

AMAZING FACTS

INSIDE REPORT

MAY/JUNE 2008

The Kings of

PRIDE





SATISFYING THE INNER THIRST

BY PASTOR DOUG BATCHELOR

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

Here's an amazing fact: A person in good health can live about 40 days without food, but only three days without water. However, in the aftermath of the 1985 Mexico City earthquake, workers rescued a man who had been trapped without water in a collapsed building for nine days! His survival has been attributed to the cool, humid environment and the fact he had to lie still for more than a week.

Psalms 42:1 says, "As the deer pants for the water brooks, So pants my soul for You, O God" (NKJV). Today the Lord invites you to drink the water of life through the reading and hearing of His Word. And there's no need to wait nine days to satisfy that deep spiritual thirst within you.

Many years ago in the dark of night, a ship went down in the Atlantic Ocean east of South America. Four sailors barely managed to survive by transferring to a small lifeboat. But their troubles were just beginning, as they then drifted at sea aimlessly for several days under the blazing equatorial sun.

They became nearly delirious with thirst. Their only relief came by catching rainwater in their shirts from a small cloudburst, then wringing the raindrops into their mouths. Finally, they were spotted by another ship and were rescued. When the captain on the rescuing vessel asked why they were so thirsty, they responded, "Because we had nothing to drink." The captain explained, "But you're in an ocean of fresh water. All you had to do was let down your buckets!"

Evidently, their boat had drifted to a part of the ocean where the mighty Amazon River pushes out fresh water over a hundred miles into the Atlantic. Even though they

couldn't see land, the sailors had been floating in a sea of fresh water. They were so sure the water was salty, they didn't even try to drink it. All they had to do was reach over the side of the boat to get all the water they needed; instead, they were dying of thirst while floating in a life-saving solution!


Jesus said, "Whosoever will, let him take the water of life freely" (Revelation 22:17). Yet the world is dying from spiritual thirst while floating in a sea of living water! Even Christians forsake the water of life for

sugary, artificial replacements that could never truly satisfy them like the blessings from God's Word. But there is even more to it than that.

In one ancient custom, once a person had accepted a drink of water from another, there was an unwritten understanding that they should ever be friends. In Mark 9:41, Jesus says, "Whosoever shall give you a cup of water to drink in my name, because

ye belong to Christ ... he shall not lose his reward."

As we accept the water of life, we form a powerful bond with the Lord. Moreover, as we share the Living Water with other thirsting souls, we gain new brothers and sisters in Jesus. So I hope that you will take advantage of the many resources we have at Amazing Facts — including our new media efforts such as AmazingFacts.tv — to not only drink from the water of life, but also to share it with others who are thirsting for it.

"He that believes in Me ... out of his heart will flow rivers of living water" (John 7:38 NKJV). Please drink abundantly and share this water with others. You'll soon discover your own heart becoming an artesian well of Living Water refreshing those around you! 



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

i Contents

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

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11A Powerful Partnership

Amazing Facts and Weimar Institute have joined forces to propel the gospel around the world like never before!



FEATURE

6 The Kings of Pride

It's been said that pride comes before a fall. Explore the deep spiritual implications of this universal truth and how it applies to your Christian experience, as Pastor Doug explores the many kings of the Bible who fell victim to the same sin that started a war in heaven.



12 Bible Answers

Please explain Hebrews 6:4-6. A friend has rejected his faith and backslidden deeply into the world. Does this mean he has no hope?



20 China

Our gospel outreach to China is now underway. Get the latest news about this crucial outreach and how ministry partners are making an impact!

22 God Moves at AFCOE

Our Center of Evangelism is doing more than teaching students to proclaim Jesus — it's growing faith and bringing true revival!



24 Volunteer Partnerships

God is using our evangelism materials to help change lives all around the world. Learn how ministry friends are doing a powerful work to expand this reach!



30 Health Bite

Even those who exercise regularly are skipping one of the most important activities we can do to lose weight and have a better quality of life — for young and old alike!

Regular Features

- 4 Mail Bag
- 11 News Notes
- 14 Evangelism Team
- 27 Broadcast Schedule
- 28 Special Recognition



Friday Night Live ... and Then Some

We praise the Lord every day of our lives for Amazing Facts, because thanks to your preaching, we learned the truth about the state of the dead.

And as we progressed in your Bible Study Guides, we learned the Sabbath truth and all the

other amazing facts God reveals

in His Word! We are also so happy about *Friday Night Live*. We are fully blessed to sit in front of our laptop and see you (and some glimpses of Karen and Nathan) and hear you share Bible questions from around the world! After watching you last Friday night, we reported it to our Sabbath School class, so please let us know when you will have more programs. *Email*

Editor's Note: Although at press time, FNL has not been rescheduled, Amazing Facts plans to do more of them. Sign up for The Facts at AmazingFacts.org to get updates about this exciting new program.

Dramatic Irony as a Witnessing Tool

I was on a Christian chat room on AOL the other night, and an atheist said to me, "If you think God will provide for you, go sit in a cave naked and see what happens." Needless to say, I shared with him Pastor Doug's fascinating testimony. I thought you would get a laugh out of that. *Pennsylvania*



The Word That Transforms

For more than a year, we've been studying the Word of God through your ministry. We have ordered tapes on prophecies and have watched Doug Batchelor on TV. We also attended a prophecy seminar in our area. Well, the good news is we have been so blessed that we were baptized and are now members of our local Sabbath church. Praise God for you, Pastor Doug, for leading us to the truth. We are so thankful for your ministry, and we pray that God will continue to bless you! *Florida*

"Keep Going"

I'm a recent graduate of UC Berkeley and have been watching your TV and website programs. I first saw your lesson on misinterpretations of Revelation and was astounded. I've read Revelation about



50 times and something in the back of my head was telling me the generally accepted interpretation might be wrong.

My mind has really been stimulated by your other lessons too, and I've listened to almost all of them now. I am 27 and have found that your political incorrectness and strict adherence to the Bible is precious and rare. Thank you, and keep going. Your lessons have given me knowledge that has changed my life. *California*

Pay It Forward

Some time ago, I shared the book *Broken Chains* with a co-worker who was going through some personal struggles and wished to experience a Christian life.



She loved it! More recently, my husband and I shared with her the CD of Pastor Doug's sermon called "Victorious

Overcomers." She has been listening to this CD until she practically has it memorized. Last week, I happened upon her sharing what she has learned with another co-worker. Later the same day, she revealed to me how thrilled she is to be able to share her joy with someone else. She has even given me "seed money" to order another CD of this sermon so she can have one of her own to share. She says Pastor Doug presents the love of God in such a way that it reaches the heart. Thank you for providing such resources that we can share even with the faint of heart. *Michigan*

The *Inside Report* welcomes all correspondence regarding Amazing Facts. Letters and other materials may 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 today at testimonies@amazingfacts.org!**

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The Kings of PRIDE

by Pastor Doug Batchelor



An Amazing Fact:

Joshua Abraham Norton suffered from delusions of grandeur. He preferred to be called His Imperial Majesty Norton I, and in 1859, he proclaimed himself Emperor of the United States. Of course, people were amused by the grand claims of this pauper, but while he was generally considered a little insane, he ate for free at San Francisco's best restaurants and the city's newspapers published many of his proclamations — including an order to dissolve the U.S. Congress by force and the construction of a bridge across San Francisco Bay. His humor and deeds were celebrated not only in the city, but around the world. More than 30,000 people turned up for his memorial after his death in 1880.



Rudyard Kipling wrote the clever short story *The Man Who Would Be King*, a tale about two scheming 19th century friends. The former soldiers set off from British India in search of adventure — and ended up as kings in what is now part of Afghanistan. It's a fascinating study of how their rise to regal power slowly unleashes the latent pride in their hearts, changing their characters and dividing them as friends.

Most of us have heard the expression “power corrupts, and absolute power corrupts absolutely.” This is especially true for monarchs, who are exposed to the temptations of pride more than the average person. The Bible is replete with examples of men who would be king, and kings who wanted to be divine. In fact, we learn that sin entered our universe through the portal of pride ...

The Angel Who Would Be God

In Isaiah 14, we find a fascinating portrait of the first casualty of pride's poison. It's the story of how the devil became a devil.

Of course, we know that God did not create the devil. Rather, He created a dazzlingly beautiful angel named Lucifer, who was the highest of the cherubim, the leader of the heavenly choir, and the most intelligent and powerful of all the created beings.

But all of God's creatures are free to choose whom they will love and serve. Sadly, Lucifer made the toxic decision to choose himself over all others. He became hyper-narcissistic, enchanted by his own beauty. “How you are fallen from heaven, O Lucifer, son of the morning! ... For you have said in your heart: ‘I will ascend into heaven, I will exalt my throne above the stars of God; I will also sit on the mount of the congregation

On the farthest sides of the north; I will ascend above the heights of the clouds, I will be like the Most High’” (vs. 12, 13, NKJV, emphasis added). Lucifer clearly had “I” problems.

As the wayward angel spread his disaffection among the other angels, eventually God had to evict him from the courts of glory. But that wasn't the end of pride in God's creation. In fact, it was the first type of temptation that Lucifer, now better known as Satan, presented to Adam and Eve. He told them that if they would merely eat the forbidden fruit, their eyes would be opened and they would be like God, implanting in their hearts and minds his own arrogant desires. And it worked.

Ultimately, pride is a form of idolatry — making ourselves an object of worship. The proud aspirations of the devil throughout the great controversy all revolve around “me, myself, and I.”



And in Ezekiel 28, we find a few more details on the many facets of pride that led to Lucifer's fall — pride of power, position, possession, intelligence, appearance, and more. The chapter should be a wake-up call to Christians in the final era of human history, because these selfish characteristics still contribute to the fall of those who eventually grieve away the Spirit of the Lord. Indeed, pride is the invisible dragnet with which the devil captures the most confident of God's people.

The Pride of Power

"Thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire" (Ezekiel 28:14). The Bible spends a lot of time on kings who were overcome with pride in their own power, which gives the one who wields it incredible attention and adoration, feeding selfishness to no end.

Nebuchadnezzar struggled with this particular pride problem. At the zenith of his power, the great Babylonian king had a dream about a tree from which the whole world was fed and where every bird found a place to roost in its branches. Later he watches the tree being cut down, and the worried king seeks an interpretation. The prophet Daniel informs Nebuchadnezzar that the monarch is the tree who will be cut down. Daniel advises him to turn from his sinful ways, live righteously, and show mercy on the poor.

Convicted by the prophet, Nebuchadnezzar manages to humble himself — for a while. As Babylon continued to grow in prosperity, as his armies continued to win battles, as all his building projects came to fruition, one day the king walked out onto one of his palatial balconies to take in the glorious vista of his kingdom. He proclaimed, "Is not this great Babylon, that I have built for the house of the kingdom by the might of my power, and for the honour of my majesty?" (Daniel 4:30).

Sounds like the devil, doesn't it? He took irresponsible credit for everything over which he was given reign. God took this precise moment in time to send a striking judgment on

the prideful king. "While the word was in the king's mouth, there fell a voice from heaven, saying, O king Nebuchadnezzar, to thee it is spoken;

The kingdom is departed from thee" (v. 31).

What follows is quite amazing. For seven years, God took away the king's wisdom, intelligence, and power. Nebuchadnezzar became like a brute animal, going around on his hands and knees. His advisers didn't know what to do with him. Fearing this might destabilize the kingdom, they refused to declare the situation to the kingdom's citizens and released him to pasture in the royal gardens where he went around eating grass like an ox.

After seven years, God had mercy and restored Nebuchadnezzar's wits. But the lesson is as clear as the story of the devil in Ezekiel: God is the one who deserves our praise, no matter how much power we possess in this world. When God gives

us the ability to influence others, we shouldn't treat it as if we did it all on our own. We should use that power

with deep humility. Because of his pride, Nebuchadnezzar lost everything. Pride can also bring Christians to a place where we lose our access to the kingdom of God, just as it did with the devil.

Pride in Position

"Thou art the anointed cherub that covereth; and I have set thee so" (Ezekiel 28:14). Some people grow proud of their position at work and in life. It is part of the same myriad of issues the devil struggled with before he had to be cast out of heaven. Haman in the book of Esther provides another prime example of self-destructive pride on display in the Bible.

The mighty Xerxes of Persia learned that a Jew named Mordecai had saved his life from an assassination plot. Xerxes wanted to honor Mordecai, but Haman, who had recently received a promotion of high honor from the king, had become angry with Mordecai because the devout Jew would not bow

before the haughty noble. Haman became so angry, in fact, that he wanted to kill all the Jews in the land.

As Haman's inflated pride continued to fester, he bragged to his friends "of the glory of his riches, and the multitude of his children, and all the things wherein the king had promoted him, and how he had advanced him above the princes and servants of the king" (Esther 5:11).

So when Mordecai continued to refuse to show Haman reverence, the noble flipped his lid. He presumptuously decided to build a gallows from which to hang Mordecai, certain that Xerxes would give him permission because of his own high royal standing. Yet before he could ask the king for permission, Xerxes asks Haman, "What should be done for the man the king delights to honor?"

Pride, a distorted mirror that obstructs clear thinking and reason, allowed Haman to see only himself. Filled with conceit, "Haman thought in his heart, 'Whom would the king delight to honor more than me?'" (Esther 6:6 NKJV). The noble quickly devised the most extravagant procession he could think of for himself — riding on the king's horse, in the king's robes, with the king's crown upon his head, parading up and down the city streets for all to honor. Jesus said, "Out of the abundance of the heart the mouth speaks," and this couldn't be truer for Haman, who speaks as if he wanted desperately to be the king.

Well, can you imagine Haman's shock with what followed: "The king said to Haman, Make haste ... as thou hast said, and do even so to Mordecai the Jew. ... Let nothing fail of all that thou hast spoken" (v. 10). Haman was commanded to honor the man his

pride so desperately wanted to murder.

The Bible says, "When pride cometh, then cometh shame" (Proverbs 11:2). The story of Haman is a great example of the ultimate payout of pride. He was hung on the gallows he had built for Mordecai.

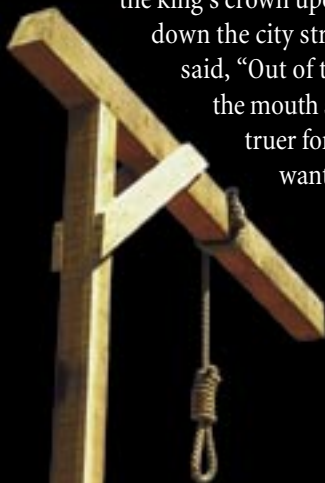
This pride of position even infected those closest to Jesus. In Mark 9, we find the disciples arguing about which one of them will be greatest in Jesus' kingdom. It was as if they had never heard one of Jesus' most powerful lessons to them: "He who is greatest among you shall be your servant. And who ever exalts himself will be humbled, and he who humbles himself will be exalted" (Matthew 23:11, 12 NKJV).

If you exalt yourself, striving for position and honor, you will be humbled by God. If you humble yourself, God will find a way to exalt you, in this life or the one to come in eternity. Do you feel as though you've been passed over at your job because of favoritism rather than skill? Don't let it bother you. Be content to serve where God has put you. Christ in His time will lift you up.

Spiritual Pride

Spiritual pride is a hidden pit in which many unsuspecting Christians have fallen. It is especially insidious because it masquerades as virtue. The Old Testament King Uzziah was generally a good ruler, but he fell through religious pride. He thought he deserved the same privileges as the priests. King Saul also lost his kingdom after usurping the responsibilities of the priesthood.

Jesus addressed this fatal flaw in one of His most familiar parables. "Two men went up into the temple to pray; the one a Pharisee, and the other a publican" (Luke 18:10). Here Jesus contrasts two people who belong to the same church.



“When pride cometh,
then cometh shame.”

Proverbs 11:2

In Jesus’ time, the Pharisees were deeply respected for their religiousness, while the publicans were regarded as outcasts.

In the parable, the “Pharisee stood and prayed thus . . . God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess,” while the “publican, standing afar off, would not lift up so much as his eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner” (Luke 18:11–13).

According to Jesus, it was the humble publican who went home justified (Luke 18:14). You see, the Pharisee was proud of his good works, believing that his spiritual deeds earned him standing and acceptance before God. But the publican had simple trust in God’s mercy. The publican is forgiven, but the Pharisee isn’t. We can’t miss that lesson if we want to grow in Christ.

Spiritual pride is deadly — and it is the bane of the Laodicean church. When a person or church says, “I am rich and increased with goods,” that’s nothing more than selfish spiritual pride. And God has something to say about that. He says that we’re really “poor and wretched and blind and naked and don’t know it.” The more spiritually proud you become, the more spiritually poor you are. But those who recognize and admit their sorry spiritual state in life, who know they can be saved only by the grace of Christ, have an advantage in their humility. Jesus promises them, “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

In the classic *Christ’s Object Lessons*, by Ellen White, we learn “The evil that led to Peter’s fall and that shut out the Pharisee from communion with God is proving the ruin of thousands today. There is nothing so offensive to God or so dangerous to the human soul as pride and self-sufficiency. Of all sins it is the most hopeless, the most incurable” (p. 154).

Spiritual pride is really the sickest form of pride. The Pharisees were suggesting through their actions that they were serving the Lord. But they were really serving the devil’s spirit, because he is the one who gave them that proud spirit.

That’s why Jesus said, “Beware of the scribes, which love to go in long clothing, and love salutations in the marketplaces, And the chief seats in the synagogues, and the uppermost rooms at feasts: Which devour widows’ houses, and for a pretence make long prayers” (Mark 12:38 – 40). These men, says Jesus, will receive even greater condemnation because of their unchecked pride.

Are you encumbered with spiritual pride? Are you proud of your knowledge of Bible doctrines? Do you go to church mocking those who don’t go the same day as you? Be warned of the spirit of your heart and the reasons why you do religious things. Pride is the seed that Satan planted to get Jesus nailed to the cross. In Mark 15, we’re told, “Pilate answered them [the Jewish leadership], saying, ‘Do you want me to release to you the King of the Jews?’ For he knew that the chief priests had handed Him over because of envy” (vs. 9, 10 NKJV). It offended their pride that Jesus threatened their prominence among the people, so they killed Him.

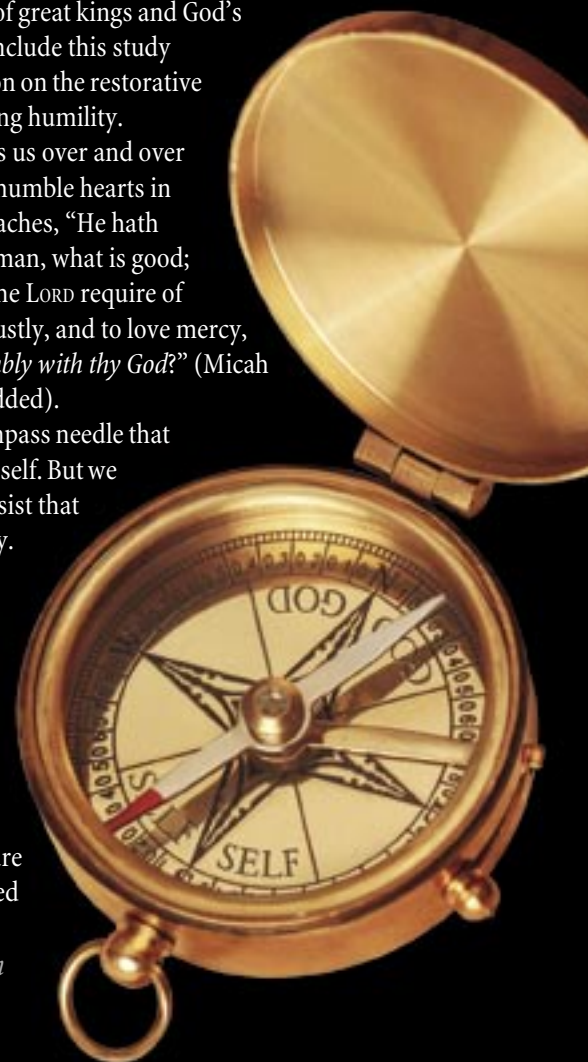
The Power of Humility

We’ve examined the destructive power of pride in the life of great kings and God’s people. Let’s conclude this study with a little lesson on the restorative power of choosing humility.

The Bible tells us over and over that God wants humble hearts in His people. It teaches, “He hath shewed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, *and to walk humbly with thy God?*” (Micah 6:8, emphasis added).

Pride is a compass needle that always points to self. But we can choose to resist that natural tendency. Through God’s Spirit, we can choose to be humble. The Bible doesn’t say we should ask God to humble us; instead, we are repeatedly invited

*Continued on
page 26.*





WILLS & TRUSTS

SIMPLE PLANNING FOR YOUR FUTURE AND GOD'S KINGDOM

Do you need to make a will or trust to secure your assets for your loves ones and the charitable causes closest to your heart? Do you believe in the end-time work being accomplished through Amazing Facts?

Then it might be time for you to take care of important unfinished business while you still can. Of course, you can't give everything you have to God, because He keeps giving more and more to sustain you all the time. But when our time on earth is done, we no longer have need of anything. And now is the right time to prepare for your future, your family's future, and the future of God's end-time work with a will or trust through Amazing Facts.

At Amazing Facts, we have close relationships with attorneys all across America who can help draft estate planning documents on your behalf. And you can expect a quick and simple process tailored to your specific needs ...

- When you call Amazing Facts about a will or trust, we'll put you in touch with a trustworthy attorney who will help you answer important questions about your financial goals.
- Upon completion of those questions, the documents are drafted by the attorney.
- These estate planning documents are then reviewed by you *and* our experts at Amazing Facts.
- We'll discuss with you any necessary changes and create a final draft for you to sign.
- Finally, you can be sure that your desires for your estate will be followed, your loved ones will be taken care of, and the gospel message will go forward because of your compassion!

It's that simple! So start by contacting the Planned Giving Department at Amazing Facts if the Lord has placed a conviction on your heart to prepare your estate plan. We're here to help you!

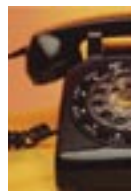
ANNUITY INFORMATION

Single Life Rate of Return

AGE	RATE
55	5.5%
60	5.7%
65	6.0%
70	6.5%
75	7.1%
80	8.0%
85	9.5%
90	11.3%

* NOTICE *

The ACGA Rates Committee will lower annuity rates effective July 1, 2008! If you are considering a gift annuity, we recommend you fund it prior to the end of June to benefit from the current higher rates. Thank you!



Call our estate planning associates Dan Storkamp and Mark Teh; or Judy Schachten, administrative assistant, at 1-800-436-2695, ext. 8. You can also email dans@amazingfacts.org or write to: P.O. Box 1058 • Roseville, CA 95678.

Minimum Gift Amounts: Single-Life: \$5,000 / Two-Life: \$10,000

NEWS NOTES

Amazing Facts, Weimar Institute Unite

Syn-er-gy (sîn¹er-jè): 1. The interaction of two or more agents or forces so that their combined effect is greater than the sum of their individual effects. 2. Cooperative interaction among groups, that creates an enhanced combined effect.

Located just east of Amazing Facts in the beautiful Sierra foothills is the 450-acre campus of Weimar Institute of Health and Education. For more than 30 years, Weimar has provided healing to thousands through the world-renowned NEWSTART® health program. The campus is also home to Weimar College and Weimar Academy.

After two years of heartfelt prayer, study, and leading of the Lord, the international media ministry of Amazing Facts has joined with Weimar in a powerful new venture that will significantly strengthen our primary missions of proclamation, education, and healing.

According to Pastor Doug, “Both ministries are thrilled about this new opportunity. Not only will it help us more efficiently use the precious resources entrusted to us by God, it empowers us to follow more effectively the outline of evangelism that Christ taught.”

Matthew 9:35 provides this example: “Jesus went about all the cities and villages, *teaching* in their synagogues, *preaching* the gospel of the kingdom, and *healing* every sickness and every disease among the people” (emphasis added).

In the past, neither Amazing Facts nor Weimar Institute was positioned on its own to proclaim the complete three angels’ messages according to this model. But this powerful new union now possesses all the elements of Christ’s method of communicating the good news to the world.

Following Christ’s Mission and Method

Christ loved people so much, He left His throne in heaven to come to the earth. He desired to reach people in every corner of the world — yet He never neglected the personal, healing touch focused on an individual soul.

In short, Christ taught (education), preached (proclamation), and healed (restoration). It was this powerful blend of outreach that brought people to worship (adoration) Him. As a result, they went everywhere sharing the good news of the gospel.



An acronym that encapsulates the four-part ministry of Christ and the people’s response is *REAP*. Each of these letters summarizes the key concepts found in the Matthew 9:35 — Restoration, Education, Adoration, and Proclamation. This is the aim of Amazing Facts, and now with

Weimar Institute, God has opened the door to fully enable us to help finish the end-time work.

United, We Stand

Ellen White wrote, “The workers engaged in educational lines, in ministerial lines, and in medical missionary lines, *must stand as a unit*, all laboring under the supervision of God, *one helping the other, each blessing each* (*Counsels on Health*, p. 394, emphasis added).

Thus the most effective way for Amazing Facts and Weimar Institute to employ REAP is to combine our individual expertise, joining the hand of restoration with the hand of proclamation and teaching.

Pastor Doug explains, “Amazing Facts already has the capacity to reach millions by what God has done through us for more than 40 years. But now we can grow that capacity exponentially by offering the tender, physical healing touch of Christ, which will help people see that the Bible can utterly change their lives in every way possible, here on earth and for eternity.”

Amazing Facts hopes this new venture with Weimar Institute will send reverberations through the entire church, calling them to join hands in these last days.

God Shows the Way

Not only did Amazing Facts not have the human resources to significantly expand and reposition our ministry mission to include an expansive health program, raising the funds to create our own infrastructure would have been extremely expensive.

That’s why we praise God for this opportunity to expand our impact and mission. At this time, many details remain to be worked out, but we’ll keep you updated on the exciting new direction of health evangelism that is soon to come.

In the meantime, we ask you to join us in prayer — that this new association will be used to expand God’s kingdom.

Want more ministry news? Get it at AmazingFacts.org!



BIBLE Answers



with Pastor Doug Batchelor

Q

Can you explain Hebrews 6:4–6? A friend has rejected his faith and backslidden deeply into the world. Does this mean he has no hope? Should we not try to persuade him to return to the fold?

A

It is extremely heartbreaking to see people we care about making decisions to sever themselves from church and abandon the truths of God’s Word. Many of us know people who — having been in the church for years, taking an active part in reaching the lost, and personally experiencing miraculous divine intervention in their lives — inexplicably walk away from God.

Can they be reclaimed in light of Hebrews 6:4–6?

Let’s take a fresh look at the verse in question; “For it is impossible for those who were once enlightened, and have tasted the heavenly gift, and have become partakers of the Holy Spirit, and have tasted the good word of God and the powers of the age to come, if they fall away, to renew them again to repentance, since they crucify again for themselves the Son of God, and put Him to an open shame” (NKJV).

Depending on how you look at it, this could certainly be a very difficult and very scary passage for anyone to read.

But first, I think this verse is reminding us of the sobering truth that it is possible for enlightened believers — those who have received the Holy Spirit — to fall away from their faith.

For instance, Balaam was a Spirit-filled prophet of God who sold out for money. “They have forsaken the right way and gone astray, following the way of Balaam . . . who loved the wages of unrighteousness” (2 Peter 2:15 NKJV).

We also learn in the first book of Samuel that King Saul was filled with the Spirit too, but he grieved it away through

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. You can also request a free program guide by phone or mail.

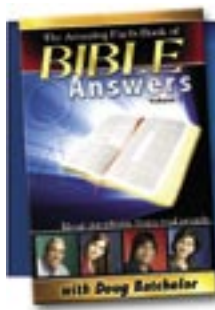
stubborn pride and rebellion until “the LORD did not answer him, either by dreams or by Urim or by the prophets” (1 Samuel 28:6 NKJV).

So the next big question is: When a real believer falls away, is it hopeless? Or can he return to the fold? We might simply answer this question by looking at the many case studies found in the Bible — regarding great men of faith like Jacob, Samson, David, Solomon, and Peter. Each of these souls listened to the devil for a time, but then they repented and returned to God to do wonderful things.

We also find a quick answer in Ezekiel 18:21: “If a wicked man turns from all his sins which he has committed, keeps all My statutes, and does what is lawful and right, he shall surely live; he shall not die” (NKJV).

Can a backslider repent and return to God for forgiveness and acceptance? We have just read a resounding yes! There are too many other verses we could cite in support of this, but here are just a few more: Jeremiah 3:22 promises, “Return, you backsliding children, And I will heal your backslidings” (NKJV). Hosea 6:1, 2 adds, “Come, and let us return to the LORD; For He has torn, but He will heal us; He has stricken, but He will bind us up. After two days He will revive us; On the third day He will raise us up, That we may live in His sight” (NKJV).

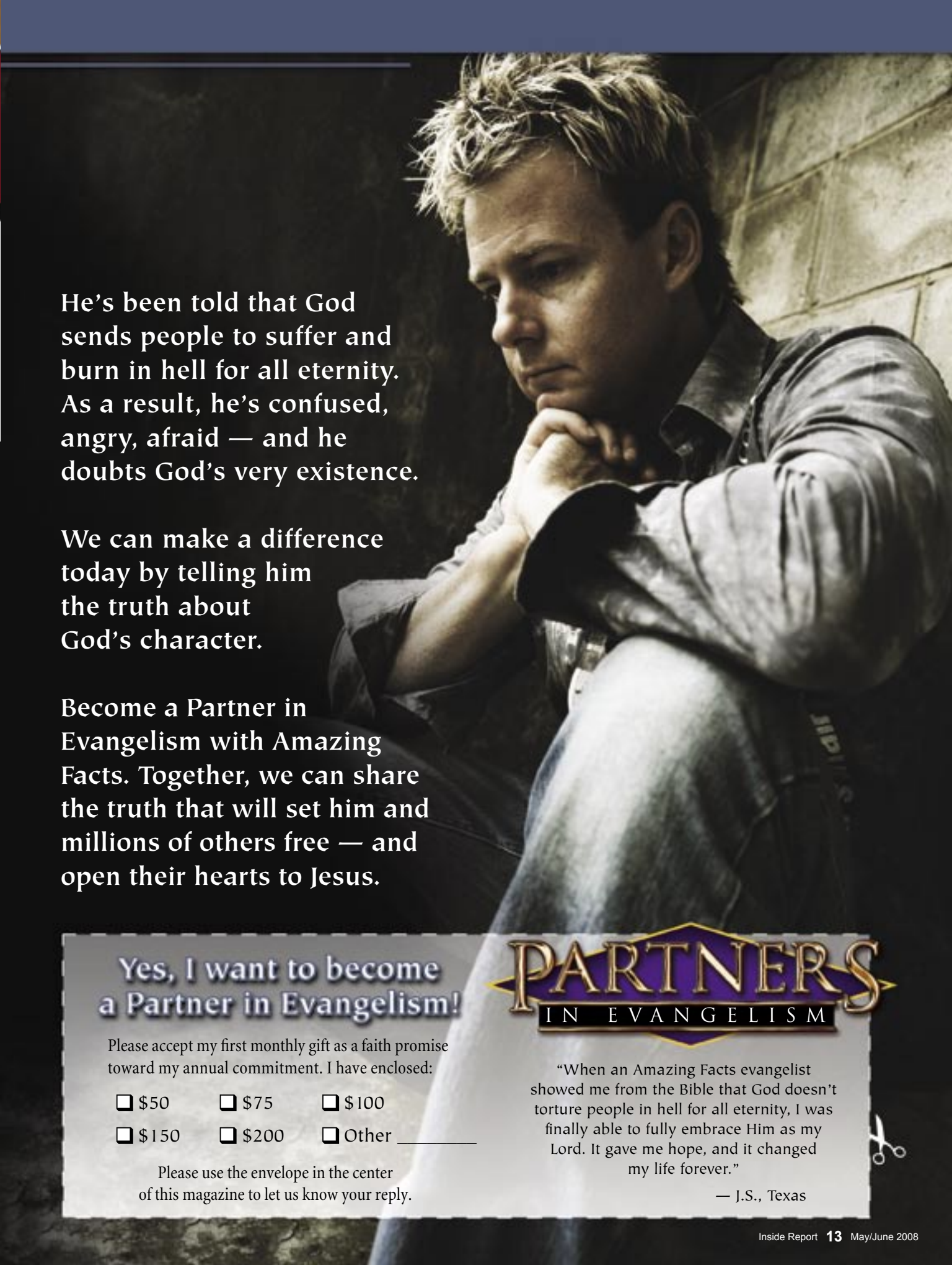
So what about Hebrews 6:4? We need to remember that this book is written to the Jewish nation, who had just been exposed to the wonderful truth that Jesus was their long-awaited Messiah. If they rejected the clear evidence of the Word and Holy Spirit regarding this precious truth, there was nothing more that God could do to convince them. This is what Jesus referred to when He said, “If they do not hear



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See ordering info on page 19.

Continued on page 25.



He's been told that God sends people to suffer and burn in hell for all eternity. As a result, he's confused, angry, afraid — and he doubts God's very existence.

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evangelist coordinator, at 509-684-9733
to schedule an Amazing Facts
evangelistic prophecy series or revival
weekend in your church!.

Doug Batchelor

September 12-20
Amazing Adventure
Richardson Church
Richardson, Texas

See
Page 5!

June 19-21 / Camp meeting
Prescott, Arizona

June 26 / Western Youth Conf.
Weimar, California

June 27, 28 / Camp meeting
Auburn, Washington

July 15-19 / Youth Conference
Gladstone, Oregon

July 25, 26 / Camp meeting
Soquel, California

July 28 - August 2
Camp meeting
Weott, California

Emanuel Baek

September 5 - October 11
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Grande Prairie, Alberta, Canada
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Darrin Bartell

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Yankton Church
Yankton, South Dakota
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July 18 - August 23
San Angelo Church
San Angelo, Texas
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September 5 - October 11
Ashland City Church
Ashland City, Tennessee
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Eric Flickinger

July 18 - August 23
East Mountain Church
Edgewood, New Mexico

September 5 - October 11
Rio Ranch Church
Albuquerque, New Mexico

Brian McMahon
October 11 - November 15
Asheville, North Carolina

Jason Morgan
July 25 - August 30
Las Cruces Central Church
Las Cruces, New Mexico
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September 5 - October 11
Los Lunas Church
Los Lunas, New Mexico
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Jack Pefley

June 2 - June 28
Dalhart Church
Dalhart, Texas
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August 25 - October 4
Weaverville Church
Weaverville, California
Call 530-623-4243 for details.

October 13 - November 15
Citrus Heights Church
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Call 916-723-7777 for details.

Jason Sliger
July 18 - August 23
Warrenton Church
Warrenton, Virginia
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September 5 - October 11
Highland Academy Church
Portland, Tennessee
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Dennis Priebe *Revivalist*

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Northwest Church, Texas
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May 30, 31
Guthrie Church, Texas
Call 405-282-7709 for details.

June 6, 7 — Tulsa Three Angels
Church, Oklahoma
Call 918-396-9160 for details.

June 13, 14
Decatur Church, Arizona
Call 479-381-5436 for details.

June 20, 21
Texarkana Church, Texas
Call 903-667-2820 for details.

June 27, 28
Shreveport First, Louisiana
Call 318-572-3059 for details.

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 to get exact times and locations!



Doug Batchelor



Emanuel Baek



Darrin Bartell



Eric Flickinger



Lowell Hargreaves



Brian McMahon



Jason Morgan



Jack Pefley



Dennis Priebe



Jason Sliger



Symbols with a black circle are detailed above. Symbols without it will be detailed in upcoming magazines as the dates draw closer. Check our website for more information, as not all locations are marked.

AFCOE

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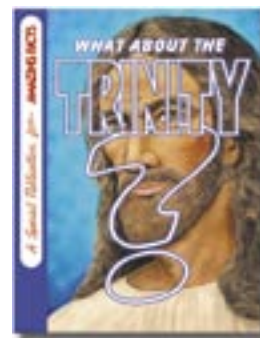
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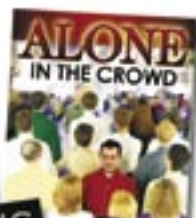
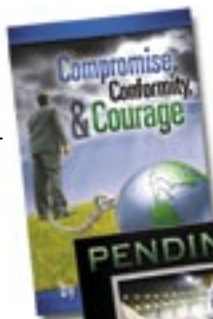
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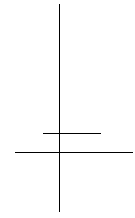
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God's Role for Women in Ministry

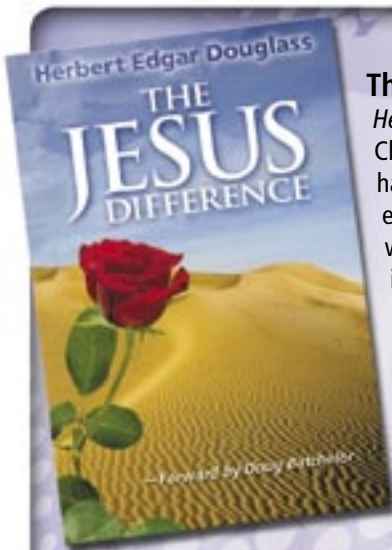
Doug Batchelor. Churches are struggling with how to reconcile the complex paradox concerning what the Bible says about women in ministry and what is culturally acceptable today. Pastor Doug now offers his straightforward and practical Bible-based analysis on the controversial subject. A must-read for every church member!

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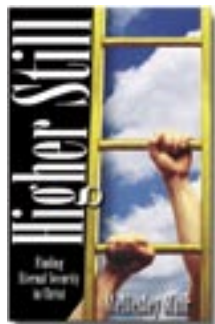
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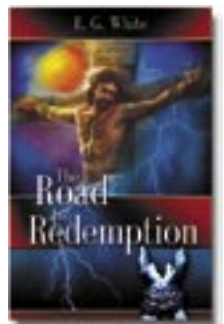
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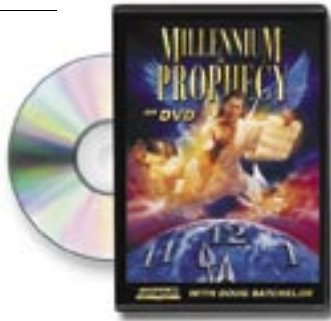
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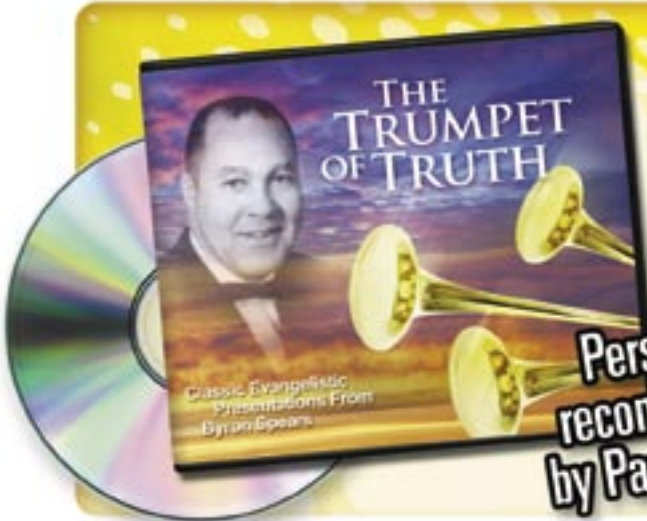
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CHINA

An Amazing Fact: *In August 2008, China will host the 29th Olympiad in Beijing. When they light the Olympic flame during the opening ceremonies with much fanfare, they will be recalling an ancient pagan ritual steeped in Greek mythology. But today, Amazing Facts is already carrying the torch of truth — Jesus Christ — into China and proclaiming the three angels' messages to one of the biggest and most difficult-to-reach mission fields on earth.*

With the help of courageous ministry partners like you, Amazing Facts is preparing to reach into communist China with a gospel blitz that will touch hundreds of millions of hearts.

The plan is simple and efficient. Says Pastor Doug, "After visiting China, I witnessed how effective the internet and DVDs can be in reaching the young population, opening an incredible doorway that we must step through before the opportunity closes."

Amazing Facts already has workers in China who will help develop special Chinese-language websites offering Bible schools and pocket books that explain end-time truth, transforming hearts and preparing Chinese Christians for the final events. These downloadable, printable, and easily copied resources will be a perfect way to evangelize and disciple.

We will also produce Chinese language DVDs, including *Final Events*, *Everlasting Gospel*, *Prophecy Code*, and more. These can be streamed online and copied to DVDs. Adds Pastor Doug, "These resources will be passed from one person to another, with each DVD planting a seed in the hearts of many other people, circulating the seeds of truth on an exponential scale."

Responding to the Vision

Amazing Facts is blessed with many faithful partners who give of their precious means to ensure that God's end-time work is accomplished whenever and wherever needed. Two such partners are businessman Lloyd Claycomb and his wife Karen, who have generously

Olympic-Sized Partnership for Hope

supported this major outreach with Olympic-sized blessings they have received from God through their construction businesses that span several states.

Explains Lloyd, "I'm thrilled that we can help fund the production of Christian witnessing resources to reach the people of China with Bible truth. With the sheer immensity of such a task and, most important, the huge potential to grow God's kingdom, I couldn't sit idly by and do nothing."



Pastor Doug says that the timing of their gift couldn't be better. "Right now, we have a breakthrough opportunity to reach the Chinese people with lasting hope. Living under religious oppression can put enormous stress on a soul, and families there are disintegrating because of a lack of biblical teaching. The people of China are hungry for a better way."



ASI Joins Hands: ASI has also generously offered an additional \$15,000 to support our work in China. Praise the Lord!

It's a hunger that Amazing Facts is uniquely positioned to satisfy. Adds Pastor Doug, "As today's rapidly evolving media environment creates new opportunities, we must be alert and on our toes to move forward with new outreaches in the best possible way."

We hope that many other partners like Lloyd and Karen will take up the call and be moved to support the China project and other Amazing Facts' outreaches with a sacrificial gift.

Reports From the Field

Because of religious oppression facing our workers in China, we will be unable to mention their names or locations in our reports. Says one worker, "The communist government has eyes and ears everywhere,


and missionaries are often sent home without the chance of ever returning because they were exposed by their own organizations!"

However, Amazing Facts will do our best to give you detailed reports about how the work is progressing in China. Right now, our team is on the ground to fully assess the current situation in China and speak with local church leadership and missionaries who

have lived and worked there for years. From these discussions and much prayer, the team is asking God to show them necessary changes to our current plans so that we can have the greatest impact. We're also searching for Chinese youth to join our team of translators and web-designers.

We ask that you pray for our workers, who will need divine wisdom in communicating with Amazing Facts and updating supporters with the project's progress.

Another challenge in the work is to ensure that we don't offend cultural sensibilities. While creating an understanding that all people are sinners and fall short of the glory of God,

Amazing Facts must avoid appearing as "knights in shining armor" coming to rescue a weak and ignorant population. We again ask for your prayers in reaching these precious people with the light of truth. 



Amazing Facts workers are in China now!

"For the daily baptism of the Spirit every worker should offer his petition to God. Companies of Christian workers should gather to ask for special help, for heavenly wisdom, that they may know how to plan and execute wisely. Especially should they pray that God will baptize His chosen ambassadors in mission fields with a rich measure of His Spirit" (*Acts of the Apostles*, p. 50).



Health Bite: As part of our China project, Amazing Facts will create Chinese-language websites that offer biblical health lessons. This alone will meet a real and growing need, as China's explosive economy is tending to change their nutritional habits to a more unhealthy, Westernized diet.



GOD MOVES AT AFCOE

By Wes Peppers, AFCOE Outreach Coordinator

Anyone who attends the Amazing Facts Center of Evangelism (AFCOE) rarely leaves the same person. When I attended in 2004, my life was radically changed — my love for Jesus and the truth grew more than I could have even imagined. And now the tools I learned to reach others for Jesus, I am now *teaching* at AFCOE.

But the spring class of 2008 encountered much more than just personal revival. Through their various trials at AFCOE, they understand much more what it means to “come to the *unity* of the faith” (Ephesians 4:13, emphasis added).

Some students experienced many personal struggles, including the death of relatives, health concerns, and financial burdens. If anything, these students truly know that Satan was not happy with their presence at AFCOE. This brought the group closer together, but there was something still missing to unify them as Christ desires for His workers.

Taking a Stand

The students’ class outreach project was done in Granite Bay, California, an affluent community that held true to its name — trying to reach it with the gospel was like trying to cut through granite! In the first weeks, students went door to door to offer a number of health and spiritual programs, including free Bible studies. Very few people responded, and the students were quite discouraged.

Yet all this was in God’s wisdom, because He desired to turn their *disappointment* into *divine appointments*. Student Tammy Steenson acted on an impression that God had laid on her heart for several weeks. In her words, “I had been sensing God’s voice calling me to take a stand in front of the class, but

I continually pushed it away. I was afraid, but the time came when I knew I had to stand for Him.”

Tammy spoke to the class about how much God had sacrificed for each one of them and that they needed to rely fully on His power while letting go of their own will. With tears streaming from her eyes, Tammy poured out her heart as the Holy Spirit moved upon each student.

For the next 30 minutes, the students were found on their knees, praying that God would give them a fresh experience with Him. Sins were put away, hearts were cleansed, and faith was renewed during this time of soul searching. Even the staff was affected, and we joined the students in prayer. It was a wonderful experience that I will not soon forget.

An around-the-clock prayer vigil was also established. Each hour, even in the middle of the night, a student would pray for the class, the people who accepted Bible studies, and the community of Granite Bay. Each morning the students gathered in a circle to pray together. Two students even took it upon themselves to pray all night together as Jesus did many times in His earthly life. As the night turned to dawn, they ended their prayers asking God to give them strength for the next day, as they had not slept at all. “We did not have any fatigue the next day. It was an incredible experience,” they reported, praising God.

When God Moves

The result of this revival was immediate and miraculous. At the same time, Don Mackintosh, director of AFCOE, was speaking during a convention in Sweden to local pastors and church members about the importance of health evangelism in a secular society. During one afternoon, several workers went

out into the city to invite people to health expos and prophecy meetings taking place in the evenings. Despite the challenge of heavy secularism, people came out in droves to hear the Bible messages! Several gave their hearts to God. Don directly associates this success with the prayers of students back at AFCOE. "I knew that God was working mightily here, because they were praying mightily back in California," he explains.

In just over two weeks, we saw similar results in Granite Bay. The people were friendlier and were much more receptive to spiritual things. There have been more opportunities to pray with families, and the total number of Bible studies has more than doubled! And the miraculous stories of God changing lives continues to be a powerful fuel that makes the students even more eager to share the gospel. As retired Navy officer and AFCOE student Jeff Thomas put it, "God gave me a greater love for others and a burning desire to see them in His kingdom."



The AFCOE class prays together.

In one instance, God directed student Dr. Diane Burnett to a divine appointment. A recently divorced woman raising nine children, not all her own, was moved as God used Diane to reach her heart. She was working nearly around the clock just to put food on the table. As Diane looked into the eyes of this tired yet determined young mother, she spoke about God's love for her family. She also shared that she recently lost her own daughter in a battle against cancer, but God used that tragedy in a mighty way to reach the hearts of thousands. Likewise, Diane assured that God would be guiding and protecting the woman's family as she raised her children to trust and follow the Lord.

What especially moved the woman was when Diane promised that 44 students would be praying for her during the 24-hour prayer circle. When Diane left to go on to the next home, the Holy Spirit pressed what was shared on the heart of the young woman. She ran out the door and down the street in tears of gratitude, thanking Diane for allowing God to use her. They are now doing studies together to discover more Bible truth!

The Experience of a Lifetime

Some of the most incredible AFCOE testimonies come from the impact of this chapter on the students' lives. They have come from all walks of life, but each has experienced God's power in their own hearts.

"God has given me a solemnity and heart-searching seriousness in my prayer and Bible study life that I did not have before." — David Steward, former District Attorney


"My life has been changed into one of constant purpose. Through hearing the voice of the Holy Spirit, I have realized that every day is an opportunity to cooperate with God to help in the salvation of others, whether family, friend, or stranger." — Alex Cowan, Engineer

"In my Bible studies, God has replaced my stammering, hesitant speech with convincing clarity and power. I once feared making appeals, but God has given me boldness to speak His Word." — Diane Billings, teacher in Great Britain

"God has been building my faith and dependence on Him each day, and I have grown so much in my time here at AFCOE." — Kieran Trezona, 17-year-old student from New Zealand

Friend, what is your prayer life like? Is it fluttering and failing as it was for the students when they first arrived at AFCOE? Or are you engaged in deep, refreshing spiritual communion with Jesus each day as the students are now?

Whatever the case, you need to know that God wants desperately to spend time with you each day. He eagerly sits on the edge of His throne waiting to hear from you. But one day soon, our prayers will be turned into face-to-face communion with Him!

Is that your desire? I know it is for 44 AFCOE students, who also desire to make knowing God a reality for Granite Bay and wherever they go from here. Are you sensing a need to walk closer with Jesus and share Him with others? Perhaps you should pray and consider attending our four-month or one-week AFCOE to Go program. For more information, go to www.afcoe.org or call 916-209-7249 today! 

www.afcoe.org

Volunteer Partnerships

ARE CHANGING LIVES

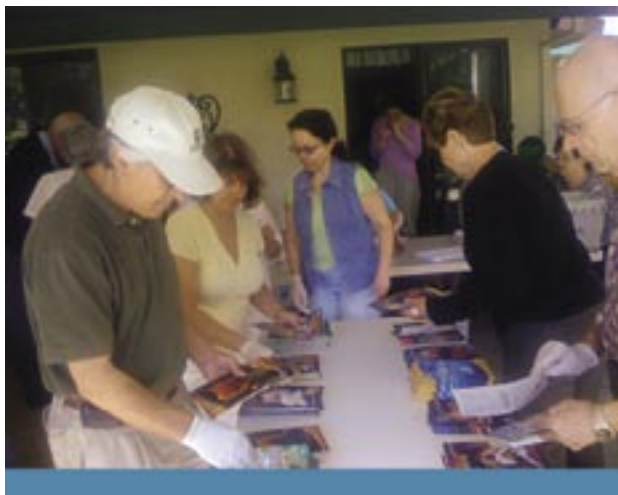


Amazing Facts relies on the faithful financial support of people like you to reach millions of lives with Bible truth every year. But we also count on other ways to get the truth into the hands of people all around the world. Here are just a few ways that volunteer partnerships are making a powerful impact for God's kingdom. Our first story comes from Richard Kollenberg ...

This picture-perfect Sunday morning in April at the home of Bill and Martha Thesman began where it should have — in the kitchen — as the hosts prepared a healthy vegetarian breakfast for 30-plus eager envelope stuffers.

But Amazing Facts Bible Study Guide collating and envelope stuffing was the order of the day, as the Lincoln Amazing Grace Church in California volunteered to help Amazing Facts get caught up on some serious Bible Study Guide orders.

After breakfast was served on the back patio, the fun began at 9 A.M. sharp in the Thesman's garage. Volunteers of all ages set out circling the tables, where lessons were sorted, and began collating them into Bible study packets. The beginning lesson set (#1–14) and advanced lesson set (#15–27) were then placed in cartons to be taken back to the Amazing Facts office, where they would be distributed the following week, temporarily filling the never-ending demand for Amazing Facts Bible studies.



The group tied their old mark of preparing and packaging 1,500 study sets in less than 2 hours! “All in all, it was a great day and brought more unity to our church and a real sense of closeness as we were able to definitely fill a need,” says Martha.

And Amazing Facts gives the good people at Amazing Grace Church a great big thank you! Without such committed people willing to do the Lord's work, we simply couldn't do all He has placed on our hearts! Now here's another awesome example of ministry friends doing a wonderful work ...

Tennessee Flea Market Evangelism

Amazing Facts' faithful friends Wayne and Helen Phibbs run a booth at two different flea markets in Tennessee. Every weekend, these two soul-winners are giving out Amazing Facts' books and videos to anyone who is interested! The two intrepid local missionaries, along with another pal, each fund the operation with their own money. Together they have handed out thousands of free materials over the years. They are doing a great work and are an example of how we can reach others with Bible truth in the most unlikely places.

Plus, we want to tell you about Joe and Brenda Sears, who are running Amazing Facts evangelism booths in Sweetwater, Seiverville (near Gatlinburg), Pigeon Forge, and Crossville, Tennessee. They've been doing this work for more than 10 years, giving away Amazing Facts Bible studies, CDs, and DVDs. Says Brenda, “We just praise the Lord He has provided the means for us to continue this work. Some of your materials have gone not just locally, but across the nation and across the oceans. People just stop by the market while on vacation! We are so thankful to God for your diligent work and His continued support so we can put His message in people's hands that might otherwise not hear God's offer of salvation.”

continued BIBLE Answers

Continued from page 12.

Moses and the prophets, neither will they be persuaded though one rise from the dead” (Luke 16:31 NKJV). In other words, if we reject Jesus and the Holy Spirit after knowing them, we are turning away from the best that God has to offer us. There is nothing better He can send to convince us to follow His Word.

This truth is borne out more fully a little later in Hebrews: “For if we sin willfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, but a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries” (Hebrews 10:26, 27). God cannot save us from continuing in willful sin and rejection of the Holy Spirit.

But when a backslider repents of his sins, will God simply reject him? Or can he still be saved? The straight answer is don’t give up on your friend. Always remember the prideful prodigal son, who went to live with the world for a time. The Lord humbled him, and he returned to his father’s house. Likewise, the Lord is saying that your wandering friends can return to the grace of the Lord.

What can you do? Here are three things:

First, his stubborn will must be softened by prayer if he is going to re-open his heart to God’s truth again. Pray that he will be touched by the Holy Spirit, and that you will be given opportunities to show him how much you still care about him despite any bad decisions he has made.

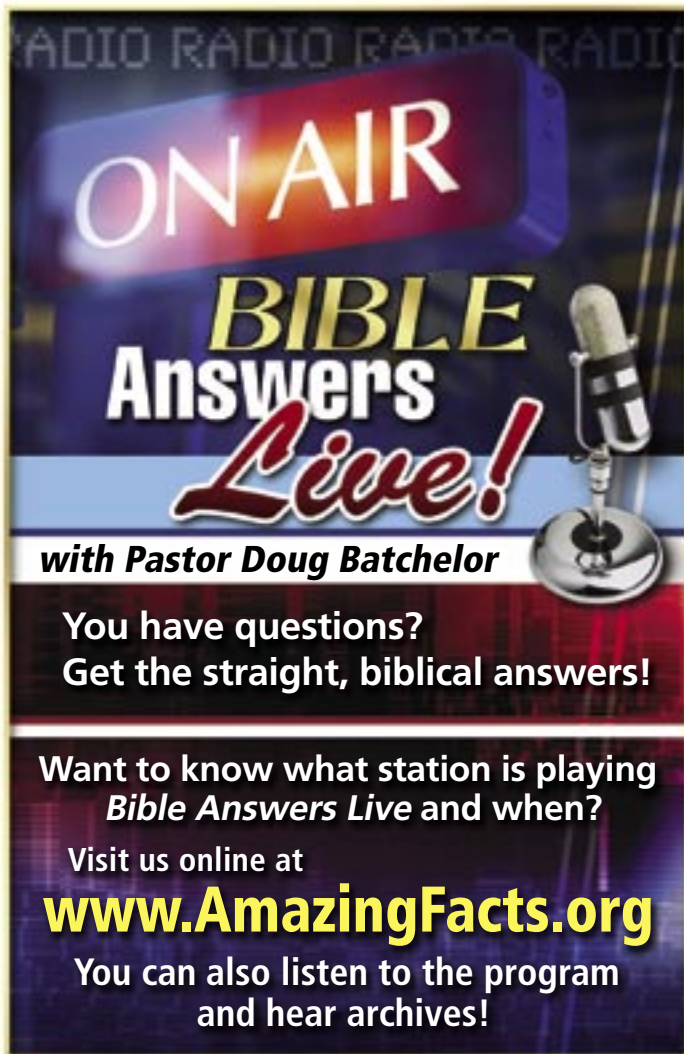
Second, when and if he is willing, share information. You might consider ordering my book *Advindication*, which deals with the five main pillars of our faith. We have many other resources you can use to help people realize that they have wandered from the path of salvation.

And finally, be a good example.

Have faith — and trust in the goodness of the Lord. At *Amazing Facts*, we thrill at all the testimonies of lost sheep returning to the fold and praise our heavenly Father for His mercy and longsuffering toward all of us. It is possible for your friend to find his first love again.

Finally, I want to leave you with this inspiring message from one of my favorite Christian commentators:

“Arise and go to your Father. He will meet you a great way off. If you take even one step toward Him in repentance, He will hasten to enfold you in His arms of infinite love. His ear is open to the cry of the contrite soul. The very first reaching out of the heart after God is known to Him. Never a prayer is offered, however faltering, never a tear is shed, however secret, never a sincere desire after God is cherished, however feeble, but the Spirit of God goes forth to meet it. Even before the prayer is uttered or the yearning of the heart made known, grace from Christ goes forth to meet the grace that is working upon the human soul” (*Christ’s Object Lessons*, p. 206). —



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Continued from page 9.

to humble ourselves (2 Chronicles 7:14). God can certainly find ways of bringing you back down to earth, and He will because He loves you. But that doesn't mean you will humble yourself: Plague after plague fell upon Pharaoh and his people, but the selfish leader would not humble himself to save anyone, even his own son.

I hope to live and reign with Christ someday, but that's never going to happen unless I choose to embrace humility now, like Moses chose when he was alive. It is said about this unique prophet, "The man Moses was very meek, above all the men who were on the face of the earth" (Numbers 12:3).

That's quite extraordinary considering he had the opportunity to live in the palaces of Egypt. Moses could have been a proud king. He could have had the whole world bowing down before him; he could have been looking upon the pyramids when they were still glistening with gold in the sun. Yet he humbly walked away from it because he wanted to serve God.

Guess where he is now? He's in the presence of Christ, one of the select few already living in heaven. That's better than being an embalmed pharaoh surrounded by dusty artifacts. And it's all because Moses humbled himself so that the Lord could lift him up. We need to realize our true status if God is going to transform us from a worm to a butterfly.

Be Like Christ


The contrasting examples of Pharaoh's pride and Moses' meekness are a symbol of Lucifer and Jesus. And each one of us must choose to imitate the traits of one or the other. So here is a final unfailing principle you should know: God most exalts those who are most humble and humbles those who are most proud.

Who is going to receive the greatest humiliation on judgment day? Satan, because he wants to be God. He exalted himself more than any other being in creation; therefore, he is going to be humbled more than any other. He who walked next to the

Almighty among glistening precious gems is going to be thrown into the lake of fire. It is the biggest demotion in history. He wanted to go from creation to creator; he's going to experience the opposite.

Who humbled himself the most? Jesus, because He stepped down from His heavenly throne into the pit of humiliation and death out of love for His creation. Jesus was the Creator becoming the creation. Jesus "humbled Himself and became obedient to the point of death. . . . Therefore God also has highly exalted Him and given

Him the name which is above every name" (Philippians 2:8, 9).

These primary characters of Jesus and of Lucifer are at war within us all. Never are you more like the devil than when you are proud. Never are you more like Jesus than when you're humble, because that was one of the greatest demonstrations of His character on the cross. We each are going to copy one of these two models in our lives. For your sake and for the sake of God's kingdom, choose humility today and ask God to help you. 



TV AND RADIO BROADCAST SCHEDULE

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TV



You can also enjoy every Amazing Facts television and radio broadcast at www.AmazingFacts.org anytime, day or night!



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

MAY 4

ELIJAH'S RETURN

Explore the depths of baptism in a whole new light as you trace the ministry of John, who came "in the spirit and power of Elijah ... to make ready for the Lord a people prepared for him" (Luke 1:17).

MAY 11

ARMAGEDDON COUNTDOWN

Open up the fascinating pages of the Bible to discover just how close we really are to the end of this age — and how you can be ready to meet Jesus in the clouds!

MAY 18 AND MAY 25

WHAT IS THE MAIN THING, PT. 1 & 2

You've heard it said that we should always keep "the main thing the main thing." How does this morsel of wisdom apply to you and your Christian experience as you await a future in paradise?

JUNE 1

THE TWO GREAT MOTIVES

What is your real motivation for following Christ? It's not always clear. So discover how to look inside your own heart and learn to follow Jesus' heart rather than your own.

JUNE 8

THE CARE AND FEEDING OF YOUR CONSCIENCE

Finally! Get practical, biblical advice you can actually use to determine what things Christians should allow and what they should refuse in their everyday lives.

JUNE 15

THE ABIDING VINE

Draw closer to Christ and refine your relationship with Him in this inspirational and revealing study about His insightful words, "I am the vine and ye are the branches."

JUNE 22 AND JUNE 29

CONFUSION IN THE CEMETERY, PT. 1 & 2

For centuries, Christians have been living in confusion about the afterlife. Learn why this is a crucial subject today and get the Bible facts about what *really* happens when we die.

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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.

Be a witness! Let a friend know about our programs and pray that the Holy Spirit will touch their hearts!

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In Loving Memory of

Thomas Abston from Dorothy Park
S.L. (Buck) Alvarez from Jane Alvarez, his wife
Ken Andrew from Margaret Keiser
Michael and Anna from Robert Frank
Homer Arvin from Cora, his wife

A

Arthur Bader from Ethel Bader, his wife; from Dan and Fran Smith, son-in-law and daughter and grandchildren; from Evan and Emily Smith

Helen Beach from Martha Beatriz Lopez

Darrell Beaudoin from Troy Davis

Audrey Bechthold from Agatha Janzen

Ruth Billman from Rebekah Bissell

June Blue from Clarence Blue, her husband; from her children; from Bonnie, Gary, and Virginia Byers, her sister, nephew, and niece; from Florida Senate Bill Drafting and Engrossing Staff; from David Hanon; from Gloria Lacey; from Johan and Floreen Leland; from Frank and Avanelle Sherrill; from Sandra Townsell; from Patrick and Gloria Williams

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B

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Henry Carruba from Lu Ann Crews

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Lois Cox from Herbert and Debbie Cox

Seth Cox from Herbert and Debbie Cox, his parents

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G

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from Charlotte Harris, his sister-in-law

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Bill Zima Jr. from Patricia Zima, his mother

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Rosalie Donato from Arnold Donato

Mark and Michelle Felts from Connie Smith

Jay and Eileen Lantry from Frank English

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Lus Emilia Soto from Brenda Soto

David and Faith Suchora from Sandra Suchora

Happy Anniversary to

Erin Treford-Foon from Randy Foon

Happy Birthday to

Yan Nan Sarah Pearl Anderson from J. Michael Beaumont

Sylvia Brooks from Sara Carpenter

Jaime Duarte from Marta Francisco

Florence Grose from Jeanette Rau

Guadalupe Guerrero from Philip and Ursula Guerrero

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Lee Welch from Brenda Welch

Marriage

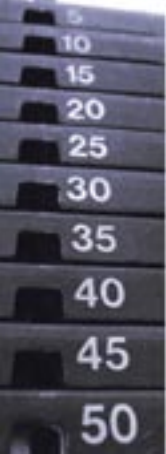
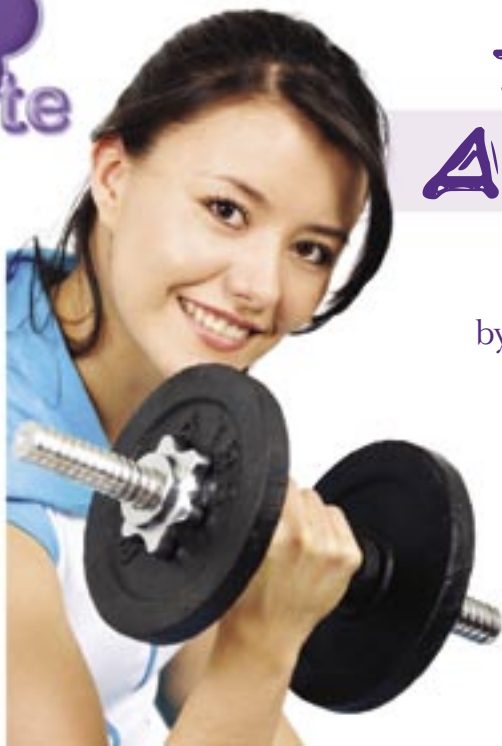
Danilo Garcia from Christine Garcia

Donald Ross from Nancy Ross

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.

THE BEST ANTI-AGING MEDICINE

by Emily Thomsen, Wellness Coach



muscle you have, the more calories you burn — even when just sitting around! Regular strength training also aids in lowering blood sugar, blood pressure, and cholesterol; boosts the immune system; and reduces risk of osteoporosis. In fact, weak muscles are often as much a contributor to osteoporosis as are dietary causes. It even reduces your risk of injury, because muscles tend to work as shock absorbers. For seniors, maintaining muscle mass means staying independent longer.

Put simply, strength training uses resistance exercise to build muscle. The American College of Sports Medicine recommends:

- one to two sets
- of 8 to 12 repetitions
- of 8 to 10 different exercises for all the major muscle groups
- two to three times per week.



Your muscles need a two- to three-minute rest between each set. Additionally, with the exception of abdominals, allow your muscles to rest for at least 48 hours between strength training workouts.

Your goal dictates the number of reps you should do: If you want bulk, lift heavier weights and perform only six to eight reps. If you simply want to tone, do 10 to 12 reps of lighter weight. Your weight is heavy enough if the last rep is difficult to perform.

Your strength training routine needs to be *progressive*. In other words, when the twelfth rep becomes easy to perform, add two to five pounds. You will not continue to improve unless you force your muscles to adapt to a new level. Doing the same routine over and over again, year after year, will ensure a lack of progress. Instead, change your program every four to six weeks.

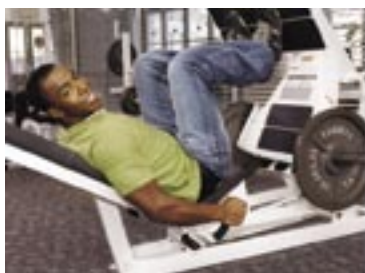
Adding variety will also keep your body from adapting too quickly. If you use the machines at the gym one day, use free

Most people think that aging and lower metabolism go hand-in-hand. However, a lower metabolism is primarily the result of decreased activity and lost muscle mass — not just another birthday candle on the cake.

Unless you make an effort to maintain it, you will lose about five percent of your muscle mass per decade — as much as five to seven pounds! Unfortunately, fat replaces those pounds. Even if your diet doesn't change, if you're not actively building muscle, your body will store more fat as you age because the calories that used to be burned up by your muscles are now being stored as fat. This leads to a common scenario, especially for middle-aged women: "overfat" but not overweight.


Body composition is expressed as a percentage of fat mass in relation to the rest of body mass — muscles, bones, organs, etc. It's quite possible to be at your ideal weight and still have a high percentage of body fat. While vitally important for fat-burning and heart health, aerobic exercise has little or no effect on muscle mass. In contrast, strength training increases muscle mass and will markedly delay the loss that naturally occurs with age.

Strength training can enhance self-esteem and super-charge a weight loss program. Muscle is more metabolically active than fat. In other words, the more




weights the next. Many people don't strength train because they think it requires the expensive, fancy equipment you see in gyms. Not so! Simple sit-ups, pushups, lunges, and squats are strength training exercises. In addition, sporting goods stores sell numerous types of equipment, such as stretchy bands and hand weights, that can easily be used at home and or even when traveling.

When strength training, never use fast or jerky movements. Always lift slowly and breathe out as you lift the weight; breathe in as you lower it. Lift to a count of two, lower to a count of three or four. If you have never strength trained before, consider consulting with a certified fitness professional to learn proper form and appropriate exercises for your level before beginning.

Be warned that when you first begin strength training, you may lose inches but actually gain weight. Muscle weighs more than fat, so even as your body composition changes the scale may not reflect that change at first. Keep on — you will see results! 

Major Muscle Groups		Corresponding Exercise (without equipment)
Pectorals	Chest	Pushups
Deltoids	Shoulders	Laterally raising arms
Biceps	Front of the upper arm	Pushups, pull-ups
Triceps	Back of the upper arm	Pushups, dips
Abdominals	Stomach	Crunches, sit-ups
Back	Upper, lower & mid-back	Rowing, back extension
Gluteals	Hips/buttocks	Squats, lunges
Quadriceps	Front of the thigh	Squats, lunges
Hamstrings	Back of the thigh	Squats, lunges
Calves	Back of the lower leg	Toe raises

TERMS YOU SHOULD KNOW:
Repetitions ("reps"): one count of an exercise
Sets: a group of repetitions; e.g, 8-12 reps



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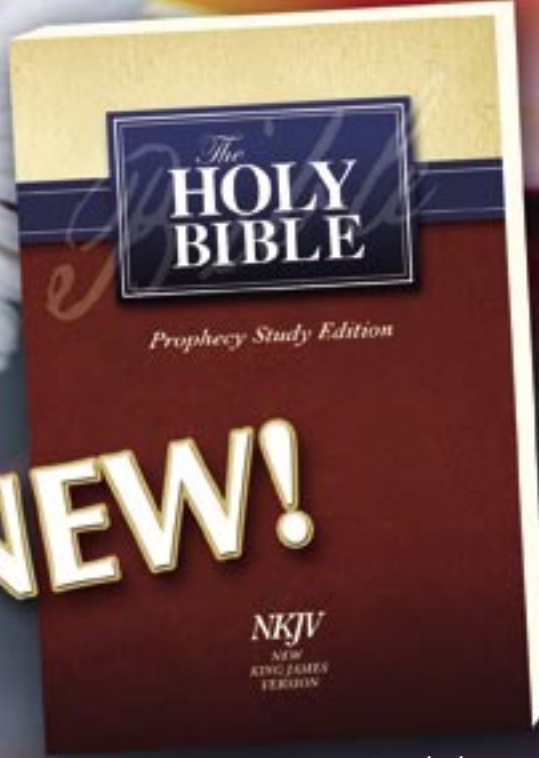
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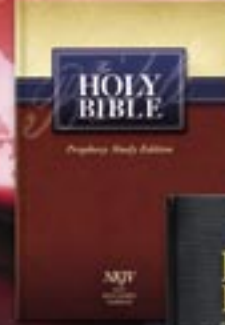
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