

Be a Witness

INTRODUCING
AFTV

>> PAGE 12



3 Doors Down

BY PASTOR DOUG BATCHELOR



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

Let me ask you a tough question: If you could choose between earning \$1,000 a day for an entire year (\$365,000 by the year's end) or winning one soul a month to Jesus, what would you do? Where are your priorities? Now, what if it's just one soul a year?

The answer to these questions should be simple when you realize how much your money will be worth when Jesus comes compared to the value of the souls you helped to save.

That's why I'm so eager to tell you about a new Amazing Facts initiative that helps you and me to recognize the eternal value of the souls in our own communities — it's called **3 Doors Down**.

I've wanted a unique grassroots effort like this for a long time. It's designed to help you reach your neighbors, across the street and around the world, in ways that are most meaningful to them. Of course, you can always be assured that 3 Doors Down will utilize the powerful combinations of outreach — television, radio, evangelism events, publishing, Bible schools, and the internet — that Amazing Facts has developed for over 45 years of successful gospel ministry.

Participating in 3 Doors Down is very simple. Because we can be so busy, we are often unable to share the love of Jesus with friends and neighbors as much as we want. With the things of this world, the devil has distracted too many of us from what *should be* our priorities.

But with your support in 3 Doors Down, Amazing Facts can help overcome the devil's distractions and bridge the evangelism gap. You can help us reach your neighbors while they watch TV, listen to the radio, or browse the internet. If your neighbors need more information, we help them find answers by providing

literature, Bible studies, and more. We even follow up by asking them to make a decision for Jesus and join a local church. You are the bridge between Amazing Facts resources and Christ.

So when you begin your partnership with us, you can know that you have become an active participant in the great commission. Will you please pray over this important decision and join this partner program? Don't keep the greatest gift to yourself — share it 3 Doors Down! See the information on the next page and call today!

I also want to give you a challenge: to reach at least one person for Christ this year. For some, this might not be a huge challenge because they've already brought several souls to Christ. But some have never experienced the joy of leading a soul to Christ, so winning even one can seem like an overwhelming challenge.


However, we don't have to be afraid.

Jesus promised, "Follow Me, and I will make you become fishers of men" (Mark 1:17).

What's implied here? Jesus is making a promise.

If we follow Him, He will supply everything we need to do His work. Everything in heaven and on earth is available to us when we set out to witness for Him.

The Holy Spirit was poured out at Pentecost, and it's still available today. The great commission has not been retracted, and Jesus hasn't given up on us either.

My desire is to help you meet this challenge. I want to reach everyone living three doors down from me and three doors down from you! So this issue of the *Inside Report* is designed to help you grow your passion for winning souls to the Lord. Please take it to heart — and don't forget to utilize all this ministry has to offer to help you reach out more effectively. 





What if
you could
finally reach
your
neighbors?

Be the difference. 3 Doors Down.

Benefits of Joining 3 Doors Down

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

Brandon felt like he was ready to end his life. Broken and hurting, he finally cried out to God for help. "For the first time in my life, I prayed to God to forgive me of the sin that



saturated my life and to show me the truth." The next day, a woman knocked at his door and gave him

a Final Events DVD. After watching it that night, Brandon sat at his desk in the dark and wept. "I knew then that my Father in heaven had been waiting at the door for me. And almost instantly, the eternal love of God changed my heart." Today, Brandon is an active member of his church, where he leads a class that studies current events in light of Bible prophecy.

Call 916-434-3880 to join 3 Doors Down today!

Mail Bag

Spread the Word

"I want you to know that what you are doing is working, because I found out about Amazing Facts through my mother. Without Jesus touching her life through your ministry, I might never have heard of you. I especially enjoyed the *Millennium of Prophecy* seminar online. I am sending the link to everyone I can think of!" *Email*

Cosmic Conflict Impacts Family

"Thank you so much for the message my family just received. I borrowed a *Cosmic Conflict* DVD from my friend and watched it today with my two teen boys and my husband. The way this video has been presented really touched my family. I will keep looking for more videos from your group that my kids can relate to. Your ministry is effective." *Washington*

A Global Bible School

"Your Bible study was a rich experience in the knowledge of God. Most of the materials, especially on marriage, were thrilling indeed. I salute your team. I follow your teachings on 3ABN and Hope TV channels available in Nigeria. May God continue to prosper your ministry. I worship on Sunday, but I believe in the Sabbath. Pray for me to remain faithful to His Word. I am hungry to hear the Word, but earthly weaknesses sometimes distract me." *Nigeria*



Amazing Adventure Leads to Baptism

"Maxime, our 8-year-old daughter, was baptized on December 19. We want to say a big THANK YOU for your *Amazing Adventure* series that was aired for kids. It started a spark in our little girl. We've actually had several kids baptized who attended this series in our church, and praise the Lord, Maxime's baptism day arrived. We thank God for your ministry!" *Florida*



A Beacon for the Lonely

"I was raised into spiritualism, and I pretty much hated anything to do with organized religion. Amazing Facts was my first real introduction to the Bible, and I'm so incredibly thankful! I started the study course when I was 15; it was the start of a long battle with Satan. Due to circumstances at home, I haven't been able to attend church. It can be hard to get to know and keep focused on Jesus when you have little outside support. That's why I want to thank you for what you do, for being such an inspiration. I listen to your sermons daily; they are one of the few helps that keep me going when things get rough. So many times it's like you're talking directly to me, addressing my specific problems when I most need to hear it. It can get lonely without fellowship, but coming to Amazing Facts' website really helps. I hope one day to meet you and thank you in person." *Canada*

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

Contents

AMAZING FACTS

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PRESIDENT
DOUG BATCHELOR

MANAGING EDITOR
ANTHONY LESTER
editor@amazingfacts.org

ART DESIGN/LAYOUT
HALEY TRIMMER

COPYEDITORS
ARLENE CLARK
LU ANN CREWS

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UNITED STATES

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

CANADA

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

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FREE CATALOG

Call or write for a color catalog of materials available through Amazing Facts. It contains information and prices on all books, DVDs, CDs, and other soul-winning materials to help you in your walk with Christ.



12AFTV

Amazing Facts is thrilled to announce the launch of Amazing Facts Television — now broadcasting Bible truth 24/7!

FEATURE

6 Be a Witness

Sharing your faith in Christ with others is the cornerstone of a growing church. If you aren't involved in witnessing, it could be a sign that something is wrong and a real danger to your faith. In this important study, Pastor Doug inspires you to reach out and save yourself by helping to save others.



10 Bible Answers

Are the recent earthquakes and other natural disasters really signs of the second coming? Haven't there always been these types of events?



24 Operation Impact

A unique AFCOE to Go initiative in Bakersfield, California, makes an incredible impact for Jesus. Can the same happen for your community?

26 Witnessing Corner

Sharing your faith doesn't always mean passing out books. Learn how one ministry friend is using our websites to touch hearts for Christ.

15 Finally: A Faith That Transforms

Religion never "clicked" for Steven Hicks — that is until he started a Bible study using the Amazing Facts Study Guides! Don't miss this amazing testimony!



30 Health Bite

What is protein? Why do we need it? Where do we get it? And how much do we really need? You don't need to be confused anymore about this vital nutrient for life!

MORE FEATURES

- 4 Mail Bag
- 13 Broadcast Schedule
- 14 Evangelism Team
- 15 Harvest Report
- 27 News Notes
- 27 Project Opportunities
- 28 Special Recognition

Be a Witness

A Personal Passion for Evangelism

by Pastor Doug Batchelor

An Amazing Fact: *In 1970, the U.S. government established the Witness Protection Program. This project provides a new identity to individuals who serve as critical prosecution witnesses even though it could endanger their lives, as in cases against organized crime. In exchange for this valuable testimony, the government gives witnesses completely new identities, furnishing them with new names, histories, legal papers, occupations, and homes. Jesus also provides a new identity when you enter into His family, but you aren't supposed to keep it a secret.*



There are three essentials for your personal health and growth. You need to breathe, eat, and exercise to thrive physically. Likewise,

there are three priorities of growing spiritually.

For the Christian, prayer is the breath of life. Just as we need to breathe without ceasing, we need to pray without ceasing. Christ also taught that man doesn't live by bread alone. We need to "eat" the Word of God, daily spending time in devotion and worship.

Finally, we need to exercise our faith. If we don't exercise physically, our muscles atrophy. Likewise, we can stagnate spiritually if we don't exercise our faith. Exercising your spirit means to share your faith with others, to be a witness. And that's what I want to pursue with you now.

As Christians, we should long to see the body of Christ grow strong, spiritually and numerically. The Lord wants you and our church to grow. We are called to be His witnesses. A witness is somebody who gives testimony after seeing, hearing, or experiencing something. Have you had an experience with the Lord? Do you have a testimony? Then Jesus wants us to let our light shine so that others may see it (Matthew 5:16).

The simple truth: We've all been given marching orders from Jesus, who told us to go into the whole world and preach the gospel. We are to invade enemy territory, liberate captives, and expand His kingdom. And I think it is appropriate, in this day and age, to recalibrate our spiritual priorities for this purpose.





We're Too Dependent on Pastors

Did you know that in the places of the world where our church is growing the fastest, they also have the fewest pastors per capita? Conversely, the more pastors a place has, growth seems to be the slowest. (And remember, I'm a pastor!)

"He Himself gave some to be apostles, some prophets, some evangelists, and some pastors" (Ephesians 4:11, 12 NKJV). It's also true that not everyone is meant to be an evangelist or a pastor. We each have different roles in the church. But what is the purpose of these particular job descriptions? "For the equipping of the saints," that's you, "for the work of ministry." No matter what your job is in the church, every Christian should be trained to do some kind of outreach.

However, a perilous mindset began to spread through the Christian church in the Dark Ages — the local church leader became responsible for *everything*. The priest was the one who told you what you're supposed to believe. The church members were expected to just soak it up while he did all the studying, evangelizing, and baptizing.

Unfortunately, many never recovered from that caste mentality, even though the battle cry of the great Reformation was "the priesthood of all believers." The core of our faith is that all believers are God's servants, yet many have the mindset of church spectators, and more so in America than anywhere else.

Part of this can be attributed to the entertainment deluge in North America. According to a 2009 Kaiser Family Foundation study, by the time the average child graduates, he'll have spent twice as much time in front of a television as in a classroom. We have become spectators — couch potatoes. As a result, the church here is struggling to grow.

Boldness or Cowardice?

The noted Scottish theologian William Barkley said, "Christianity is something which is meant to be seen. . . . There can be no such thing as secret discipleship. For either the secrecy destroys the discipleship or the discipleship will destroy the secrecy." You can't be a secret Christian; it's an oxymoron.

Some believers think, "I'm going to be a Christian, but I'm just going to witness quietly through my lifestyle." Many times these words are simply code for cowardice.

Of course, there are places and times when you must witness passively. When Amazing Facts was in India, it wasn't possible for us to preach Christ as openly in the north because of persecution

from Muslims. Many mission groups must send Christians into a hostile region to cautiously live out their faith and quietly invite people into their homes to share the gospel. Likewise, public evangelism in China and the Middle East is not practical for now. Missionaries must live out their experience there and gradually win people to Christ through a quiet influence. But we don't have this kind of persecution in North America . . . yet. We should be much bolder while we can.

When the disciples prayed for the Holy Spirit, they asked for boldness. "Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word" (Acts 4:29 NKJV).

God answered their prayer by giving them boldness to witness: "When they had prayed, the place where they had assembled together was shaken; and they were all filled with the Holy Spirit, and they spoke the word of God with boldness" (Acts 4:31 NKJV).


God's Spirit can give you this same holy audacity today.

It's Not About Who You Are

Some people, however, feel a sense of inadequacy when it comes to sharing their faith. They think they aren't formally trained or educated enough. Many feel they aren't holy enough, intimidated by their moral failures and frightened of offending someone and scaring people away.

If this describes you, I say do it anyway. It's better to step out in faith and risk doing something wrong than succeeding at doing nothing. Jesus sent His followers out to witness. After a number of successful missionary tours, they came back to report that even demons were subject to them. They also healed the sick and performed all kinds of other miracles.

Remarkably, it was *after* these



successful episodes that the disciples argued arrogantly amongst themselves about which of them was greatest. It was *after* this that Peter denied Christ.

Even after 3-½ years, Christ told Peter, “When you’re converted,” future tense, “strengthen the brethren” (Luke 22:32). These men were not yet thoroughly converted, but the Lord still used them in reaching others because working for the salvation of the lost is integral to our own conversion process.

If we wait until we feel we are holy enough, we’ll never be ready. Instead, we need to walk in the ways of Christ as we learn and share our victories. Christ’s power is never more available than to those who are willing to be His witnesses.



“The harvest truly is plentiful,
but the laborers are few.”

Matthew 9:37

Perseverance Is Key

A friend who works in the fitness industry told me that the beginning of the year is the busiest time for health club enrollments. Why? Because a lot of people decide their New Year’s resolutions are to exercise more and lose weight.

Of course, this most common of resolutions is the one that is most commonly broken. Does exercise come easy, or do you have to discipline yourself to do it? Not many people want to wake up in

the morning to go run in circles. You’ve got to make yourself do it because you know it’s good for your body.

Likewise, it takes self discipline to learn to be a witness for Christ and to be a missionary each and every day of our lives.

Some people mistakenly believe that the Holy Spirit is just going to drop from the clouds someday and that’s when they’ll be empowered to share their faith. But I don’t believe the Lord usually works that way. Instead, when you pray for strength and make an effort to share your faith, then the Holy Spirit comes to supply your need.

God has told you what He wants you to do: Go into all the world and preach the gospel. He *then* promises that you won’t go alone: “I am with you.” Inherent in every command of God is the power to perform what He’s asking you to do. As long as you have faith to do what He asks, you don’t have to worry about failing. Yes, you might make mistakes, but you won’t fail.

Jesus Wants You to Finish the Work He Started

The primary mission for Jesus on earth was not to evangelize the whole world when He was here. He, of course, died for the sins of the world, but He didn’t expect to convert all of Israel while He lived among men. Rather, He wanted to train and convert 12 men to then, in turn, do the same for other believers.

In John 17:4, Jesus says, “I have glorified You on earth. I have finished the work which You have given Me to do” (NKJV). That’s past tense: He “finished the work.” This comment is made just after the Last Supper but *before* the crucifixion. Why? What was His completed work? In this prayer, Jesus is praying for the unity of the apostles. So the great work that He had just accomplished was spending 3-½ years training 12 individuals to reach the world.

That’s why we need to realize we are all witnesses. The church needs to escape the mindset of thinking that the pastor is the only local evangelist. True discipleship means training the congregation how to reach their community for Jesus and not allowing them to become petrified pew warmers.

Plenty of Fish in the Sea

In Matthew 14:15–18, the Bible records, “His disciples came to Him, saying, ‘This is a deserted place, and the hour is already late’” (NKJV). They came to their pastor, Jesus, and said, “Send the multitudes away that they may go into the villages and buy themselves food.”

But how did Jesus respond? “They do not need to go away. You give them something to eat.” That’s a message to us today. If someone comes to you asking questions about Jesus, whether you are on the street or at an evangelistic seminar, you don’t need to send them to the pastor. You can give them something to eat.

You might think, "But I'm not equipped." There are ways to get equipped. The Amazing Facts Center of Evangelism (AFCOE) is a perfect way to get equipped. You might think, "I don't know my Bible well enough." You will never learn the Bible faster than when you're engaged in sharing it with others.

Give God a chance. He'll supply whatever you need if you place yourself on the ground where you're willing to share your faith.

Jesus said, "The harvest truly is plentiful, but the laborers are few" (Matthew 9:37). Notice Christ said the problem with the growth of the gospel isn't that nobody wants to hear it. There isn't a shortage of people hungering for salvation and purpose. Rather, the real problem is that there are very few people who are willing to labor in the soul-winning field.

This is a truth Christ kept highlighting throughout His ministry. The crowds are starving. Don't send them away; *you* give them something to eat.

Serious and Urgent

I wish there were an urgency pill I could distribute to every believer. I'd give everybody a double dose. It seems fewer and fewer people are feeling the urgency that Christ is coming soon and that people are perishing every day for lack of knowing Him. There ought to be a sense of profound passion, a love in our hearts, to reach these lost souls.

It would be so easy to double the size of most churches in one year—if every member would see himself as a minister, remembering that not only do other people's lives depend on it, but yours too. It might sound a bit melodramatic, but the truth is that we're talking about life and death, heaven and hell. (Right after 9/11, church attendance in America jumped 20 percent!)

The Lord has given us the incredible comprehension of the full and everlasting gospel, the only serum for the deadly disease of sin. If we come to church every week and simply gaze upon brimming tanks of this serum without distributing it to the world, it's a bad signal.

Not only that, we have the privilege to cooperate with angels in accelerating our Lord's return. "The gospel of the kingdom



will be preached in all the world as a witness, ... then the end will come" (Matthew 24:14). It's going to all the world now, through radio and TV, DVDs, the internet, and everything else. It's going to go to the whole world in this generation. Would you like to participate in hastening that cosmic crescendo? You have an opportunity by sharing Christ.

Rich Man and Lazarus: A Potent Parable

In the parable of the rich man and Lazarus, the rich man sits in his house, within his gates, and feasts while a beggar lies at his gate starving for the crumbs that fall from his table. The only comfort the beggar gets is from the dogs that lick his sores.

Many miss the point of this parable as they focus on its potential afterlife symbolism. Its real purpose is to show how important sharing the gospel really is. The Jewish nation had the very oracles of truth, the Word of God, yet hoarded it amongst themselves, choosing instead to critique the Word and argue about it — all the while the world was lost around them, dying for the crumbs.

In this parable, who is saved? It's the one hungering for the crumbs. Who is lost? The rich man who refused to share his feast. We don't want to be in the wrong group. We've got a feast of truth. We're missing some wonderful blessings. Millions of Americans are just conversions waiting to happen. The devil wants us to think that people aren't interested. This is a lie. He's manufactured bogus information and a false fear into many Christian minds.

Saving Others, Saving You

"Take heed unto thyself and unto the doctrine; continue in them: for in doing this thou shalt both save thyself, and them that hear thee" (1 Timothy 4:16). In other words, as those you are reaching hear your words, you hear them yourself, and you are likewise blessed by truth.

In the middle of winter, a rural school bus for an elementary school in the far north was making its rounds when it slid off the road in blizzard conditions. The situation was dangerous, and the



Continued on page 22.



BIBLE Answers



with Pastor Doug Batchelor



Are the recent earthquakes and other natural disasters really signs of the second coming? Haven't there always been these types of events?

It's true that we have always had natural disasters since sin befell the human race. The horrendous earthquakes that struck in Haiti and Chile (quickly followed by other major quakes — all over 6.0 — in Taiwan, Japan, and Turkey) are powerful reminders that we live in a chaotic world in which anything can go wrong at any time.

It's also true that various religious leaders since the ascension of Christ have declared that they were living in the "last days." For instance, in the third century, Bishop Cyprian wrote, "That wars continue frequently to prevail, that death and famine accumulate anxiety, that health is shattered by raging diseases, that the human race is wasted by the desolation of pestilence, know that this was foretold; that evils should be multiplied in the last times, and that misfortunes should be varied; and that as the day of judgment is now drawing nigh." Countless prognosticators through the centuries have made many similar statements.

Meanwhile, huge earthquakes with enormous loss of life have occurred in every century for which there are records. In A.D. 1138 during an earthquake in Syria, 230,000 people died. The deadliest one of all time occurred in A.D. 1201, killing 1.1 million souls! We also can point to the devastating 9.0 Lisbon earthquake in 1755, which was felt throughout Europe and North Africa and sent a tsunami fanning out through the Atlantic.

The same could be said for hurricanes, tornados, volcanoes, famines, etc.

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.

So what's different about the last 100 years? Plenty, when you consider the exponential curve at which disasters are now occurring. This curve is one that constantly increases upward in contrast to the gradual upward increase of a straight line. It's like the difference between a simple interest account and a compound interest account. At eight percent simple interest, your return after 30 years on a \$100,000 investment would be \$215,892. But a compound interest account would get you more than \$1 million after those same 30 years!

How does this apply to the last days? Well, instead of a steady diet of catastrophes year after year, we'd start to see an exponential increase in these events. They would come harder and faster than ever before.

Well, can anyone deny that hurricanes, floods, famines, pestilences, national and personal debt, moral degradation, energy crises, civil wars, etc. are increasing with astonishing speed? Most people today are living with the sense that everything is out of control compared to even 25 years ago.

I don't have the time or space to share all the data with you here, so I encourage you to get your hands on a copy of Dr. Herb Douglass' timely book *Never Been This Late Before* (see at left). It will open your eyes to the exponential nature of disasters befalling the human race today.



Never Been This Late Before

Dr. Herbert E. Douglass. All the Bible signs of the end are converging. In this masterful commentary, you'll get astounding evidence—from natural disasters to spiritual falsehood. But even more important, you'll learn what you should be doing to be prepared and how you can help others get ready too. **BK-NBTL ... ~~\$9.95~~ Now Only \$7.95**

See ordering info
on page 21.

What Does It All Mean?


Jesus said that wars, earthquakes, hurricanes, pestilences, floods, and other problems would be only "the beginning of sorrows" (Matthew 24:8). In Greek, these "sorrows" actually connote labor pains. A pregnant woman might have all kinds of morning sickness and aches and pains throughout her pregnancy, but when *the day* comes, her pains will grow in intensity and frequency until the child is born. "We know that the whole creation groans and labors with birth pangs together until now" (Romans 8:22). As we near the end, we can expect to see these natural disasters increase in frequency and intensity until it culminates

with “a great earthquake, such as was not since men were upon the earth, so mighty” (Revelation 16:18). Then Jesus comes.

God also wants those who trust in Him to know when His return is near (Matthew 24:33). So He specified other signs that would be perceived as something unique, such as a darkened sun at midday, a moon that would not give its usual light, and a night when there would be an astonishing star display (v. 29). He compared the last days of history to the last days before Noah entered the ark (vs. 37–39). If you would like to learn more about these specific prophetic events and whether or not they have already occurred, you can start our fantastic series of Bible lessons at www.AmazingFacts.org.

It might be considered that pointing to the signs of Christ’s

coming in Matthew 24 is a case of too much said about too little, but I also want you to think about those whose last day is today. We should be reaching them with the message that their time is short and our Savior is coming! Are we to wait until the last possible moment to warn the world? The last events *will* be rapid ones, and it should be our desire to prepare as many perishing souls for eternity now. That’s why being a witness is so crucial for every Christian today.

Through disasters and pestilences and financial meltdowns, people need to know that God is in control — He saw all this coming — and He’ll return soon to take us out of this dark world. Please join with us in asking the Lord to strengthen us to boldly proclaim the nearness of His return. 

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AFTV: Now Broadcasting Truth Triumphant 24/7!

Amazing Facts is excited to announce the launch of Amazing Facts TV (AFTV), a new TV channel now airing on the Galaxy 19 satellite, which has an enormous broadcast footprint reaching North America, Central America, and the Caribbean. This new station gives us the opportunity to reach a much bigger audience with the three angels' messages than ever before!

"For about five years now," explains Pastor Doug, "We've been talking about and praying for our own ministry channel to boldly broadcast truth triumphant 24/7. *It's happened!*"

"This is a tremendous evangelistic opportunity for the ministry and our supporters. Our focus for this channel is pure evangelism and revival — preaching and teaching that will reach people from all backgrounds. It really is an evangelism dream come true!"

AFTV began broadcasting the morning of March 19, 2010. A regular channel lineup is still under construction, so please be patient as we develop this wonderful new evangelism tool!

Opportunity Knocks

By God's providence, extraordinary events aligned to allow Amazing Facts to sign a contract that puts our programming on a premier satellite network for just a fraction of the expected cost.

Pastor Doug received a phone call from a friend in Christian broadcasting saying several ministries were moving to the G-19 satellite, which would reach millions of new homes. "We were able to secure this channel at the very right time because of the weak economy and the collective bargaining power of likeminded broadcasters."

"So for far less than we imagined, we can now reach a huge swath of the earth 24/7 for what it once cost us to buy only 30 minutes a week in Los Angeles. Moreover, the speed at which this opportunity came together was astonishing. I truly believe God's hand was on this effort."

Preserving Our Message

Another reason Amazing Facts made this move is because Christian ministries are seeing dangerous trends in FCC law and cultural broadcasting norms that could restrict the freedom of religious broadcasters. Being on this new satellite 23,000 miles up gives Amazing Facts added protection to boldly proclaim the full message.

In fact, we're already planning a slate of fresh new evangelistic programs that will feature current hot-button topics within the church and culture. We'll also be reaching an entire spectrum of believers surfing the many religious channels available, meaning we have a wonderful chance to touch the hearts of the lost sheep of the house of Israel with powerhouse Bible preaching!


How to Get AFTV

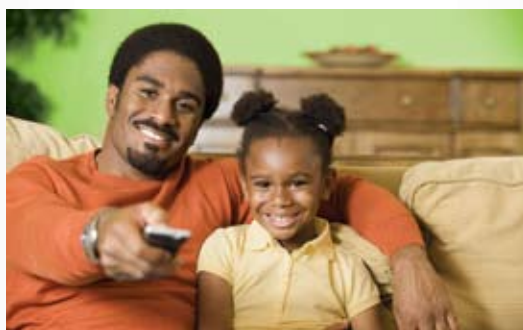
Currently, AFTV is available only on the Galaxy 19 satellite, a direct-to-home network that also hosts our friends at 3ABN, the Hope Channel, and Loma Linda Broadcasting Network. It also airs Trinity Broadcasting, Daystar, The Word, and several other religious broadcasts

reaching millions of diverse viewers.

Anyone who now gets 3ABN through the G-19 satellite can also get Amazing Facts TV. You might need to press "rescan" on your remote to capture the new channel. Interested new subscribers can visit aftv.glorystar.tv to purchase an inexpensive satellite package capable of receiving all the free programming and get technical support.

"Done Suddenly"

Pastor Doug adds, "In 2 Chronicles 29, we're told that all the leaders and people rejoiced 'that God had prepared the people: for the thing was done suddenly.' I am equally stunned at this exciting development, and I ask for the financial support and prayers of our friends, that we will use this satellite network for God's glory every step of the way, until He returns to take us home." 



TV AND RADIO BROADCAST SCHEDULE

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

TV



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



Amazing Facts is now on the **Discovery Channel,**

reaching 99 million households in America! Be sure to watch on Tuesdays at 7:30 AM ET — and let all your friends and family know too!

FREE PODCASTS!

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

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

AMAZING FACTS PRESENTS

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

MAY 2

THE LAKE OF FIRE

Understanding the truth about hell and its real purpose is one of the best ways to understand God's plan for all mankind. Get past the myth and get the Bible truth about this misunderstood topic.

MAY 9

THE DEVIL CHAINED

The millennium and where and when it takes place is a cause of great division among God's people. Now you can explore this 1,000-year reign and discover where you'll really be when it happens.

MAY 16

THE TWO WITNESSES

Who are the two witnesses of Revelation? Pastor Doug unravels popular perceptions and offers a decidedly biblical picture of these two powerful icons firmly standing for God in the last days.

MAY 23

HISTORY'S GREATEST HOAX

The Sabbath. What is the truth about this day, and why has it been kept from you? Don't miss this crucial Bible study about worship, obedience, and loyalty.

MAY 30

GOD'S HEALTH PLAN

The Creator of the universe truly cares about how you treat your body. Want to know how to do it right? Pastor Doug opens up the operator's manual and gives you a fun and exciting test drive!

JUNE 6

HAS HOLY WEDLOCK BECOME UNHOLY DEADLOCK?

Whether your marriage is going through good times or bad, or even if you're just now considering getting married, here's some proven advice to help make your marriage last.

JUNE 13

THE USA IN BIBLE PROPHECY

Can it really be true? America in Bible prophecy? Absolutely! But even more surprises await you as the Bible reveals how this nation came to exist and the part it plays in the final events.

JUNE 20

THE TRUTH ABOUT ISRAEL'S 144,000

Who are the 144,000, and why are they so important? Pastor Doug explores the truth and the symbolism behind this unique group that every Christian should join.

RADIO

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

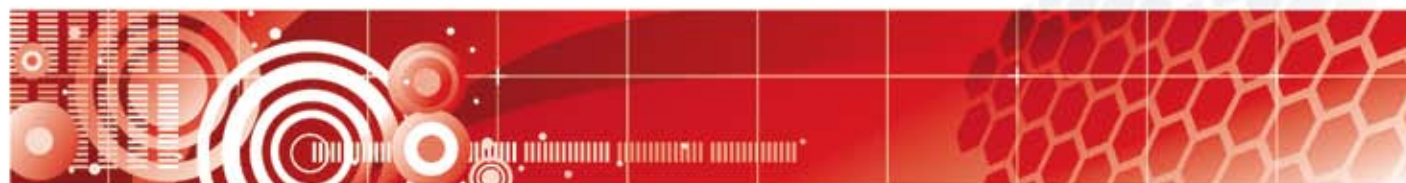
A live call-in radio program where you can ask Pastor Doug any Bible question and get a biblical answer in return. Call 1-800-GOD-SAYS during program hours to participate.

WEB

You can watch Bible programming you can trust at www.AmazingFacts.tv — streaming online 24 hours a day, 7 days a week. Tune in today!

Be a witness! Tell your friends about Discovery Channel!

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



Amazing Facts EvangelismTeam

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



Doug
Batchelor



Emanuel
Baek



Darrin
Bartell



Lowell
Hargreaves



Chuck
Holtry



Tim
Jones



Tyler
Long



Jason
Morgan



Dennis
Priebe



Jason
Sliger



Dave
Steward

Doug Batchelor

May 1

Florida SDA Church
Buenos Aires, Argentina

May 2-8

Week of Prayer
Universidad Adventista del Plata
Argentina

October 8-16, 2010

Great Lakes Academy
Cedar Lake, Michigan

Emanuel Baek

April 16 - May 22

2190 Fuller Road
Gurnee, Illinois
Call 847-623-7770 for details.

September 10 - October 9

908 Cedar Lane
Tullahoma, Tennessee
Call 931-455-9816 for details.

October 15 - November 20

Shreveport, Louisiana
Call 318-687-6206 for details.

Darrin Bartell

July 16 - August 21

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

Eric Flickinger

April 16 - May 22

Sacramento Central
6045 Camellia Avenue
Sacramento, California
Call 916-457-6511 for details.

Chuck Holtry

April 9 - May 15

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

May 20 - June 19

445 Orange Avenue
Lyford, Texas
Call 956-566-7055 for details.

Chuck Holtry continued

August 27 - October 2

Baytown, Texas

October 15 - November 20

Larned Church
8th and Deanne Street
Larned, Kansas

Tim Jones

April 16 - May 22

Church Auditorium
Gold Street at Harrison Street
Foresthill, California

July 9 - August 14

Church Auditorium
21366 Sharp Street
Rock Hall, Maryland

August 27 - October 2

Church Auditorium
3210 Decker Road
Duluth, Minnesota

October 22 - November 27

Comox Valley, British Columbia
Call 250-338-5258 for details.

Jason Morgan

May 8 - June 5

2693 Hartford Avenue
Rhode Island
Call 806-352-6106 for details.

September 25 - October 23

12940 N. Government Way
Hayden Lake, Idaho
Call 401-934-2310 for details.

Lowell Hargreaves

May 7 - June 12

Ujpest, Budapest, Hungary

September 10 - October 21

Szeged, Hungary

October 22 - November 27

Kiev, Ukraine

Jason Sliger

April 9 - May 15

Church Auditorium
2625 Casper Mountain Road
Casper, Wyoming
Call 307-235-5619 for details.

July 23 - August 28

Clovis Civic Center
801 Schepps Boulevard
Clovis, New Mexico

October 15 - November 20

Lawrenceburg, Tennessee
Call 931-762-7401 for details.

Dave Steward

April 16 - May 22

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

July 9 - August 14

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

September 3 - October 9

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

Dennis Priebe (Revivalist)

April 16, 17:

Fort Worth Northwest Church, TX

April 23, 24:

Shreveport First Church, LA

April 30, May 1: Texarkana Church, TX

May 7, 8: Rogers Church, AR

May 14, 15: Mountain View Church, AR

May 21, 22: Poplar Buff Church, MO

May 28, 29: Hohenwald Church, TN

May 31-June 4:

Highland Academy, Portland, TN

June 4, 5: Campbellsville Church, KY

June 11, 12: Benton Church, TN

June 18, 19:

Atlanta Center of Evangelism, GA

June 25, 26: Pensacola Church, FL

July 2, 3: Martinsville Church, VA

July 9, 10: Winchester Church, VA

July 16, 17: Charles Town Church, WV

July 23, 24: Cumberland Church, MD

July 30, 31: Manhattan Church, NY

August 6, 7:

Bronx Emmanuel Church, NY

August 13, 14: Topsham Church, ME

August 21: Menomonie Church, WI

August 27, 28: Bozeman Church, MT

September 4:

Inchelium Mission Church, WA

September 10, 11:

Federal Way South Center Church, WA

September 17, 18:

Stateline Church, OR

September 24, 25:

Prineville Church, OR

October 1, 2: Hayfork Church, CA

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! (Click on Training and then Prophecy Seminars.)



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

Finally: A Faith that *Transforms*

by Emily Simmons

All that Steven Hicks knew about the Bible came from the movies. “I also knew about certain forms of worship, but I didn’t know anything about Jesus.” When his parents divorced when he was a child, he quit going to church. He went back briefly in high school, but it didn’t really “click” for him anymore.

He eventually tried out another church, where a minister told him all religions were the same. “At the time I thought it was really cool,” Steven says. “It broke down some barriers for me.”

Although Steven liked the minister, when he started college he once again quit going to church. He tried reading the Bible like a novel but never got farther than halfway through the book of Numbers.

In 2005, a friend named Hugh invited Steven to a Bible study. Hugh bought him a Bible and even had Steven’s name engraved on it, and they dove right into doctrine. “That approach might not be the best for everyone, but it worked for me,” Steven says. In the first study, they talked about the millennium. “I had

never heard anything like that before. I couldn’t get my mind off it. I tried to talk to my friends about it, but they weren’t interested.”

Every week at Hugh’s Bible study, Steven learned something new. He was even using the Amazing Facts Study Guides. Finally something clicked: “I began to see the world in a whole different way.”

Shortly thereafter, Steven heard about Amazing Facts, unaware

that he’d been using our Study Guides! Steven felt fairly confident in his doctrinal knowledge,

but an Amazing Facts series with evangelist Jason Morgan in Santa Cruz, California, gave him a deeper understanding. “I’d been kind of scared of the church,” explains Steven, “But Jason’s ability to flesh out doctrine kept me coming back.”

Early in the series, Steven gained a deeper knowledge of Jesus. “I thought I had a relationship with Jesus, but it wasn’t a personal one,” he admits. “All of Jason’s messages moved me, but the one entitled ‘Blood on the Throne’ sent me to the front of the room!” The message drove home Jesus’ sacrifice, bearing all the pain Steven had ever experienced, along with the pain of everyone else who had ever lived. Steven found himself in front of a room full of strangers, overcome with emotion because

of his love for Jesus. “That was something I *never* thought would happen!”

Going Deeper

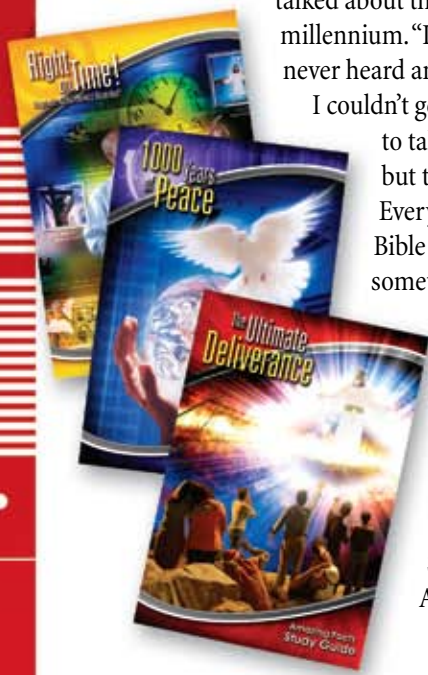
“Later meetings brought up hard topics, but once I understood Christ’s sacrifice, I wanted a relationship with Him badly enough that it was worth working through those tough questions,” says Steven.

Another message that Jason laid out was the pattern of prophets God has used through time, which was the message that convinced Steven to be baptized. It bridged the gap between the ancient and modern worlds. “In the Bible you read crazy stories, like the sun standing still. No one I know has ever seen anything like that; it’s not in history books. It’s easy to think of the Bible as a whole different world,” he says. But when Steven understood that the Spirit



Steven Hicks
A Life Transformed

“The cry of my heart
is to share what I’ve
learned with anyone
who will listen!”



of Prophecy operated in the modern world, he suddenly saw that his world was the same as that described in the Bible. “I realized that if the future is really going to be like the Bible says, I couldn’t live my life the same way anymore.”

Still, Steven had a lot of opposition to being baptized. His family, friends, and even his girlfriend wouldn’t understand. “If I was going to go forward with this, I would be the only person I knew outside of the church who understood things this way.” But after talking it over with Jason, he took the step forward. The church welcomed him with gifts and made him feel loved; some of his friends even came to witness his baptism. “It was a joyous day,” Steven says. “I felt like a totally new man.”

Even though his girlfriend Marina eventually joined him, sadly, most of his friends wanted nothing to do with Steven’s new life. And his family still doesn’t understand why, when he comes to visit, he wants to spend Saturday morning at church instead of with them. To them, religion is rules, rituals,

The Next Step

After his baptism, Steven sensed God calling him. At a General Youth Conference event in December 2008, he obtained information about AFCOE from the Amazing Facts booth.

He wanted to attend but first made a “deal” with God. By this time, he had married Marina, so he felt responsible to someone else. “I told God, ‘I need to be out of debt before going to AFCOE; I can’t have all these bills and no way to pay them.’”

By August of 2009, he’d paid off his last debt. “It was an answer to prayer,” Steven says. So he started AFCOE this past January. “Pray for me now,” he asks, “because I have only enough money to get me through this course! God will have to show me what to do next.”

Steven says he’s astounded by what he’s learning. “Before I came I studied the Bible *a lot*, but what I am learning now is how to connect with God on a daily basis: How to wake up with Him, to walk with Him, to go to bed with Him.” Steven says God has eliminated problems in his life—both physical and mental—that he didn’t even know were there. “Watching the people here walk with God has been like looking in a mirror and seeing that I’m not quite clean.” Even his marriage has been strengthened during the short time he’s been at AFCOE.

Steven enjoys the other students’ different perspectives. “We learn from each other and lift each other up.” The instructors, he says, each have unique strengths, and seem to have been led by God into positions where they excel.

Though he’s uncertain what the future holds, Steven would like to go back to his church and start an outreach program. “I would love to help my church grow and reflect Jesus to the community,” he says.

Also, “I’ve been writing since I was a kid and I want to dedicate that talent to God.” He dreams of publishing a book, a story based on Daniel’s prophecies. “Mostly I’m open to whatever God has to teach me, and I’ll go wherever he leads me because I know He knows best.”

Of his lifelong experience, Steven explains, “Looking back on the years since I started reading the Bible, the experiences I’ve had, the people I’ve met, the self-improvement, are all to the glory of God. The first 25 years of my life bear witness that I could not have done those things on my own. If God can take a mess like me and do what He’s done, He can do it for anyone who will let Him.”



holidays—not a relationship.

Many different cultures—Catholic, Jewish, Hindu, etc.—

lived together in his home

community, a suburb of New York City. “I was always proud of how we all got along,” Steven explains. “But the reason we got along was that no one actively lived whatever their faith was. But religion has totally changed my life.”

NOT A MOMENT *Too Soon*

Looking at the world around us, there can be little doubt that perilous times are at the door for the peacemakers of this world. Yet by God's grace, we've been given encouraging counsel for times such as these — for those of us who are prayerfully determining our important roles in supporting the Lord's work during these final opportunities of evangelism left on earth.



Writing 100 years ago, the Bible commentator Ellen White believed that in “the last extremity, before this work shall close, thousands will be cheerfully laid upon the altar. Men and women will feel it a blessed privilege to share in the work of preparing souls to stand in the great day of God” (*Historical Sketches*, p. 291).

She added, “It is now that our brethren should be cutting down their possessions instead of increasing them. We are about to move to a better country, even a heavenly. Let us not be dwellers upon the earth, but be getting things into as compact a compass as possible. The time is coming when we cannot sell at any price” (*Testimonies*, vol. 5, p.152).

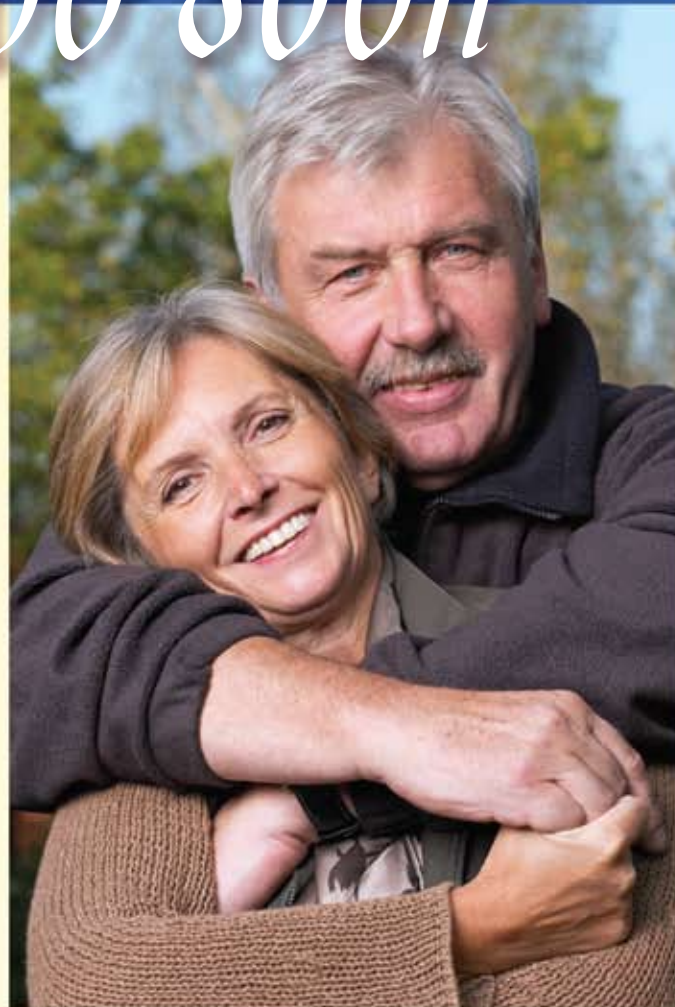
It seems that the many friends of Amazing Facts are taking this powerful advice to heart.

This ministry is witnessing an increased interest in IRA and property donations from those who are seeing the value of these investments dropping in a struggling, chaotic economy and would like to do something eternally significant with them now.

THE BENEFITS OF AN IRA GIFT

Many of these friends are taking the opportunity to not only support the last-day work, but also secure their financial future by transferring investment properties or IRA savings to Amazing Facts. By setting up an immediate or deferred gift annuity, they are locking in a fixed payout rate for life — while also receiving immediate tax benefits to help offset the distribution taken.

What about you? Together we've seen that there isn't a better or more significant time to stake your claim in what might



be the last push for Christ's great commission. It's the perfect opportunity if you need to draw income from an IRA to support yourself for the future and you desire to make an eternal impact on God's kingdom in a significant way today!

For more information, please contact our estate planning group at **1-800-436-2695**, or plannedgiving@amazingfacts.org to answer any questions you have regarding gifts to support the end-time evangelism of Amazing Facts.

Witnessing Resources

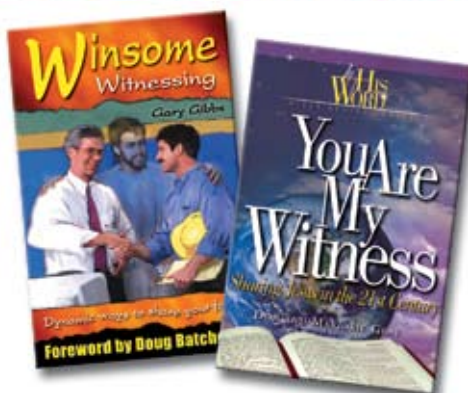
GREAT TOOLS FOR WITNESSING!

Winsome Witnessing

Gary Gibbs. The former evangelism director of Amazing Facts teaches you simple but exciting skills to lead others to Christ, gives insights to revitalize your church, and more. Be an effective, confident, and inspired soul-winner with these proven, life-changing strategies. DVD series also available.

(Book) **BK-WW ... \$10.95**

(3 Disc DVD Set) **DV-WW ... \$36.95**

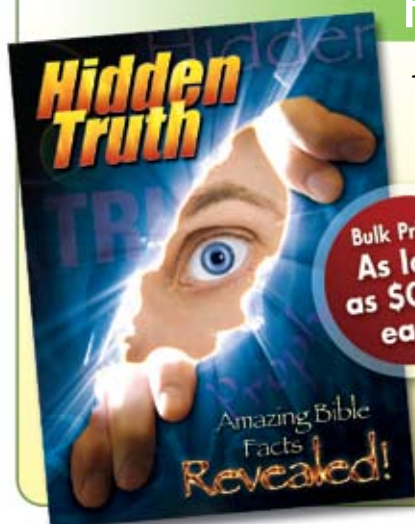


You Are My Witness

Don and Marjorie Gray. Learn Jesus' simple yet powerful method that won the hearts of so many people around Him. You'll soon be amazed how He can use you to win others by reflecting His priceless, eternal love to them.

BK-YAMW ... \$9.75

Hidden Truth Magazine



Bulk Prices!
As low
as \$0.73
each!

This affordable and attractive full-color magazine presents the most misunderstood biblical subjects in a direct and captivating way. It's so packed with attention-grabbing graphics, intriguing trivia, and fascinating Bible facts, those you share it with won't be able to put it down! Priced for sharing too!

BK-HT ... \$2.25

Now available in Spanish!
(Spanish) BK-HTS ... \$2.25



Study Marks

Full of Scripture, these attractive bookmarks will pique the interest of every truth-seeker. (Each 25-pack set is \$5.99)

- BK-SM666** 666 - The Mark
- BK-SMJUD** Judgment
- BK-SMSAB** Sabbath
- BK-SMSAL** Salvation
- BK-SMSAN** Sanctification
- BK-SMSAT** Sanctuary
- BK-SMCS** Second Coming
- BK-SMSD** State of the Dead
- BK-SMTC** Ten Commandments

The Final Events of Bible Prophecy Study Guide

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

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

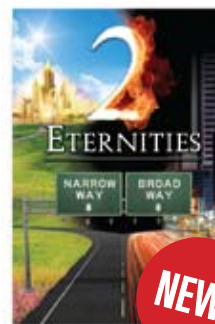


2 Eternities

Many non-Christians wonder how we can believe in a God who burns people in hell forever. This pocket-sized tract shows you a loving and just God and demonstrates the logic behind the Bible's clear teaching on the doctrine of eternal judgment. Find out what the Bible really says and share it with your friends. (Pack of 100)

BK-2E ... \$8.00

(Deep quantity discounts available)



NEW!

There's More! ...



For just \$1 more, we'll include a copy of the *Final Events* DVD! This special combo is also offered with bulk pricing!

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





TREE of LIFE

Literature Rack Set

One book, even with the simplest of messages, can change the course of a life. And now Amazing Facts' Tree of Life will help your church or office advertise and share biblical truth easily and effectively! This beautiful, eye-catching, wall-mountable display holds hundreds of sharing books and DVDs. The 31.5" W X 47.5" H X 2.5" D display has 16 holders for pocket books, 4 for sharing books, and 2 for DVDs. It also comes with enough Amazing

Facts sharing literature to fill it twice over! Floor stand attachment sold separately. (Go online for a complete list of materials.)

(Literature Rack + Materials) **MS-TOLS ... ~~\$824.00~~ \$490.00**

Literature Rack Only
(No materials)
MS-TOL ... \$299.00

Floor Stand Attachment
MS-TOLST ... \$30.00

**SAVE
OVER
\$330**

REFILL for Literature Rack

The Tree of Life refill set comes with an amazing number of diverse resources — everything you need to replenish your literature rack! You can even use the refill for a different literature display. You'll receive 450 pocket books (18 titles), 40 sharing books (4 titles), and 30 *Final Events* DVDs. (Go online for a complete list of materials.)
(Refill only) **BK-LRSB ... ~~\$570.00~~ \$490.00**

**SAVE
\$80**

Tree of Life Mini Rack Set

Amazing Facts' Tree of Life Mini will help your church or office share biblical truth easily and effectively! This beautiful, eye-catching, wall-mountable display holds hundreds of sharing books and DVDs. The 15.5" W X 47" H X 2" D display has nine holders for pocket-size booklets, two for sharing books or DVDs, and one for magazines. This mini rack is ideal for a waiting room with very little floor or wall space available for larger stands or displays. It's easy to refill and fits many types of sharing literature. This set comes with **more than \$250 worth of literature!** (Go online for a complete list of materials.)
(Mini Literature Rack + Materials) **MS-TOLMS ... ~~\$379.00~~ \$250.00**

Mini Literature Rack Only (No materials)
MS-TOLM ... \$129.00

**SAVE
OVER
\$125**



Order Today! www.AmazingFacts.org

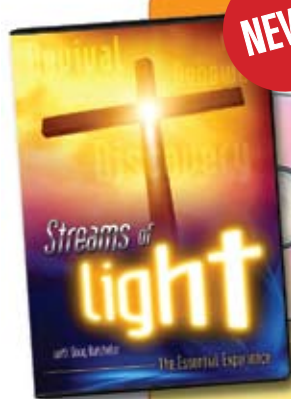
More Christian Resources

NEW!

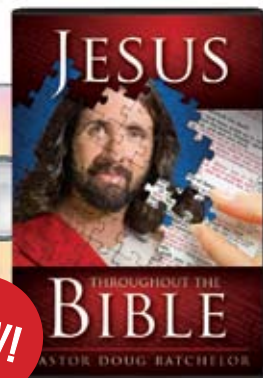
Streams of Light DVD Series

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

(DVD Set) **DV-SOL ... \$19.95**



NEW!



Jesus Throughout the Bible

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

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

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

Storacles of Prophecy

The beautiful, fully illustrated, and timely 24-Bible-lesson set created for Doug Batchelor's *Millennium of Prophecy* seminar will help reach searching hearts. Based on the teaching techniques of Jesus, the Master of illustrating gems of truth with stories and parables. Each colorful lesson begins with an amazing story from the Bible, which is then used to clearly explain Bible prophecy and reveal scriptural truth. Students complete each lesson's study section by looking up key Scriptures and filling in the missing words.

BK-SOPN

1 set (24 lessons) ... \$5.79

10-24 sets ... \$5.25 ea.

25+ sets ... \$4.75 ea.



10 Health Tips Bookmarks

Touch hearts for Christ through this easy-to-share gift that will start them on the path to truth by showing your care for their health. Perfect, simple outreach resource!. (Pack of 25)

BK-10HT ... \$3.00



NEW!

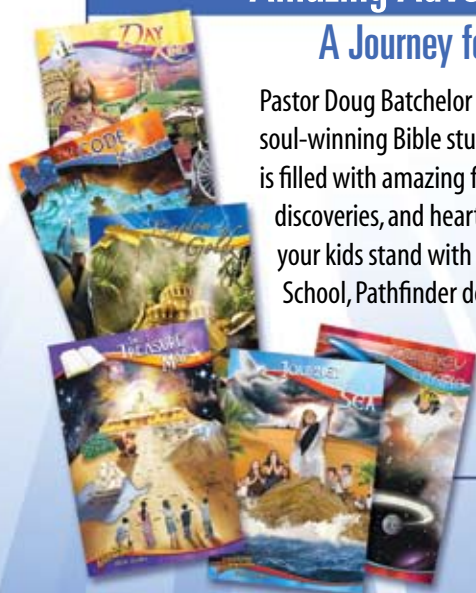
Amazing Adventure DVD Set

A Journey for Life with Jesus

Pastor Doug Batchelor leads your kids (aged 8 to 12) on a powerful, soul-winning Bible study experience just for them. This 10-part series is filled with amazing facts, incredible Bible stories, exciting spiritual discoveries, and heart-warming music — all designed to help your kids stand with Christ for eternity! Great for junior Sabbath School, Pathfinder devotionals, home school and neighborhood evangelism, and much more! Comes with one set of 10 Bible study guides.

(5-DVD Set and Guides) **DV-AA ... \$69.95**

(Guides also available separately.)



More Christian Resources

RED HOT TAGS

AMAZING FACTS

Great Products at Red-Hot Prices!

The Prophecy Code

This dynamic and eye-opening 20-part Bible prophecy seminar with Doug Batchelor will change the life of every person you share it with. DVD set comes with a set of Study Guides. (20 CDs/10 DVDs)

(Audio CD) **CD-PCS ... ~~\$69.95~~ \$34.95**
(DVD) **DV-PCS ... ~~\$99.99~~ \$79.99**

A New Revelation

Doug Batchelor's groundbreaking prophecy series is perfect for sharing with friends, family, and co-workers. Follows Amazing Facts Study Guide series. Includes a set of Study Guides and a copy of *The Richest Caveman*. (14 DVDs)

DV-NRSET ... ~~\$129.95~~ \$65.00

The Passion of Love

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

BK-POL ... ~~\$4.99~~ \$2.49

Bulk: As low as \$0.59 each!

At Jesus' Feet

Doug Batchelor. An imaginative retelling of the gospel through Mary Magdalene's eyes. Original insights paint a vivid portrait of a gentle yet powerful Savior.

(Hardback) **BK-AJFH ... ~~\$12.99~~ \$9.99**
(Paperback) **BK-AJFS ... ~~\$10.99~~ \$2.49**

Raising Kids for Heaven DVD

Get the practical tools you need to prepare your child for an eternity with Jesus in this eye-opening Christian parenting seminar! You'll learn to help young hearts navigate the complex temptations of life and get the Bible knowledge you need to be a successful parent, with an emphasis on character building. Topics include: Understanding Your Parenting Style; Your Child and Stress; The Spirituality of Your Child; The Spiritual Environment of the Home; and Your Child's Health – Body and Spirit. (5 DVDs)

DV-RKH ... ~~\$49.95~~ \$10 off! Now only \$39.95!

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

28 Pocket Book Set!

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

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

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Call today or go online at

www.AmazingFacts.org

Shipping Information

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

California residents please add 8.25% sales tax. For orders shipped outside the U.S. and Canada, add 25% or \$10 (whichever is higher) for foreign postage.

Some items may require additional shipping costs and delivery time due to weight.

Continued from page 9.

driver knew how desperate the circumstances could get, so he went off tromping through the snow to find help. Before he left, he told Tony, a 12-year-old boy, “You’re in charge. Keep everyone in control and make them behave.”

However, not long after the driver left, the bus engine died. Tony vainly tried to restart the engine. In subzero temperatures, it wasn’t long before the cabin began to freeze. After a few hours went by, and the driver still not back, some of the shivering kids were nodding off. But Tony knew that if they went to sleep, they could freeze to death.

So he went from one classmate to another, shaking them, even slapping then, fighting to get them to stay awake. He made them sing songs to keep them alert and behaved. Finally, the driver came back with a rescue party.

For his efforts, Tony got an award and was even called a hero. But Tony replied, “I’m not a hero, because in trying to keep everyone else awake, warm, and alive, I kept myself from freezing.” That’s one reason I’m involved in ministry. It might be a little selfish, but it’s still true that as I preach to others, it warms my own heart. That will be true for you when you share your faith.

Why Aren’t We Sharing?

If we’re not eagerly sharing the gospel with others, it typically indicates one of a few serious spiritual problems. For one, it might mean we don’t love our neighbors very much if we have no burden to share the gospel with them even though we know they’re lost. The love of God can’t abide in a heart not willing to tell the most wonderful news imaginable.

Two, we might not really believe it enough. I think if we could see heaven and the glories God wants to share, we’d be more motivated to tell others about it. On the opposite spectrum, we might not believe enough in hell. To think what the lost will feel when they realize they have lost eternity is something that should make us try to prevent that from happening as much as possible.

Three, it’s evidence that we are not walking in the Spirit. If He were here, dwelling with us, we wouldn’t be so afraid. We’d be more like Paul, eager to march into any territory for Christ.

Finally, and most important, we might not love Jesus very much. After the resurrection, Jesus asked Peter, “Do you love Me?”

Peter answered, “You know that I love You.” Then Jesus said to him, “Feed My sheep” (John 21:17). The way we show our love for Christ is by sharing the Bread of Life with others.

So What Now?

Paul Harvey said, “God has called Christians to be fishers of men, not keepers of the aquarium.”


Perhaps you sense you have been a pew warmer or treating church like a spectator sport. Maybe the Holy Spirit has been

speaking to you while you have been reading. Perhaps you’ve realized that you’ve been distracted with less important priorities, storing your treasure down here on earth and squandering precious time that could be employed in winning souls for eternity.

You’re missing a tremendous blessing. You’re missing the opportunity to rediscover your first love, to be totally revived. Just as the Lord took you as you were when you first came to Him, He’ll take you as you are now, infuse you with that first love, and make you a soul-winner.

After Isaiah saw the Lord in His glory, after being cleansed from sin, the Bible says God asked, “Whom will I send and who will go for us?” He asked Isaiah to

volunteer to be His witness; without hesitation the prophet said, “Here am I, send me” (Isaiah 6:1–8).

Is that your prayer? God has forgiven you and wants you to volunteer for His army and be willing to be used of Him in sharing the gospel with those who are perishing. Remember, in saving others, you save yourself. Would you like to say, “Lord, here am I — send me!”? 

One of the best ways to develop and hone your witnessing gifts is to attend AFCOE. We’ll train you for the work — whether you want to serve as a Bible worker, missionary, or just want to have the confidence to reach people in your home and your neighborhood. See our ad on the next page ... and be inspired by reading about the miracles possible for you at AFCOE to Go on page 25.



Amazing Facts Center of Evangelism AFCOE



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



At AFCOE, you'll get:

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

Want to be a soul-winner?

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

4-MONTH PROGRAM

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

Next Session: **August 5 – December 10, 2010**

Application deadline: June 15, 2010.

AFCOE TO GO

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

Next Session: **July 19 – 24, 2010**

Application deadline: July 6, 2010.



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

OPERATION IMPACT



Sanctified Synergy

by Don Macintosh, Director of AFCOE

What happens when each aspect of Christ's ministry — healing, teaching, and preaching — is brought to bear on an entire community?

A promising answer was found when Amazing Facts Center of Evangelism (AFCOE) and Weimar Center of Health & Education partnered with Pacific Health Education Center and area churches in Bakersfield, California, for a unique community outreach and citywide training event called "Operation Impact."

In just 10 short days:

- Thousands were impacted for the Master
- Hundreds of requests for Bible studies were received
- 145 people were trained to share Christ with friends, relatives, and strangers
- Hundreds of prayers were offered by 70 teams who crisscrossed the city
- Thousands of gospels tracts were distributed
- Thousands heard powerful testimonies of God's power to heal physically and spiritually
- Healing and unity were experienced by church members focused on ministry

All this happened with only five hours of door-to-door outreach! Here's a closer look at all the sanctified synergy.

A Healthy Bridge

The first weekend featured a bridge seminar entitled "Body, Mind & Spirit," presented by Dr. Neil Nedley, president of Weimar Center. "The response from the community to his series was simply amazing," reports Pastor Jamey Houghtan of Hillcrest

Church, a local congregation. "Rarely have we seen this many people from the community attend a Friday night event and then stay for the additional meetings."

What led to all the interest? Houghtan explains, "A number of things contributed. The most important was that the nature of the event was just too interesting for the community to pass up. Second, the excitement of our own faith community and how comfortable they were inviting people to this type of health event."

Pastor Marlan Knittle of Bakersfield Central Church says, "The way Dr. Nedley presented the topics — it was so evidence driven, logical, and forthright that people were gripped. It didn't hurt that his wry humor made him such an endearing voice. It was a home run!"

Throughout the week, additional meetings focusing on people's physical needs were well received, at times to standing-room only crowds. "The testimony-driven instruction was exactly what this community needed," says Steve Horton, CEO of Pacific Health Education Center. "Every speaker had the right mix of spiritual and physical; we are delighted to have been a part of this event."

Evangelism Training

During the week, the AFCOE team provided training in personal, public, and health evangelism with the right blend of inspiration and practicality.

A high point for students was the opportunity to interact with others in their own community. Door-to-door literature distribution of GLOW tracts and surveys concerning community needs were coupled with personal invitations to the nightly testimonies, which dealt with cancer, diabetes, and even drug addiction.



And the response from our outreach students was unequivocally overwhelming:

“To see someone you had just met for the first time walk through the door that night and then tell you this was exactly what they needed was electrifying.” —Bev

“I sensed for the first time in my life that the Holy Spirit was using me. I knew He led me to exactly the right doors and, thru the training, He helped me know what to say.” —Mike

“I now know that witnessing is doable. I used to be so terrified. The instruction and my outreach partner gave me courage to share my faith with others!” —Paul

“I learned more in nine days than I learned all my life about practical Christianity. Now I feel more able to do Bible studies with my family and friends.” —Julia



Proclamation and Worship

As the week progressed, a collective sense of urgency and excitement developed among participants. And Sabbath for them was another powerful opportunity to invite friends and relatives, with presentations by David DeRose, a physician at Weimar Center, and Pastor Doug Batchelor.

As the weekend unfolded, it was evident that God’s Spirit was moving on hearts and minds.

Many guests from the community who had seen Pastor Doug, Dr. Nedley, and others on local channels, as well as those who had attended the previous events, joined area believers for a time of worship and praise at the Fox Theater.

In the afternoon, powerful testimonies were shared by Bakersfield locals, then Pastor Doug shared his “Richest Caveman” story. It was touching to see people responding to Pastor Doug’s

appeal to accept Christ and make the study of His Word a priority.

Well over a thousand people attended each of the three Sabbath services, with many guests requesting prayer and indicating their desire to attend upcoming Bible and health events!


Alvy Quispe, a local church leader, had this to say following this special AFCOE to Go session in Bakersfield:

“AFCOE to Go involves, awakens, and impacts the whole community of faith. We see a wave of spiritual joy reviving our people because of all these meetings, from Dr. Nedley’s weekend to our time with Pastor Doug at Fox Theater. The church has the capacity for 780 people; yet Friday night with Pastor Doug we had over 1,100, with many guests from the community! The Amazing Facts Weimar Center partnership is a powerful synergistic force for the Master! God fills my heart with joy because of your wonderful Amazing Facts team!”

As we were packing up to leave Bakersfield, one area leader pulled me aside to say, “Think of what would have been accomplished if 500 or 1,000 people had enrolled in this program and reached out?” What if a thousand people had focused on reaching their community for 40 days like Jonah did for Nineveh? As we near the end of time, God wants us to again reach out to the cities for Christ.

Is God Calling You?

Want to see your city impacted with sanctified synergy? Amazing Facts would like to hear from you! Would you like to receive practical training and work with others to reach your own city for the Master? Why not plan on attending AFCOE to Go, and bring your outreach team from your church!

God’s mission, message, and methods have not changed. The same thing that happened in Bakersfield can happen in your city. Don’t just read about the power of sanctified synergy, allow God to use you to be a part of it! 





itnessing CORNER

■ by Andrea Taylor

According to Internet World Stats, roughly 75 percent of Americans are regular Web surfers. Paul Caudle, just 17 years old, believes that this giant pool of people is searching for God and that a well-placed probing question could lead them to the answers they're seeking about life.

He has been targeting these souls with opportunities to learn more about Jesus through Amazing Facts' BibleUniverse.com.

Paul believes that many people are more inclined to explore spiritual matters on the internet than in person. "A lot of people are more interested in online stuff because, when they come face-to-face with it, they just don't want to talk about it," he explains.

His ministry began early in his youth. As a typical 14-year-old, Paul was uninterested in the Bible and what it had to say. However, after going through the Amazing Facts Bible studies, he learned many new things and saw God with a completely different perspective. He decided that he had to tell other people about his great discovery. "My mission is to get people turned on to spiritual things and to lead them to Christ."

Originally, Paul began sharing his faith by conversing with people one-on-one through 3D online chats. There was such an intense interest and flood of results that he could not keep up and was forced to find another, more efficient method to witness. That is when he started using online advertising to reach his audience.



Simple, Efficient ... Life-changing

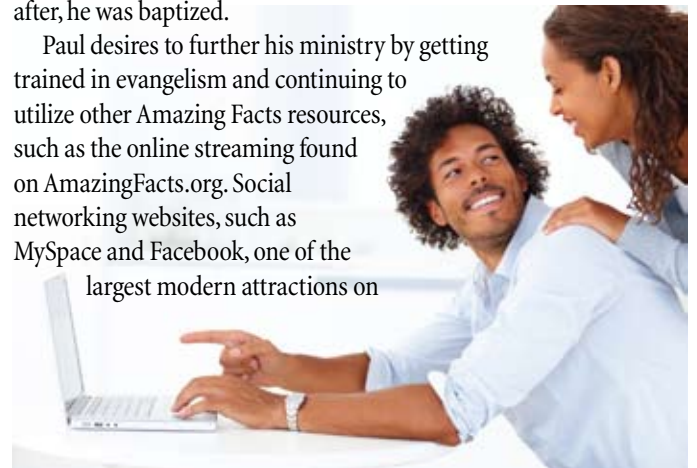
Through internet marketing and advertising, Paul displays catchy ads using blogs, forums, groups, banners, text ads, and splash pages with links to corresponding Amazing Facts Bible studies. These ads feature a rotation of 20 common questions

such as, "Would you like to learn how to be saved?" and "If you want to learn more about the mark of the beast, click here."

With one recent ad, 120 different surfers ended up spending over five hours on BibleUniverse.com in one week. Each viewer is anonymous and Paul does not know the future of each individual's quest for spiritual knowledge, but every once in a while he hears a direct testimony.

A seeker from Canada contacted Paul last spring with his thanks for the unique ministry. The man had clicked on one of Paul's ads and was directed to BibleUniverse.com. Everything he read was new to him, and he was surprised how the Bible supported it all. He soaked up all that he studied and quickly graduated from the course. Shortly after, he was baptized.

Paul desires to further his ministry by getting trained in evangelism and continuing to utilize other Amazing Facts resources, such as the online streaming found on AmazingFacts.org. Social networking websites, such as MySpace and Facebook, one of the largest modern attractions on




the Web, are another recent focus of his. He hopes to broaden his ministry by advertising and creating interactive groups on these sites.

As a college student, Paul is frequently busy but still makes time to work on this powerful ministry at night and during the summer. "You have to make time. It takes dedication," he explains.

Through encouraging his friends and family to join him, Paul has new ministry partners sprouting up. He believes that we can each be used to reach other people and bring them some hope. That was his reason for taking the initiative to use the resources around him to reach out to people online.

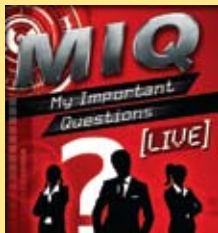
There is a large group of people searching for truth; some are active, and some are passive. But whoever they are, Amazing Facts has incredible resources just for this purpose. "Amazing Facts has been a real tool to drive people to study the Bible," Paul says.

We thank Paul for all that he is doing for Christ, and we ask that you keep him and his ministry in your prayers. 

Go to www.AmazingFacts.org and click on "Link to Us" (in the lower righthand corner) to find web banner ads you can use to send people to our life-changing websites!



Project: Teen Series



In September, Pastor Doug will present a brand-new Bible series designed just for teens, introducing them to the Bible's most amazing facts while also tackling the biggest questions facing young people today. He'll

help teens see why and how the Bible is still totally relevant in everything we say, do, and even think! We're also creating new Bible study guides for this series and plan to edit the broadcast for DVD. If you have a heart for reaching our youth, please support this effort.

Project: AFTV

Amazing Facts began broadcasting evangelism and revival programming on the Galaxy-19 satellite in March. We can now reach at least 5 million more



people with the gospel in North America, Central America, and the Caribbean. Although we were able to secure inexpensive per-hour broadcasting rates, we need to raise immediate extra funds to develop new programming for this station and continue broadcasting. Please ask the Lord what He would have you do for AFTV! For more information, see page 12.

More Ways to Support God's End-Time Work



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



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



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



BibleProphecyTruth.com

One of the easiest, most practical ways to share Bible prophecy with curious seekers is to invite them to www.BibleProphecyTruth.com.

This informative, user-friendly site by Amazing Facts was designed for those new to Bible prophecy. This powerful site covers such crucial topics as:



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Signs of the End

Angels & Demons

The USA in Prophecy

Second Coming

Seven Last Plagues

Armageddon

Tribulation & the Millennium

Babylon & New World Order

Mark of the Beast & Left Behind

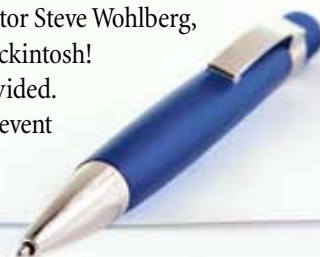
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BibleProphecyTruth.com will help people from all religious backgrounds clearly understand the major prophecies of Scripture by providing practical insights and answers in a consistent and systematic method that makes it all easy to understand.

So be sure to visit BibleProphecyTruth.com and, more important, let your friends and family know about it too!

Amazing Facts/Weimar Convocation — Begins June 8!

Want a huge spiritual blessing this summer? Then don't miss the Amazing Facts/Weimar Convocation at the Weimar Center campus from June 8–12. Featured speakers include Pastor Doug Batchelor, Dr. Neil Nedley, Ed Reid, Pastor Steve Wohlberg, Dr. Randy Siebold, and Pastor Don Mackintosh! Programs for children will also be provided. Visit www.AmazingFacts.org for more event details as they develop.



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



Special Recognition

In Loving Memory

Beth Alexander from Marie Krall;
from Ellsworth and Sharon McKee;
from Douglas and Malinda Saturno



Edith Durham from Anita Lowe
Myron Durham from Anita Lowe
Warren Durham from Anita Lowe

Lillian Baugher from Jerry Baugher,
her husband



Steven Beglau from Bill and Donna Keehnell

Dick Bitney from Jane Turner

Ed Bowen from Douglas and June Ackermann

Lyn Bristol from Eileen (Dorgan) Bristol, his wife

Glen Byers from Bonnie Byers, his wife

Benjamin Campbell from Roselle
Campbell, his wife



Geneva Campbell from Mary Dulaney

Eugene Christian from Jeanne Hart

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

Stephen Paul Daniel Clatterbuck from Mary
Frances Flynn, his mother

Terri Cossin from Hazel Freeman, her daughter

Maurice Crandall from Betty Crandall, his wife

Joe Crews from Lu Ann Crews; from Catherine
Ritchie; from Bud and Janice Robbins

Ronnie Crews from Lu Ann Crews, his mother

Tom Curtis from the Livingston family

Connie Day from Ona Greve



Donald Decker from Marion Decker-Jorden,
his sister

Winifred Dorgan from Eileen (Dorgan) Bristol,
her mother

Verdune Edgmon from Mary Thompson
Milton Emanuel Sr. from Douglas and
June Ackermann



R.B. English from Claudie English

David Felter from Loyd and Bette Felter,
his parents



Jewel and Ruth Foutch from Frank and Gayle
Tyroff, their children

John Fowler from Jim and Judy Culpepper

Jerry Freeman from Hazel Freeman, his wife

Steven Freeman from Dorothy Freeman,
his mother

Fred Funk from Lois J. Funk, her husband

Patrick and Bertha Garber from the
Livingston family



Chester George from Jeanne Hart,
his mother

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

Curtis Green from Mr. and Mrs. Morris Mattson

Frances Ellen Groves from Mary Frances Flynn,
her daughter

Washington Hames Groves from Mary Frances
Flynn, his daughter

Uriel Guest from Mary Thompson

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.

David Haines from Ollie Haines, his wife
Harold Hare from Marjorie Hare, his wife
Doris Pearl Harris from Mary Frances Flynn
Leslie Hart from Jeanne Hart, her sister
Richard Hart from Jeanne Hart, his sister
Walter Hasty from Norma Hasty
Joseph Herzberg from Debra Fechik, his daughter
Esther Holmes from Charlotte Holmes, her mother
Kenneth Hose from C. Mercer Straw

Ernie Lauer from Dona Lauer, her husband
Bill Lewis from Jim and Judy Culpepper
Herman Linderman from Nikki Linderman, his daughter
Maynard Little from Julie Little, his wife
Jim Livingston from the Livingston family
Norman Livingston from the Livingston family
Pearl Livingston from the Livingston family
Evelyn Lockwood from Carol Swart, her daughter
William Lowe from Anita Lowe, his wife
Helen Luk from Douglas and June Ackermann

Lester Marcussen from Bette Marcussen, his wife
James McFarland from C. Mercer Straw
Earl Meyer from Cecyl and Marilyn Rentfro
Samuel Hames Miles from Mary Frances Flynn, his mother
Milton Murray from Jim and Judy Culpepper

James Louis Pace from Wanda Hockbein
Evelyn Pender from Bud and Janice Robbins
Janet (Waxter) Pfeiffer from Frank and Ruth Waxter
Yvonne Purdy from Al and Brenda Ames

Max Qualley from Barbara Qualley, his wife

Earl and Grace Reuss from Barbara Qualley, their daughter
John Rhody from Fred and Trudy Brown
Max Ritchie from Catherine Ritchie, his wife; from Lu Ann Crews
Lori Roberts from Marie Krall
Artie Robinson-Derting from Catherine Ritchie, her daughter
Patsy Ruddle from Francis Ruddle
Harry and Irma Rushold from Marlin and Udene Allen, their children

H.H. Schmidt from Ralph and Florence Grose
Ron Schmidt from Bud and Janice Robbins
Pastor David Seymour from Mr. and Mrs. Paul Niemi
Gerald Silvestri from Pastor and Mrs. John Silvestri, his parents
Rocco Simeone from Ethel Simeone, his wife
Ann Simpkins from Frank and Gayle Tyroff
Bill Sykes from Trudi Sykes, his wife

George Tatttrie from Allene Tatttrie, his wife
Joe and Ruth Threadgill from Terry Bantz; from Wallace McDaniel
Dorothy Thilmony from Jane Turner
Dorothy Thomas from C. Mercer Straw
Terry Tims from Eileen (Dorgan) Bristol, his mother

Helen Veach from Jeanne Hart, her daughter

Marvin Wahlman from Marvin and Nancy Wahlman, his parents
George Wheeler from Steve and Nancy Blosser; from Shirley Hamilton;

from Dale Leffler; from Harold and Beverly Leffler

Chuck Wolfe from Wanda Davis

Happy Anniversary

Harold and Pat Case (38th)

from C. Mercer Straw

Howard and Sallie Collingsworth (50th)

from Tim and Margaret Hawk

Happy Birthday

Harold Case (87th) from C. Mercer Straw

Pat Case (72nd) from C. Mercer Straw

Virginia Fishering (91st) from C. Mercer Straw

Grace Jose (93rd) from C. Mercer Straw

Bruce Mallernee (87th) from C. Mercer Straw

Edith McFarland (90th) from C. Mercer Straw

Karen Neilson (70th) from C. Mercer Straw

Mils Neilson (72nd) from C. Mercer Straw

Melinda Pexicla (55th) from C. Mercer Straw

Mercer Straw (88th) from C. Mercer Straw

Bill Thomas (87th) from C. Mercer Straw



On Protein

by Emily Simmons



Pasta with veggies and tofu

"Today the link between animal products and many different diseases is as strongly supported in

the scientific literature as the link between cigarette smoking and lung cancer," says Dr. Joel Fuhrman in *Eat to Live*. But aren't animal products the best source of protein?

Your body uses protein to repair tissue and build muscle, blood, bones, skin, hair, and teeth. You need it to be healthy, though opinions on how much you need vary. The USDA recommends about .4g per pound of body weight per day, while the WHO says 37 to 40g. Regardless, Americans eat *too much* protein (women 70g per day; men, 100g), mostly from animal sources, and it's packaged with a lot of calories, saturated fat, cholesterol, trans-fats, and no fiber.

In *The China Study*, T. Colin Campbell illustrates the association between animal protein—even from low-fat dairy products and skinless white meat—and higher rates of cancer and heart disease. "The assumption by health professionals and government agencies that you need meat, milk and eggs to get enough protein is incorrect and contributes to chronic diseases that are responsible for nearly 1.5 million deaths each year in the U.S. alone," say the authors of *The 30-Day Diabetes Miracle*. A vegetarian diet contains more than adequate protein which, accompanied by fiber and antioxidants, *protects* you against chronic disease.

In most plant foods (except fruit), 10 percent of the calories are from protein—50 percent in green vegetables! Calorie for calorie, broccoli and spinach contain more protein than meatloaf or a cheeseburger. Even romaine lettuce is protein-rich. A vegetarian diet of processed foods may be low in protein, but as soon as you add unprocessed vegetables, whole grains, beans, and nuts, the diet becomes protein-rich.

Perhaps you've heard plant foods described as "incomplete proteins" and worried about combining certain foods in order to get enough protein. A food may be labeled an "incomplete" or "low quality" protein if it has less than the ideal number and variety of essential amino acids in a 100g serving. Oatmeal is considered a low quality protein because, while it's high in some amino acids, it's low in others, so none of its amino acids reach the ideal level. But that's based on only 100g—less than a quarter cup. Here's an easy solution: Eat a little more oatmeal!

Since a cow is biologically closer to a human than is, say, broccoli, people think the cow must contain superior protein. But where did the cow get its protein? All protein originally comes from plants. Eat a variety of vegetables, fruits, beans, whole grains, nuts, and seeds, and these high-nutrient foods will be digested and reassembled as your body needs them.

The fitness industry preaches, "More protein for more muscle mass!" But excess protein, just like excess carbohydrates and fat, simply means excess calories, and if unused, your body stores the excess calories as fat. The way weightlifting builds muscle is by damaging the muscle fibers, which your body then builds back stronger and larger, using protein in the process. But your protein shake will not automatically manifest as a bigger bicep or a more defined latissimus dorsi. Naturally, athletes need more protein—they need more of everything else too, including calories. As long as you consume enough calories from a variety of unrefined plant foods, you will get enough protein. And don't be afraid of getting weak on a plant-based diet: Horses, elephants, rhinoceroses, hippopotamuses, gorillas, and giraffes—some of the largest and strongest beasts on the planet—are all herbivores!

High-protein/low-carbohydrate diets promise rapid weight loss, but what they omit is the risk of high cholesterol, heart disease, cancer, kidney disease, kidney stones, and even sudden death. And don't think, "I'll just eat this way until I lose the weight." By restricting



"Each small step you take away from foods that are less than helpful to your well-being is a large step *toward* health and vitality. Each bite of meat or cheese that you replace with fruit or vegetables will have a positive impact in your health."

—T. Colin Campbell and Christine Cox,
*The China Project: Keys to
Better Health, Discovered in
Our Living Laboratory*

carbohydrates—your body's preferred energy source—these diets trick your body into thinking you're fasting; as soon as you resume eating normally, you will gain the weight back.

A client told me that when he and his wife didn't eat meat for a few days, they felt weak and fatigued; as soon as they ate meat, they felt better again. A friend tells me she doesn't feel "viable" without meat in her diet. One explanation is that as the liver metabolizes animal proteins, the nitrogenous waste it releases into the bloodstream is toxic. Withdrawal from these toxins causes many people to feel hypoglycemic even when their blood sugar is not low. So they eat

Protein Quiz True or False?




- Avoiding red meat and switching to low-fat animal products such as chicken, fish, and skim milk protects against cancer.
- Meat, chicken, eggs, fish, and dairy are the best sources of protein.
- A high-protein diet is healthy.
- Plant foods have only incomplete proteins, so you have to combine the correct types of plant foods in order to get adequate protein on a plant-based diet.
- The calcium in milk protects us from osteoporosis.

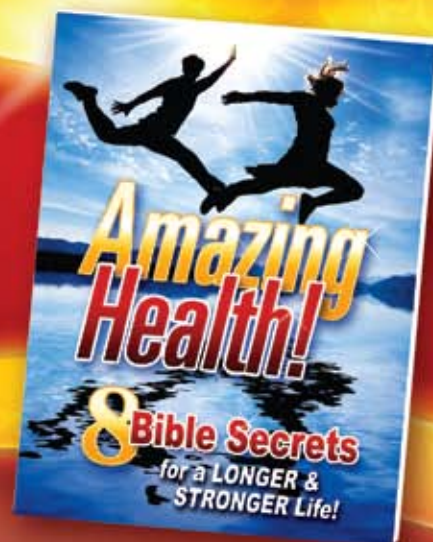
Answers: All of these statements are *false*!

more protein because they think they *need* it. But the heroin addict feels ill when detoxing too; it doesn't mean he *needs* heroin.

A word about dairy products and osteoporosis: American women drink about 30 times more cow's milk than women in New Guinea, yet we have 47 times more broken hips. Comparing hip fractures and dairy product consumption across many countries reveals a distinct correlation between the two. Not that dairy products *cause* osteoporosis; the disease has multiple contributing factors. But dairy products do not *prevent* the disease as the dairy industry advertises.

I'm guessing you're not going to calculate your intake of individual nutrients every day, let alone your total calorie intake. No need; forget about individual nutrients and focus on eating a variety of unrefined plant foods as close to their most natural state as possible.

Then enjoy your good health! 



Amazing Health Magazine

This attractive, affordable, full-color magazine presents eight powerful biblical health lessons in a direct and captivating way — including the benefits of a good diet, exercise, rest and the Sabbath, sunlight, water, and more.

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