the mentorship of successful soul-winners. It's an experience only AFCOE can offer!

Next Session: **July 22 – November 19, 2010**

Application deadline: April 22, 2010.

Save **\$150** on tuition! Apply by March 24, 2010!

## AFCOE TO GO

Can't do a four-month program? Amazing Facts is now offering AFCOE to Go, a four- to eight-day intense training experience that empowers even the busiest professionals and students to reach family, friends, co-workers, and neighbors for Jesus Christ — anytime, anywhere!

Next Session: **June 22 – 25, 2010**

Application deadline: June 8, 2010.



To learn more, call **916-209-7249** or visit  
**www.afcoe.org**



What if  
you could  
finally reach  
your  
neighbors?

Be the difference. 3 Doors Down.



“My desire is to reach everyone living three doors down from me *and* three doors down from you!” —Pastor Doug

### Benefits of Joining 3 Doors Down

- Your monthly 3 Doors Down gift will be used to reach your neighbors and people all over the world with the love of Christ — in a way that speaks to their hearts the most!
- You can designate a family — a neighbor on your block or someone living on the other side of the world! — to be on a very special Amazing Facts prayer list.
- We'll equip you with powerful outreach resources you can give directly to your designated family or other neighbors, including: three *Ten Times Wiser* DVDs, three *God's Free Health Plan Study Guides*, and three *Amazing Health!* magazines.
- Quarterly updates of the 3 Doors Down program.
- 10-percent discount off all Amazing Facts products in our online bookstore.
- 10-percent discount off admission to AF COE to Go.
- And other special benefits!



# Amazing Facts invites you to partner with us by joining our new **3 Doors Down** team!

The **3 Doors Down** program is a unique partner-driven effort designed to reach neighbors like yours in a way that is most meaningful to them. The program uses the many effective outreach resources of Amazing Facts — television, radio, evangelism events, publishing, Bible schools, and the internet — ministries that are reaching inside the homes of our neighbors today!

When you begin your membership by selecting a project gift door totaling \$25 or more per month, you can know that you have become an active participant in the great commission of Jesus Christ, spreading the gospel to seeking souls three doors down from you, three neighborhoods over, or even three continents away.

Participating in 3 Doors Down is very simple too. Due to the busyness of life, we are often unable to share the love of Jesus with friends and neighbors as much as we want. But with your support, Amazing Facts can bridge the

evangelism gap, reaching your neighbors while they watch TV, listen to the radio, or browse the internet. If your neighbors have more questions, we help them find answers by providing free literature, online Bible studies, and more. We then follow up by asking them to make a decision for Jesus!

With your 12-month commitment in 3 Doors Down, it just might be your neighbor or someone else you know! Imagine the impact you'll make when you join 4,000 other Amazing Facts partners in spreading the gospel to your community.

Don't delay! Most likely, no one else on your street is willing to take the responsibility to reach your neighbor for Jesus. And tomorrow, the opportunity could be lost!

Don't keep the greatest gift of all to yourself — share it with those living **3 Doors Down**!

## Join the **3 Doors Down** Team! It's easy ...



- Simply select a “gift door” from the response card attached to the center of this magazine.
- Add your family to our prayer list.
- Then mail using the envelope at the center of this magazine!
- Then each month, with your authorization, this amount will be automatically charged to your credit/debit card or deducted from your bank account. It really is that easy to make a difference!



## Will you help us reach your neighbor?

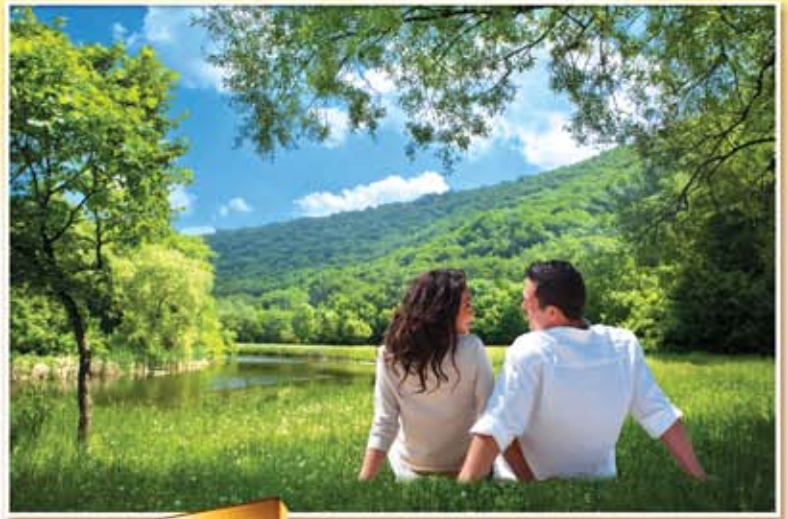
*Continued from page 9.*

command to keep them holy either.

There is, of course, a memorial of the resurrection commanded in the Bible, but it is not to determine a new day of worship. Paul wrote: "Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life" (Romans 6:4). Baptism is the memorial of Christ's death, burial, and resurrection.

However, the Sabbath is a memorial of creation.

Still have a question about this? Check the sidebar "The Upper Room" below.



## SABBATH FACT #7: The Sabbath Will Be Celebrated for Eternity

The Sabbath is an arbitrary arrangement of God that serves a powerful purpose. It is His claim — His seal — over the world and all human life. It is also a sign of the redemption He offers to every single one of us.


Surely this is why God will preserve Sabbathkeeping throughout eternity. That's right! "For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD" (Isaiah 66:22, 23).

The Sabbath is so precious to God that He will have His people observe it throughout all time in the beautiful new earth to come. If it is so precious to Him, should it not be precious to us? If we are going to keep it through all eternity, why not keep it now as our pledge of obedience to Him?

### Trust and Obey: There Is No Other Way

It is easy to understand why the devil has waged a continuing, desperate battle against the seventh-day Sabbath. He has worked through the pride of tradition, misinformation, and religious bigotry to destroy the sanctity of God's special sign of authority — the Sabbath.

But with these Sabbath facts in hand, may God grant every Christian the courage to honor the Sabbath commandment as His special test of our love and loyalty.

It might be a duty to keep the seventh-day holy. But it should not be a burden. In an age of false gods and spirituality, of atheistic evolution, and the stubborn traditions of men, the world needs the Sabbath more than ever. It is more than just a test of our loyalty to the Creator. It is more than just a sign of our sanctification through His power. It is His promise of a lasting, eternal gift of restoration. 

## The Upper Room



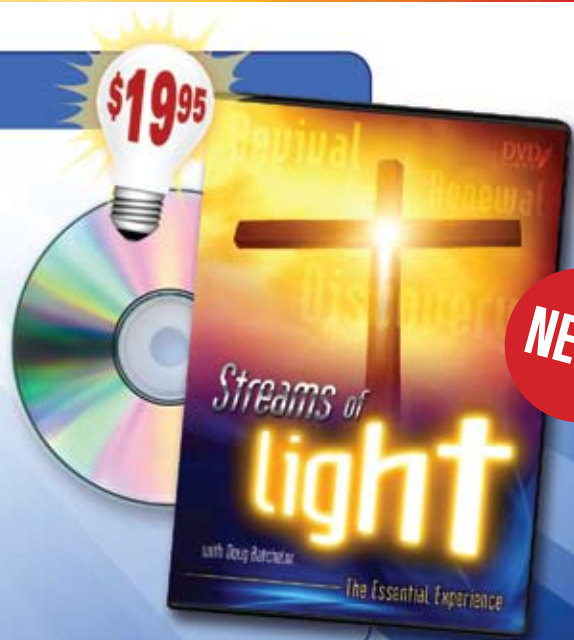
Those who believe that Sunday worship honors the resurrection of Jesus often cite the upper room meeting of the disciples on the same day that He rose from the grave. They argue that this gathering was meant to celebrate His resurrection. But the Bible record of the event reveals another set of circumstances.

Luke writes that even though the disciples were confronted with the eyewitness story of Mary, they "believed not. After that he appeared in another form unto two of them, as they walked, and went into the country. And they went and told it unto the residue: neither believed they them. Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen" (Mark 16:11–14).

Obviously, none of those upper room disciples believed that He was raised from the dead, so they could not have been joyously celebrating the resurrection. John explains their reason for being together with these words: "The doors were shut where the disciples were assembled for fear of the Jews" (John 20:19).

## Streams of Light DVD Set

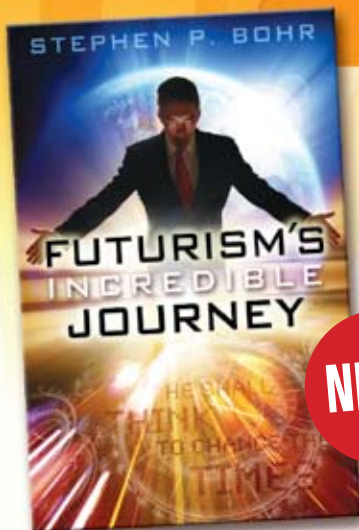
*Doug Batchelor.* This new revival series will help you rediscover the victorious Christian life that God needs you to have today, especially as last-day events are hurtling us ever closer to the return of Jesus Christ! This powerhouse five-part series, broadcast in front of sold-out crowds in England, will show you how to have a better prayer and Bible study life, give you practical tips for overcoming temptation, teach you the most effective ways to reach others for Christ, and help you revitalize and renew your day-to-day faith experience with Jesus!  
**DV-SOL ... \$19.95**



## Taken or Left?

*Stephen P. Bohr.* Two men in the field. One is taken ... the other is left. In Matthew 24, Jesus reveals the lost and the saved at the end of time. But what did He mean when He said that some would be taken and some would be left? Step by step, author Stephen Bohr leads you to a carefully researched conclusion drawn from a study of the Old and New Testaments — giving you a powerful foundation that will help open up the deeper meanings of Bible prophecy like never before.

**BK-TOL ... \$3.49**



## Futurism's Incredible Journey

*Stephen P. Bohr.* The rapture theory has become the fundamental prophetic belief system of millions of Christians. Though it finds little support in the Bible, it is proclaimed as gospel truth by thousands of Protestant ministers and Bible teachers around the world. Where does this sensational prophetic scenario come from?

Has it always been believed by the Christian church? Is it really what the final conflict will look like — or is Protestantism setting itself up for an overmastering delusion? Get the truth in this eye-opening Bible study!

**BK-FIJ ... \$8.95**

\$8.95

## The Final Events of Bible Prophecy Study Guide

A brand-new study guide based on the *Final Events of Bible Prophecy* DVD! This concise, seven-part Bible study is perfect for personal, small group, and prayer meeting settings. Each lesson follows a segment of the powerful *Final Events* DVD, revealing crucial truths that will whet the spiritual appetite — makes for a perfect introduction to an evangelistic series! Also available in bulk. (See below.)



### There's More! ...

▶ For just \$1 more, we'll include a copy of the *Final Events* DVD!

(Guide only) **BK-FEN ... \$7.00**

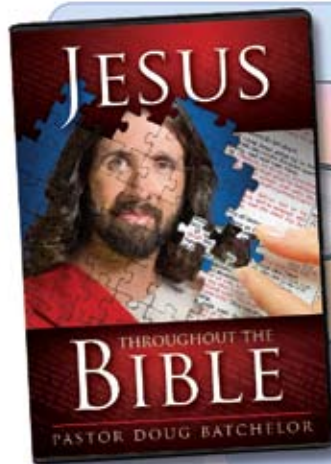
(with DVD) **BK-FENS ... \$8.00**

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## Jesus Throughout the Bible

*Doug Batchelor.* The New Testament isn't the only place where you will find Jesus. Journey with Pastor Doug through the Bible to discover why the Son of God is also called the Word Incarnate. A thrilling Bible study experience that will enlighten and inspire your faith. (6 parts)

(Audio CD Set) **CD-JTB ... \$29.95**

(DVD Set) **DV-JTB ... \$34.95**



### Souls Under Siege

*Joe Crews.* These true stories of miraculously transformed hearts at Joe Crews' evangelistic seminars will inspire you to reach out and help change lives forever.

**BK-SUS ... ~~\$3.49~~ Now Only \$1.99**

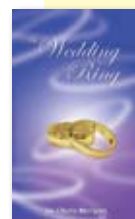


### The Passion of Love

*E.G. White.* This beautiful selection from the *Desire of Ages* explores the spiritual and eternal reasons for Christ's sacrifice and resurrection.

**BK-POL ... ~~\$4.99~~ Now Only \$2.49**

**Bulk: As low as \$0.59 each!**



### The Wedding Ring

*Clyde Morgan.* Get an inside look into how one church is handling the growing controversy of jewelry and the wedding ring in the Christian faith today.

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### The Next Superpower

*Mark Finley.* Detailed, easy-to-read study on the earth's last-day events. Perfect for sharing.

**Buy 10, get 50% off!  
Use coupon code 958.**

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## Pastor Doug's Pocket Book Set BK-PDPB ... \$15.00

### 21 Pocket Book Set!

- BK-ABS Anything But Secret
- BK-AOG The Armor of God
- BK-AJMS Assurance: Justification Made Simple
- BK-CA The Christian & Alcohol
- BK-CCAC Compromise, Conformity, & Courage
- BK-DWOG Determining the Will of God
- BK-GRW God's Role for Women in Ministry
- BK-HSTN Holy Spirit: The Need
- BK-JHM Jewelry: How Much Is Too Much
- BK-NOG The Name of God
- BK-SOJ The Sign of Jonah
- BK-SI Spiritual Israel
- BK-TUTP Teach Us to Pray
- BK-TFRT Tips for Resisting Temptation
- BK-TRIN The Trinity
- BK-TSR Twelve Steps to Revival
- BK-TW The Two Witnesses
- BK-UR The Ultimate Resource
- BK-UT Understanding Tongues
- BK-WMA Who Is Michael the Archangel?
- BK-WWSS Who Will Sing the Song? 144,000

\$20.79 when purchased separately.

SAVE 27%



## Witnessing Pocket Book Set BK-WTPB ... \$15.00

### 20 Pocket Book Set!

- BK-AWC Amazing Wonders of Creation
- BK-AATC America & the Ten Commandments
- BK-AJMS Assurance: Justification Made Simple
- BK-BRN Baptism: Is It Really Necessary?
- BK-BDU The Brook Dried Up
- BK-DFG Down From His Glory
- BK-DBP The Drummer Boy's Prayer
- BK-HFR Heaven: Is It for Real?
- BK-HF Hell-Fire: A Twisted Truth Untangled
- BK-HDHP Hidden Dangers in Harry Potter
- BK-ISBT Is It a Sin to Be Tempted?
- BK-ESL Is It Easier to Be Saved or to Be Lost?
- BK-PYC Pending—Your Case in Court
- BK-RCTF Reconnecting the Family
- BK-SI Spiritual Israel
- BK-TSH Three Steps to Heaven
- BK-TRIN The Trinity
- BK-UR The Ultimate Resource
- BK-UT Understanding Tongues
- BK-GSR Why God Said Remember

\$19.80 when purchased separately.

SAVE 24%



## Answers to Difficult Bible Texts Pocket Book Set BK-DPB ... \$14.00

### 19 Pocket Book Set!

- BK-AOD The Abomination of Desolation
- BK-AB Absent From the Body
- BK-BP Baptized Paganism
- BK-BWW The Beast: Who Will Worship It?
- BK-CSMC Can a Saved Man Choose to Be Lost?
- BK-CA The Christian & Alcohol
- BK-CHN Christ's Human Nature
- BK-DGGB Does God's Grace Blot Out the Law?
- BK-FDS Feast Days & Sabbaths
- BK-FV The Final Verdict
- BK-LWS Is It Possible to Live Without Sinning?
- BK-ISRS Is Sunday Really Sacred?
- BK-LFLD A Light for the Last Days
- BK-RMAL The Rich Man and Lazarus
- BK-SR The Secret Rapture
- BK-TW The Two Witnesses
- BK-WMA Who Is Michael the Archangel?
- BK-WWSS Who Will Sing the Song? 144,000
- BK-OCF Why the Old Covenant Failed

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SAVE 25%



## Library of Sermons BK-LSS ... \$21.00 Buy 25 sets or more for only \$18.00 each!

### 28 Pocket Book Set!

- BK-ARM Armageddon
- BK-BBV Blood Behind the Veil
- BK-BDU The Brook Dried Up
- BK-CSMC Can a Saved Man Choose to Be Lost?
- BK-CHN Christ's Human Nature
- BK-DIK Death in the Kitchen
- BK-DGGB Does God's Grace Blot Out the Law?
- BK-HFR Heaven: Is It for Real?
- BK-HF Hell-Fire: A Twisted Truth Untangled
- BK-HECE Hidden Eyes and Closed Ears
- BK-HCC The High Cost of the Cross
- BK-EFS How Evolution Flunked the Science Test
- BK-ISBT Is It a Sin to Be Tempted?
- BK-ESL Is It Easier to Be Saved or to Be Lost?
- BK-LWS Is It Possible to Live Without Sinning?
- BK-ISRS Is Sunday Really Sacred?
- BK-MFGF Man's Flicker or God's Flame
- BK-PNR Point of No Return
- BK-RIS Rendezvous in Space
- BK-RMAL The Rich Man and Lazarus
- BK-SIC Satan in Chains

\$27.72 when purchased separately.

SAVE 24%



- BK-SCC Satan's Confusing Counterfeits
- BK-STC The Search for the True Church
- BK-SOW Spirits From Other Worlds
- BK-SD Spirits of the Dead
- BK-TIC Thieves in the Church
- BK-GSR Why God Said Remember
- BK-OCF Why the Old Covenant Failed

## 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.

# 800-538-7275

Call today or go online at

## www.AmazingFacts.org

# Amazing Facts Evangelism Team

Contact us at 916-434-3880 to schedule an Amazing Facts evangelistic prophecy series or revival weekend in your church!



Doug Batchelor



Emanuel Baek



Darrin Bartell



Lowell Hargreaves



Chuck Holtry



Tim Jones



Tyler Long



Jason Morgan



Dennis Priebe



Jason Sliger



Dave Steward

## Doug Batchelor

**February 26, 27**  
Faith Summit  
Madison Campus Church  
607-B Larkin Springs Road  
Madison, Tennessee

## **May 1**

Buenos Aires, Argentina  
Call 916-434-3880 for details.

## **May 3-8**

Week of Prayer  
River Plate University  
Entre Rios, Argentina

## Emanuel Baek

**February 26 – April 3**  
Ridgetop, Tennessee  
Call 615-859-3651 for details.

## **April 16 – May 22**

Gurnee, Illinois  
Call 847-623-7770 for details.

## **September 10 – October 9**

Tullahoma, Tennessee  
Call 931-455-9816 for details.

## Darrin Bartell

**February 26 – April 3**  
Clarion Hotel  
100 Westbank Expressway  
Gretna, Louisiana

## **April 16 – May 22**

League City, Texas

## **August 27 – October 2**

Prestonsburg, Kentucky  
Call 606-886-3459 for details.

## Eric Flickinger

**April 16 – May 22**  
Sacramento, California  
Call 916-457-6511 for details.

## Lowell Hargreaves

**March 19 – April 24**  
Hattiesburg, Mississippi

## **May 7 – June 12**

Ujpest, Budapest, Hungary

## **September 10 – November 27**

Szeged, Hungary

## Chuck Holtry

**March 3 – April 3**  
Orange, Virginia  
Call 540-672-1150 for details.

## **April 9 – May 15**

Church Auditorium  
4230 Old U.S. Highway 52  
Lexington, North Carolina

## **May 20 – June 19**

Lyford, Texas  
Call 956-566-7055 for details.

## **August 27 – October 2**

Baytown, Texas

## Tim Jones

**February 26 – April 3**  
Church Auditorium  
2434 Southwest Wanamaker Rd.  
Topeka, Kansas

## **April 16 – May 22**

Church Auditorium  
Gold Street at Harrison Street  
Foresthill, California

## **August 27 – October 2**

Church Auditorium  
3210 Decker Road  
Duluth, Minnesota

## Tyler Long

**March 4 – April 9**  
McKinleyville, California  
Call 707-839-3832 for details.

## **August 22 – November 21**

Kansas City, Missouri

## Jason Morgan

**February 12 – March 13**  
Frankfort, Kentucky

## **April 2 – May 1**

Amarillo, Texas  
Call 806-352-6106 for details.

## **July 9 – August 7**

Abilene, Texas

## **August 13 – September 11**

Odessa, Texas

## **September 24 – October 23**

Hayden Lake, Idaho  
Call 208-762-5718 for details.

## Jason Sliger

**February 26 – April 3**  
Springdale, Arkansas  
Call 479-751-5817 for details.

## **April 16 – May 22**

Casper, Wyoming  
Call 307-235-5619 for details.

## **July 9 – August 14**

Clovis Civic Center  
801 Schepps Boulevard  
Clovis, New Mexico

## **August 27 – October 2**

Albuquerque, New Mexico  
Call 505-839-2181 for details.

## Dave Steward

**February 26 – April 3**  
Chula Vista, California  
Call 619-422-0405 for details.

## **April 16 – May 22**

Colville, Washington  
Call 509-442-4723 for details.

## **July 9 – August 14**

Magalia, California  
Call 530-873-0687 for details.

## **September 3 – October 9**

Edmonton, Canada  
Call 780-420-0215 for details.

## Dennis Priebe (Revivalist)

**March 6:** Ojai Church, CA  
**March 13:** Mentone Church, CA  
**March 19, 20:**

San Bernardino Indonesian  
Inland Empire Church, CA

## **April 2, 3:**

Wichita Three Angels Church, KS

## **April 9, 10:**

Tulsa Three Angels Church, OK

## **April 16, 17:**

Fort Worth Northwest Church, TX

**April 23, 24:** Shreveport First Church, LA

**April 30, May 1:** Texarkana Church, TX

**May 7, 8:** Rogers Church, AR

**May 14, 15:** Mountain View Church, AR

**May 21, 22:** Poplar Buff Church, MO

**May 28, 29:** Hohenwald Church, TN

**May 31 – June 4:** Highland Academy,  
Portland, TN

**June 4, 5:** Campbellville Church, KY

**June 11, 12:** Benton Church, TN

**June 18, 19:** Atlanta Center of  
Evangelism, GA

**June 25, 26:** Pensacola Church, FL

Times and locations are subject to change. Visit our website to confirm details prior to attending.

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 [www.AmazingFacts.org](http://www.AmazingFacts.org) to get exact times and locations! (Click on Training and then Prophecy Seminars.)

## The Harvest Report

# EXPONENTIAL EVANGELISM

by Emily Simmons



“I’d felt compelled to do ministry before, but I ran away from it because it wasn’t ‘convenient.’ I was in the military, I had kids, I had a business . . . I had plenty of excuses!” says Jerry DuVall. But after attending an Amazing Facts prophecy seminar led by evangelist Lowell Hargreaves, Jerry couldn’t avoid it any longer.

In one final wrestle, Jerry prayed the prayer in Psalm 139:23, 24 and surrendered to God’s call. “If I’d come out with a broken hip, I wouldn’t have been surprised,” he says. Through Pastor Hargreaves and the Amazing Facts Center of Evangelism, Jerry says God gave him “the right message and the right calling at the right time.”

### The Right Message

After a six-year stint in Germany, Jerry retired from the U.S. Army, came home to Springfield, Missouri, and opened a tire shop. His business became successful, but Jerry describes his spiritual walk as a “desperate search.” None of the churches he attended taught straight from the Bible, which he craved.

In an attempt to fulfill his call to ministry, he served as the assistant youth pastor for one church but had trouble teaching the youth doctrines he didn’t believe matched with the Bible; it wasn’t the right message. “I bounced around dinky back-hill churches looking for one that taught the truth, but I got discouraged,” he says.

Instead of pastoring, Jerry witnessed to his customers. He even had a few pastors who came by the tire shop every week to talk about the Bible.

A single father, Jerry raised his boys (now in their 20s) to know and seek Jesus too. In February of 2008, Jerry’s oldest son Chris received a flyer in the mail

about a prophecy seminar. He took his family to the first meeting, then he called his dad. “Can you come and check it out and make sure it’s okay?” he asked. Jerry agreed, and after only one meeting he knew he’d found what he was seeking. Lowell Hargreaves taught straight from the Bible, satisfying Jerry’s longing, and Jerry didn’t miss another night. Overjoyed, he felt as though he’d found a home.

### The Right Calling

Prior to the prophecy seminar, Jerry’s personal Bible study led him to many of the beliefs that Lowell taught during the series. The only concept he hadn’t finalized in his own mind was the Sabbath. He believed in keeping a Sabbath, but he hadn’t been able to pin down which day to keep. *Did it matter?* he wondered.

When confronted with the truth of the seventh-day Sabbath during the seminar, Jerry embraced it — but he wondered what to do about his business. “I made all my money on Saturdays,” he says. He discussed the dilemma with a customer who suggested staying open an extra hour each day during the week in place of being open on Saturday. Problem solved!

Jerry says the prophecy seminar strengthened his relationship with God. It brought his struggle with that call to ministry to the surface. After the seminar, he says, “I knew I needed to go and serve God fully.”

### The Right Time

Jerry learned about the Amazing Facts Center of Evangelism (AFCOE) and decided to attend. It finally felt



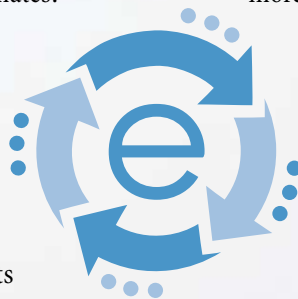
like the right time. There was just one problem: He had to be baptized before he could turn in his application!

But to Jerry baptism was the clear choice after attending and hearing Lowell teach the Bible. So less than six months after the prophecy seminar, he headed out to California for AFCOE.

Since Jerry's baptism, two of his sons have also been baptized. Now they're involved in ministry as well. "I drug 'em right along with me," Jerry says in his charming Missouri accent.

AFCOE was different than anything Jerry had ever experienced. "I'd never been to a Christian school of any kind," he says. "The enlightening courses strengthened what I learned in the prophecy seminar." Now he had the right message to preach, and he bubbled over with enthusiasm. AFCOE also taught Jerry to rein in his enthusiasm a bit and let people absorb the gospel's power little by little, sharing more information with them as they were ready to hear it. "I learned finesse," he says.

But Jerry gained more than evangelistic finesse at AFCOE; he married one of his classmates! "She's my cornerstone," he says. "She keeps me grounded. If I excel at all, it's because she's right there supporting everything I do." Working as a team, Jerry's wife does the behind-the-scenes work that enables him to conduct church training and evangelistic seminars. In Amazing Facts



Cycle of Evangelism

tradition, Jerry continues the cycle of evangelism and has now conducted four church training classes, and he has just completed his third evangelistic series, which led to more than 10 baptisms.

The church training is what got Jerry the most excited. He left AFCOE with all the materials he needed to train his home church to do outreach. Since they lacked a full-time pastor, his church asked him to serve as a lay pastor. He did, and immediately he began training them in evangelism. "The church has been strengthened," Jerry says. "Now they're pushing me to get things done!"

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"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23, 24).

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When a full-time pastor came, Jerry remained as a Bible worker. Now he spends a lot of time preaching at other area churches, so he doesn't know exactly how many baptisms have occurred as a result of his work with his home church. "Pretty much every week we have a baptism," he says. "I think there have been more than a dozen."

But it doesn't seem to be about the numbers for him. For Jerry, as for Amazing Facts, the important thing is that cycle of evangelism: Train one convert and they will go out and train others. Thus the gospel grows exponentially and is preached "into all the world" (Mark 16:15). Praise the Lord!

*Photo on previous page: Jerry and his wife and fellow AFCOE grad Jen, with his sons Justin, Brandon, and Chris.*

"God gave me the right message and the right calling at the right time." —Jerry DuVall



# THREE ANGELS AT WORK IN CHINA

*Editor's Note: Due to the religious climate in China, we are unable to give the names or locations of our team members working there. This inspiring new report comes from our China outreach team leader.*

**F**or more than a year, a small team of Chinese nationals, my wife, and I have labored unrelentingly for the Lord's glory to reach China with the three angels' messages. In the process, we've faced many obstacles. But God continues to bless Amazing Facts' work there despite all the challenges.

I'm thrilled to report that we now have a Chinese website operating, with an online Bible course, and all 27 Amazing Facts Study Guides in Chinese available in two book volumes. We've also begun to distribute the Chinese version of the *Cosmic Conflict* DVD!

This kind of progress is never easy in China. For instance, my crew, which had never done this kind of work before, must keep jobs to disassociate themselves from the ministry, which limits the amount of outreach they can do. Second, anyone who helps us is in danger of going to prison. We have to knock on many doors to find even one sympathetic worker willing to take that kind of risk. Of course, we inform everyone we approach of the dangers involved and, unfortunately, we've already faced serious problems.

## A BRAVE TEAM

In fact, we know a person doing similar work who was recently imprisoned for producing Christian materials! In addition, the authorities confiscated our first shipment of Study Guides. Normally, this would have ended our work, but by God's mercy, they weren't able to link the materials back to us. Plus, one of our workers was ordered to appear in person for questioning! But a friend advised him to wait several days, maintain a low profile, and see what happens. Praise the Lord, he waited and the case was simply closed!

Still, our friends are willing to risk being caught and punished because they feel that the religious climate here

doesn't negate God's call to take the gospel to every nation.

They understand the danger, yet they do the work anyway. In fact, one of my workers usually comes to work in a suit and tie, but one day he came dressed in casual clothes. When I asked him why, he said he fully expected to be arrested and he didn't want to lose his nice suit in prison. . . . Amen!



## THE GREAT CONTROVERSY IN CHINA

You can't do this work and not see the terrible war raging between good and evil. But what joy when we see good triumph.

For example, one of our team is a literature evangelist. When I first met him, I was impressed by his simplicity of lifestyle, love for truth, and holy boldness. He travels throughout China speaking at both Sabbath and Sunday churches. After he preaches, he sets up a display of our books at the front of the church.



In an effort to multiply his efforts, we are sponsoring him as our literature evangelism leader so he can train others how to do this work. Since that time, he's taken many young people on outreach trips to teach them to sell books. And he even has a team of five literature evangelists who sell Christian books near Sunday churches. When I asked about his team, he explained, "They are all old ladies from my house church." If the children and the rocks won't cry out, God still has these five old ladies boldly working for Him every Sunday in China! Hallelujah!



In the next few months, you won't hear much from me because we need to protect our efforts, but please know that your financial and prayer support makes a difference. Our next big project is to produce a Chinese Sabbath website and other video materials. To fund this work, please mark your gift as "China Project." 

基督  
CHRIST

希望  
HOPE

真相  
TRUTH

生命  
LIFE

诺言  
FAITH

战胜  
VICTORY



# Special Recognition

## In Loving Memory

**Elaine Anderson** from Lyle and Brent Anderson, her husband and son

**Marvin Anderson** from Helen Anderson, his wife

**Florette Andrews** from Vernon Andrews, her husband

**Louise Anholm** from John Anholm, her husband

**Mel Austin** from Wanda Davis

**Frank and Mary Barker** from Bonnie Lorenz, their daughter

**Walter Barker** from Karen Johnson, his niece; from Bonnie Lorenz

**Micah Batchelor** from Don Park

**Lillian Baugher** from Jerry Baugher, her husband

**Wanda Beard** from Douglas and June Ackermann

**Lovina Benjamin** from David and Audrey Wrate

**Liliane Bergman** from Art Bergman, her husband

**John Bicknell** from Lucille Bush; from Teresa Lynd

**Paul and Hilda Blanke** from Ardatha Pederson, their daughter

**Carl and Anna Brockmann** from Ethel Simeone, their daughter

**Fornice Bryant** from Doloris Bixler

**Betty Buckley** from Lucille Bush

**Pastor Irwin Barry Burton** from Alice Weakley

**Shannon Burton** from Emmanuel and Cathy Pavlik, her parents

**Bruce Bush** from Lucille Bush

**William Butler** from Kent and Dee Dickinson

**Glen Byers** from Bonnie Byers, his wife

**George Cacic** from Elaine Cacic, his wife

**Anthony Calbi** from Estelle Calbi, his wife

**Wayne Calbi** from Estelle Calbi, his mother

**Benjamin Campbell** from Roselle Campbell, his wife

**Jennifer Campbell** from Victorine Harvey

**David Carleton** from Jon and Linda Carleton

**Eula Carpenter** from Glenda House

**Richard Carter** from Bonnie Carter, his wife; from Jane Turner

**Larry Case** from Viola Case, his wife

**Gene Christian** from Jeanne Hart, his wife

**Gerhard Christiansen** from Bea Coupland

**Dr. C. Eugene Chrowl** from Nola Chrowl, his wife

**Max Church** from Ona Greve

**Dolores Clark** from Joanne Isaak

**Stephen Paul Daniel Clatterbuck** from Mary Frances Flynn, his mother

**E.E. Cleveland** from Lola Genton

**Nancy Clott** from Sadie Dart

**Hazel Cole** from Billy and Yvonne Helfer

**Nick Coman** from Jim and Judy Culpepper

**Susanne Compton** from Wally and Geri Dunks

**Carmelo Coniglio** from Eliana Sirocchi

**Mary Connovich** from Mary Jo Long, her daughter

**Everett Coolidge** from Jim and Judy Culpepper

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

**Earl Coupland** from Bea Coupland, his wife

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**Joe Crews** from Lu Ann Crews, his wife; from Douglas and June Ackerman; from Donald Park; from Catherine Ritchie

**Ronnie Crews** from Lu Ann Crews, his mother; from Douglas and June Ackerman

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**Dorothy Davidson** from David and Audrey Wrate

**Dixie Davis** from Mr. and Mrs. James Land

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**Jewell Dickerson** from Robert Ackerman

**Winifred Dorgan** from Eileen Dorgan-Bristol

**Peggy Dumler** from Wanda Davis

**Clifford Duncan** from Laura Nutter, his grandmother

**Hazel Dunks** from Al and Pat Marion

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**Warren Durham** from Anita Lowe

**Harriet Echols** from Lu Ann Crews

**Verdune Edgmon** from Mary Thompson

**Helen Elliot** from Wally and Geri Dunks

**Ruth Ellis** from Jim and Judy Culpepper

**Milton Emanuel Sr.** from Douglas and June Ackermann

**Viola Emblem** from Floyd and Vonsella Scott

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**Arlene Foster** from Earle Andrews Jr.

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**Sylvester Francisco** from Margie Francisco, his wife

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

**Steven Freeman** from Dorothy Freeman, his mother

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**Oliver Furman** from Jerald and Joan Powell

**Lorna Golladay** from Elizabeth Marcussen

**Thelma Gottfried** from Craigan and Judith Gray

**Hazel Graham** from John and Connie Regan

**Bob Gravatt** from Evelyn Holdren

**Ted Graves** from Catherine Ritchie, his sister-in-law

**Richard Gray** from Charlene Silberman

**Lily Greenwood** from Victorine Harvey, her daughter

**Mary Lou Gregory** from Vivienne Mountain-Rich

**Murray Grier** from Fran McMullen, his daughter

**Diana Griffin** from Jim and Betty Jo Griffin, her parents

**David Paul Groves** from Mary Frances Flynn, his sister

**Frances Ellen Groves** from Mary Frances Flynn, her daughter

**Washington Hames Groves** from Mary Frances Flynn, his daughter

**Uriel Guest** from Mary Thompson

**Louise Hadley** from Lucille Bush

**Doris Pearl Harris** from Mary Frances Flynn

*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.*

**Lorraine Harris** from John and Idy Freeman  
**James Harsany** from Dennis and Schisler, Inc. and staff  
**Leslie Hart** from Jeanne Hart, her sister  
**Olive Harvey** from Al and Pat Marion  
**Richard Harvey** from Victorine Harvey, his mother  
**Walter Hasty** from Oliver Trepanier  
**Richard Hein** from his wife  
**Don Helm** from Marty and Debbie Varsubsky  
**R. Jack Herbert** from Pearl Herbert, his wife  
**Jasper Herford** from Jo Ann Herford  
**Joseph Herzberg** from Debra Fechik, his daughter  
**Eugene Hildebrand** from Walter and Shirley Olson  
**Erwin Hodde** from Earl and Lois DeWitt; from Jim Nelson  
**Ray Hoffmann** from Carol Hoffmann, his wife  
**Ted and Margaret Hoffman** from Steven and Donna Dickie  
**Gregory Holloway** from Ruth Schwarz, his mother  
**Melvin Holm** from Olive Holm White, his sister  
**Esther Holmes** from Charlotte Holmes, her mother  
**Roger Holvick** from Jane Turner  
**Walter Hosty** from Jerry G. Mitchell  
**John Hottenstein** from Lucille Bush  
**Twila Howard** from Eloise Boice  
**Florence Howlett** from Vivienne Mountain-Rich  
**Raymond Huber** from Gloria Huber, his wife  
**Stella Huff** from family and friends  
**Martha Huffins** from Dr. and Mrs. Floyd Scott  
**Mr. and Mrs. Hunsaker** from their daughter  
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**Rick Hunt** from Betty Jacoby

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**Paul Ingersol** from Ruth Sackett

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**Robert Johnson** from Jean Johnson, his wife  
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**Neva Jones** from Margaret Eberhardt  
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**Larry Juhl** from Jerry and Karen Johnson  
**Sylvia Juriansz** from Victorine Harvey

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**Gordon Kennedy** from Bea Coupland  
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**Yvonne Kesler** from Mervin Kesler

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**Carl Kimbrough** from Mark and Kim Swett  
**Phyllis Kinder** from Bruce and Adele Wickwire  
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**Ernie Laver** from Anna Sattelmayer  
**Cheryl Lawrence** from Rozella Reule, her cousin  
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**Alan Dean Long** from Pauline Long, his mother  
**J. Murray Long** from Pauline Long, his wife  
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**Helen Luk** from Douglas and June Ackermann  
**John Lungu** from Helen Lungu, his wife  
**Marie Lutz** from Al and Pat Marion  
**Homer Lynd** from Teresa Lynd, his wife  
**Jack Lynn** from Floyd and Vonsella Scott

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**Earle MacPhee** from Bea Coupland, his sister  
**Helen Madison** from Steve Madison, her son  
**Lester Marcussen** from Bette Marcussen, his wife  
**Marc Marcussen** from Bette Marcussen, his grandmother

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**Olive Martin** from Lucille Bush  
**Petra Martin** from John and Darla Almida  
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**Dr. Dale McCune** from John and Perle Westerberg  
**Samuel and Carrie McGinnis** from Ellen Hardt  
**Elinor McGlauflin** from Frank and Ruth Waxter  
**Muriel McHenry** from John and Darla Almida  
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**Charlie Meade** from Wanda Davis  
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**Milli Mittlieder** from Wally and Geri Dunks  
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**Margaret Moberg** from Trudy Brown  
**Desse Mode** from Cathy Pavlik, her niece  
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**Dean Morris** from Doris Patchin  
**Ed Motsenbocker** from Rudy and Ann Johson  
**Rolland Mull** from Lucille Bush

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**Richard Notice** from Wendy Notice, his wife  
**Irlene Nutting** from Donna McDonald

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**Anna Olson** from Jacob and Joyce Joyner  
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**Shirley Pinterick** from Lucille Bush  
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**Merlin Poole** from Alice Poole, his mother  
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**Kenneth Potterton** from Jim and Carol Myers  
**Ronald Powell** from Betty Powell, his wife  
**Charles Powers** from Barbara Zumwalt

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

**H.M.S. Richards** from Don Park

**Bob Ringa** from Ezekiel and Edith Allen

**Dale Ringering** from Elma Troedel, his sister

**Max Ritchie** from Catherine Ritchie, his wife;  
from Lu Ann Crews

**Junior and Annie Robbins** from Bud and  
Janice Robbins

**Harvey Roberts** from Donald and Marjorie Stowe

**Betty Robertson** from Lucille Bush

**Dorothy Robinson** from Jimmy and Charlene Rogers  
and Family

**Artie Robinson-Derting** from Catherine Ritchie,  
her daughter

**Adam Rodriguez** from Stan and Annette Ward

**Ed Rowell** from Wally and Geri Dunks

**Patsy Ruddle** from Pastor Francis Ruddle

**John Rudy** from Wally and Geri Dunks

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

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Sherman

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his parents

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**Erma Simons** from Lucille Bush; from Ruth Sackett

**Ann Simpkins** from Gayle Tyroff, her sister; from Jewit  
and Ruth Foutch

**Paul Sims** from Steve and Mary Lou Pride

**Edie Sines** from Jennie Tattrie

**Emily Smith** from Melody Wheeler, her daughter

**George Lonzo Smith** from Nan Smith; from Mr. and  
Mrs. Dalton

**Mindy Smith** from Arnold and Janet Wilson

**Pastor Alexander Snyman** from Priscilla McNeily

**Ann Sproed** from Dr. and Mrs. Robert Sproed;  
from Ralph Roberts

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**Albert and Lil Tarshis** from Doug  
and Karen Batchelor

**Herbert Tate** from Jim and Judy Culpeper

**Allen Tattrie** from Jennie Tattrie, his grandmother;  
from Don Parks

**Duane Tattrie** from Jennie  
Tattrie, his mother

**George Tattrie** from Allene  
Tattrie, his wife

**Roy Tattrie** from Jennie  
Tattrie, his wife

**Edna Taylor** from Nancy  
Taylor, her daughter

**Gerald Temple** from Eldon  
and Evelyn Allram

**Dorothy Thilmony** from  
Wes and Marion Peppers

**Dorothy Thomas** from Grace  
Jose; from C. Mercer Straw

**Terry Tims** from Eileen Dorgan-Bristol,  
his mother

**Frances Louise Toman** from Mary Frances Flynn

**Earl Tompkins** from Lola Genton

**John and Emma Tonn** from Loella Kennedy,  
their daughter

**Arlee Torkelsen** from Kent and Dee Dickinson

**Rose Towsley** from Dorothea Myers

**Orval Troop** from Gwen Troop, his  
wife; from Valerie Troop, his niece;  
from Kathryn Adolph; from John  
and Johanna Bahr; from the Portage La Prairie  
SDA Church

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

**Robert Valasquez** from Marty and Debbie Varsubsky

**Helen Veach** from Jeanne Hart, her daughter

**Dixie Velting** from David and Audrey Wrate

**Eddie Venn** from Ardatha Pederson, his mother

**Henry Verhaeghe** from John and Lil Yarosh

**Bea Voegelé** from Douglas and June Ackerman

**Eldon Weatherford** from Wanda Davis

**Leonard and Esther Webb** from Ellen Hardt

**Rick Weller** from Gloria Huber

**Barbara Weng** from Richard and Shirley Warner

**Florence Wertz** from Marilyn Wallace

**Howard Wheeler** from Grace Morris, his sister

**Charles White** from Joan Wilson

**Jon Drew Whitfield** from Willard and Bette Bristow,  
his grandparents

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

**Cecil Wilkinson** from Ann Wilkinson

**Dr. Stan Wilkinson** from Floyd and Vonsella Scott

**Celia Will** from Marylene Morris

**Christopher Stephen Williams** from Patricia Williams,  
his mother

*In Loving  
Memory*



**Patricia Zima** from Barbara Zima;  
from Norma Sargent; from Joel and Peggy  
Tompkins; from John and Perle Westerberg

### Happy Anniversary

**John and Darla Almida (25th)**

**Pastor Doug and Karen Batchelor** from John and  
Lane Jones

**Edwin and Christine Curran (50th)** from John and  
Darla Almida

**Bob and Jo Hoekendorf (59th)**

**Mr. and Mrs. James Land (63rd)**

**Ed and Peggy Ousley (50th)**

**Dr. Robert and Jacqueline Wilson (50th)**  
from their daughters

### Happy Birthday

**Frank Waxter (95th)** from Ruth Waxter, his wife

**Herb Giese (91st)** from John and Darla Almida

**Howard Bixler (94th)** from Dolores Bixler, his wife

**Nils Nielsen (71st)** from C. Mercer Straw

### In Honor of

**Dick Etchen** from Treva Burgess

**Dr. and Mrs. Gene Krishingner** from Lucille Bush

**Elaine McCray** from Susan Wemmer

# Is Fat-Free Making You Fat?



by Emily Simmons

**W**hen the fat-free craze began back in the '80s, I believe it was my sister the marathoner (though she hadn't started running yet) who raised my family's awareness of the evils of fat. We ceased making rich homemade desserts and, as did the rest of America, snacked instead on pretzels, red licorice, hard candy, and Snackwells cookies. "They're fat free!" we proclaimed delightedly between mouthfuls. I think Entenmann's even made a fat-free donut.

Years went by, however, and our waistlines either stayed the same or expanded — probably because an increase in calories made up for the absence of fat. It took awhile, but I began to understand that *fat-free isn't calorie-free*. Nor is it necessarily healthy!

In truth, your body needs fat. You've heard of *essential* fatty acids? They're so named because they are, in fact, essential: Your body cannot manufacture them from the food you eat. These fats play an important role in growth and development as well as in the prevention and treatment of chronic diseases. Fat serves other practical purposes as well: It adds flavor to your food and, because it is digested more slowly than other nutrients, keeps you full between meals.

## Fat Facts

There are three main types of fats: **Saturated** are the "bad" fats. Typically solid at room temperature, these fats are found mainly in meat and dairy products as well as coconut and palm oils. A diet too high in saturated fat leads to heart disease and cancer.

**Polyunsaturated fats** are in corn, soybean, safflower, and sunflower oils. Substituting these for saturated fats lowers cholesterol, but too much polyunsaturated fat can promote cancer. "Good" **monounsaturated fats** also lower cholesterol. They're found in olive, canola, and peanut oils. However, no refined fat is "healthy" — so consume these good fats primarily in their most natural state (olives, avocados, nuts, and seeds) and use oil only in very small amounts.



Other fats have recently become household names. **Hydrogenated** or **partially hydrogenated** fats are unsaturated fats that are altered to extend their shelf life. They contain harmful trans fats and should be avoided completely.

**Cholesterol** is a type of fat the body produces (as do the bodies of other animals). Eating cholesterol raises your cholesterol, as does consuming saturated and trans fats. Omega-6 and omega-3 fatty acids are essential polyunsaturated fats. In the typical American diet, omega-6 fats are plentiful while omega-3s are scarce. This dangerous ratio leads to inflammation (a factor present in many chronic diseases), heart disease, stroke, autoimmune diseases, skin diseases, and depression. The body cannot make sufficient DHA, another essential omega-3 fat, on a diet high in omega-6 fats and low in omega-3s.

## Be Natural

Don't waste too much energy on how much of each kind of fat is in your food; simply eat a diet rich in a variety of whole, unrefined foods, as close to their most natural state as possible. *Again, the best sources of good fats (including omega-3s) are almonds, walnuts, flaxseed, pumpkin seeds, sunflower kernels, and avocados.*



How much fat should you eat per day? If you are overweight and trying to lose weight, it's okay to consume very little fat, because your body will use what it has stored. But don't stay on a non-fat or extremely low-fat diet long-term!

If you are at a healthy weight and exercise regularly, eat as much as three to four ounces (about 2 small handfuls) of raw nuts or seeds per day, an avocado, or a couple of tablespoons of olive oil. Growing children or someone who has a hard time gaining weight can eat more than that, but it should still be fat in its most natural form. Even if you are healthy and at an ideal weight, fat should comprise no more than 30 percent of your total calorie intake *at most*. On a 2,000-calorie diet, that's about 600 calories worth. Put another way, about 65 grams.

Any way you look at it, remember that even the healthy fats in avocado, nuts, and seeds pack a *nine-calorie per gram* punch, so if you want to maintain or lose weight, watch your intake. (In contrast, protein and carbohydrates contain only four calories per gram.)



One last bit of fat trivia: The fat on your plate will very easily be converted into body fat. So easily, in fact, that *a biopsy of the fat on your waist, hips or thighs would reveal precisely where that fat came from*: a pig, a chicken, a hunk of cheese, or handful of nuts! Now that's food for thought . . .



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