I often get asked, “Why does Amazing Facts spend so much time teaching Bible prophecy? Aren’t there more important things to talk about?”

Well, it depends on where you’re coming from. Prophecy is much more than simply knowing the future. The purpose of prophecy is not really about when to run for the hills, hoarding food, or hiding in a bunker while you wait for the end.

Instead, prophecy, especially fulfilled prophecy, strengthens our confidence in God’s Word and faith in Christ. Jesus said, “Now I tell you before it come, that, when it is come to pass, ye may believe that I am he” (John 13:19).

It is vital to our Christian experience because it empowers us to inspire others with God’s omniscient knowledge and, in turn, helps right the ship of those sailing off course.

It also keeps us safe by fighting deception. “Take heed that no man deceive you. For many shall come in my name, saying, I am Christ; and shall deceive many” (Matthew 24:4, 5). Jesus is saying we need to watch out for false prophets; one way to do that is to know what the Bible really says about prophecy. And, of course, don’t forget that in Revelation 1:3, the Bible promises a special blessing upon those who study prophecy.

But another practical reason to teach prophecy is that so many souls are concerned about their future. They want to know there is a bigger plan and that life isn’t some giant cosmic catastrophe. I like to tell seekers, “If you don’t want to feel helpless, believe that God knows and guides your future.”

This is one big reason why we’re presenting a new Bible study series beginning in October, *Landmarks of Prophecy*, which you’ll read more about in this issue of *Inside Report*. I’m really excited about this special event. It’s coming at a crucial moment in history, so I ask and hope it’s something you’ll pray about and participate in. We need you!

Finally, the ultimate message of prophecy is redemptive. All prophecy points to Jesus Christ and His salvation. It shows God’s Word will never fail, that His plan for your life can be trusted. “Heaven and earth shall pass away: but my words shall not pass away” (Luke 21:33). You can bank your life on Him, especially as you go out to tell others of His wondrous power.
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1. **Landmarks of Prophecy**
   - The Bible provides many prophetic “landmarks” to safely guide us through to the heavenly Promised Land. Pastor Doug Batchelor takes you on an exciting, faith-building fly over of these prophecy highpoints through history and uncovers what’s still to come!

2. **Join the Global Movement**
   - See how to make *Landmarks of Prophecy* your outreach event of the year at church or at home!

3. **Bible Answers**
   - Is the battle of Armageddon only a spiritual idea? What is the “abomination of desolation”?

4. **Amazing Facts Overseas**
   - Discover how your support of Amazing Facts’ global missionaries is growing today’s church!

5. **Amazing Adventures in the Bible**
   - Are your kids worried about the future? Learn why God’s Word says they don’t need to be!

6. **Wrong Turn, Right Place**
   - When you give to Amazing Facts, you help turn “wrong turns” into good news!

7. **Health Bite**
   - Millions are suffering from debilitating stress, but you don’t have to be one of them!

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PEOPLE ARE LISTENING

“I’m a paramedic. One night, I was working the late shift and my usual partner called in sick, so I worked with a new person I’d never met before. During the shift, we ended up talking about religion, and I told him I’m a Sabbathkeeper. He asked, ‘What’s the difference between you guys and other churches?’ Among other things, I mentioned the Bible and prophecies. He explained he was very interested in prophecies and then said, ‘On the Internet, I’ve found a very good preacher who went through the pope’s message to the Charismatic church. He was really good, and now I’m visiting his page—Amazing Facts.’ So I asked, ‘Is he Doug Batchelor by any chance?’ When he told me yes, I said, ‘Well, he’s also a Sabbathkeeper!’ My coworker was truly amazed, and he even gave me his email and wants me to send him more sermons and studies. Praise God, Pastor Doug! People are listening to God’s voice in many different ways!” —Andres, Australia

WAKING UP

“My husband and I watched the pope video from Pastor Doug after someone posted it on Facebook. It really impacted me dramatically! I realized afresh the urgency of pressing on—how else will the average person discern such spiritual deception? Thank you, Amazing Facts, for this timely wake-up call that many have become so lackadaisical about! … The deception is going to hit us suddenly. I pray, ‘Lord, wake us up!’” —Angeline, email

The Inside Report welcomes all correspondence regarding Amazing Facts. Letters and other materials might be used—in whole or in part and edited for content and clarity—in future ministry publications. If Amazing Facts has helped change your life for Christ, please write us at testimonies@amazingfacts.org!
WHAT DO YOU THINK?
“Wow! Thanks so much, Amazing Facts. I have recently realized that I need God’s help to have my mind reconditioned; this article just helped me to truly see the importance of it. It’s so amazing how great God is and what He can’t wait to do for us. Lord, help us to trust you!”
Dianna, web comment

CORNERSTONE FOR WITNESSING
“I just watched your Revelation: The Bride, the Beast & Babylon DVD. Truly amazing. Very well done and very informative. Thank you for this, as it will be a cornerstone for many who want to have a better understanding of the book of Revelation and how it applies to today’s headlines.”
Mickey, email

A NOTE OF ENCOURAGEMENT
“Your work truly comes from the Holy Spirit. It was God’s providence for me to get to know your website and all your programs. Many times, He answered my prayers through your program. Many times, He has touched my heart and showed me His ways. . . . Thank you so much and always keep focused on Jesus. Continue on and don’t be discouraged, for the Lord is your shield and strength.”
Ana, New Jersey

Want Bible answers in your inbox? Inspiring articles? Latest ministry news? Testimonies showing how your support is making a difference? Or how about exclusive deals on our best products? Then sign up for our email specials and the Inside Report e-newsletter at subscribe.amazingfacts.org!
The Oregon Trail was forged by fur trappers and traders beginning in about 1811 and was at first only passable on foot or by horseback. By 1836, when the first migrant wagon train was organized in Independence, Missouri, a wagon trail had been cleared to Fort Hall, Idaho. The wagon trail was cleared farther and farther west, eventually reaching all the way to Willamette Valley in Oregon.

It’s estimated that between 1834 and 1869, about 400,000 pioneers and migrants traveled to the bountiful lands of the western United States via the famous Oregon Trail. Most actually walked the 2,200-mile historic route, at times even pushing their overloaded wagons.

The journey was brutal, and many died along the way.

Crucial to a successful trip was sticking to the trail. Back then, there were no clearly placed highway signs marking the route! Natural landmarks were enormously vital. Taking a wrong turn, which many did, while crossing the vast “American Desert,” could easily lead to disaster and death.

The most famous landmark on the Oregon Trail was Chimney Rock. The 325-foot spire in Western Nebraska stood at the end of the prairielands and marked the transition into more rugged terrain.

Pioneers were fascinated by this natural wonder and even wrote songs about it. Similarly, the Bible

An Amazing Fact: The Oregon Trail was forged by fur trappers and traders beginning in about 1811 and was at first only passable on foot or by horseback. By 1836, when the first migrant wagon train was organized in Independence, Missouri, a wagon trail had been cleared to Fort Hall, Idaho. The wagon trail was cleared farther and farther west, eventually reaching all the way to Willamette Valley in Oregon.
also provides us with many prophetic landmarks to safely guide us through history to the heavenly Promised Land. A wrong turn on this trip can lead us to a distorted picture of God and leave us unprepared for what is soon coming on this world. Yet for those who carefully study these landmarks in prophecy, they can know with certainty that the Bible is a trustworthy map. Just as Chimney Rock marked a major transition on the Oregon Trail, prophecy tells us we are now at a turning point in history.

Let’s take a moment to fly over some highpoints on this prophetic path and consider some past landmarks of prophecy in light of those we can see today, and what is still to come.

**Past Prophetic Landmarks**

The Bible’s most comprehensive panorama of prophecy was revealed in a dream given to a king of ancient Babylon. God helped a Jewish prophet, named Daniel, interpret the leader’s divinely crafted dream. The vision covered the rise and fall of empires from Daniel’s day until Christ’s return. Using the symbol of a colossal statue of a man made of varying metals, the Lord revealed the rise and fall of five world empires. It was predicted that the last earthly kingdom would be divided until replaced by God’s own glorious kingdom, one that would stand forever.

History has unquestionably confirmed these five nations coming and going. The prophetic landmarks in Daniel 2 strongly establish the trustworthy nature of Bible prophecy in predicting the future. Babylon, symbolized by a head of gold, reigned from 612–539 BC. Medo-Persia, represented by a chest of silver, followed from 538–331 BC. Then arose Greece, the belly and thighs of bronze (331–168 BC), followed by the iron legs of Rome (168 BC–AD 476). The feet of iron and clay represented the last world empire, which reaches from AD 476 to our day.

Building on this prophecy, we discover deeper insights into the coming Messiah spoken of in Daniel 9. The predictions were very accurately calculated and pointed to Jesus’ baptism, crucifixion, and the launching of the gospel to the Gentiles. We find elsewhere in the Old Testament...
hundreds of other predictions regarding the birth of Jesus, His mission, and even details about His betrayal and death. All of these are extremely accurate prophetic landmarks we can set our watches to!

Like a set of keys opening a series of doors to the future, the prophecies in Daniel 9 help us to understand the longest prophecy in the entire Bible, found in Daniel 8. It stretched 2,300 years from the rebuilding of Jerusalem after the Babylonian exile (457 BC) all the way to the time when Christ entered into the most holy place of the heavenly sanctuary (AD 1844) and launched His final message to humanity before returning to earth.

We can look back on these sure landmarks in Scripture and trust God’s Word on present and future landmarks.

**Present Prophetic Landmarks**

Past prophecies assure us we are nearing the second coming of Christ. But Jesus gave extra prophetic clues to the times before His return. Signs would be revealed in the natural world—with major earthquakes and tsunamis, like the ones we’re seeing today (Matthew 24:7; Luke 21:25).

In the religious world, the Bible foretold a great awakening in prophecy before the coming of Christ. Beginning in the late 1700s, worldwide interest grew in understanding the Bible books of Daniel and Revelation. Enormous effort was focused on spreading the gospel to the world in fulfillment of the three angels’ messages of Revelation 14.

We currently see prophetic landmarks all around us. Jesus predicted there would be a suppression of religious freedom and an increase in wickedness across the globe (Matthew 24:12), numerous wars and rumors of wars (vv. 6, 7), and a rise in false religious teachers (vv. 4, 5). The apostle Paul also pointed to moral decadence (2 Timothy 3:1–4). Do you believe these signs are being fulfilled in our day?

People would also have serious economic challenges (James 5:1–5) and be overwhelmed by the cares of life (Luke 21:34). Most convincing of all was Jesus’ promise that the gospel would penetrate into all the world and then the end would come.
(Matthew 24:14). Today, with satellite TV and the Internet, the message of the gospel is reaching into every corner of the globe through ministries like Amazing Facts.

Certainly we can look around us and see that these signs are being rapidly fulfilled. But what about future prophetic landmarks?

**Future Prophetic Landmarks**

The Bible predicts that before Jesus returns, we’ll see a false religious authority arise (Revelation 13:1). This beast-power once ruled the earth and was wounded. However, “his deadly wound was healed” (v. 3) and now “all the world marveled and followed the beast” (NKJV). It would join hands with another beast-power and seek to enforce religious laws in order to crush out God’s people (vv. 15–17).

Scripture foretold that a faithful remnant of Christ’s followers—those who “keep the commandments of God and the faith of Jesus” (Revelation 14:12)—would be protected during the final plagues and calamities to fall on the earth (Revelation 16). Then the false religious system would collapse and Christ would come.

When Jesus comes, the greatest prophetic landmark in history, every eye will see Him (Revelation 1:7). At that time, the righteous will be clothed with immortality (1 Corinthians 15:51–54). The unrighteous will cry for the rocks to fall upon them (Revelation 6:14–17). God’s people will be taken to heaven to reign for a thousand years (Revelation 20:4). Then Satan will be loosed (v. 7) and lead the resurrected wicked in a futile attempt to attack and overthrow God and His people. After this, they will be judged and completely destroyed (v. 9) and, on the ashes of this purified planet, God will create a new earth (Revelation 21:1–3).

**What It Means**

Like emigrants on a march to a heavenly land, God’s people are traveling through this world to a much better place. To guide us on our journey, the Lord has provided prophetic landmarks to encourage us to continue in the right direction.

We don’t need to be afraid. Like Chimney Rock to the early American pioneers, we can recognize these fulfillments of truth and know with certainty that we are on the right trail and will soon reach the beautiful valleys of Canaan. Sure, rugged pathways lie ahead, but God is with you every step of the way.
If you asked a complete stranger in a grocery checkout line, “What do you think about the condition of the world today?” most would tell you it seems as if nature and society are going absolutely berserk. Who can deny that global violence, natural disasters, economic and political chaos, and immorality are exacting a heavy toll on our planet?

What they might not be able to tell you is the why—or they could even give you a distorted picture of Bible prophecy.

That’s why, beginning October 31, 2014, Amazing Facts and Pastor Doug Batchelor will present the 21-part Landmarks of Prophecy: An Epic Bible Study Adventure. It’s been nearly a decade since our last major evangelistic prophecy event in North America, and souls around the world are primed to hear the answers that will lead them to salvation and God’s eternal kingdom.

Amazing Facts and you need to be there for them before they are deceived by the lies of the world. And Pastor Doug believes the timing is perfect for a major outreach event on this scale. “With all that’s happening in the religious and political world, including the growing popularity and influence of Pope Francis, we need to show as many souls as possible that the messages of the three angels are all coming into sharp focus in ways we’ve never seen before.”

Through an eye-opening study of historic events and stunning Bible truths, Pastor Doug will reveal why the Bible is a dependable source for answers to life’s most difficult questions. He’ll also show how God has laid down prophetic landmarks so that we can know where we stand in history—and how people can find salvation in Jesus.

While broadcast live from Albuquerque, New Mexico, Landmarks of Prophecy will share the last-day message in a new and expansive way. It’s going to be a powerful, multiplatform event available locally, nationally, and globally through new satellite and web technologies.

It’s a brand-new outreach strategy, and we need your support to make it happen. Says Pastor Doug, “I’m personally asking our friends to be a part of Landmarks in a special way. I believe you and your friends will discover something new, something bold, that could change lives for eternity!”

To learn where and how to watch and participate in Landmarks of Prophecy, please turn to page 12!
Join Pastor Doug Batchelor in person for this live event, as he delves into the Word of God to offer clear and inspiring insight into the big prophetic events that lay just ahead—and the practical tools you need to thrive in the here and now!
You've heard about Landmarks of Prophecy. You might already know that listening to Pastor Doug Batchelor teach Bible truth can be moving and inspiring. But even if you are familiar with some of these prophecies, you'll certainly learn something new. Now it’s time to prayerfully say, “Count me in. I’m going to attend. I will watch this series.”

Reinforce your choice by marking your calendar (starts October 31) and telling a few friends. Don’t let details get in your way. We’ll talk about that next. If you feel convicted in your heart that connecting to these meetings is a good thing for God’s kingdom, then tell the Lord, “I want to learn more about prophecy and share this experience with others!”

There are two decisions for participating in Landmarks of Prophecy. The first is how you will watch the series. The second is where you will watch the event.

**How to Watch.** The Landmarks of Prophecy event is a multi-platform presentation. That means you can enjoy the series in several different ways:

- **Attend the live event.** If you're going to be in the Albuquerque area, we're asking you to personally attend the free meetings at the Marriott Pyramid Hotel, 5151 San Francisco Road NE. Your presence will make a huge impact on us and others! The meetings begin each night at 7:00 PM. Please let us know you're coming so we can reserve your seat ahead of time at www.landmarksofprophecy.com.

- **Watch the program on satellite.** If you are a regular viewer of AFTV or 3ABN, you can tune in to the program through your satellite dish. It will be shown at 7:00 PM MT and be rebroadcast an hour later (7:00 PM PT).
**Watch online.** You can live stream the program to your computer, tablet, or smartphone and watch it anywhere you have an Internet connection. Just go to www.aftv.org or www.youtube.com/amazingfacts. Many people hook up to a large monitor or big screen so it’s easier for more people to watch!

**Where to Watch.** Again, if you live in the Albuquerque area, please join the live event in person. You’ll see Pastor Doug in person, and your presence will be a big boost to him and our staff. Yes, you are that vital to the local event, so please come. Amazing Facts has also made it easy for anyone to participate through the air or online!

**CHURCHES.** Let this be your church’s big annual outreach event! Whether you meet in a church building or a public place, all the resources you need for advertising, inviting friends, watching the series, and other handouts are available at www.landmarksofprophecy.com. Ask your pastor and church board for their support and the resources you need to lead your community to Jesus Christ.

**HOMES.** Turn your house into a meeting hall and invite your friends and neighbors. People are much more likely to respond to a personal invitation from someone they know. Print off brochures and hand them out. Jot your name, address, phone number, and email so people can contact you if they have questions. Create a warm atmosphere and serve some light refreshments.

**OFFICES AND BEYOND.** Our marketing director, Dean Dennis, hosted an Amazing Facts prophecy series in his office at a former workplace. Fellow workers attended during their lunch hour. Some of his friends even gave their hearts to Christ! There are innumerable ways to enjoy *Landmarks of Prophecy*—be creative and make the decision to act. This could be our last big chance to reach our friends and neighbors.

**Never Watch Alone.** Like when you go on a vacation, going with others makes the trip more enjoyable! So be sure to watch or attend *Landmarks of Prophecy* with a family or friend. It’s a great way to share your faith and let Pastor Doug do all the talking!

**Lots of Free Resources.** We’ve created tons of resources to help you in advertising, printing, sharing, and connecting to *Landmarks of Prophecy*. Visit www.landmarksofprophecy.com to download posters, bulletin inserts,

(Continued on page 32.)
Amazing Facts has full-time overseas missionaries? We’re working to share the three angels’ messages in places like the Philippines, India, Indonesia, and China, making incredible in-roads in the name of Jesus through Bible and outreach training, publishing, and Internet evangelism.

For instance, because of your support, they’re working hard to train and mentor Bible students studying at one of our many worldwide Centers of Evangelism. In this report, you’ll love seeing how your generous gifts and prayers are making a huge difference around the world through Amazing Facts’ international outreach efforts!

God’s Army Growing in the Philippines

Pastor Lowell Hargreaves, director of the Philippines Amazing Facts Center of Evangelism (PAFCOE), shares that 80 more students have recently graduated from our Bible and outreach training. Pastor Ted Wilson, who was in Manila for a two-week outreach effort, delivered the commencement address, challenging PAFCOE graduates to “dream big” in their future plans for service and soul-winning.

Graduates and students then assisted Pastor Wilson in a huge outreach event to the Metro-Manila area. Called HOPE Manila 2014 iCare, it consisted of more than 120 evangelistic meetings, 55 of which were conducted by PAFCOE students and staff. Thousands were baptized as a result of this huge soul-winning effort by the world church, local congregations, and PAFCOE.

This past March, another group of 45 lay-preachers learned the principles of public evangelism at PAFCOE. These laymen have
regular jobs during the week but are active in preaching and were anxious to sharpen their soul-winning skills. One layman said, “I never wanted to be an evangelist. But praise God, I am enjoying every minute of it despite the devil’s discouragements.”

This is a common experience for students taking part in PAFCOE, explains Pastor Hargreaves. “They get infected with the love of soul-winning, which is why we insist on our students doing their own prophecy series as part of their graduation and on-the-job training requirements. After that ‘taste’ of seeing souls baptized as the result of their personal efforts, most PAFCOE graduates never go back to being a ‘normal’ or ‘nominal’ inactive church member. PAFCOE is building up an ‘army’ of evangelists that are spreading out to Southeast Asia and beyond!”

**AFCOE India Strives for Souls**

Zac Williams serves as the assistant director of AFCOE India with his wife, Junu, who is the center’s health education teacher. Originally from Manila, Arkansas, Zac serves as the treasurer and coordinator for all of our outreach and evangelism events in India. He also teaches several Bible classes for our AFCOE India program.

The two have been in India on behalf of Amazing Facts for nearly two years, helping to spread the gospel to a land that birthed four world religions—Hinduism, Buddhism, Jainism, and Sikhism. It’s a country that struggles with poverty, corruption, malnutrition, inadequate health care, and even terrorism.

One of their greatest challenges, however, is finding and training workers to do follow-up
Bible studies. Many church members lack the proper skills to do effective evangelistic work, but our work in India is changing that. AFCOE India sends new trainees into neighborhoods to conduct door-to-door surveys and give out *The Great Controversy*. The teams have had great success in terms of positive responses. In two recent efforts, the team received more than 50 Bible study requests!

Zac and Junu are working and praying for God to help raise up even more locals to carry the message forward. Zac says, “The openness we see among the people of India makes me believe the Holy Spirit is being poured out on this great land.”

**A Soul at a Time in Indonesia**

David and Melissa Young joined the Amazing Facts team at AFCOE Indonesia in October 2012 and share this report: “We are dedicated to equipping gospel workers for public and personal evangelism. We are presently training another incredible group of sacrificial Bible workers. It is satisfying to see our students grasp the essentials of outreach and apply it to those they meet.

“One graduate named Melya is a young lady from Manado who is making an impact in the heart of a local Muslim. Esther and Rasitha are conducting Bible studies with three men from the Indonesian Air Force who heard about the Sabbath while overseas. Their group has now grown to five. Atty is a student from our first AFCOE class who was baptized and is now giving a Bible study to friends. The stories from our students bring us joy, and their success is our success!”

“The challenge in Indonesia is how to effectively reach Muslims without raising prejudice. Many years ago, we trained to do outreach work in a Christian country, pleading with the Holy Spirit to help us know how to adapt our methods to effectively train students in Indonesia.

“One way we create this interest is by working closely with a free Christian health clinic. Our students refer seekers to
this clinic, which is effective at building friendships and trust with the community. We are also translating Muslim-friendly tracts for our Bible workers to share when presenting the gospel to contacts.”

**The Gospel in China**

With more than 1.35 billion people, China is the most populous country in the world. While that's an overwhelming mission field, Amazing Facts missionaries Steven and Shelly* rise to the challenge and boldly share the gospel message in a communist country that is often intolerant to religious activity. They came in 2008 with a dream to share Amazing Facts resources with the Chinese.

Today they have two websites sharing the three angels’ messages, qimiaozenxiang.com (Chinese Amazing Facts website) and anxiri.com (Chinese Sabbath Truth website). Since going online, these sites have shared precious truth with more than a million visitors!

Steven and Shelly have also helped translate and print 15,000 Amazing Facts Bible Study Guides and 30,000 pocket sermon booklets, along with 62 Amazing Facts programs for TV in Mandarin and 32 in Cantonese. These videos have been watched more than five million times online.

Steven also shares, “We are one of the first foreign Christian media ministries that are working in China.” One of the most exciting openings came this spring when Pastor Doug Batchelor was given permission by the Christian Council and Religious Bureau to hold 15 evangelistic meetings in a large city that resulted in 180 baptisms. He was the first foreign pastor given this privilege since 1959.

Steven concludes, “You might not be able to go to a communist country like China and serve God there in person, but your prayers and financial support make it possible for us to go and serve in your place. Thank you for your sacrifice and faithful gifts.”

**More Work to Accomplish**

Believing that the gospel is a global work, Amazing Facts remains committed to sharing the good news wherever God calls us to go—even to distant lands. This means a greater level of investment in finding staff abroad willing to risk it all for the glory of Jesus. Please continue to support this work and know that you’re making a difference in houses and hearts halfway around the globe!

*We’ve used pseudonyms to protect our work in China.
Q. Is the battle of Armageddon only a spiritual idea?

A. “They gathered them together to the place called in Hebrew, Armageddon” (Revelation 16:16). The word “Armageddon” is something of a mystery, appearing only in this verse and nowhere else in Greek literature. It likely refers to the many battles in Israel’s history centering around the mountain of Megiddo. This is also the location of Mt. Carmel, where Elijah had his famous showdown with the prophets of Baal.

Contrary to what most people believe, the battle of Armageddon is not a typical war between political powers—such as Russia, China, and Israel. Instead, it is the final battle between Christ and Satan and their respective followers.

The first phase of Armageddon is detailed in Revelation 12:17, when the dragon makes war with the woman: “The dragon was enraged with the woman, and he went to make war with the rest of her offspring, who keep the commandments of God” (NKJV). The ultimate conclusion of this battle takes place at the end of the 1,000 years, when the devil rallies “Gog and Magog,” a symbolic name for the enemies of God’s people, to attack the holy city (Revelation 20:8).

I believe that Satan will, someday soon, impersonate Christ and encourage the world to worship the beast. Revelation reveals several ways in which he will deceive the world through false representations.

Bible writers warned about these deceptions. Jesus said, “For false christs and false prophets will rise and show great signs and wonders to deceive” (Matthew 24:24). The apostle Paul warned us many times not to be deceived (1 Corinthians 3:18; Ephesians 5:6). Such preparation for Armageddon, to stand firm in the face of deception, needs to take place within our hearts now, not when the final events are already in full swing.

Thoughts of Armageddon should really focus us on a relationship with the Savior. Tanks, guns, or a bunker...
stocked with food will not protect us. We need to be clothed in the armor of Jesus’ righteousness. Then we will prevail even in the face of a death decree given to those who keep God’s commandments.

Q. What is the “abomination of desolation”?  

A. “When you see the ‘abomination of desolation,’ spoken of by Daniel the prophet, standing in the holy place … then let those who are in Judea flee to the mountains” (Matthew 24:15, 16 NKJV). Jesus’ comments regarding the “abomination of desolation” come as a response to two questions from the disciples—first, about the destruction of the Hebrew temple, when there would not be left one stone upon another; second, about the signs of His coming and the end of the age (Matthew 24:3). Christ then speaks of this abomination, saying, “There will be great tribulation, such as has not been since the beginning of the world until this time, no, nor ever shall be” (v. 21).

Jesus tells us directly that to understand this subject, we must go back to Daniel the prophet. Daniel 8:13 speaks of “the vision … concerning the daily sacrifices and the transgression of desolation, the giving of both the sanctuary and the host to be trampled underfoot.”

The first fulfilment of the desolation happened when Roman armies destroyed the Jewish temple in AD 70. This is why Jesus says in Luke 21:20, 21, “When you see Jerusalem surrounded by armies, then know that its desolation is near. Then let those who are in Judea flee to the mountains” (NKJV). This brought tribulation to the Jewish people. In fact, Jesus uses the same words as Daniel: “Jerusalem will be trampled by Gentiles until the times of the Gentiles are fulfilled” (Luke 21:24 NKJV).

The final desolation spoken of by Jesus and first mentioned by Daniel (8:13; 11:31; 12:11) speaks of the rise of an evil religious power that will, at the end of time, bring desolation into God’s church, His spiritual temple, mingling paganism with Christianity. Just as God gave early Christians a warning to flee Jerusalem, so at the end of time, the Lord gives us a similar warning to come out of Babylon or receive of her plagues. When a corrupt world church unites with worldly powers, we know the time of the end is at hand. Like the apostles, we might need to flee to more desolate places before the great tribulation begins.

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.
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Doug Batchelor. It’s the devotional you’ve always wanted! In a concise and direct style, this new daily devotional answers the most frequently asked and thought-provoking Bible questions that have come in to Pastor Doug’s popular Bible Answers Live radio program. From Christian lifestyle to Bible history to prophecy, each day’s Bible answer is designed to bring you closer to Jesus and will help you better understand God’s Word. A valuable resource in your study library for years to come!

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Wisdom for Life

Learn about true wisdom from one of the very best in the field—King Solomon. Pastor Doug’s inspiring and popular devotional is drawn from the 31 chapters of precious wisdom found in the Proverbs. “The daily devotions are succinct and interesting, pointing always to our Savior.” –Customer Review

AF-WL ... NOW $12.95

World of Wonders

Doug Batchelor. The bestselling daily devotional from Pastor Doug is now updated in beautiful hardback! All 365 entries will elevate your mind with amazing facts from nature, science, history, and more—while communicating vital spiritual messages about God and His Word! Perfect for family worship time!

BK-WGDD ... NOW $14.95

God’s Wisdom for Your Every Need

This insightful guide is filled with 61 relevant wisdom topics for today, including guidance for facing a crisis, when you need confidence, when life is unfair, and more. These verses from God’s Word will bring encouragement and good advice no matter what situation you’re facing. (Leathersoft, 272 pages)

BK-GWEN ... $14.95
Final Mystery DVD, Book & Bookmark Set
Trusted Bible teacher Pastor Doug Batchelor invites you on an extraordinary journey that goes far beyond the grave. He opens the pages of the Bible to reveal crucial forgotten truths about what lies ahead for every person after death, the very same truths that Jesus taught about the afterlife. Discover the hope, security, and confidence you need for the future! Includes 3-hour DVD, book, and sharing bookmark!
DV-FMSET ... $19.95

Ten Commandments DVD & Study Guide Set
Doug Batchelor. In this incredible study guide and DVD set, Pastor Doug explores the amazing riches to be found in God’s commandments, which still offer proven solutions to the real-world problems of everyday life. Discover the joy and ultimate meaning of God’s law! (DVD: 12 hrs./Guide: 120 pages)
DV-TCSET ... $39.95

Formula 4 Faith DVD
Doug Batchelor. Uncover the essential steps of salvation as Pastor Doug leads you in a dynamic spiritual experience that will help you find your place in this world and help you take hold of Jesus’ unrelenting power to save and change you completely. This hope-filled six-part series will totally change your life!
DV-FF ... $29.95

Revelation: The Bride, the Beast & Babylon DVD
Pastor Doug Batchelor goes to the very heart of the Bible’s most challenging book to decode the mysterious visions of Revelation chapters 12 and 17. You’ll journey through history to reveal the rise of Babylon, the bride of Christ, and the real-world identity of the beast power—all predicted by God’s Word! (90-minute DVD)
AF-REV ... $14.95 / Bulk pricing available!
The Great Controversy (Illustrated)
*Ellen White.* Behind the scenes of world politics and religion, a battle for control over our planet is raging. This best-selling, real-life epic masterpiece contains shocking revelations and comforting hopes for our day. You’ll know the future today and be prepared for whatever comes. It’s one of the most important books you will ever read—and it’s one of Pastor Doug’s favorites for sharing!
BK-GCH ... $15.98

Lessons on Faith
*Jones & Waggoner.* A fascinating compilation of articles on righteousness by faith with insight into the early struggles of the remnant church. One of the finest books on victorious Christian living! Get the “how-to” of overcoming and demystify hard-to-understand Bible passages on grace and God’s law.
BK-LOF ... $12.95

The Omega Rebellion
*Rick Howard.* Very soon, before the final outpouring of the Holy Spirit, Satan will try to deceive the very elect. Safeguard your heart and learn how to recognize the warning signs that the great deceiver is at work. The extensive research in this book will benefit all who sincerely want to follow the true voice of God!
BK-TOR ... $14.95

The Coming Oil Crisis
*Ivor Myers.* A spiritual crisis is now attacking the church! Take an in-depth, bold look at the parable of the ten virgins to discover how you can be prepared for the coming time of trouble. How can you prepare for this crisis? What is the latter rain? Learn this and more in this crucial book for the last days!
BK-TCOC ... $11.95
Illustrated Bible Journey
This captivating, beautiful, hard-bound set of 12 full-color volumes will give your young readers an exciting, immersive experience in God's Word! Featuring bold, contemporary artwork and easy-to-read text, these books tell the classic Bible stories that inspire faith, hope, obedience, and a deeply felt love for God—from Adam and Eve, Noah and the Flood, David and Goliath, Daniel in the lions' den, the miracles and parables of Christ, and all the rest.
BK-BJS ... $199.95 NOW $124.95

Unveiling the Kings of Israel
David Down. Unearth the incredible true history of Israel—following clues buried in ancient cities and more to discover that the Bible can be trusted! Featuring eye-opening history and illustrations, this is an enduring resource for children, scholars, students, and anyone interested in biblical archaeology.
BK-UKI ... $32.98

Kidlicious: Fun & Healthy Recipes That Kids Love
Stephanie and Anneliese Howard. The first completely plant-based cookbook designed to get kids excited about eating healthy! Covering breakfast through dessert, these fun and healthy recipes will get the whole family cooking together. Beautiful full-color pictures and easy step-by-step instructions! (169 pages)
BK-KID ... $24.95

My Take-Along Bible
Alice Davidson. Rhymes are a great way for children to learn and remember! The perfect first Bible for your child or grandchild—a durable board book of carefully chosen Bible stories retold in rhyme, with scriptural references. The colorful illustrations will delight children! (Ages 8 and under)
BK-MTAB ... $11.98

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.
Amazing Facts of Faith

Amazing Facts has released a brand-new outreach-minded program called Amazing Facts of Faith, a series of fast-paced, short-form videos hosted by Pastor Doug. Designed to reach people in the streaming age with awe-inspiring facts about God’s natural world, we debuted the first episode on July 18, reaching nearly a million Facebook users.

Hosted on our YouTube channel, the first program featured the hummingbird, a tiny creature that needs to eat at least half its body weight each day to survive. Pastor Doug then winsomely tied the lesson into a spiritual truth about the power of studying God’s Word.

Wayne Leman, creative director at Amazing Facts, says, “With these videos, we’re able to reach all kinds of people not open to spiritual subjects. In a natural, friendly way, we can open their minds with interesting knowledge and then inspire them with a spiritual message.”

Each video is relatively inexpensive to produce, taking only half-an-hour to shoot and a day of post-production. Yet the effort will allow us to reach a massive new audience and introduce them to the wealth of spiritual knowledge available at Amazing Facts.

New episodes about ultra-marathoners and the brightest manmade light in the world are already shot and are now in post-production, so be on the lookout for these new entries in the near future. To ensure you don’t miss them, subscribe to our Facebook, Twitter, and YouTube pages! Of course, none of this innovative evangelism is possible without you. Thank you for your compassionate support!

New Sabbath School Program

After 18 years at Sacramento Central, Amazing Facts has launched a new Sabbath school program hosted by Pastor Doug. The program, not yet named, will debut on October 4 on AFTV, www.amazingfacts.org, and YouTube! Stay tuned for more details soon!

Amazing Facts Media Recognized

Amazing Facts is honored to have received the 2014 NRB Media Award for Best National Television Commercial for the Amazing Facts Prophecy Study Bible at the NRB 2014 International Christian Media Convention in Nashville. It was accepted by Doug Batchelor, president of Amazing Facts, and Brian Bazemore, director of broadcast productions. While we give all the glory to God, awards like these help put the spotlight on the ministry and raise awareness of the three angels’ messages!
All her life, she’s been taught that loved ones who have died are now in heaven watching over her—or they are burning in hellfire today.

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

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

Become a partner today. With your support, we can help the Holy Spirit set millions free from this deception and confusion—and open their hearts to the real Jesus.

Give online at givenow.amazingfacts.org.

P.O. Box 1058
Roseville, CA 95678
877-506-1751
Our Bible prophecy seminars now feature can’t-beat price breaks and a marketing team that will help you advertise your event. This is a great time to book an Amazing Facts seminar and grow your church! Call today to get more details.

**Doug Batchelor**
Landmarks of Prophecy
**October 31- November 22**
See page 10 for more details!
www.landmarksofprophecy.com

**Ryan Day**
**September 12 – October 11**
Zachary Church Auditorium
20025 Old Scenic Highway
Zachary, Louisiana
Call 225-819-6651 for details.

**Lowell Hargreaves**
**September 12 – October 11**
University of the Philippines Campus
Quezon City, Metro Manila
Call 916-434-3880 for details.

**Darrin Bartell**
**October 24 – November 29**
Smoky Lake and Lac la Biche,
Alberta, Canada
Call 916-434-3880 for details.

**January 18–24, 2015**
Northern Caribbean University
Mandeville, Jamaica

**March 2015**
Manila, Philippines

**Tim Jones**

**Dennis Priebe**

**Dave Steward**

**Doug Batchelor**

**Darrin Bartell**

**Ryan Day**

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

You are invited to meet the members of our dynamic evangelism team at our many seminars and revivals throughout the year—and please invite a friend! Go to prophecyseminars.com to get exact times and locations!

Tim Jones
September 5 – October 11
Church Auditorium
1601 Nichols Road
Kalamazoo, Michigan
Call 916-209-7286 for details.

October 17 – November 22
Church Auditorium
701 Kimbark Street
Longmont, Colorado
Call 720-402-9865 for details.

January 9 – February 14, 2015
Church Auditorium
1912 Conveyor Drive
Joshua, Texas

February 27 – April 4, 2015
19900 North Elliott
Lockeford, California

Dave Steward
September 5 – October 11
Church Auditorium
1002 21st Avenue
Greeley, Colorado
Call 303-817-6302 for details.

October 18 – November 22
Church Auditorium
416 S. Hickory Street
Yuma, Colorado
Call 303-886-3099 for details.

January 9 – February 7, 2015
Church Auditorium
102 4th Avenue
Chula Vista, California
Call 619-616-0657 for details.

February 13 – March 21, 2015
Church Auditorium
1200 Old Highway 395
Fallbrook, California
Call 760-508-8054 for details.

Carlos Muñoz
October 24 – November 22
Church Auditorium
111-113 Vermilyea Avenue
New York, New York
Spanish-language series!
Call 646-236-9773 for details.

Dennis Priebé (Revivalist)
September 26, 27
Wichita Three Angels Church,
Kansas

October 3, 4
Garland Faith Community Church,
Texas

October 10, 11
Fort Worth Northwest Church,
Texas

October 20–22
AFCOE, Albuquerque, New Mexico

October 24, 25
Pie Town Church, New Mexico

Times and locations are subject to change. Please confirm at prophecyseminars.com prior to attending.
People of all ages can suffer from abnormal fears called “phobias”—fears that they don’t have a good reason to have. There are hundreds of different kinds of phobias, and a few of the stranger ones are:

- Alektorophobia—fear of chickens
- Chronomentrophobia—fear of clocks
- Didaskaleinophobia—fear of going to school (okay, this one’s not too strange!)
- Pogonophobia—fear of long beards
- Xanthophobia—fear of the color yellow
- Anablephobia—fear of looking up
- Phobophobia—fear of phobias
- Hippopotomonstrosesquipedaliophobia—the fear of long words (scary word, huh?)

Have you ever been afraid? It’s kind of a silly question, isn’t it? Even without phobias, we’ve all been afraid at times. Let’s face it: From thefts, violence, accidents, wars, and diseases to earthquakes, tornadoes, famines, tsunamis, wildfires, and more, sometimes the things that happen in our world can be pretty scary!

Did you know that Jesus talked about some of the things that would happen before He comes back for us—some of them are even in the list just mentioned? He could warn us about what’s in the future because He knows about everything that is going to happen. For one thing, He told His disciples there would be a lot of wars. He also said there would be “famines, pestilences, and earthquakes in various places” (Matthew 24:7). Jesus knew that all this might sound scary to His followers, so He also told them not to let these things worry them (see verse 6). But how can we not worry when bad things happen? What can keep us from being afraid?

Well, the Bible tells us the Lord “rules over the nations” (Psalm 22:28), and “our Lord is above all gods. Whatever the Lord pleases He
“Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.” —Joshua 1:9
A few weeks ago, while driving on a new delivery route, John Robinson missed a turn and had to turn his vehicle around. As he drove down the “wrong” street, his mouth fell open as he passed a sign that read, “Amazing Facts.” It was the name of the ministry that helped change his life! After work, he drove back and was given a tour of our facilities and even got to meet Pastor Doug.

“Amazing Facts has been a big part of my walk with Christ,” he explains. “Seven years ago, I was living in a confused world that included marijuana and impurity.” Then one day he saw his neighbor trying to move a mattress down from the top floor of her apartment. After helping her, she asked, “Do you know Jesus?” She then invited John to attend a Bible study at her daughter’s home.

“At this time in my life, I was surrounded by non-believers. I never read the Bible,” he shares. When he went to the Bible study, the first thing they did was watch the Final Events DVD. “Since that moment,” John tells, “I’ve had a hunger for God’s Word.”

John started thinking about attending church. As he considered the idea, Joanne, his neighbor and Jolene, her daughter, invited him to a series of Bible study meetings at their church. After the sessions were completed, a pastor hooked John up with one of the church leaders to study the Bible. Every week they went over the Amazing Facts Bible Study Guides. They also watched several of Pastor Doug’s Everlasting Gospel sermons.
Then, in April of 2009, John was baptized. The day of his new birth in Jesus was also his birthday!

Since that time, Amazing Facts has helped John begin his life again in his new marriage with Leticia and also in sharing with others the truths he has learned. John uses the same Amazing Facts Bible Study Guides that led him into the remnant church. He’s also ordered his own copies of the Final Events DVD, along with the Cosmic Conflict DVD, and The Ten Commandments bookmarks that he enjoys handing out after giving a Bible study.

John was a little frustrated the day he missed his turn on his driving route, but years earlier God directed his pathway to Amazing Facts. “I was so glad to be able to say thank you to Pastor Doug and everyone at Amazing Facts,” he says. John was once going down the wrong road in his life, but Amazing Facts caused him to turn in the right direction. “Amazing Facts will lead you to the truth. I know because of how God has led me.”
graphics, brochures, handbills, and video clips to advertise the series. It’s the central hub for all things *Landmarks*!

**Inviting Friends.** The most effective invitation is not on paper. Handbills are important, but it is your personal touch that makes all the difference. Picture the people you know and meet most every day. Do your neighbors wonder about the signs of the times? Are your family members ready for Jesus’ return? Do the people you work with understand prophecy? We cannot neglect those we know and love. God asks us to let our lights shine! Don’t put your *Landmarks of Prophecy* invitation under a basket. Pull it out and share it with someone you know, whether it is your dentist, the person who cuts your hair, or the delivery person.

**A Few More Ideas**

- **Print a free handout brochure!** If you are not set up to print these, ask your local church to support the series and print brochures and bulletin inserts. You’ll find these and more at landmarksofprophecy.com.

- **Worry about asking friends is normal.** Most people hesitate to invite others to watch a spiritual series of meetings, but swallow your fear. Many thousands of people have invited friends to listen to Pastor Doug preach and have never been embarrassed. Remember, if people say no, they are not rejecting you as a person. Let the Holy Spirit convict people on whether to attend.

- **Sweeten your invitation.** Kindness goes a long way in softening hearts. Some people ask neighbors by baking bread or cookies and giving these gifts along with an invitation to their home to watch the series. You might be surprised at how many lonely people would love to enjoy an evening with others.

- **Church Series.** Many churches plan a public series of evangelistic meetings once or twice a year. Let this be your church’s big event! Whether you meet in a church building or a public place, all the resources you need for advertising the event, inviting friends, watching the series, and more are available at www.landmarksofprophecy.com. It’s an extremely affordable approach, so ask your pastor, congregation, and church board for support.

- **Changed Lives.** Do people really attend these meetings and experience a changed life? You would be astounded at the numbers of letters, phone calls, and testimonies we receive at Amazing Facts from people just like your neighbors or friends at work who have learned more about Bible prophecy and have committed their hearts to being ready for Christ’s soon return. Don’t miss out on sharing *Landmarks of Prophecy* with a friend and see God change their life!
Watch **Amazing Facts Presents** on one of our family of networks!

### NATIONAL

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<tr>
<th>Network</th>
<th>Time(s)</th>
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<tbody>
<tr>
<td>3ABN</td>
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<tr>
<td>ABC Family</td>
<td>Wednesday, 6:30 AM ET</td>
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<tr>
<td>Hope Channel</td>
<td>Sunday, 7:00 PM; Friday, 12:30 PM PT</td>
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<tr>
<td>Lifetime Network</td>
<td>Sunday, 8:00 AM (All Time Zones)</td>
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<tr>
<td>NRB</td>
<td>Sunday, 12:00 PM CT</td>
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<tr>
<td>Safe TV</td>
<td>Monday, 10:00 AM; Tuesday, 2:00 AM; Wednesday, 9:00 AM; Saturday, 2:00 AM CT</td>
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<tr>
<td>The Church Channel</td>
<td>Monday, 7:00 PM; Saturday, 5:30 PM ET</td>
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<tr>
<td>Total Living Network</td>
<td>Wednesday, 7:00 PM CT</td>
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<tr>
<td>Word Network</td>
<td>Sunday, 1:00 PM ET</td>
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*For Dish Network viewers only, all listed times are Eastern.*

### LOCAL (All Times Local)

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<tr>
<td>KTXL Fox 40 Sacramento</td>
<td>Sunday, 7:30 AM</td>
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<tr>
<td>WJYS Tinley Park</td>
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### CENTRAL STUDY HOUR

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<td>Safe TV</td>
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### EVERLASTING GOSPEL

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<tr>
<td>Safe TV</td>
<td>Sunday, 2:00 AM &amp; 11:00 AM; Saturday, 11:00 AM CT</td>
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**RADIO**

**Bible Answers Live**

Airs weekly on Sunday at 7:00 P.M., Pacific. A live call-in radio program where you can ask Pastor Doug any Bible question and get a biblical answer in return. Call 1-800-GOD-SAYS during program hours to participate.

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**WEB**

Watch Bible programming you can trust at www.amazingfacts.tv. Streaming online 24 hours a day, 7 days a week on your computer, iPhone, iPad, and more! You can even watch on ROKU!
Amazing Facts cordially invites you to join our new Amazing Facts Legacy Circle “Friends for Eternity” by memorializing your dedication to our mission of proclaiming the everlasting gospel!

To learn more about or to become part of this special group through a planned gift commitment, please contact us at 800-436-2695 or visit enduringlegacy.org
YOU’VE SAVED AND INVESTED ALL YOUR LIFE

Don’t let taxes turn your gain into a loss!

You have carefully invested and watched your savings grow for years. But what took a lifetime to build can be instantly lost through the capital gains tax once you sell.

It doesn’t have to be that way.

Rather than sell your stock, consider giving your investment to support God’s work through Amazing Facts. You won’t pay taxes, and you will receive an income-tax deduction for your gift.

Incredible Benefits:

- **AVOID** capital gains taxes of 20 percent or more
- **RECEIVE** an income-tax deduction for the full amount of your gift
- **MAKE** a meaningful gift for God’s work with no cash out-of-pocket
- **CAPTURE** the value of your stock now and end the worrying about market ups and downs
- **PUT** your gift to work right away toward winning souls for Christ!

It’s true! Your gift of stock can be used to further the everlasting gospel through Amazing Facts.

Call **800-436-2695** or e-mail us at **pg@amazingfacts.org** and learn how you can transform your tax problem into a tax solution while investing in the eternal kingdom of God.
In Loving Memory

Douglas Ackerman from June Ackerman, his wife; from Shirley Beers, his daughter
Francine Ackley from Wally and Geri Dunks
Harry Arriola Sr. from Al and Margaret Marion
Marion Austin from Don Austin, her son
Carl Barnaby from Ronald and Nancy Smith; from Karen G. Steiger
John Becher from Terrie Becher, his wife
William Bell from Jeanette Bell, his wife
Hagen Billoff from Al and Margaret Marion
Gerald Bond from Debbie and Marty Varsubsky
Nadine Thomson Bork from Al Wiggins
Valdemar Bough Sr. from Fred Romero Jr.
Shirley Moore Breedlove from Wally and Geri Dunks
Aimee Burghart from Deborah Burghart, her daughter-in-law
Daniel Burghart from Deborah Burghart
Dionicia Cabrales from Tess Wergeland
Allen Commander from Kenneth K. Rose
Joe Crews from Lu Ann Crews, his wife

Ronnie Crews from Lu Ann Crews, his mother
Jesse Cross from Vonsella Scott, his friend
Everett Dickerson from Yvonne Dickerson, his wife
Phyllis Dietz from Al and Margaret Marion
Dr. Harold and Wanda Dupper from Elder Arden and Dorothy Mote
Edith Durham from Anita Lowe, her daughter
Myron Durham from Anita Lowe, his sister
Warren Durham from Anita Lowe, his daughter

Deward Edgmon from Jeanne Edgmon, his wife
Bud Elmer from Ruth Elmer, his wife
Stanley Elmore from his mom
Arthur Ensminger from Nadine Fork, his family; from Kathleen Scheideman
Robert and Stella Fisher from Patricia Black
Fred and Eva Flemmer from Olga Lang Rodin, their daughter; from Hazel Freeman
Jewel and Ruth Foutch from Frank and Gayle
James and Evelyn Franklin from Mary Ann Jimenez, their daughter
Jerry Freeman from Hazel Freeman, his wife
Dorothy Fuller from Joyce Heenor Carbajal; from Arnold Cochran; from Louesa Peters
Ona Lee Glidden from Arnold Glidden, her husband
Allen Goede from Jeanette Bigsby, his sister
Donald Gruesbeck from Valerie de Fluiter, his daughter
Alvina Hertzmann from Olga Rodin
Joseph Herzberg from Michael and Debra Fechik
Vicky Hillary from Ellen Martin
Lucille Hutchins from Carol Perez, her daughter
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.
Everyone experiences stress. It’s a natural part of life. But too much stress can be toxic and disabling. In a recent national poll conducted by National Public Radio (npr.org), with their partners at the Robert Wood Johnson Foundation and the Harvard School of Public Health, 1 in 4 Americans admitted to experiencing a great deal of stress in the previous month.

Half the adults surveyed said they experienced a major stressful event during the past 12 months. That adds up to more than 115 million people. One researcher believes this is only the tip of the iceberg and merely identifies those who are conscious of their stress. Many people, they believe, have hidden stress that impacts their ability to deal successfully with all the problems that come their way.

These are not people who just feel challenged, either, but Americans with “high stress” levels that impact their daily lives—from sleep and work to health and relationships. When asked what their biggest stressors were, people responded most often with anxieties related to poor health, a disability, low income, a hazardous job, being the parent of a teen, and being a single parent. Most reported multiple stressors.

DEALING WITH STRESS
One of the biggest barriers for getting help is the belief that “I need to figure this out on my own.” Shame and a fear of being embarrassed get in the
way, and many don’t know where to go for help. They just keep trying to survive but know they are at a breaking point.

The Bible does not leave us to cope alone with stress. The Word of God teaches that you cannot handle it all on your own. We need to admit our need and then reach out to a Power greater than ourselves. God is compassionate and wants to bring you stress relief! Jesus said, “Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid” (John 14:27).

There are also many practical tools given by God to help us cope with stress. One of the most important is a regular exercise program. Breathing fresh air while briskly walking in the sunshine in a natural environment can calm our nerves and move our minds toward peaceful thoughts. These activities will also aid in providing a good night’s rest, something that evades people who are under stress.

Some people try to relieve their stress with activities that only create more stress. Watching mind-numbing television or aimlessly wandering through the Internet might at first seem relaxing, but the content these media pour into our brains has the long-term consequence of actually taking away our ability to cope with stress. Overeating or taking unnecessary medications to relieve stress will also increase the problems in our lives.

Relationships suffer when people feel stressed out. Relaxing with friends, spending time with family, or participating in a Bible study group with those who care help us not only to feel loved but push us outside of ourselves. Anxiety decreases when we take time to serve and care about those around us. Helping others moves our focus off our own problems. Jesus said, “Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put in your bosom. For with the same measure that you use, it will be measured back to you” (Luke 6:38 NKJV).

When we try to run our own lives, things go out of control. But when we follow God’s plan and put the Lord in the driver’s seat, we will find peace. Jesus encouraged, “Come unto me, all ye that labor and are heavy laden, and I will give you rest” (Matthew 11:28). You may freely cast “all your care upon him; for he cares for you” (1 Peter 5:7). Jesus is the great stress reliever.
AMAZING FACTS TV
a 24/7 Christian satellite channel—featuring new programming and the ministries you know and trust.

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