



“BEHOLD,
THE
FIG TREE”

▶ HOW
MUCH SIN
IS ACCEPTABLE?

PAGE 24



FACT *or* Opinion?

BY DON MACKINTOSH, DIRECTOR OF AFCE

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

When you're falling in love, you tend to see and communicate with your beloved one in the most positive of lights. In your thoughts and speech, you accentuate the positive, sometimes pushing past the point of believability.

Now when my wife and I were dating, her little 12-year-old brother followed us around, often listening to and entering into our conversations. As my future brother-in-law, he took it upon himself to judge our love-inspired perceptions by making a declaration after every statement my future wife and I would make concerning one another. "Fact," he would say, when he thought we were reflecting reality. "Opinion," he'd say, when he thought we were overstating our cases.

Although it annoyed me then, I realize that his simple declarations had an impact that still lingers with me today. During a sermon, I often find myself thinking, "Is what that preacher is saying a fact — or just an opinion? Truth — or fable?"

In these days of fables and traditions, every sermon and publication should be designed to illuminate the core, guiding doctrines of Scripture. In my 14 years as a pastor, when I was asked why I believe what I do, I'd point seekers to Revelation chapter 1. Did you know that in this pivotal section, all of the key last-day doctrines are summarized? That's not just an opinion, but a fact!

Fact 1: The Scriptures — Jesus has spoken and those who listen to and do His Word will be blessed (Revelation 1:1-3). **Fact 2: Salvation** — The Bible's major message is salvation by grace through faith. God desires to wash us from our sins with His blood (vs. 4-6). When we accept Him, assurance is ours.

Fact 3: The Second Coming — Jesus is coming again and every eye will see Him. This should fill our hearts with a sense of urgency and hope (v. 7). **Fact 4: The**

Sabbath — Those who keep God's Word will be tested concerning the Sabbath (vs. 9, 10). But praise God, Christ's very presence will be with them!


Fact 5: The Sanctuary — Jesus is now ministering in the heavenly sanctuary. On earth, He died in the outer court. In heaven, He is pictured among the lamp stands; later, He is seen moving into the most holy place. Through Him, we are brought into the very presence of God (vs. 12-16). What a heart-inspiring fact!

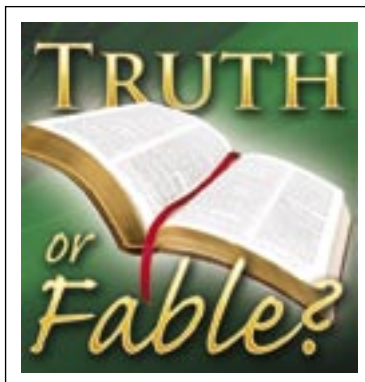
Fact 6: State of the Dead — The resurrected Christ has conquered death. Believers need not fear death, for He desires to share His victory (vs. 17,18). What hope for those who have lost loved ones! Jesus' victory over death is total and complete.

Fact 7: Spirit of Prophecy — The testimony of Jesus has been ongoing throughout history. The things that have been, the things that are, and the things that will be have all been revealed to His prophets (v. 19). This "spirit of prophecy" will continue to guide God's people until

the very end of time. **Fact 8: The Church** — God has always had a church throughout history. And just as in Noah's day when He prepared an ark, at the end of time He will again call people into His salvation ship, His remnant church. Amidst all the various denominations and divergent religious beliefs, be assured that anyone can still find the true church (v. 20).

If we are to maintain our faith in this era of fables, fictions, and fabrications, we must be involved in activities that will increase our faith. There is no better way to accomplish this than by hearing the Word! (See Romans 10:17.)

That's why I hope you can join with Amazing Facts for the Here We Stand: Foundations of Our Faith revival series this September, as Pastor Doug again builds our faith and strengthens our resolve by preaching — not men's dazing opinions — but rather God's amazing facts! 



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Amazing Facts is a nonprofit Christian ministry that utilizes literature, radio, television, the internet, and public evangelism to share the saving truths of Jesus Christ. For operation, we depend on the gifts and prayers of caring Christians who believe in our mission.

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AFCOE to Go Kudos

AFCOE to Go has added to my knowledge of the Bible and the church. I'm leaving here committed to be more vigilant in my studies, more committed to being totally surrendered to the indwelling of the Holy Spirit. I've been inspired. I thank God for this experience! *California*

Editor's Note: Find out more about our first AFCOE to Go class and when we plan to do another one on page 23.



Inspiring the Next Generation

Thank you, Doug Batchelor and the Amazing Facts staff, for still believing in the coming of Jesus Christ, so much so that you proclaim persistently to those of us young in age and spirit. (I'll be 23 this year.) Thank you for never ceasing to believe, for your efforts in evangelism in reaching people and not just harboring the message for yourselves. I realize the importance of "going into all the world" and your obedience to that has truly paid off in my life in this faith and other people's

lives outside the faith. Never give up hope! I don't care if it takes 60 more years for Him to come, but let us always remain faithful to our Bridegroom and continue to agitate the souls of the spiritually dying, that they will reunite with our Savior as well! *E-mail*

Reaching the East Coast ...

This ministry is such a blessing! I just wanted to send some words of praise and encouragement, as God is really present in this ministry and that you all are sharing some life-changing words by doing His work. I would love to one day fellowship at your church services. All of your research, Bible teaching, amazing facts, and praise songs are very much appreciated here on the East Coast. *New York*

... And Around the World

I write just to say THANK YOU for sending us your (AFCOE) missionary team here. That was a wonderful experience for us because we feel that our brothers in other countries can see my beautiful home country with love like Jesus sees. We need Jesus like all the world needs Him! *Colombia*

Better than Strawberry Shortcake

Pastor John Hersom of South Berwick Fellowship writes in with this thrilling news!

The skies were brilliant and the crowds were eager to attend the 32nd annual South Berwick, Maine, Strawberry Festival on Saturday, June 30. More than 4,000 pounds of strawberries were waiting for the estimated 20,000 people from all around the country. But God had something better than strawberry shortcakes in mind.

That is where the small company of believers in South Berwick was to act its part in supplying the spiritual needs of those festival goers. John and Sheryl (pictured) say, "Our goal was give out 100 *Final Events* DVDs, but the Holy Spirit had other plans. By the grace of God, after the sun had set, 500 eager families had taken advantage of this free DVD.

One of our favorite messages about evangelism is, "The gospel is to be carried forward by aggressive warfare, in the midst of opposition, peril, loss, and suffering. But those who do this work are only following in their Master's steps." What a beautiful time in this earth's history to carry out the work that He has asked us to

do. Please pray for the seeds sown that a harvest will follow and all the glory will go to our Lord and Savior Jesus Christ.



Amen! Do you have a story about how you used an Amazing Facts resource to share Jesus? Let us know today by writing testimonies@amazingfacts.org!



If you have kudos or concerns about the *Inside Report* or other Amazing Facts ministries, please write to editor@amazingfacts.org. Comments may be used in whole or in part and edited for content and clarity in future publications. **If Amazing Facts has helped change your life for Christ, please write us today at testimonies@amazingfacts.org!**

“The plan of salvation was laid in a sacrifice so broad and deep and high that it is immeasurable. [Christ’s] love and self denial are without parallel; and when this love enters into the experience of His followers, they will identify their interests with those of their Redeemer. Their work will be to build up the kingdom of Christ. They will consecrate themselves and their possessions to Him, and use both as His cause may require. . . . All that it is in our power to bestow will flow into the Lord’s treasury, to be used for the proclamation of truth, that the message of Christ’s soon coming and the claims of His law may be sounded to all parts of the world.”

—*Counsels on Stewardship*

It is our joy at the Amazing Facts planned giving department to see ministry friends supporting the end-time work of Jesus Christ. Many are choosing a path of mutually beneficial giving through such powerful estate planning tools as gift annuities and taking advantage of our other planned giving services, such as trusts and will preparation.

In fact, there may never be a better time for a gift arranged as part of your estate plan. The benefits for you and Amazing Facts through your gifts can help both your short- and long-term financial needs – while building up God’s kingdom.

If you would like more information on how Amazing Facts and you can partner together for Jesus, call toll free at 800-436-2695 and ask for Judy, ext. 3029, or Dan, ext. 3005. We look forward to assisting you!

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%

Minimum Gift Amounts

Single-Life: \$5,000

Two-Life: \$10,000



“BEHOLD, THE FIG TREE”

PASTOR DOUG BATCHELOR

An Amazing Fact: You’ve probably heard the expression “face the music.” But you might not know that it is believed to have originated in Japan.

According to the story, the imperial orchestra once humored a man who couldn’t play a note. Because of his wealth and great influence, the man demanded that a seat be given to him in the group because he wanted to “perform” before the emperor. The conductor agreed to let him sit in the second row of the orchestra and hold a flute, even though the man couldn’t read a dot of music. As a concert would begin, he’d simply raise his instrument, pucker his lips, and move his fingers. He went through all the motions of playing, but never made a sound. This deception continued for two years.

However, a new conductor took over when the old one parted ways. He told the orchestra members that he wanted to audition each player personally. One by one, they performed in his presence. Then came the phony flutist’s turn. He was frantic with worry, so he pretended to be sick. However, a doctor ordered to examine him declared that he was perfectly well. The new conductor insisted that the man appear and demonstrate his skill. Shamefacedly, the phony had to confess that he was a fake. He wanted the prestige of being part of the orchestra, but since he never took the time to learn his



instrument, he was unable to “face the music.”

The word “hypocrite” comes from the Greek word *hupokrites*. It is defined as “the practice of professing beliefs, feelings, or virtues that one does not hold or possess” or “an actor under an assumed character.”

Someone said, “The number one cause of atheism is Christians. Those who proclaim God with their mouths and deny Him with their lifestyles are what an unbelieving world finds simply unbelievable.”¹ And Oswald Chambers said, “The world is glad of an excuse not to listen to the gospel message, and the inconsistencies of Christians is the excuse.”²

MANMADE COVER-UP

The Lord hates hypocrisy. Jesus made this painfully clear in His sermon on the mount. He told the people, “Take heed that ye do not your alms [charitable deeds] before men, to be seen of them: otherwise ye have no reward of your Father which is in heaven. Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have *glory of men*” (Matthew 6:1, 2, emphasis added).

He continued, “And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be

seen of men. ... Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may *appear unto men* to fast” (vs. 5, 16, emphasis added).

The Pharisees were experts in the art of faking true religion. They fasted, prayed, and gave to be “seen of men.”

Now I said that the Lord hates hypocrisy, and it’s true. But thank God that He loves the hypocrites, or we would all be in trouble! Arthur R. Adams said, “Don’t stay away from church because there are so many hypocrites. There’s always room for one more.”

The famous actor Robert Redford was walking through a hotel lobby one day, and a fan followed him to the elevator. “Are you the real Robert Redford?” she asked with great excitement. As the doors of the elevator closed, he replied, “Only when I am alone!”

If truly honest, we would all admit that at times we manufacture feelings and attitudes that are less than genuine — a “public relations” image. In fact, we can see that from the very beginning of this world’s history, hypocrisy has been man’s feeble way of cloaking sin.

The Bible records: “When the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat. And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons” (Genesis 3:6, 7).

Keep in mind that before sin, Adam and Eve were not streaking around the garden of Eden in their birthday tuxedos. In the garden, man had the privilege of talking with God face to face. Thus he was clothed with an aura of light — the same type of light that shone from Moses’ face after he spent time in the presence of God (Exodus 34:29–35). But after Adam and Eve sinned, the light went out and they sensed their nakedness.

Notice that their first reaction to sin was to manufacture a cover-up. When they lost their garments of light as a result of disobedience, Adam and Eve used fig leaves to cover their shame. Before sin, they had never seen anything die, so when they plucked the fig leaves from the tree, I’m sure they expected longer-lasting results. When I picked some fig leaves, I was amazed how quickly they became limp and shriveled. In addition, I found their pungent odor offensive. How very sad that our first parents traded living robes of light for limp, stinky leaves that soon withered and died.

When God spoke to Adam and Eve, He explained that

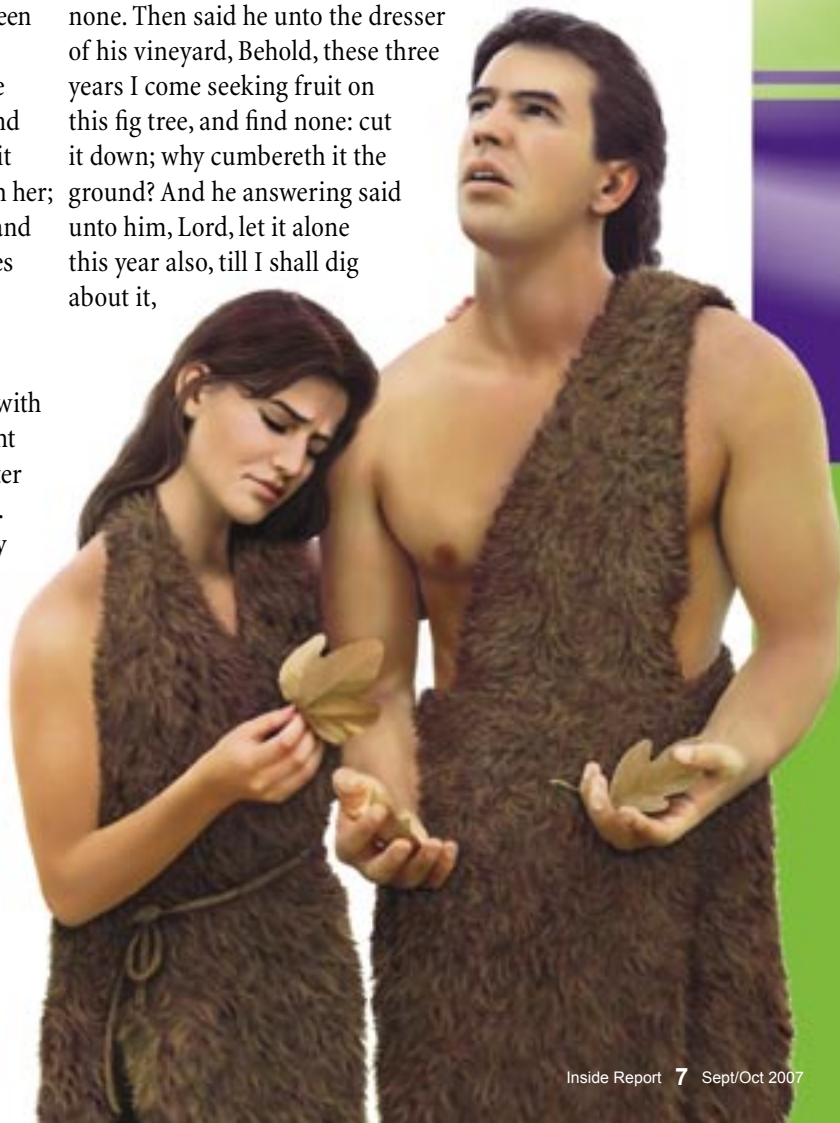
to cover their sin, something besides fig leaves would have to die. At this point, God established the sacrificial system. “Unto Adam also and to his wife did the LORD God make coats of skins, and clothed them” (Genesis 3:21). Adam and Eve made skimpy belts of fig leaves, but God gave them robes of skin, thus symbolizing that Jesus would have to die to cover the sin and nakedness of the lost.

When we sin, one of two things will happen. We either start looking for fig leaves to make our own flimsy cover-up, or we look to Jesus for His robe of righteousness.

MERELY ORNAMENTAL

Throughout the Bible, fig leaves are a symbol for man-made religion and false righteousness. The fig tree is a symbol of God’s people.

Please read the following passage carefully: “He spake also this parable; A certain man had a fig tree planted in his vineyard; and he came and sought fruit thereon, and found none. Then said he unto the dresser of his vineyard, Behold, these three years I come seeking fruit on this fig tree, and find none: cut it down; why cumbereth it the ground? And he answering said unto him, Lord, let it alone this year also, till I shall dig about it,



but all their works they do for to be seen of men



and dung it: And if it bear fruit, well: and if not, then after that thou shalt cut it down” (Luke 13:6–9).

Year after year, the owner of the vineyard was disappointed because all he found on his fig tree was leaves. It bore no fruit. It looked like a healthy tree, but he did not plant it for mere ornamental beauty. He wanted fruit.

I believe there also may be a time prophecy hidden in this parable. The vineyard mentioned in verse 6 is the land of Israel (Isaiah 5:1–7; Jeremiah 12:10; Psalm 80:8–16), in which the vine and fig tree — both symbols of Israel and Judah — were planted. The parable of the fig tree gives a total of four years from the time of planting to the final chance for the tree to bear fruit. Now a year in the Bible is 360 days, because the Jews operated on a lunar calendar. Four years would be a total of 1,440 days. A day in prophecy equals a year (Numbers 14:34; Ezekiel 4:6). According to many chronologists, Joshua crossed over the Jordan and took possession of the Promised Land at approximately 1407 BC. If you extend 1,440 years from that point in time (keeping in mind that there is no zero year), you come to the year AD 34. This important date in history is the same ending point for the 490-

year prophecy given in Daniel 9:24. The angel says, “Seventy weeks are determined upon thy people and upon thy holy city;” and in fact the word “determined” is better translated as “cut off.” The parable of the fig tree said, “Then *after that* thou shalt cut it down” (Luke 13:9, emphasis added). It was in AD 34 that the Jews forfeited their place as God’s covenant people. Then in AD 70, both Jerusalem and the temple were completely destroyed.

MISSING FRUIT

One week before His death, Jesus cursed a fruitless fig tree to illustrate what was going to happen to the Jewish nation and the apostate church.

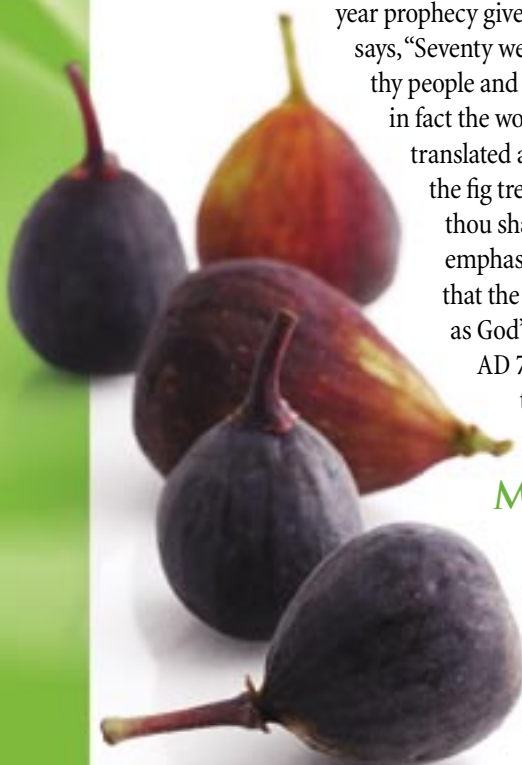
“Now in the morning as he returned into the city, he

hungered. And when he saw a fig tree in the way, he came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away. And when the disciples saw it, they marvelled, saying, How soon is the fig tree withered away!” (Matthew 21:18-20).

Why did Jesus curse a fig tree? Surely the Lord was not so petty as to retaliate against a tree because it didn’t give Him breakfast! We need to examine this story closely, because it is the only place in the Gospels where Jesus is credited with being directly responsible for killing something.

Fig trees are unique in that both mature leaves and ripe fruit appear at the same time. The tree Jesus cursed had all the outward signs of bearing fruit, yet the tree was a hypocrite. It was a fitting symbol of the Jewish nation. With its temple, priesthood, and sacrifices, Israel had all the trappings of true religion, but the genuine fruits — justice, mercy, and faith (Matthew 23:23) — were missing. Remember that withered fig leaves are a reminder of man’s failed attempts to cover his own sins.

Notice the sequence: The same day Jesus cursed the fruitless fig tree (Matthew 21), He later had a showdown with the phony Pharisees and exposed their hypocrisy. “But all their works they do for to be seen of men” (Matthew 23:5). Seven times Jesus called them hypocrites, and then He pronounced a curse on them — just as He had the fig tree earlier that day. Here is the curse: “Wherefore, behold, I send unto you prophets, and wise men, and scribes: and some of them ye shall kill and crucify; and some of them shall ye scourge in your



synagogues, and persecute them from city to city: That upon you may come all the righteous blood shed upon the earth, from the blood of righteous Abel unto the blood of Zacharias son of Barachias, whom ye slew between the temple and the altar. Verily I say unto you, All these things shall come upon this generation” (Matthew 23:34–36). Please don’t miss the fact that Jesus said the curse would “come upon this generation.”

In the next chapter, when Jesus describes the destruction of Jerusalem and the end of the world, He gives fig leaves as a sign. “Now learn a parable of the fig tree; When his branch is yet tender, and putteth forth leaves, ye know that summer is nigh: So likewise ye, when ye shall see all these things, know that it is near, even at the doors. Verily I say unto you, This generation shall not pass, till all these things be fulfilled” (Matthew 24:32–34).

A generation in the Bible is 40 years (Numbers 32:13). Jesus made this prophecy in AD 31, and by AD 70 it was fulfilled!

Christ’s illustration of the fig tree that put forth leaves but no fruit is also a very plain prophetic sign for the last days. In the same way that literal Israel had all the outward forms of true religion before the destruction of Jerusalem in AD 70, so spiritual Israel (the church) in the last days will put forth leaves but no fruit. There might be all the outward appearances of revival — lots of praise, miracle-healing services, big attendance, and talk of love and acceptance, but no fruit of the Holy Spirit. In other words, “having a form of godliness, but denying the power thereof” (2 Timothy 3:5).

One of my favorite Christian authors made a clear prediction more than 100 years ago: “Before the final visitation

of God’s judgments upon the earth there will be among the people of the Lord such a revival of primitive godliness as has not been witnessed since apostolic times. The Spirit and power of God will be poured out upon His children. At that time many will separate themselves from those churches in which the love of this world has supplanted love for God and His word. Many, both of ministers and people, will gladly accept those great

truths which God has caused to be proclaimed at this time to prepare a people for the Lord’s second coming. The enemy of souls desires to hinder this work; and before the time for such a movement shall come, *he will endeavor to prevent it by introducing a counterfeit.* In those churches which he can bring under his deceptive power he will make it appear that God’s special blessing is poured out; there will be manifest what is thought to be great religious interest. Multitudes will exult that God is working marvelously for them, when the work is that of another spirit. Under a religious guise, Satan will seek to extend his influence over the Christian world.”³

This fig-leaf righteousness and false revival are the

characteristics of the last-day Laodicean church. “Because thou sayest, I am rich, and increased with goods, and have need of nothing [recognize the fig leaves?]; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked: I counsel thee to buy of me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear; and anoint thine eyes with eyesalve, that thou mayest see. As many as I love, I rebuke and chasten: be zealous therefore, and repent” (Revelation 3:17–19).

Jesus is calling us to lay aside our filthy, self-righteous fig leaves and — like the prodigal son — come home



and put on the royal robe of the Father. Only then will the fruits of the Spirit, which are love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, and temperance (Galatians 5:22, 23), be evident in our lives. There will be no people in God's kingdom who are merely ornamental trees. Everyone must have fruit.

"Let love be without hypocrisy" (Romans 12:9 NKJV). Hypocrisy hurts the church, and it hurts us. Many hypocrites have been acting for so long that they have come to believe their own performances. We have a tendency to mold our faces to fit our masks. But God wants us to be honest with others and ourselves — spiritual Israelites in whom there is no guile or deceit (1 Peter 2:1; Revelation 14:5).

Here is the challenge I want to present to you: "The greatest want of the world is the want of men — men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men

whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall."⁴

Jesus says, "Blessed are the pure in heart: for they shall see God" (Matthew 5:8). —

1. Karl Rahner, quoted in *Draper's Book of Quotes for the Christian World*, compiled by Edyth Draper (Wheaton: Tyndale House Publishers, Inc.), 1992, entry #487.
2. *Ibid.* Oswald Chambers, entry #1334.
3. E.G. White, *The Great Controversy* (Pacific Press Publishing Association: Mountain View, CA), 1950, p. 464, emphasis added.
4. E.G. White, *Education*, (Pacific Press Publishing Association: Mountain View, CA), 1952, p. 57.

Adapted from *The Last Elijah Message: Essentials for Revival*, available from our catalog.



The Empowered Church

The Empowered Church is an exciting new program that will propel your church's outreach efforts to the next level! Our Empowered Church Kit has all the tools your church needs to become an evangelism powerhouse, with training manuals, instructional DVDs, outreach tools, and much more — all designed to help your church set up an ongoing evangelism cycle. With a strong emphasis on revival, training, and discipleship, your church members will maximize their spiritual gifts in a united, coordinated soul-winning effort to become a powerful witness for Christ in your community.

In addition to the Empowered Church Kit, Amazing Facts also offers additional Empowered Church services.

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AMAZING FACTS

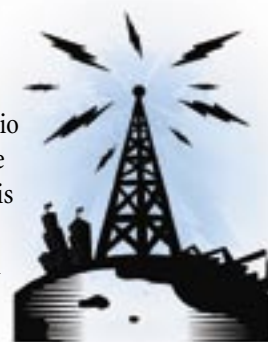


New Radio PROGRAM & YouTube OUTREACH



our videos and have a seed of truth planted in their hearts. In addition, our 800 number is listed on every program, and we pray that the Holy Spirit will guide many to call. Visit www.youtube.com/amazingfacts and tell all your friends!

Another exciting development is Amazing Facts' planned new radio program that will air four times a week on broadcast and internet radio stations around the country and the world. Describing the mission of this new program, Boyd says, "We are negotiating to air this new program on some of our current stations, as well as new outlets. The mission is twofold — to supplement the TV programs in certain areas and also to establish the message in areas where a television presence is too expensive."



The new program will be 30-minute broadcasts pulled from Pastor Doug's popular and convicting sermons. Each of these sermons will be divided into two 30-minute segments to be broadcast on consecutive days. That means a listener will be able to get the full message on the next day, rather than having to wait an entire week. We pray that this will help build our listener base and get countless souls in the habit of listening to God's end-time message on a regular basis.

Amazing Facts continues to expand our reach into millions of homes every year with new, innovative ways to share the three angels' messages.

For instance, we've recently added an official Amazing Facts page to YouTube, the popular internet site where users upload their own videos for the world to see. Though much of the content on YouTube isn't sanctified viewing, many ministry friends have already placed video segments from *The Final Events of Bible Prophecy* and other Pastor Doug presentations that thousands have watched.

Brod Boyd, director of media, says, "The main reason YouTube has grown is because it is a free, unstructured broadcast site that anyone can use. We are now proactively utilizing this tool and hope our ministry friends will share this with their church friends and non-church friends and encourage them to subscribe to our powerful gospel messages. It's an especially good resource you can share with those hesitant to visit official ministry sites."

Currently, Amazing Facts is unable to place banner ads on the YouTube site, but we believe that countless souls within the YouTube community could find their way to

MERGER ANNOUNCEMENT

As many of our ministry friends are aware, Amazing Facts has been in ongoing talks with 3ABN over the past few months in an attempt to develop a media alliance that would serve to complete the great commission in the television and radio age.

However, after several months of prayer and careful research regarding structural dynamics and other factors, Amazing Facts has decided not to move forward with an alliance at this time.

As always, this ministry will continue to strengthen our existing partnership with 3ABN to reach the millions of souls all around the world who still need to hear God's end-time



message of warning and hope. Says Pastor Doug, "As always, these two dynamic, soul-winning ministries will continue their supportive relationship in ministry." He points to such programs as the Here We Stand revival series and other upcoming projects broadcast jointly by the two ministries to show that our partnership and dedication to sharing God's Word is as strong as ever.

Finally, Pastor Doug asks, "Please remember to keep both of these ministries in your prayers, that God continues to guide each one as we move forward with the Lord's work in these end-times."

THE POWER OF THE MAP

THE MOST AMAZING PROPHECIES



About a year ago, Candice received a fascinating flyer in her mailbox for something called *Most Amazing Prophecies*. Normally, she tossed these sorts of advertisements into the garbage. Moreover, her faith at the time had been waning under the pressures of daily responsibilities, distractions, and bad experiences at churches with questionable doctrines.

But this ad really grabbed her attention. She had never seen anything like it, and the Bible topics it advertised were intriguing because she had been wondering if all the disasters in the world were pointing to something significant. She was determined to see what this Doug Batchelor fellow had to say about Bible prophecy!

Despite her many other commitments, Candice decided to go to a distant local church hosting the event when suddenly she caught a terrible cold. In fact, her whole family came down with the illness, and Candice says she hadn't felt that bad in years. Even worse, the weather that week was particularly bad. It was as if the devil was doing everything he could just to keep her away.

Candice determined to go anyway, but it didn't get much better. Just as she was beginning to feel even worse, the church presentation was inundated with technical problems of every sort. Candice struggled to stay for the program to begin — more than an hour after the scheduled start time. When she finally saw Pastor Doug on the screen and heard him begin talking about the book of Daniel, she says she started to feel as if she was floating on happiness. The way this man winsomely discussed the Bible was actually making sense.

But soon after, Candice became so sick she could no longer attend the nightly meetings. And not long after that,

her life once again became consumed with busyness. Yet God had another way of keeping her search for truth going.

ANOTHER PATH TO TRUTH

About a week later, Candice was browsing the internet when she came upon the official *Most Amazing Prophecies* website. She quickly discovered that she could download each night's meeting and watch them whenever she had time. Although it saddened her she couldn't return to the warm and welcoming church, she was thrilled to watch the entire series online.

Candice especially remembers the afternoon in her bedroom watching the program when she first learned about the Sabbath. She says, "It was a huge enlightenment. The Sabbath became a reality through Pastor Doug's message." Indeed, the information she learned that day was so liberating to her soul that she wept for joy.

That moment, she committed to following the Sabbath truth — even though it was very much contrary to what she had learned in

other churches she had gone to in her life. And there were many other things she watched online that week she had never heard before, such as the truth about Christ's second coming, God's plan for good health, and the Bible truth about hell-fire.

Says Candice, "Today I feel like I have an answer for everything, and it comes straight from the Bible. I realize now that the Bible backs itself up, and that it can be trusted and understood." Once confused and burdened with questions about her faith, she was able to get real answers through the prophecy series with Pastor Doug.

For her, it was truly an eye-opening revelation and discovery of God's last-day church. "No one had ever witnessed to me about the Sabbath. But Pastor Doug witnessed to me. It proves that the Word



Continued at bottom of next page.



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Nov. 1, 2007

is being preached in this world, and you don't even have to live in an area full of truth to get that truth."

A REMNANT TRANSFORMATION

Today lifelong fears have melted away as a result of Candice's newfound joy in Christ. As a child, she was abandoned by her biological father at an early age, and in her adult life this led to worry and anxiety about others. At times, she had trouble just answering the front door. Now she is very confident and eager to share with others what she has learned through Amazing Facts.

Still, she knows that the devil's attacks will only get stronger as she tries to witness to her family and others around her. Candice already feels an opposition toward her faith that is much stronger than when she was feeling apathetic and backslidden as a Christian.

But studying her Bible every day and watching Amazing Facts programs is arming her for any challenge that comes her way. In fact, even when she's folding clothes, she seizes on the online

resources available at AmazingFacts.org. "I listen to Amazing Facts a lot to get fed. I watch Pastor Doug's sermons online and Central Study Hour. And members of the church I go to invited me to a weekly Bible study, which has made a big difference."

In addition, she has completed the Storacle lessons online and is completing our regular Study Guides with her daughter. She also enjoys visiting our many other truth-filled websites, like SabbathTruth.org. For Candice, the Bible is much more real to her today than it has ever been.

"I have rediscovered my first love through Amazing Facts and Pastor Doug. I have learned about a love and a law that are worth holding onto. And I want to share that with people. I am a totally new person — the truth has really set me free."

Has God changed your life through Amazing Facts? Whether it was through a TV or radio broadcast, magazine or monthly letter, our websites or evangelistic meetings, we would love to hear your testimony. Please write us at testimonies@amazingfacts.org



BIBLE Answers



with Pastor Doug Batchelor



My church seems to lack vitality and spiritual enthusiasm. What can I do to help encourage revival?

There are many various reasons why a church, big or small, might lose its first love. I strongly suspect that many modern churches today are just that — a little *too* modern. I don't mean what the church building looks like, but the spirit that church fosters by being too familiar with the world. Is your church proclaiming and practicing the Scriptures? Or does your church believe that to reach the world it must be like the world? If so, it needs to do an immediate about-face and depend on the power of God's Word to touch and transforms lives. "And because lawlessness will abound, the love of many will grow cold" (Matthew 24:12 NKJV).

Beyond that, one of the best ways for you to experience revival in a cool, sleepy, or even dead church is a blood transfusion of new interests. In other words, engage passionately in outreach and Bible study. Share Jesus with others. Igniting a spiritual flame in the hearts of others will warm your own soul! If you don't think you have enough experience or qualifications to restore your church, let me suggest that you probably have exactly the same qualifications the 12 disciples had when they started their work. Remember that the Lord sent them out preaching even though they were not completely converted. Sharing their faith was part of their conversion training process. So if you think you are in a drowsy church, get involved in the process of waking it up.

Here are just a few basic things you can do to bring new life to an inactive or dead church.

1. Start a group Bible study. Some people who don't come to church anymore will often feel more comfortable in a home Bible study. If you come to church already warm from study during the week, you will have some heat to share with others on the Sabbath.

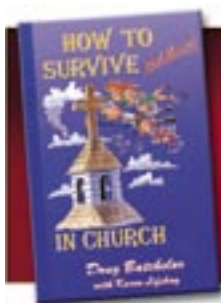
Tune in to *Bible Answers Live*, Amazing Facts' live, nationwide call-in radio program, and listen to Pastor Doug give biblical, straightforward answers to difficult Bible questions. To get times and stations in your area, or to listen to answers online, visit www.amazingfacts.org. You can also request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

2. Feed on some good spiritual material. This can be in the form of books, sermon CDs, or DVD programs. Listen to them as you drive or work and then pass them around. This is like giving a bowl of hot soup to someone shivering and hungry. Amazing Facts has several revival themed books, CDs, and DVDs that can help you make a real difference. Go to our website or call our publishing department to get biblical resources to help get your church back on track.
3. Make a boring or uninteresting Sabbath school come alive by asking some positive and thought-provoking questions to stimulate discussion. For example, "How can I know if I'm really converted?" Or "Can a person be saved before baptism?" I guarantee you that frank and interesting Bible study will heat things up. Just remember to generate more light than heat and ALWAYS turn to God's Word for the answers.
4. Be sure to earnestly pray for revival. Mary and Martha wept and prayed for Lazarus because he was dead, and Jesus resurrected him. One thing we can do in a dead church is to pray for a resurrection!

Finally, if I had to come up with a special formula for reviving a cold church, it is this:

1. Go home and get a piece of chalk.
2. Draw a circle three feet in diameter on the floor
3. Kneel in the middle of the circle.
4. Pray that God will start a revival in that circle.

When God starts a revival in that circle, a revival will have begun in your church. Let your prayer be, "Lord, send a revival, and let it begin with me!"



How to Survive and Thrive in Church
Doug Batchelor with Karen Lifshay. No matter if your church is big, small, dead, divided, scandal-torn, or gossip-ridden, God will help you to not just survive, but thrive and be a blessing to others.
BK-HSTC ... \$8.95

See ordering info on page 19.

Do you want to lead people to Christ?

You can by joining Amazing Facts

PARTNERS IN EVANGELISM



For more than 40 years, Amazing Facts has proclaimed the gospel through television, radio, national and international evangelistic events, and our many Bible schools. The result is a multitude of lives radically transformed through the power of Jesus Christ.

One of our most popular Bible-teaching broadcasts today is *Bible Answers Live*, which can be heard on the airwaves around the world in more than 100 cities and live on the internet. Every Sunday night, seekers and Bible students get faith-affirming answers to some of the most difficult and confusing Bible subjects, giving them a reason to believe.

This would never be possible without the faithful monthly financial support of people

just like you, people who really want to change the world for the Lord.

And now you have a better opportunity than ever to be a part of this work. For a monthly commitment of just \$50 or more — an annual commitment of \$600 — you can help the soul-winning ministry of Amazing Facts continue the work until the return of our Savior. You'll share in the harvest of souls won to Christ and have the satisfaction of making an eternal difference!

Simply complete the coupon below and return it with your first monthly Partners in Evangelism gift. And as a special blessing to you, you'll receive a special two-disc DVD set (available only through this program) called *Walk With Christ* for your personal enrichment.

You will also be kept informed of how your gifts are being used through a special Partners in Evangelism quarterly report.

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"Thank you for *Bible Answers Live*. It is a real blessing as I led Jesus into my life only a few months ago."

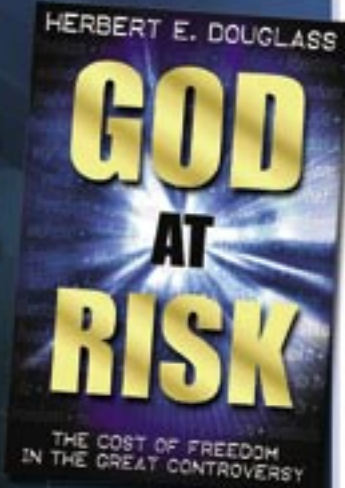
— Switzerland

Please use the envelope in the center of this magazine to let us know your reply.

Must-Read Books!

God at Risk

Herbert E. Douglass. Understand the incredible cost God has paid in the great controversy and the risk He took when granting humanity free will. This life-changing journey into God's character and last-day purposes will give you the hope and information you need to break down barriers and truly understand God's amazing love for His creation. This breathtaking, staggering commentary cannot be missed! (480 pages)
BK-GAR ... \$16.95

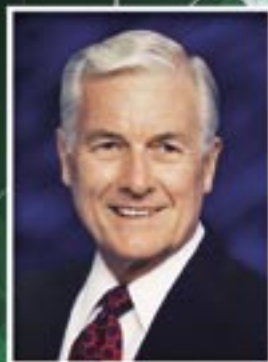


Never Been This Late Before

Herbert E. Douglass. All the Bible signs of the end times are rapidly converging. In this fascinating study into the final events of world history, you'll get astounding evidence—from natural disasters to spiritual falsehood and more—concerning the nearness of our great hope. And even more important, you'll learn what you should be doing to be prepared. An awesome witnessing resource!
BK-NBTL ... \$9.95



Author of more than 15 insightful theological books, Herbert E. Douglass, Th.D., has enjoyed a distinguished career as a college professor, administrator, and theologian. His works include the acclaimed *Messenger of the Lord* and *Should We Ever Say, 'I Am Saved'?* His ability to unlock mysterious Bible themes makes his work an indelible part of your study library.



Herbert E. Douglass, Th.D.

Secrets of Daniel

Jacques B. Doukhan. Solves long-standing questions in the book of Daniel and sheds new light on many aspects of its prophecies. Relevant ancient sources make this book especially useful.
BK-SOD ... \$12.99

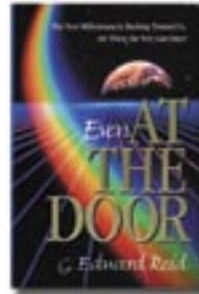


Secrets of Revelation

Jacques B. Doukhan. The author believes the Old Testament provides the key to unlock the code of Revelation. He ties the symbolism of the book to the sanctuary service of ancient Israel, showing how the seven sections of the book correspond to the seven feasts of Judaism.
BK-SOR ... \$15.99

Even at the Door

G. Edward Reid. Are these the very last days? See overwhelming evidence that the Lord is about to return and find peace despite the coming trouble. Highly recommended.
BK-EAD ... \$14.99



Face-to-Face With the Real Gospel

Dennis Priebe. Examines the transforming power that prepares people for earth's final events.
BK-PRG ... \$3.95



'05 Revive DVD Set

Author and evangelist Pastor Doug Batchelor breaks the Bread of Life in 10 powerful messages designed to bring revival and restoration to not only church members, but also to those who no longer worship with us. These timely, biblical messages will help you draw closer to God and help others recognize their need to become an active part of God's family. Comes with the book *To Live in His Sight*.
DV-REV5S ... \$54.95



Library of Sermons

This classic collection of Bible sharing books from Joe Crews covers an array of crucial biblical topics with convincing and inspiring insight! From salvation to temptation to prophecy, you share and understand God's will better than ever.

Up to 24 sets of all 28 titles:
BK-LSS ... \$25.00 per set
 25 or more sets of all 28 titles:
BK-LSS ... \$21.00 per set



The Sanctuary

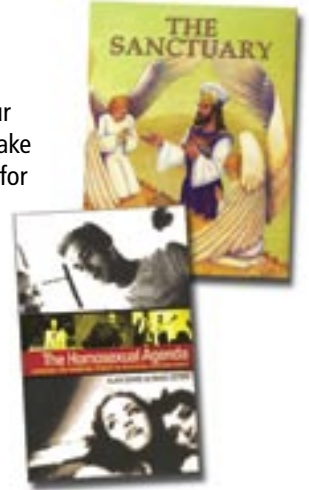
Arla M. Van Etten. A superior resource for teaching youth and adults about God's amazing sanctuary and Jesus' work for our salvation. Full of fun activities that will make learning easy while also instilling respect for Jesus' character and sacrifice.

BK-SFC ... \$17.95

The Homosexual Agenda

Alan Sears & Craig Osten. A fascinating exposé into the homosexual movement and its rising activism. A timely book for Christians concerned about losing their religious freedoms.

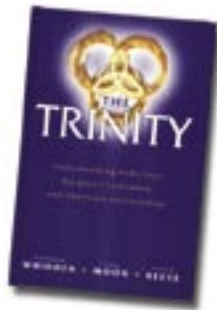
BK-HAGE ... \$14.99



The Trinity

Jerry Moon, et al. The fundamental doctrine of the Father, Son, and Holy Spirit is under attack! But now you can have lasting reassurance and better understanding of the Godhead and its meaning in your Christian experience.

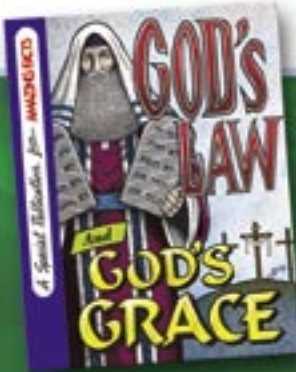
(Hardback) BK-TRI ... \$19.99



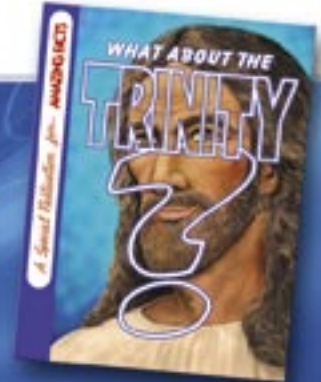
Pocket Bible, King James Version

A compact Bible that fits perfectly into your coat pocket, purse, or briefcase. This small Bible contains the words of Christ in red print, and it has a zipper for closing. Easy to carry.

BK-PBKJV ... \$29.99



Pinkoski's Popular Illustrated Books featuring Pastor Doug Batchelor!



God's Law and God's Grace

Jim Pinkoski. Learn about the power of God's grace and the eternal importance of His law in this visually captivating illustrated guide for every age. Shows how law and grace fit together and dispels common myths about both while inspiring young and old to obey the commandments.

BK-GLGG ... \$3.95



sample pages



What About the Trinity?

Jim Pinkoski. Share the truth of the Godhead with this easy-to-understand and beautifully illustrated Bible study that features Pastor Doug Batchelor! A great sharing resource for any age that shows the reality and hope-giving purpose of God's three persons.

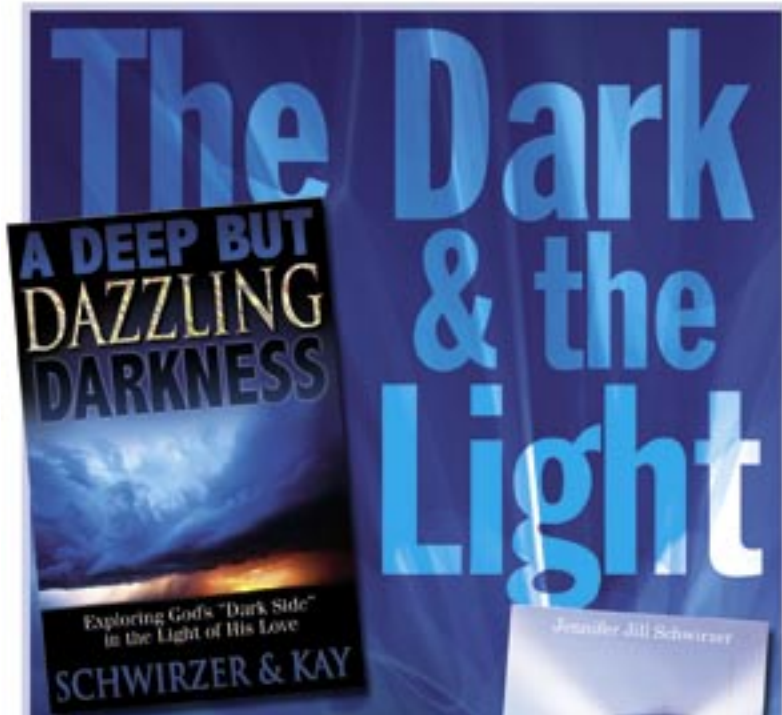
BK-WAT ... \$3.95

Jim Pinkoski Illustrated Books Set

Geared to today's visually oriented youth and adults, these colorful, eye-opening, and biblically accurate books add a whole-new dimension to vital Bible doctrines on death, the Sabbath, Creation, God's law and grace, last-day prophecies, the trinity, and the second coming of Christ. Eight great sharing books for the entire family.

BK-JPSET ... \$25.00





A Deep But Dazzling Darkness
Schwirzer and Kay. Honest yet confused souls have struggled to harmonize a God who chose to die for souls, while also being willing to condemn them to hell. Can these two pictures be reconciled? An eye-opening new look at God's character that will help you and others find the trust you need in the Creator.
BK-DBDD ... \$13.99



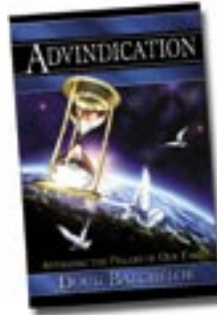
A Light for the Last Days

Jennifer Jill Schwirzer. This handy sharing book introduces readers to the ministry of Ellen White and her purpose in God's end-time work. A great way to introduce the influential Christian writer for anyone with concerns and questions.
BK-LFLD ... \$0.95

Author and musician Jennifer Jill Schwirzer was converted to Christianity out of New Age philosophy when she was 19 years old. A friend once told her "this Christianity thing will never stick." That was more than 30 years ago. Today, she performs her original music and presents numerous seminars drawing souls closer to their Savior.



Jennifer Jill Schwirzer



Advindication

Doug Batchelor. Is Adventism a biblical denomination leading souls to the true faith—or a dangerous cult leading millions astray? Find out here! Get straight, easy-to-understand, Bible-based reasons for six of the most controversial tenets

of a faith inspired by the Reformation, including the seventh-day Sabbath, God's law, Ellen White, health laws, and the judgment and afterlife.

BK-ADVIN ... \$9.99

The Unpardonable Sin DVD

Doug Batchelor. The mystery behind the unpardonable sin has confused and frightened many sincere Christians. But now you can learn the truth behind this vital doctrine and how to avoid committing the only sin that God cannot look past.
DV-UNP ... \$24.95



Music and the Christian DVD

Doug Batchelor. Music has the power to influence our spiritual nature, so it's important to approach what we listen to with caution and faithfulness. Join Pastor Doug as he explores the science and religion of music, uncovering biblical principles and offering practical advice on what we choose to listen to at home and in the church. A great two-part series about a sensitive topic that's perfect for sharing.
DV-MTC ... \$24.95

Seventh-day Adventists: Cult or Christian? DVD

Doug Batchelor. Who are the Seventh-day Adventists? Are they a Bible-believing denomination or a cult leading millions astray? Determine for yourself with these revealing, biblical insights about one of the faith's most controversial churches.
DV-E2323 ... \$14.95



**The Bible Study Companion
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E.G. White. Understand the incredible true history of the world on both sides of the spiritual veil through these stunning commentaries from E.G.

White. Includes *Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles,* and *The Great Controversy* in paper-back.

BK-CAS ... \$44.95

Free and Clear

Howard Dayton. Debt is destroying the lives and witness of too many Christians. Learn how to escape and avoid this vicious trap with biblical advice that will restore your financial health, refresh your spirit, and bring peace into your home again.

BK-FC ... \$12.99



**Keepers of the
Flame DVD Set**

An exciting 8-part series that documents the development of the church from the Reformation. Shot on location, it's a vivid journey through church history that's great for teaching or learning. Hosted by Dr. Allan Lindsay.

DV-KOF ... \$39.99



Conscientious Objector DVD

Terry Benedict. Infantrymen who once ridiculed Desmond Doss' simple faith and refusal to carry a weapon now owed their lives to him. Tells the incredible story of a humble man's heroic acts and how he won the Medal of Honor and the respect of his fellow soldiers.

DV-CO ... \$19.99

**The Final Events of Bible Prophecy DVD
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Our popular *Final Events* DVD is now available in a cardboard sleeve that's perfect for mailing and sharing! This gripping 43-minute documentary on the last days leads you step by step through seven end-time "events," including signs of the end, Christ's return, the millennium, and more. Includes an incredible, in-depth prophecy Bible study!

DV-FEBC ... \$3.89



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Using the revolutionary *Storacles of Prophecy*, this eye-opening study will help you clearly understand the prophecies of the Bible. Also contains \$300 worth of free resources, including Bible-search software and a resource library. Priced for sharing with all your friends and family!

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BK-CTPM ... \$24.99

**Almost Home:
Hope for the Journey**

G. Edward Reid. Discover the truth about nations rising and falling, superpowers, and the final battle. Emphasizes that the choices we make today have serious consequences for the future.

BK-AHHJ ... \$2.49

The Entertainment Syndrome

Colin and Russell Standish. From Pokemon to Harry Potter, brutal sports to rock concerts, gambling to porn, the minds of youth are being filled with worldly trappings. Explore this entertainment addiction and how it impacts the physical, emotional, social, intellectual, and spiritual life of the human race. Includes alternative activities for those seeking relief from the addiction of entertainment.

BK-ES ... \$11.95

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Prices subject to change without notice. California residents please add 7.25% sales tax. For orders shipped outside the USA, add 37% of subtotal (minimum \$9.50) for additional foreign postage.

NEWS NOTES

Special Opportunity for Your IRA

It's now easier to donate money from your IRA to Amazing Facts. But there is only a small window of opportunity to make this tax-wise gift! In 2007, a person 70-1/2 years or older can take a tax-free withdrawal from their IRA! If the withdrawal is donated directly to a charity, it is excluded from your income. Special conditions apply, so please contact our estate planning specialists at 1-800-436-2695 for more information.

Amazing Facts at the Top of the World

Dale Streisand, from the publishing department, recently took a call from a woman who wanted to order some Christian resources. Says Dale Streisand, "She is living in the Arctic while helping the Inuit people, and she is so happy to receive these books as she is very isolated. Without any Christian fellowship, she does her Sabbath lessons on her own. But when she said she has access to the internet, I told her about *Central Study Hour*. She was overwhelmed with joy and said she'd start watching every week!" We are indeed reaching the entire world with last-day truth, from Australia to the snow-covered Arctic!



Amazing Facts Miracle Venue

How was Amazing Facts able to secure a venue from a religious group with whom our teachings directly conflict? It was just one of the many miracles God provided during our outreach in Colombia this past July.

When the auditorium (el Coliseo del colegio San José el Poblado) was initially constructed, it was paid for by a donation from the owner of Medellín's national soccer team. Many years ago, he felt he was living an empty life despite all the riches and fame of

being a professional sports team owner. When he confided this to his wife, they both decided to attend meetings sponsored by a Sabbathkeeping church. Not long after, the two were baptized!

The owner then wondered if he should abandon his profession and pursue religious work, but the pastor suggested that God might have a special purpose for the team that might bring Him glory and honor.



The owner invited the pastor to hold daily devotions for the team. Within six months, the team went from near last place to first in the country — all with the same players! Reporters came from all over the country to find out the secret for this drastic turnaround. The owner testified that the only change he had made was giving the team to God.

Now a leader in his local church, this man heard that Amazing Facts needed a venue for the evangelistic series. So he spoke with the nuns in charge of the school and secured permission for the ministry to use their auditorium to share the three angels' messages. Don't ever doubt that God can do great things for you if you turn your life over to Him!

We believe that God's hand was in these powerful meetings in many more ways, exposing millions of people in Latin America to last-day truth. Indeed, many souls were even baptized into God's Sabbath church on the grounds of a Sundaykeeping church.

Now Pastor Doug's truth-filled messages will be broadcast for many more years on various Spanish-language networks. Already more than 250 people have been baptized during the evangelistic series, and we have received countless email messages from nearly all of the South and Central American countries that had access to the program either by satellite or on the web, as well as such places such as South Africa, Japan, and Maine!

Join the Team! Volunteer ... Online!

Every week, we receive hundreds of emails with prayer requests and questions that our correspondence team works hard to answer. We also have a group of volunteers who dedicate an hour a week — up to 40 a week — connecting to souls with the answers and encouragement they need. We are looking for more volunteers who can work in their own home and in their own time. Are you interested? Email Michelle Stanhope at michelles@amazingfacts.org or call 916-434-3880, ext. 3061.

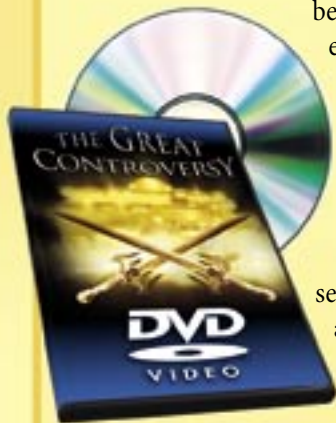


Project Opportunities

Building His Kingdom Together

Project: Great Controversy

Amazing Facts is producing a thrilling documentary focusing on the cosmic controversy between good and evil! We need to raise funds to help inform millions about God's incredible master plan of redemption for the human race.



People everywhere are searching desperately for answers to cope with the chaos in the world around them. But countless thousands are

being led astray by conflicting spiritual messages and compromising values in popular media.

We want to give these confused and distracted souls an eye-opening plunge into the fierce cosmic war between Christ and Satan. This monumental production will show how their lives are intertwined in this plan and the relentless battle that is being fought for their souls.

We'll present this in a dynamic, fresh way that today's media-saturated generation can relate to. It's a great way to share the remnant church's message before the return of our Lord! It's the perfect evangelism tool!

Funding Goal: \$1,500,000

Storehouse: \$702,149



Project: China Outreach

One of the biggest mission fields on earth is also one of the most difficult nations to reach with last-day truth. But that's about to change as Amazing Facts prepares to reach into communist China with a media blitz that will touch *hundreds of millions* of hearts.

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

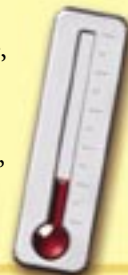
We will develop a special Chinese-language website offering Bible schools and pocket books that explain Bible truth, transforming hearts and preparing Chinese Christians for the final events. These downloadable, printable, and easily copied resources will be a perfect way to evangelize and disciple.

Amazing Facts will also produce Chinese language DVDs including the *Final Events*, *Everlasting Gospel*, and *Prophecy Code* series, 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."

If the Lord has placed the desire in your heart to share the last-day message with God's precious children in China, please give today.

Funding Goal: \$300,000

Storehouse: \$61,588



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. 3029, and we'll assist you with the paperwork and how you can benefit with the best possible tax deduction.

THE AMAZING FACTS Evangelism TEAM



Schedule an Amazing Facts evangelistic series or a revival weekend in your church!

Contact our evangelism department by phone at 916-434-3880 or by mail.

Doug Batchelor

Here We Stand:
Foundations of Our Faith
September 7 – 15
333 East Michigan Avenue
Lansing, Michigan
Also broadcast on 3ABN

Emanuel Baek

September 7 – October 13
Hot Springs, Arkansas
Call 501-760-3337 for details.

October 19 – November 24
Camden, Tennessee
Call 731-584-9400 for details.

Darrin Bartell

September 7 – October 13
Best Western Yellowstone Inn
1515 West Park Street
Livingston, Montana

Darrin Bartell (continued)

October 19 – November 24
Best Western Owasso Inn
7653 North Owasso Expy.
Owasso, Oklahoma

Byron Corbett

September 7 – October 13
The Adventure Church
6541 S College Ave
Fort Collins, Colorado

Eric Flickinger

September 7 – October 13
Independence Park Theater
7800 Independence Blvd.
Baton Rouge, Louisiana

October 19 – November 24
Executive Inn
1 Executive Boulevard
Owensboro, Kentucky

Lowell Hargreaves

October 19 – November 24
Poplar Bluff, Montana
Call 573-785-1226 for details.

Tyler Long

October 19 – November 24
Church Auditorium
914 Cirby Way
Roseville, California

Brian McMahon

October 20 – November 24
Church Auditorium
1633 North Central Avenue
Ceres, California

Jason Morgan

September 7 – October 13
Church Auditorium
855 West Highland
Hermiston, Oregon

Jason Morgan (continued)

October 19 – November 24
Nixa, Montana
Call 417-725-7774 for details.

Jack Pefley

September 4 – October 7
Church Auditorium
6475 West Port Avenue
Shreveport, Louisiana

October 19 – November 24
Church Auditorium
170 North Country Club Rd.
Muskogee, Oklahoma

Adam Ramdin

September 7 – October 13
Holiday Inn City Center
700 Rogers Avenue
Fort Smith, Arkansas

Adam Ramdin (continued)

October 19 – November 24
Claremore, Oklahoma
Call 918-341-7873 for details.

Jason Sliger

September 7 – October 13
Superior, Wisconsin
Call 715-394-6650 for details.

October 19 - November 24
Tennsco Community Center
115 Tennsco Drive
Dickson, Tennessee



Doug Batchelor



Emanuel Baek



Darrin Bartell



Byron Corbett



Eric Flickinger



Lowell Hargreaves



Brian McMahon



Jason Morgan



Jack Pefley



Dennis Priebe



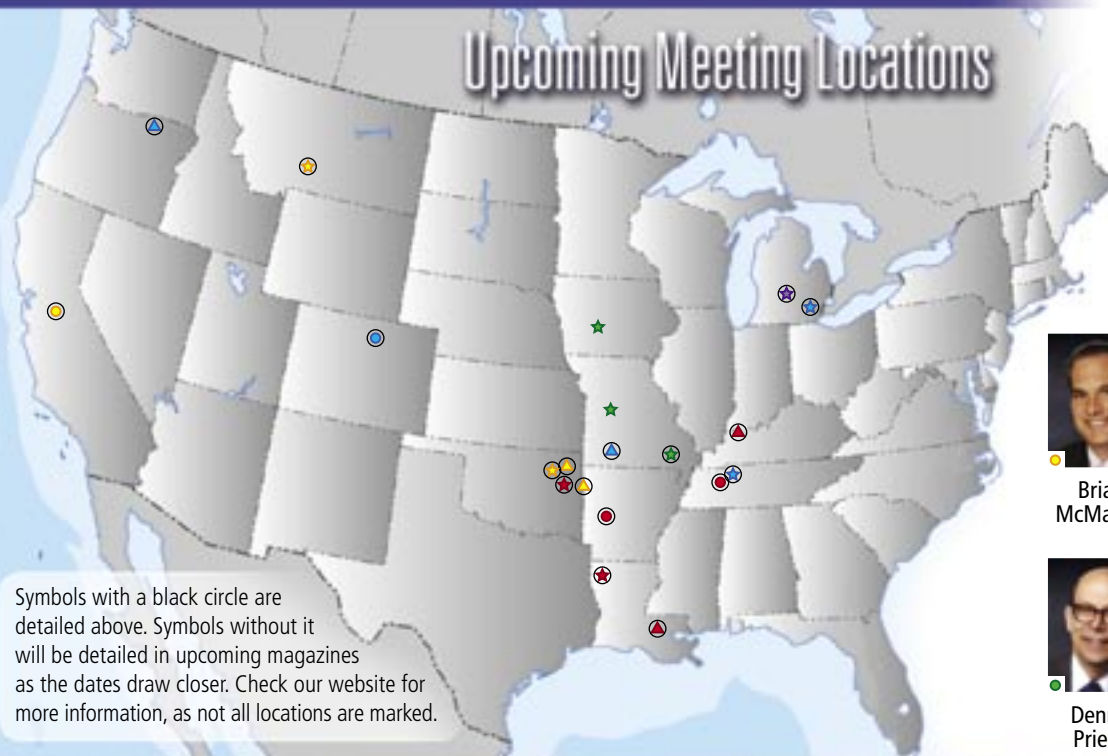
Adam Ramdin



Jason Sliger

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!

Upcoming Meeting Locations



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

TO GO

Reinventing

TRAINING

Refocusing

COMMITMENT

The Amazing Facts Center of Evangelism (AFCOE) completed its first ever AFCOE to Go session this past June with great success.

“This class completely overwhelmed us,” says Don Mackintosh, AFCOE director. “We certainly sensed the Spirit was leading us to do short-term evangelism training for God’s people, but we didn’t know just how much the Holy Spirit would do — not only in training, but also in revival and reformation.”

As the week unfolded, it became increasingly evident that God was moving on hearts in ways and degrees that even the students did not anticipate. One student, Ann, explains, “I’m so overwhelmed with all I’ve learned. I’ve learned how to pray and how to study my Bible more effectively.” And Elias adds,

“It has been a real blessing. It has made me think more profoundly about my purpose in life and about my relationship with Christ.”

And one of the highlights of the inaugural session came on the last day of classes, when a student, a local attorney, made his decision to become a baptized member in God’s remnant church. The class was also a special blessing to others like Marylyn, who says, “I had been praying for direction. . . . I was considering leaving the church but have found forgiveness for my sins and a new connection with my church.”

In all, 35 students, one from as far away as India, attended this groundbreaking weeklong seminar conducted on the beautiful campus of Weimar College in the foothills of the Sierra Mountains.



It included instruction from Don Mackintosh, Tyler Long, AFCOE assistant director, and guest speaker Eugene Pruitt of Quachita College.

Preparing Fishers of Men

Designed to give practical training for those unable to attend the ministry’s renowned four-month course, AFCOE to Go offers an intensive time of evangelism training and Christian fellowship and gives even the busiest people the resources and skills they need to reach family, friends, co-workers, or neighbors — individually or in concert with a local church.

Each day, students met for inspiring worship, powerful doctrinal and prophetic studies, as well as practical instruction in soul-winning, preaching, and health evangelism. The results were graduates refocused on Christ and prepared to share their faith in a convincing and winsome way.


For many participants, it was the very thing they needed not only to be better witnesses for Jesus, but to draw closer to Him. Says Barbara, a graduate, “This is so practical and helpful . . . like a blood transfusion! This type of training should be in every church.” Kathy adds, “This new insight has given me an even stronger connection with Jesus on a personal level.”

Are You Ready?

Much like the four-month course, AFCOE to Go has proven life-changing for the students and instructors. It’s truly the perfect blend of knowledge and inspiration for anyone who wants to recommit their lives to winning souls in these last days. As Randy

reports, “I’ve always felt the call of God to win souls. I greatly desired the four-month training, but I could not attend because of work and family responsibilities. AFCOE to Go was made for me.”

But beware! AFCOE to Go could cause you to totally rethink your life! Monte, a student, explains, “After attending AFCOE to Go, I plan on being at the full four-month course in the fall!” We ask that you pray for these graduates, that God will lead them to those who need to hear about His grace. We also ask that you pray what God would have you do in a world that desperately needs to hear about Jesus before it’s too late.

Amazing Facts will run a new weeklong AFCOE to Go program January 14–17, 2008. For more information on the course, schedule, and applying, visit www.afcoe.org today! 

“I’m going home and, with God’s help, I’m going to make a difference in this world.”

—Ann

How Much Sin Is Acceptable?



BY JOE CREWS

A man involved in an experiment was ordered to pick up an ordinary empty drinking glass from a table. Although he was strong and athletic, he could not budge the glass from its place. Even his most strenuous exertions could not lift a glass light enough for a child to pick up.

Why? Because scientists had placed him in a hypnotic trance and “suggested” to him that it was impossible to pick up the glass. Because his mind was convinced it could not be done, his body was unable to carry out the command to lift it. What a dramatic demonstration that no person can obey a command that he believes to be impossible to perform!

Is this the reason so many Christians in God’s church are living weak, defeated lives?

Giving Up

There is little question that popular theology today is teaching millions that no one can really live without sinning. The Ten Commandments are portrayed as an idealistic code

produced *solely* for the purpose of making people conscious of their need of a Savior. Some even suggest God’s love is incompatible with strict rules and penalties.

However, this is completely foreign to the Bible. The Word of God gives no one an excuse to feel relaxed about sin. It is the central problem of every soul, a problem that only Jesus can save us from. And He has done that with His life. He came to destroy sin; it will never enter into heaven.

How strange then that so many church members have become apologetic for sin, as though it cannot be overcome through the triumphing Christian life. Yet if Jesus has already won, why are so many willing to lose?

Often people “defend sin” because they have not been able to stop doing it in their own strength. Instead of making the humbling confession that they can’t conquer it, they fabricate arguments that it really doesn’t hurt them or that no one can be perfect.

It is probably safe to say that the majority of Christians today are resigned to falling short of the moral law. The

effect of such a teaching is exactly what one would expect — multitudes of disobedient church members who feel that concern about keeping the commandments is nitpicking and legalistic. Consequently, most Christians practice an alternating experience of victory-defeat, victory-defeat. To them it is the approved lifestyle of normal Christianity. But it doesn't have to be this way.

Total Victory Promised

Although we are indeed told in the Bible that all have sinned, that the carnal mind is enmity against God, and that man's righteousness is as filthy rags, I believe these verses are about the *unregenerate* experience. There are scores of other texts that describe the experience of total victory over sin for those who have given their whole lives to God, that we can be "more than conquerors" (Romans 8:37).

Remember that the gospel of Jesus Christ is the *power* of God unto salvation. His grace is stronger than all the concentrated forces of evil. We can be "saved to the uttermost" (Hebrews 7:25). Of course, it is equally true that provision is made for cleansing *in case* sin is committed, but I want to talk about how God's perfect plan makes it possible for man to live a life of perfect obedience through Christ.

The Bible says we can "always triumph" (2 Corinthians 2:14). It also promises that God will give us "exceeding abundantly above all that we ask or think" (Ephesians 3:20). And the verse just prior to that guarantees that we may "be filled with all the fullness of God" (verse 19).

These passages are intended to impress on us the magnitude of God's resources on our behalf, and it is important to believe these promises, because only through them can we know ultimate deliverance. "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust" (2 Peter 1:4).

We become partakers of the divine nature, and through the power of that new nature in us we are able to escape the corruption of sin, but always remembering what Jesus said: "Without me, ye can do nothing" (John 15:5).

All Things Available

The apostle Paul adds to these promises, saying, "I can do all things through Christ which strengtheneth me" (Philippians 4:13). It includes power over drugs, immorality, appetite, pride, and every act of sin that would rob us of eternal life.

When you get the power of Christ in your life, you have everything you could ever desire. "He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?" (Romans 8:32).

Do you know what this means? By claiming the presence of Christ in your life, you also receive everything that Christ possesses. Paul described it this way: "But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption" (1 Corinthians 1:30).

What do "righteousness," "redemption," and "sanctification" include? All three promise us more than deliverance from the guilt of our past sins. The word "redemption" is not limited to redemption from the guilt of sin, but from the power of sin also.

"Sanctification" is a word that describes continuous, daily



growth in overcoming sin. "Righteousness" literally means right-doing and applies to a dynamic fulfillment of God's will. They all have the connotation of being set free, both from the guilt and the practice of sin.

Every person needs two things—forgiveness for the past, and power for the future. Redemption includes both, and the idea that *full* deliverance from the guilt of sin is included but only *partial* deliverance from the power of sin is a perversion of the gospel. Jesus did not come to save us from the consequences of sin only, but to save us from sin itself. God's grace is not an accomplice of sin. He not only *counts* us righteous through the imputation of His atoning death, but He *makes* us righteous through the impartation of His victorious life.

If you need even more assurance that victory over any and every sin can be yours through Jesus, just look up the following verses and find confidence in your Lord: 1 Corinthians 15:57; 1 John 5:4; Philippians 2:5; 2 Corinthians 5:21; 1 John 3:6.

The Secret of Victory

When some people try to quit smoking, they try "tapering off." Rarely but sometimes it is indeed successful, but it never works when you are trying to overcome the devil! We can't fight the devil for a few months and finally drive him away, because the devil is stronger than we are. "Trying" will never break the power of sin in a single instance, because we're facing an enemy who will always be stronger. What, then, is the answer to our weakness and defeat?

After considering the promises of God above, the heart of victory is found in four simple scriptural steps that any believer may take in claiming God's power. Four texts

illuminate the amazing transaction. *First*: "Thanks be to God, which giveth us the victory through our Lord Jesus Christ" (1 Corinthians 15:57). Victory is a gift! We do not earn it by our efforts. The only thing we need do is ask for it, and the victory will be given to us freely by Christ. Do you need victory in your life over some binding habit of sin? Some are slaves to appetite, to alcohol, to tobacco. Others are struggling helplessly against impurity, anger, or

worldliness. The Bible says you may have the victory as a gift through Jesus Christ.

Second: "If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?" (Matthew 7:11). Is it a good thing when you ask for victory over fleshly evils? Of course! And you don't even have to ask if it is God's will! He has told us in the Bible that it is His will to destroy the works of sin and the devil.

Faith Makes It So

This brings us to the *third* text: "Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through

Jesus Christ our Lord" (Romans 6:11). The word "reckon" means to believe, or to consider it done. Every particle of faith should be focused on that one request for victory, and then it should be accounted as done. Do you remember how Peter walked on the water? He asked Jesus if he could step out onto the raging sea, and Jesus told Peter to come. But how long did Peter do the impossible by walking on the water? The Bible says, "When he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me" (Matthew 14:30). He lost faith.



Now, what is the impossible thing as far as you are concerned? Christ says, "Come to me. I will give you victory." As long as you believe that you have been delivered, you will have victory. The very moment you ask for victory it will be placed in your life as a reservoir of power. You won't feel it, but it is there. It will remain there as long as you accept it in faith.

For some people, the deliverance is so dramatic that they lose even the appetite for the sin. Tobacco addicts have sometimes been delivered from the craving, *but this is not the usual way God does it*. Usually, the desire remains, but in the moment of temptation, the power to walk past the temptation springs forth from within. Faith accepts the fact of deliverance and constantly claims the victory, which is in the secure possession of the believer.

The *fourth* text: "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof" (Romans 13:14). So strong is the confidence in the appropriated power of God that no consideration is given to falling under the power of that sin again. Under the "trying" plan, provision is made to fail. Cigarettes are placed on a shelf and the smoker says, "I'm going to try never to smoke again." But under the "trusting" plan, we have no reason to fear failure on the grounds of human weakness. Victory does not depend on our strength but on God's power. He cannot fail, so we throw cigarettes away. All plans that might involve any degree of compromise are abandoned.

Let's suppose a person does fail. Even Peter began to sink in the presence of Jesus. Would it not shake confidence in God if the victory was not maintained? No. Peter's sinking had nothing to do with the failure of divine power. It did not change Christ's will for him to walk on the water. It only pointed out Peter's need of stronger faith to enable him to obey Christ's command. Our faith could weaken. We might need to be reminded of our total dependence upon His strength. But this does not diminish the beautiful plan

of God to impart power and victory through "exceeding great and precious promises" of the Bible. Without faith by the receiver not even God's promises can be appropriated. The limits are clearly defined in the words of Jesus, "According to your faith be it unto you" (Matthew 9:29).

There it is, friend, in all of its simplicity. *And it works!* If you are willing to be delivered, it works.

Nothing will help the one who is not willing to give up sin. But if you want it, it's there for you: *victory, power, deliverance*—just reach out in faith and it is yours.



Adapted from Joe Crews' Is It Possible to Live Without Sinning? For the complete inspiring text, you can order it through the Amazing Facts catalog.

Special Recognition



Laverne Cate from Esther Cate, his wife
Roberta Chaffee from Stanley Chaffee

Derwood and Jean Chappell
from Lucille Bush

Agnes Christensen from Sherry Christensen
Stephen Paul Daniel Clatterbuck from Mary Frances Flynn, his mother

Bill Collier II from Sarah Wolff, his mother

Arla Collins from Auth Sackett

Lawrence and Lois Cox from Herb and Debbie Cox

Seth Cox from Herb and Debbie Cox, his parents

Betty Rees Coy from Jack Coy, her husband

Joe Crews from Doug and Karen Batchelor; from Lu Ann Crews, his wife; from Catherine Ritchie

Ronnie Crews from Lu Ann Crews, his mother

Tor Dahlberg from Sylvia Dahlberg, his wife;
from Mr. and Mrs. Don Kirkwood

Arthur Davis Jr. from Neva Davis

Marjorie Dickinson from Kent and Dee Dickinson

Jeanette and Jewell Dinkmeier from John Dinkmeier

Harold Doss from Hilda Doss, his wife

Melvin Duncan from Martha Duncan, his wife

Margaret Edwards from Lucille Bush

Mary Farrell from Leon and Vivienne Rich
Castillo Felicita from Doug Batchelor and staff

William Fisher from Dorothy Fisher, his wife

Lonnie Foltz from John and Pauline Pire

Ruth and Jewel Foutch from Gayle Tyroff

Lynn Fox from Drusilla Fox, his wife

Jerry Freeman from Hazel Freeman, his wife

Steven Freeman from Dorothy Freeman, his mother

Bill Fulton from Edith Fulton, his wife

Dr. Allan Gair from Jackie Gair, his wife

Ila Genton from Lola Genton, his daughter

Gale George from Celia George

Jane Grosh from Lu Ann Crews

Frances Ellen Groves from Mary Frances Flynn, her daughter

Washington Hames Groves from Mary Frances Flynn,
his daughter

Charles Hadley from Paul and Jane Elliott

Elmer Hagele from Maurine Hagele, his wife

David Haines from Ollie, his wife

Alex Hall from Alyce Hall, his wife

David, Gary, Julie, and James Hammond from Ivan and Alice Hammond, their parents

Richard Hammond from Emily Hammond, his wife

Doris Harris from Mary Frances Flynn

Joe Harris from Charlotte Harris, his wife

Richard Hein from Goldie Hein, his wife

Truman and Muriel Hendryx from William and Courtney Seth

Joseph Herzberg from Debra Fechik, his daughter

Sally Hess from Dorothy Palmer

Joshua Hicks from Lu Ann Crews

Joseph Hillebert Sr. from Mildred Hillebert, his wife

Donald Hilliard from Leon and Vivienne Rich

Ray Hoffmann from Carol Hoffmann, his wife

Max Honks from Gordon and Jackie Tall

Frank Hufana from Joseph and Shirley Fields

J.N. Hunt from Donald Hunt, his brother

Ruth Hurlbert from Joanne and Fred Evans, her daughter
and son-in-law

John Janzen from Agatha Janzen, his wife

Mark Jensen from Uncle and Aunt Gerald and Naomi Fillman

Lola Jones from Jackie Gair

Donna Just from Catherine Ritchie

Milton Kesler from Yvonne Kesler, his wife

Emilio Knechtle from Kent Dickinson

Martha Koenig from Al and Pat Marion

Flora Krick from Ellen Hardt

Alberta Lammerding from Doug and Karen Batchelor

Lauren Linde from Jackie Gair, her grandma

In Loving Memory of

Ogden Aaby from Kent Dickinson

S.L. (Buck) Alvarez from Jane Alvarez, his wife

Marvin Anderson from Helen Anderson, his wife

Susie Anderson from Paul and Jane Elliott

J.N. Andrews from Charles and Sandra Harlan

Jean Avey from Pastor Loyd and Marion Austin

Frank Barker from Bonnie Lorenz, his daughter

Kip Barker from Bonnie Lorenz

Micah Batchelor from Doug and Karen Batchelor,
his parents; from Lu Ann Crews; from Mr. and Mrs.
Jack Sherman

Ruth Blackman from Dorothy Hughes

Waldron (Nick) Blackmon from Bob and Marcie O'Quinn

George Bondranko from Mr. and Mrs. Don Kirkwood

Carl and Anna Brockmann from Ethel Simeone,
their daughter

Ardys Brown from Lucille Bush

Milford Brown from Millie Brown, his wife

Shannon Burton from Spurgeon and Donnis Lail,
her grandparents

Bruce Bush from Lucille Bush, his wife

Glen Byers from Bonnie Byers, his wife

David Byrd from Enid Henderson, his aunt

George Cacic from Elaine Cacic, his wife

Joseph Calkins from Grandma Judy

John Carr from Stanley Chaffee

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.

Lionel and Melinda Loessberg from Allene Carpenter, their daughter

J. Murray Long from Pauline Long, his wife

Alan Dean Long from Pauline Long, his mother

Loved Ones from Lucille Bush

William Lowe from Anita Lowe, his wife; from Shelly Lowe, his daughter; from Tammy Sue White, his daughter; from Josephine Benton; from Lu Ann Crews; from Jack and Nora DeVore; from Joseph and Shirley Fields; from Leroy and Teresa Hamann; from Frank and Anita Jacobs; from Jonathan and Kathleen Kuntaraf; from George and Dawn McGonigle; from Charles and Edna Myers; from Beverly Rogers; from 1st SDA Church of Cherry Hill, New Jersey

Cass Luque from Richard and Bette Affolter; from Donald and Sarah Lee; from Beverly Maldonado; from Pastor John McFarlane; from Pauline Molina; from Erlinda Nyberg; from Grace Skylor

Homer Lynd from Teresa Lynd, his wife

Bryan Malone from Clarence and Alice Kinney

James and Minerva Masters from Viola Skala, their daughter

Bill May from Doug and Karen Batchelor

William May from Kent and Dee Dickinson; from Ron Steele

Isaac and Alice Meier from Yvonne and Everett Dickerson

Samuel Hames Miles from Mary Frances Flynn, his mother

Rachel Millard from John Millard

Henry Miller from Leon and Vivienne Rich

David Milsten from Lois Lucas, his mother

Dr. Harold Moody from Dorothy Moody

John Moody from Sylvia Dahlberg

Carl Moore from Mable Moore

Leonard Moore from Stanley Chaffee

Bill Murphy from his wife; from Beulah Keeler, his sister

Marguerite Newlon from the Schappert Family

James Nystom from Leon and Vivienne Rich

Geraldine Olmstead from Bob and Susie

Olmstead; from Tom Kuhn; from Kim Swett

Marguerite Olsen from Ellen Hardt

W.A. Opincar from Marilyn Opincar, his wife

Melissa (Leary) Pahn from Theodore and Donna Keehnel

Jay Palmer from Carolyn Palmer, his wife

Evelyn Pender from Bud and Janice

Justina Peshka from D.K. Peshka, her husband

Annie and Issac Pierce from Gayle Tyroff, their granddaughter

James Pierpoint from Leon and Vivienne Rich

Lauretta Pierpoint from Leon and Vivienne Rich

Clairena Poole from Donald and Nancy Mauk

Max Qualley from Barbara Qualley, his wife

Barbara Rampton from Lucille Bush

Clarence Renoll from Lucille Bush

Earl and Grace Reuss from Barbara Qualley, their daughter

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

Artie Robinson-Derting from Catherine Ritchie, her daughter

Bertle Ruppert from Harold Ruppert, his son

Harry and Irma Rushold from Udene and Marlin Allen, their daughter and son-in-law

LaVerne Schlenker from Dorothy Palmer

Harold Schneider from Elsie Schneider, his wife

Erma Scully from Demas and Verna Borba, her nephew and niece

Anabel Sevison from Stanley Chaffee

Rose Shelton from Bette Bristow



Grace and Jack Sherman from Mr. and Mrs. Jack Sherman

Irene Shoup from Lucille Bush

Vesper and Ruth Sias from Mary Lou Pride, their daughter

Gerald Silvestri from Pastor John and Anita Silvestri, his parents

Rocco Simeone from Ethel Simeone, his wife

Ann Simpkins from Gayle Tyroff, her sister

June and Allie Story from Vivienne Austin-Nickerson

Allen Tatttrie from Jennie Tatttrie, his grandmother

Duane Tatttrie from Jennie Tatttrie, his mother; from Wendell Tatttrie, his brother

Roy Tatttrie from Jennie Tatttrie, his wife; from Wendell Tatttrie, his son

Carol Tennyson from Kent and Dee Dickinson

Pearl Thompson from Betty Dull

W.E. and Alma Trent from Gerry Sue Behney, their daughter

Mr. and Mrs. George Waddell from Goldie Hein, their daughter

Milton and Fannie Waxter from Frank and Ruth Waxter, their son and daughter-in-law

Jonathan Whitfield from Bette Bristow, his grandmother

Sandra Whorton from Doris Thomas, her mother

Marvin Wilson from Dorothy Palmer

Mr. and Mrs. W. Wilson from R.J. and Florence Fitzgerald

Helen Wiltse from Delphia Johnson

Barney Wolfe from Alyce Hall, his sister-in-law

Nettie Wolfe from Alyce Hall, her sister

Joe Wright from Gordon and Jackie Tall

Don Yowell from Marie Krall

John Zalobak from Doris Thomas, his mother

John and Mark Zervos from Ellen Zervos Brown, their mother

Bill Zima Jr. from Patricia Zima, his mother

Bill Zima Sr. from Patricia Zima, his wife

Happy Anniversary to

David and Marilyn Bauer (50th) from Tom and Doris Koplo, their cousins

Ed and Bonnie Ensminger (50th) from Dr. and Mrs. Eldon Stratton

Lonny and Estella Tachenko (60th) from Eldon and Evelyn Allram

Happy Birthday to

Jacob Bradshaw from Bob and Marcie O'Quinn

Nancilu Burdick (90th) from Bob and Marcie O'Quinn

Amelia Craig (95th)

Tillie Ensminger (92nd) from Dr. and Mrs. Eldon Stratton

Barbara and Bill McComas from Leo and Bobbie Jane Van Dolson

Bud Robbins from Janice, Brian, Jonathan, and David Robbins

In Appreciation of

Dr. Jay Neil from the Nickersons

In Honor of

Dr. Chanceford and Vivian Warren Morence from Arvella Bender

Don Michelenko from Jim and Judy Culpepper

In Thanksgiving

Roland's successful bypass surgery from Joanne Jensen

Paula Miller's passed an important exam from Marie Krall

No Pressure



by Emily Thomsen

If you've been watching your fat intake but ignoring your sodium intake, you could be at greater risk of having a stroke than your fat-consuming neighbor!

When a stroke occurs, blood vessels carrying oxygen and nutrients to the brain either burst or are blocked by a clot. Ischemic strokes are caused by clots that block an artery; hemorrhagic strokes are caused by ruptured blood vessels.

A high-fat diet hardens the arteries, making them more resilient to hemorrhagic strokes. A low-fat diet that is high in sodium leaves your arteries vulnerable. Don't feel you now have license to go out and eat a hamburger and fries, however; eliminating saturated fats and reducing sodium are both necessary to lower your risk of cardiovascular disease.

On a high-sodium diet, blood pressure can remain normal for years and then rise seemingly overnight due to excessive stimulation of the nervous system. Alternately, you may live with hypertension for many years and be unaware of the problem. Your heart, brain, and kidneys can cope with hypertension for a long time but eventually stroke, heart attack,

and heart or kidney failure might ensue. Heart attack risk increases exponentially when other risk factors such as obesity, high cholesterol, diabetes, and smoking are also present.

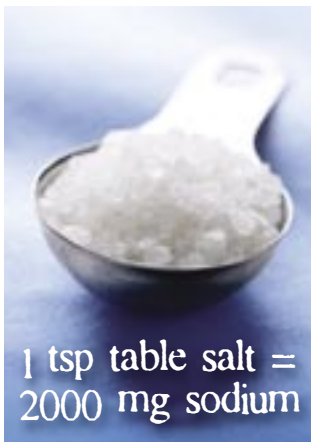
Contrary to popular belief, blood pressure should not rise with age. Blood pressures considered healthy for children in America are common among adults in indigenous tribes who do not consume sodium. In most cases, the lower your

blood pressure, the better, as long as you don't experience symptoms such as lightheadedness or fainting. Ideally, your blood pressure should be lower than 120/80.

If you have been diagnosed with high blood pressure, take steps now to correct the problem. Reduce your sodium intake; aim to consume less than 1,000 mg per day, especially if you have high or borderline high blood pressure or a family history of hypertension. One study demonstrated that reducing sodium intake even to 2,400 mg per day had twice the lowering effect of 45 minutes per day of aerobic exercise! Sometimes, however, blood

pressure reduction from a low-sodium diet may take as much as a few years to be fully achieved.

A simple guideline is to avoid packaged foods with more than 1 mg of sodium per calorie per serving. For example, if



1 tsp table salt = 2000 mg sodium



Total Fat	2g	5%
Saturated Fat	0.5g	29%
Trans Fat	0g	6%
Cholesterol	15mg	4%
Sodium	700mg	
Total Carbohydrate	19g	
Dietary Fiber	1g	
Vitamins		
Iron 4%		



a food has 200 calories per serving, it should have less than 200 mg of sodium. Another helpful tip: Rinsing canned beans eliminate a significant amount of their sodium content.

Many people now consume sea salt thinking it is somehow healthier than regular table salt. But salt affects the body exactly the same whether it comes from table salt, the sea, or Mars!

Other key steps for lowering blood pressure are to drink at least eight 8-ounce glasses of water every day and reduce the amount of saturated fat (found primarily in animal products) in your diet. Include plenty of healthy fats such as omega-3 fatty acids. These are found in nuts and seeds. Walnuts and flaxseed are particularly good non-animal sources of omega-3 fatty acids.


If you are overweight, strive to achieve your ideal body weight, defined as a body mass index of less than 25. (A bodybuilder with higher-than-normal muscle mass would have a higher BMI.) Calculate your BMI with the following formula:

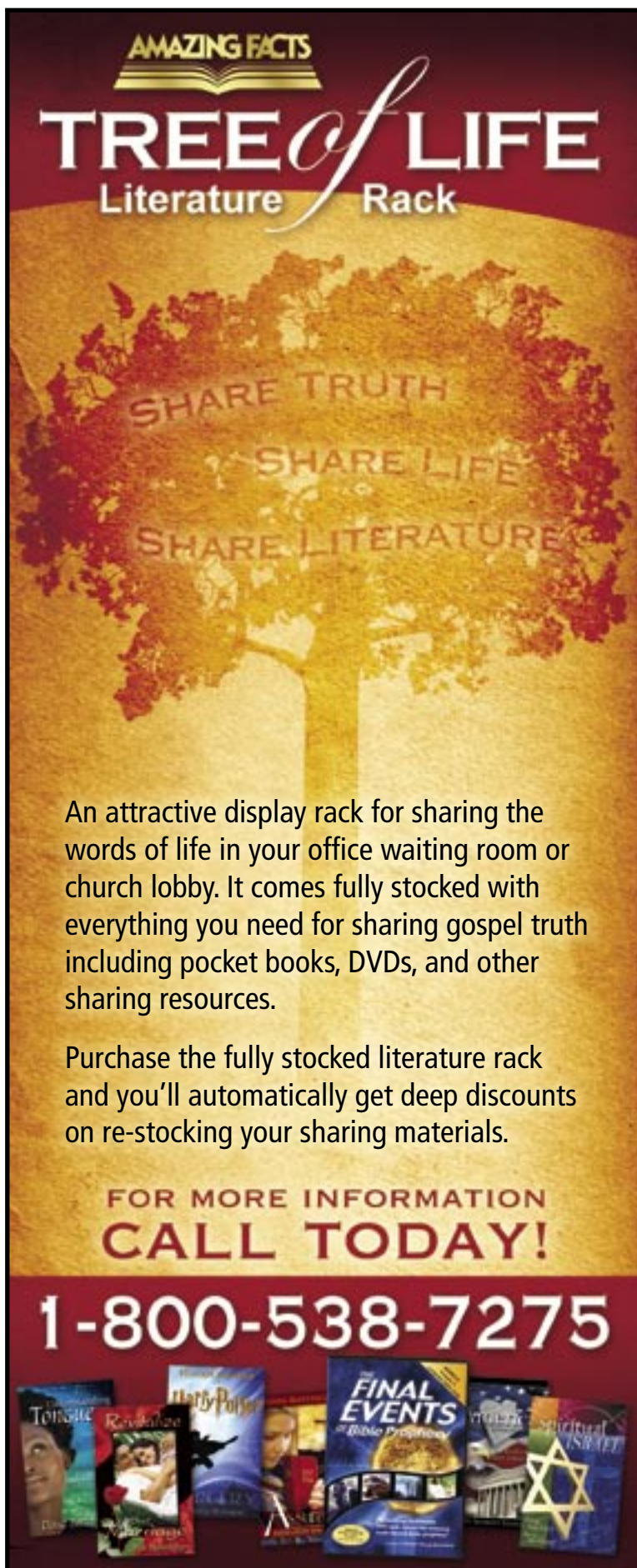
$$\frac{\text{Weight in pounds} \times 703}{\text{Height in inches, squared}}$$

Another way to assess ideal weight is to measure your waist size. Measured around the belly button with the abdomen relaxed, a man's waist size should be no larger than 35 inches and a woman's should be no larger than 32 inches.

Finally, exercise! If you do not currently have an exercise routine, implement one. Find an activity you enjoy—such as walking, aerobics, biking, or swimming—and participate in it regularly. Start with whatever amount you are able to do. Each week add one day until you are exercising six days per week, then add five minutes to your time until you are exercising for 45 minutes six times per week.

Nearly one in three American adults has hypertension, or high blood pressure, and probably one-third of them don't know it. With no symptoms, hypertension is called "the silent killer." You should make it a point to check yours today.

But hey, no pressure. 



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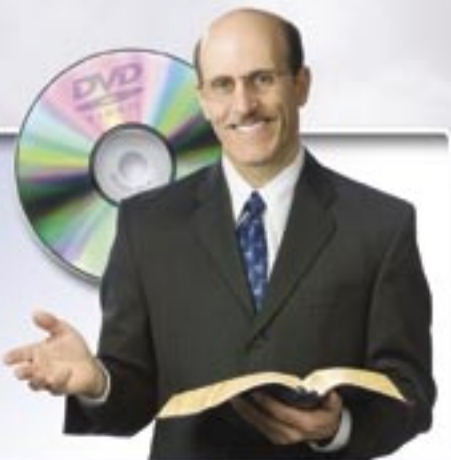
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