

AMAZING FACTS

INTERNATIONAL

INSIDE
REPORT

4TH QUARTER
2023

WHEN
YOU

FAST





“Indeed I have spoken it; I will also bring it to pass. I have purposed it; I will also do it.”

—Isaiah 46:11



The Most Amazing Bible Promises

A Daily Devotional

- Available in hardback, softcover, and leathersoft
- Perfect for igniting a strong devotional life with the whole family
- A wonderful gift for baptisms, birthdays, and holidays

The Lord never breaks His promises! Whether you're experiencing heartbreak, seeking victory over sin, or struggling with any other challenge that life brings your way, you'll cherish this faith-building devotional from Amazing Facts. We've compiled 366 great promises of the Bible for your reflection, encouragement, and inspiration throughout the year.



Visit afbookstore.com for the latest specials and order your copy today!
Or call 800-538-7275.





Hide God's

Word in Your Heart

Memorize:

The children of Israel were assembled with fasting, in sackcloth, and with dust on their heads. ... They confessed and worshiped the LORD their God (Nehemiah 9:1, 3).

Even in an increasingly secular America, we sometimes hear nationwide calls for a “day of prayer,” but did you know that it was once common for our leadership to also encourage fasting?

In 1876, for instance, Minnesota farms were ravaged by grasshoppers—a plague that devastated that year’s wheat crop. The following spring, the grasshoppers’ eggs began to hatch at the same time the wheat was sprouting. In response to the dire circumstances, Governor John Pillsbury proclaimed that April 26 would be a statewide day of prayer *and* fasting. Many citizens faithfully participated. And it so happened that not long after, a freak cold snap killed the grasshoppers but did not harm the wheat. The state’s farms harvested a bumper crop that season.

God does still answer prayer, but sometimes His people miss what the Bible teaches about praying with fervor. Our



memory verse today is but one of many examples depicting a season of sincere prayer mingled with self-denying fasting. In another place, we read the Lord proclaiming, “Turn to Me with all your heart, with fasting, with weeping, and with mourning,” followed by the prophet Joel’s exhortation to “rend your heart, and not your garments; return to the LORD your God, for He is gracious and merciful” (Joel 2:12, 13). Because Joel is a last-day prophet, his message especially applies to us.


As the world suffers under the guiles of Satan, with vitriol and violence increasing as in the days of Noah, there is still a blessing for those who commit to fasting and prayer—not to change God’s heart, but to change ours so that we may better serve Him. As you read Pastor Doug’s *When You Fast* feature, we hope you’ll be inspired to take up this vital Christian discipline as you prepare for the time of trouble and Jesus’ soon return. 

Table of Contents



19 From Chains to Change

One of the most important ministries of the Amazing Facts Bible School is reaching incarcerated souls across the country. See how your support is making a real difference by bringing the light of Jesus to those who need it most.

FEATURE

6 When You Fast

When you hear your pastor talk about fasting, do you get a little uneasy? Do you wonder how to do a fast that would be pleasing to God? For that matter, do Christians still need to practice fasting? Pastor Doug Batchelor opens Scripture to discover the secrets of fasting and why this neglected Christian discipline is more important than ever.



11 Bible Answers

Doesn't Romans 14:5 teach that it doesn't actually matter which day we keep holy?



18 310,000 Copies of *The Richest Caveman and Counting!*

While Dr. Bob Ford works to restore his patients' vision, he also uses it as an opportunity to restore their spiritual sight.



21 Volunteer Spotlight

It's a fact that Amazing Facts volunteers help us reach more people for Jesus every day. Meet one of them in our Bible School!

22 Kids' Corner: Think Fast!

Even though it may sound scary, fasting can be a blessing to children. Get to know more about fasting with these fun activities.

23 Rev Up Your Energy!

Are you suffering from low energy? You're not alone! Here are a few tips that may help you gear up in the energy department.

- 3 Editorial
- 5 Connect with AF

- 10 Prophecy Watch
- 12 Broadcast Schedule

- 14 Christian Resources
- 20 News to Note



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!

Connect with Amazing Facts

From the Mail Bag



A Worldwide Ministry

I'm from Trinidad and Tobago and have had the amazing experience of being baptized at my local church with my best friend. Since then, I have been blessed to experience the Sabbath every week. I was brought up in Catholicism and assumed that I would have been a Catholic all my life. A series of events led me to where I am today, but ... I really wanted to say an enormous THANK YOU to Pastor Doug. I have learned so much from his sermons. Since discovering your YouTube channel, I have been hooked and taking notes practically every day. I pray that God continues to bless him and his ministry. *Denecia*

I am an elder in the local faith group in the Kaiserslautern Military Community. We have been granted access to a military prison, which houses men and women from all of the military branches who are either going through trial or have been found guilty and are waiting to be moved to a stateside confinement facility. We have been using the *Amazing Facts Study Guides* at the prison. This surprised our chaplain, as the military is selective about what denominational material is presented to such an array of faiths. God has blessed, and people with backgrounds in Catholicism, Hinduism, and Islam are being brought to the loving Savior who died for all so that we can truly be free. Thank you for your ministry and for the powerful and simple manner in which the lessons are presented. God has allowed these men and women to have freedom from the enemy of our souls even when in a heavily guarded prison. Praise be to God! *Louis, Germany*



FIND US ON

- facebook.com/amazingfacts
- x.com/amazingfacts
- youtube.com/user/amazingfacts
- instagram.com/amazingfactsministry
- pinterest.com/afacts

OUR WEBSITES

- amazingfacts.org
- afbookstore.com
- afcoe.org
- amazingbiblestudies.com
- bibleuniverse.com
- bibleprophecytruth.com
- ghosttruth.com
- helltruth.com
- prophecyseminars.com
- rapturetruth.com
- sabbathtruth.com
- biblehistory.com
- truthaboutdeath.com
- sabadobiblico.com
- universobiblico.com

FREE BIBLE STUDIES

To enroll in our free Bible School, visit amazingbiblestudies.com. Or to take the 27-lesson course by mail, send us your name and address and specify that you would like to begin the course.

ONLINE BOOKSTORE

Visit afbookstore.com to discover all the great Christian resources available through Amazing Facts, including books, DVDs, and other products to help you in your walk with Christ and share the good news with others.



INTERNATIONAL

P.O. Box 1058
Roseville, CA 95678-8058
916-434-3880
amazingfacts.org

INSIDE REPORT
VOL. 41, NO. 3

PRESIDENT
Doug Batchelor

MANAGING EDITOR
Anthony Lester
editor@amazingfacts.org

ASSISTANT EDITOR
Milo Jones

COPY EDITOR
Laurie Lyon

ART DESIGN/LAYOUT
Haley Trimmer

Inside Report is a publication of Amazing Facts International. Contributors to the ministry receive the *Inside Report* for a year from the date of their most recent gift.

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

Unless otherwise noted, Scripture taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

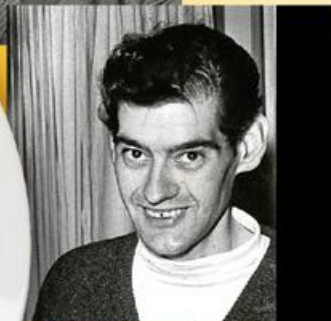
If Amazing Facts has helped change your life for Christ, please write us at testimonies@amazingfacts.org.

Sign up for our email specials, *The Facts* e-newsletter, and more at subscribe.amazingfacts.org!

WHEN YOU

FAST

By Pastor Doug Batchelor



Most Christians get a little uncomfortable when they hear the word “fasting.”

I don’t blame them for getting antsy; eating is a very personal thing. Savory food seems to satisfy us at our very core, which is why most of us enjoy eating. I certainly do!

However, fasting is a subject that you find cover to cover in the Bible. It was a high-priority discipline for Jesus. In His Sermon on the Mount, He said, “When you fast, do not be like the hypocrites” (Matthew 6:16, my emphasis). Notice that He didn’t say, “If you fast.” This implies that He expected His people to be practicing the discipline of fasting. Let’s look at the full passage:

When you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly (vv. 16–18).

Three times Jesus addresses His disciples not about *whether* they should fast, but *how* they should fast. But not too many churches today are teaching that fasting is a Christian essential. Some people even cite this passage in Matthew to show that Jesus doesn’t really ask us to fast today:

The disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” And Jesus said to them, “Can the friends of the bridegroom mourn as

AN AMAZING FACT: *The Guinness World Record for the longest fast is held by Angus Barbieri of Scotland. According to the British Medical Journal, Barbieri went without solid food for 382 days—from June 1965 to July 1966. While under medical supervision, he survived on tea, water, and vitamins. At the beginning of his fast, he weighed 456 pounds, and by the end, he weighed 180 pounds.*

long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast” (9:14, 15).

Notice that John the Baptist was calling his followers to fast, but Jesus wasn’t disputing that call. Just like He had addressed the *manner* of fasting, here He is speaking of the *timing*. If I said you’re invited to a great celebration at my house where we will be fasting, would you come? Probably not! God being in the flesh among His people was a time of



celebration, not fasting.

It’s clear that Jesus put a premium on fasting in His own experience on Earth, so it’s worth the effort for His followers to study it out.

WHAT IS FASTING?

“Fasting” means to voluntarily abstain from or consume very little food and/or drink for a specified period of time, usually as a religious or health discipline. That’s simple enough.

The next question is, “Why does God want His people to fast?” We begin answering that question by addressing the wrong reason to fast—see Matthew

6:16–18 above. There we learned that fasting is not a way to advertise your piety to other sinful humans; that's why Jesus said don't go around parading to everyone that you're fasting. Fasting is primarily an act of devotion and faith between you and God.

However, fasting is also *not* a tool to win God's audience by manipulating Him through torturing yourself. No. It is really about building trust so that the desires of the flesh melt away into a desire to be more like Christ.

One reason Jesus can be our High Priest is that He experienced a deep hunger that few experience. This suffering kickstarted His ministry. The devil's first temptation was centered on getting Jesus to eat that which He shouldn't when He was literally starving to death. The human race fell into sin when we ate something we weren't supposed to eat even though we had plenty of other satisfying options.

In this light, we can see that fasting allows us to practice concentrated self-control, building up our spiritual muscles so that we can overcome the things of the flesh. That is a powerful discipline for Christians to develop!



To be carnally minded is death, but to be spiritually minded is life and peace. Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God (Romans 8:6–8).

A constant battle rages between the spirit and the flesh. When we fast, we are exercising self-denial. Matthew 26:41 says, "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak" (NIV). Many today are now struggling with diet issues, something best seen in the light of a battle between the spirit and the flesh. That's why fasting can be a powerful aid in overcoming sins of a physical nature. When you fast, you move from the physical realm to the spiritual, trusting God to care for your body as you deny its physical desires.



TYPES OF FASTING

Christians have many reasons to perform a fast. Let's examine a few of them now.

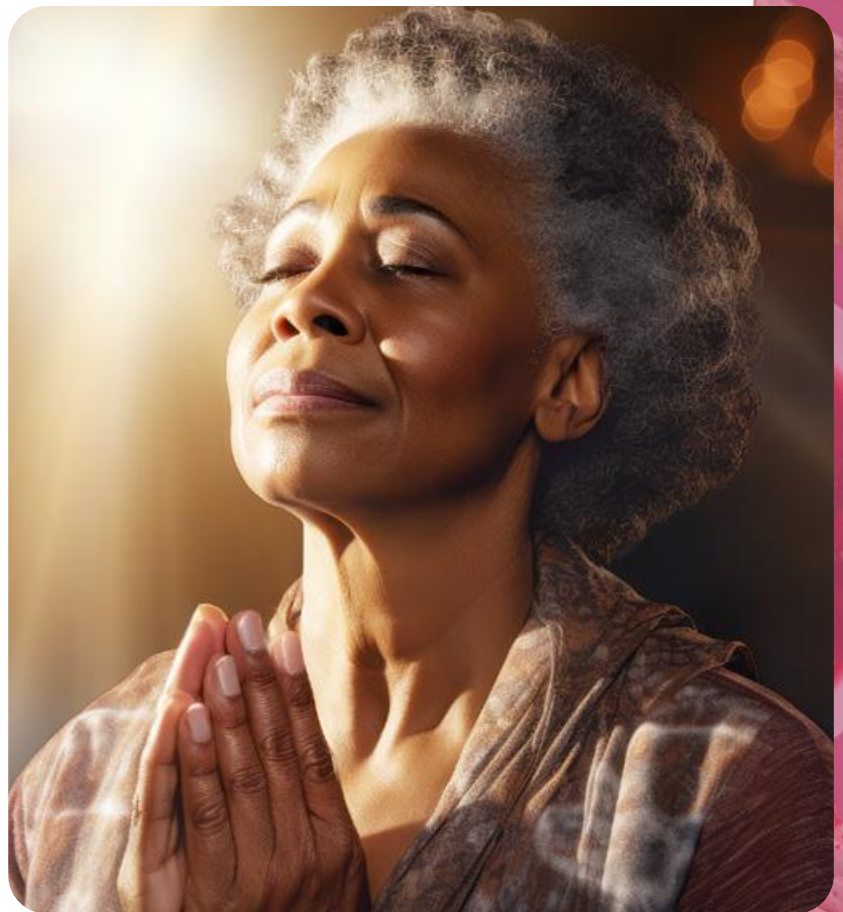
Seeking forgiveness. At one point, God's people were intermarrying with pagans, whose practices were leading them into backsliding. Nehemiah 9:1, 3 says, "The children of Israel were assembled with fasting, in sackcloth, and with dust on their heads. . . . They confessed and worshiped the LORD their God." Many times in the Bible, repentance is accompanied by prayer and fasting. After his conversion experience, the apostle Paul went three days without eating or drinking. He realized that he had been persecuting and killing God's people—overwhelmed with repentance, he performed a severe fast.

Seeking clarity of mind. When you deny yourself food, you may experience a clearer mind. When you eat, your body begins to process the food, and much of the energy that would otherwise be directed to thinking and hearing the voice of the Holy Spirit is redirected to digestion. Eating can make you a little clouded mentally and spiritually. Often on Sabbath mornings, when I'm praying and studying, I will get tired after I eat, so I often skip breakfast or eat something light. It's easier for me to understand and explain the Word if I haven't just consumed a big meal.

Seeking comfort when mourning. When Saul and Jonathan died, the people "mourned and wept and fasted until evening" (2 Samuel 1:12). If you're mourning a loss or facing a difficult circumstance, submitting to the rite of fasting can draw you closer to Jesus and His suffering on your behalf, opening your heart to His comfort and hope.

Seeking guidance and protection. Before God's people left Persia on their way back to the Promised Land, they asked for the Lord's guidance

and protection. "I proclaimed a fast . . . that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions" (Ezra 8:21). When faced with making a difficult or important decision, like whether to marry a certain person or take a certain job, many people skip fasting when they're praying for God's direction. Don't skip it!



Seeking intercession. In Mark 9:17–29, we learn that the devil had been tormenting a young boy. The father brought his child to the disciples, who prayed—but the evil spirit only mocked them. Later that day, the disciples met with Jesus, who explained, "This kind can come out by nothing but prayer and fasting." When we get serious about seeking after God through prayer and fasting, God will do for us things that otherwise would not be

(Continued on page 16.)

PROPHECY WATCH

- “Nation will rise against nation, and kingdom against kingdom. ... These are the beginning of birth pains” (Matthew 24:7, 8 NIV). The history of the world is one of bloodshed between nations. Yet Jesus says that wars will increase in frequency and intensity—like birth pains—until He comes again.

Since Russia invaded Ukraine in February 2022, there have been “hundreds of thousands of casualties on both sides.”¹ Russia has lost more than 300,000 troops, and Ukraine fears that its ranks are being depleted.² Tragically, this war of attrition will take many more lives before it ends.

On October 7, 2023, the militant Islamic group Hamas attacked southern Israel, killing about 1,400 Israelis, mostly civilians, and taking about 240 hostages. Israel retaliated with a week of airstrikes in northern Gaza, followed by a massive ground invasion, still underway as of November 1. The Palestinian death toll has reached over 8,500.³



The Israeli-Palestinian conflict started in 1948 with Britain’s creation of the State of Israel.⁴ Interestingly enough, another series of wars began in 1947 between Muslims and Hindus with Britain’s partition of India.⁵ Since then, birth pains have increased!

- “His deadly wound was healed. And all the world marveled and followed the beast” (Revelation 13:3). Amid “wars and rumors of wars” (Matthew 24:6), to whom does the world turn for answers? According to a Franciscan friar in Jerusalem, “Only the Holy Father among all the powerful in this world” has called for the fighting to cease in Gaza.⁶ Addressing a crowd in St. Peter’s Square for his Sunday Angelus on October 29, Pope Francis said, “Let there be a ceasefire.” He also solicited continued prayers “for Ukraine, as well as for ... Palestine and Israel,” mentioning both the humanitarian and the hostage crises in Gaza.⁷ Two days earlier, the pope led a prayer vigil for peace in St. Peter’s Basilica, invoking the Virgin Mary to “intercede for our world in danger and turmoil.” That Friday was “a worldwide day of fasting, prayer, and penance for peace.”⁸



Could the pope’s appeals for peace be a step toward “all the world” admiring the papacy? In Revelation 13:3, the word “marvel,” *thaumazō* in the Greek, means “to admire.”

- 1 Ellie Cook, “Russia Has Lost 300,000 Troops In Ukraine War: Kyiv,” *Newsweek*, October 31, 2023, <https://www.newsweek.com/russia-casualties-death-toll-ukraine-avdiivka-counteroffensive-1839025>.
- 2 Sonam Sheth, “Ukrainian soldiers are burned out and worried they’ll run out of troops as the war with Russia drags on,” *Insider*, October 31, 2023, <https://www.businessinsider.com/ukraine-soldiers-worried-run-out-of-troops-russia-kyiv-independent-2023-10>.
- 3 “Live updates: What’s happening in the Israel-Hamas war as Israeli ground forces attack northern Gaza,” *PBS*, October 31, 2023, <https://www.pbs.org/newshour/world/live-updates-whats-happening-in-the-israel-hamas-war-as-israeli-ground-forces-attack-northern-gaza>.
- 4 “Israeli-Palestinian Conflict,” *Global Conflict Tracker*, Updated October 16, 2023, <https://www.cfr.org/global-conflict-tracker/conflict/israeli-palestinian-conflict>.
- 5 “Conflict Between India and Pakistan,” *Global Conflict Tracker*, Updated June 28, 2023, <https://www.cfr.org/global-conflict-tracker/conflict/conflict-between-india-and-pakistan>.
- 6 Robera Cetera, “Fr. Faltas: ‘Pope Francis is only leader to call for a ceasefire in Holy Land,’” *Vatican News*, October 29, 2023, <https://www.vaticannews.va/en/church/news/2023-10/fr-ibrahim-faltas-pope-francis-ceasefire-only-leader.html>.
- 7 Judith Sudilovsky, “Pope Francis calls for a ceasefire in Israeli-Hamas war,” *National Catholic Reporter*, October 30, 2023, <https://www.ncronline.org/vatican/vatican-news/pope-francis-calls-ceasefire-israeli-hamas-war>.
- 8 Courtney Mares, “Pope Francis consecrates war-torn world to Virgin Mary in Eucharistic prayer vigil,” *Catholic News Agency*, October 27, 2023, <https://www.catholicnewsagency.com/news/255844/pope-francis-consecrates-war-torn-world-to-virgin-mary-in-eucharistic-prayer-vigil>.

Bible Answers

with Pastor Doug Batchelor



Doesn't Romans 14:5 teach that it doesn't actually matter which day we keep holy?

Q

A

Romans 14:5 says, "One person esteems one day above another; another esteems every day alike. Let each be fully convinced in his own mind."


Some people assume that the apostle Paul is talking here about the Sabbath day. But nowhere in this verse or the chapter does he use the term "Sabbath." He speaks only of "one day above another." Moreover, the context of this chapter makes it clear that the discussion was over ceremonial laws and annual sabbaths, a concern especially among Jews who were converting to Christianity. Notice how Paul sets the tone for this chapter by stating, "Accept the one whose faith is weak, without quarreling over *disputable matters*" (Romans 14:1 NIV, my emphasis).

When we study the life of Paul, we clearly see that he was a Sabbath-keeper, meeting with both Jews and Gentiles in the synagogue on the seventh day (Acts 13:42–44). He would never have seen the Sabbath as part of the ceremonial law; rather, it's found in the unchanging moral law of the Ten Commandments.

Read Exodus 20:8–10. The very next verse reminds us, "For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it" (v. 11). That means the Sabbath was established at creation, before the fall of mankind, and, indeed, long before there was ever a Jew. Jesus said, "The Sabbath was made for man" (Mark 2:27). The Greek word translated as "man" here is *anthropos*, which means humanity—that is, all mankind.

Thus, the Sabbath commandment is not one of those "disputable matters" to which Paul alludes.

The context of Romans 14:5 is really about eating and fasting. "He who eats, eats to the Lord, for he gives God thanks; and he who does not eat, to the Lord he does not eat, and gives God thanks" (Romans 14:6). This is a reference to "fast" days, not Sabbath days. Some Jewish Christians believed there was merit in fasting on specific days and so were tempted to criticize others who didn't follow suit or agree.

The reason Paul wrote this passage was to encourage people to be tolerant toward those who sincerely believed they must continue to observe certain ceremonial days. 

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 amazingfacts.org.

Get more answers to your Bible questions here!



Isn't the seventh-day Sabbath listed as a ceremonial feast day in Leviticus?











Why doesn't Paul command Sabbath observance?

Why do most Christians attend church on Sunday?



TV & RADIO Broadcast SCHEDULE

▶ Amazing Facts with Doug Batchelor

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30 AM PT 10:30 PM PT	3:30 PM PT	8:00 AM PT 8:00 PM PT		10:00 AM PT 10:00 PM PT	2:00 PM PT 6:00 PM PT	8:00 AM PT 8:00 PM PT
	8:00 AM ET/PT 7:00 AM CT 6:00 AM MT						
				6:00 PM ET			
		5:30 AM ET	5:30 AM ET	5:30 AM ET	5:30 AM ET	5:30 AM ET	
	1:00 PM ET						
	10:00 AM PT 7:00 PM PT				6:00 AM PT	12:30 PM PT	
		6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	
	11:30 AM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT












**Powerful, life-changing, 24/7
Christ-centered television!**

AFTV.org

Watch Bible programming you can trust at AFTV.org. Streaming online 24 hours a day, 7 days a week, on your computer, iPhone, iPad, ROKU, and more!

- *Amazing Facts with Doug Batchelor*
- *Sabbath School Study Hour*
- *And so much more!*



▶ **Amazing Facts with Doug Batchelor** *(continued)*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						6:30 AM ET/PT 5:30 AM CT 4:30 AM MT	
	8:00 AM (All Time Zones)						
	10:30 AM ET						
					10:00 PM PT		
	1:00 PM ET						
			10:00 PM CT	9:00 PM CT	1:30 PM CT		
	8:30 AM ET						
	10:30 AM ET						
		9:00 AM ET	9:00 AM ET	9:00 AM ET	9:00 AM ET	9:00 AM ET	

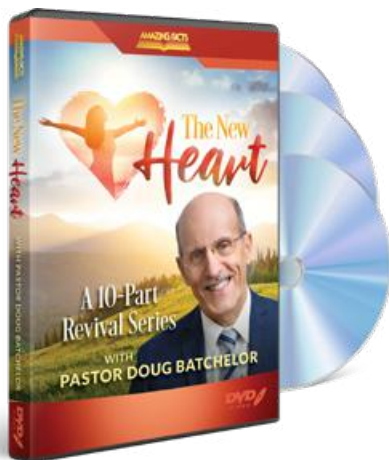


Bible Answers Live airs weekly on Sunday at 7:00 PM PT. It is a live call-in radio program during which you can ask Pastor Doug a Bible question and get a biblical answer. Call 1-800-GOD-SAYS during program hours to participate. You can also watch live on AFTV!



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:00 PM PT LIVE			2:00 PM PT	2:00 AM PT 11:00 AM PT	6:00 AM PT	
					7:00 PM CT		
Sirius Family Talk Channel 131	7:00 PM ET						8:00 PM ET

RESOURCES FOR REVIVAL



The New Heart DVD Series

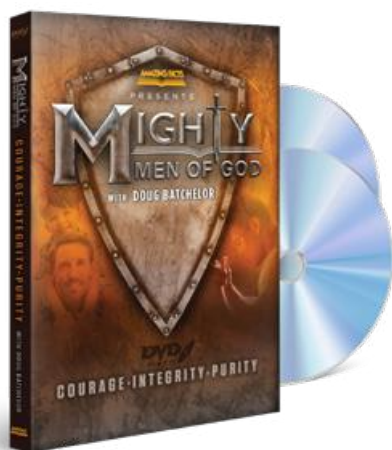
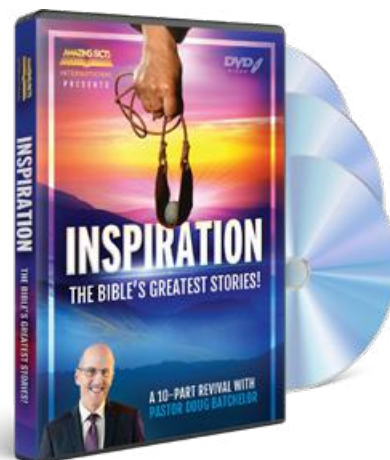
Doug Batchelor. Are you longing for a new heart? God can renew yours today! You will cherish this 10-part, faith-transforming revival series with Pastor Doug, who offers inspiring and practical insights into the mysteries of true and lasting conversion, covering vital topics like real repentance, sincere confession, forgiveness, and much more. These special messages will challenge, convict, and encourage you!

DV-TNH ... \$34.95

Inspiration: The Bible's Greatest Stories DVD

Doug Batchelor. This 10-part revival series with Pastor Doug focuses on Bible characters that point us to Jesus Christ and show us how to live holy lives in preparation for His soon return.

DV-INS ... \$24.95



Mighty Men of God DVD

Doug Batchelor. This engaging, energizing three-part revival program is loaded with biblical principles that will give men practical tools to live courageously for the Lord. It will inspire men to become loving fathers and faithful husbands—real men of God.

DV-MMOG ... \$9.95



Twelve Steps to Revival

Doug Batchelor. Are you feeling lukewarm about your faith and about going to church? Do you want to renew that first love you once had for Jesus? Pastor Doug shares 12 steps you can take to reignite that spark of faith with God's help!

BK-TSR ... \$1.50

Visit **AFBOOKSTORE.COM**
or call **800-538-7275** to order or learn more.

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

California residents, please add 7.25% 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.

RESOURCES FOR DEEPER STUDY



Foundations of Faith

Doug Batchelor. These nine powerful presentations will inspire reformation in your heart and in your entire church. This set will further deepen your faith in God's Word and strengthen your spiritual life by leading you even deeper into the Scriptures and providing a richer understanding of the bedrock teachings of the Bible.

DVD and lesson set | DV-FOFSET ... \$34.95

DVD | DV-FOF ... \$29.95

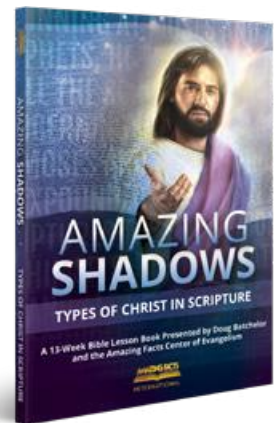
Lessons | SG-FOFS ... \$4.95



Amazing Shadows

Amazing Facts. Created by the Amazing Facts Center of Evangelism and Pastor Doug Batchelor, this eye-opening 13-week lesson book helps you to see Christ in all the Bible. Each lesson features an in-depth Bible study, Scripture to memorize, reflection and group discussion questions, and more. This inspiring resource is perfect for personal devotions, Sabbath School, or your small group.

BK-ASC ... \$10.95



Doctrines That Divide DVD

Doug Batchelor. Christian churches often hold vastly different views on key Bible teachings. While there are many Christ-like people across denominations, for one to be right about a doctrine means that others must be wrong. This series with Pastor Doug covers five of the most contested beliefs. Dressed in a unique half-black, half-white suit, he convincingly, logically, and prayerfully shares the truth to give you the assurance that you are standing on the right side of God's Word.

DV-DTD ... \$32.95

Answers to Difficult Bible Texts

Joe Crews. Are you struggling to harmonize apparent contradictions, awkward phrasing, and other stumbling blocks in your pursuit and teaching of Bible truth? In this classic volume, the late Joe Crews, the first speaker for Amazing Facts, boldly breaks down a sweeping array of obstacles with solid biblical evidence—in a way that will strengthen your faith in the rock-solid foundation of God's Word!

BK-ANS ... \$5.95



(Continued from page 9.)

done. Have you been praying for a loved one or for someone who is sick and struggling? When was the last time you had a season of special prayer and fasting that God would intervene? Try it and see what the Lord will do!

Seeking to avert judgment. Jonah said that in 40 days, Nineveh would be destroyed. The people prayed and fasted to avert their doom, and God relented. We see this often in the Bible—every time Israel responded to God’s rebuke by humbling themselves in fasting and prayer, God either gave them more time or completely suspended His discipline. “Says the LORD, ‘Turn to Me with all your heart, with fasting, with weeping, and with mourning.’ ... For He is gracious and merciful” (Joel 2:12–14).

Seeking spiritual resolve. We know that at some point in the last days, the beast power will persecute those who do not receive his mark by not allowing them to buy or sell (Revelation 13:17). One of the first places that will hit home is the refrigerator. If we’ve not gained victory over our appetites, many, as it was with Esau, will sell their birthright for a bowl of beans (Hebrews 12:16).

OTHER WAYS TO FAST

Other than not eating for a season, there are other ways to fast in which you meaningfully deny yourself pleasures in order to draw closer to the Lord. Some of God’s people may also have medical conditions that prevent them from even limited food fasts. (Many have asked me if fasts are only meaningful if they deny themselves food for as long as Jesus did. I personally don’t believe so and counsel them that a fast of one to three days is sufficient for Christians today.)

There are also types of fasting that limit eating to simple foods. The prophet Daniel determined to avoid rich foods when trying to understand a vision. “I ate no pleasant food, no meat or wine came into my mouth” (Daniel 10:3). If you need to keep your energy levels for



physical work but want to engage in fasting, consider a “fruit-only fast” or “juice fast.”

Other ways to fast include denial of entertainment, like fasting from electronic media, which is especially good for children who need to eat to

keep their bodies growing strong—but to whom you want to introduce the blessings of fasting. These are all good ways to dip one’s toe into the practice of fasting, and any kind of fasting will help us build self-control in other areas of life.



THE MOST IMPORTANT REASON

What’s the most important fast in which every Christian should be engaged? It’s explained in Isaiah 58, one of the most powerful passages in all of literature on experiencing a meaningful life of faith:



The people were fasting as they were walking down the road, stepping around those who were hungry and naked. They didn't care about their fellow man, yet they were flaunting their abstinence from food while demanding that the Lord bless them. God told them that they were missing the point because they didn't love Him and their neighbors. Are you picturing this?


A real fast is not about wresting what we want out of God. It's about denying ourselves so that the Lord can work His wonders through us to reach those outside His camp. As they see Christ's power in our lives, they will be attracted to Him and be transformed. Romans 12:1, 2 says,

Romans 12:1, 2 says,

By the mercies of God, . . . present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Fasting is about seeking after God. It's not about living for the flesh or for personal pleasure, but finding out what pleases the Lord and doing it, regardless of the sacrifice.

Fasting is not always easy, but it's always worth it

when done in the right spirit. Let's pray for grace and wisdom regarding how to fast. The process and experience may be a little different for each of us, but I firmly believe that we as a church family need to rediscover the blessings of this forgotten discipline. So I urge you to ask Him how to apply what you've learned today. 

"Why have we fasted," they say, "and you have not seen it? Why have we humbled ourselves, and you have not noticed?"

Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high (vv. 3, 4 NIV).

In other words, God's people were saying, "Look, we're going through this ritual and You, Lord, are not paying attention." But the Lord explained to them that they needed more than just a fast from food:

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? (vv. 6, 7 NIV).



310,000

COPIES OF

The Richest Caveman

and Counting!

By Shenalyn Page



Dr. Bob Ford is an ophthalmologist with an unusual specialty: giving out *The Richest Caveman* books! Since 2004, he has given more than 310,000 copies of Pastor Doug Batchelor's autobiography to his patients at his Pacific Cataract and Laser Institute.

"I want to do my little part to help my patients meet Jesus," says Dr. Ford with characteristic humility. "It's just planting seeds." Each patient receives a post-op thank-you package, which includes a personal letter from Dr. Ford and a copy of *The Richest Caveman*.

Dr. Ford's cover letter reads in part, "In addition to offering the best medical services we can provide, we try to have a positive influence in the lives of those we touch. ... For years I have been looking for an inspiring book to offer patients as a token of my appreciation. As I read the enclosed publication, *The Richest Caveman*, I realized my search was over. ... I hope you find the author's journey as enriching as I did."

Dr. Ford's passion for sharing his faith has impacted many of his patients. "*The Richest Caveman* gets people's attention," he says, who also offers prayer for each patient before surgery. "I get so many letters saying that patients couldn't put the book down and that they're now giving it to family or friends."

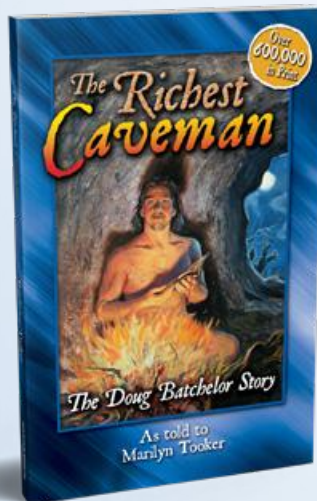
Each post-op gift bag also includes an invitation to request *The Great Controversy*, a compelling book on Bible prophecy. "I first read *The Great Controversy* when I was a teenager," says Dr. Ford. "I've had a passion for sharing it ever since. I see *The Richest Caveman* as an appealing introduction to it." To date, Dr. Ford has also sent 12,000 copies of *The Great Controversy* to his patients!

Recently, Dr. Ford received a letter from Dennis, a retired evangelical pastor whose wife had cataract surgery at his practice. *The Richest Caveman* arrived in the mail a month after her surgery. The couple enjoyed the book and then requested *The Great Controversy*.

Dennis has always been interested in prophecy, and *The Great Controversy* far exceeded his expectations. "I was so taken by it," writes Dennis, "I have read it four times now. God has opened my eyes to His glorious eternal truths about the Sabbath, the three angels' messages, and more. I praise His wonderful name. I am so thankful for the gift that the people at Pacific Cataract and Laser Institute gave us when they sent us

these two beautiful gifts." Dennis and his wife joined their local Sabbath-keeping church in 2022.

Dr. Ford founded his practice in Chehalis, Washington, in 1985. One of his first actions when he became sole owner ten years later was to ask God to be his senior partner. God has abundantly blessed—today, Dr. Ford's practice provides eye care at 17 locations across Alaska, Idaho, New Mexico, Montana, Washington, and Oregon. 📖





From Chains to Change

Helping Inmates Find Spiritual Freedom

An Amazing Fact:

Inmates from over 2,792 U.S. facilities make up about 20 percent of the students in our Bible School!

In Matthew 25, a judgment scene is described in which the Son of Man, with “all the nations ... gathered before Him” (v. 32), determines who is eligible to enter His kingdom. The determining factor in each person’s destiny is how they treated those who were hungry, thirsty, strangers, naked, sick—and, to end the list, “in prison” (vv. 35, 36).

That’s one reason why the Amazing Facts Bible School team makes a concerted effort to reach out to incarcerated souls across the country. This includes establishing a good relationship with facilities to ensure inmates are receiving the materials they request—including the *Amazing Facts Study Guides* and a vast array of sharing books and magazines.

There is reason to rejoice for what God has done this past year! Through October 2023, the Bible School enrolled 7,685 inmates, an increase of 27 percent, and has graduated 1,962, an increase of 15 percent. Also, 885 of those graduates requested more materials and 298 requested baptism. The team also sent out 484 Bibles, an increase of 240 percent, and 13,609 pieces of extra literature, an increase of 84 percent. So far in 2023, over 100 new prisons have received samples of our Bible study materials!

Making a Difference for the Kingdom

As incarcerated souls complete lessons, their lives are being transformed. Each Study Guide mailed back to Amazing Facts receives a personalized response. Our team also replies to letters, with 65 percent coming from inmates.

“I just recently finished the Bible study course,” says Bobby from a facility in North Carolina. “While I was sitting here thinking about the notes I would put on my study sheets, it never failed how you would answer all my questions. ... It’s a wonderful feeling to know that I matter, and I just wanted to say thank you for all that y’all do for inmates.”

And John says from a facility in Texas, “Thanks again for everything you all have done for me. ... I have learned so much that my life will never be the same. ... I would have died in sin on the streets doing drugs and never have found the Lord if I hadn’t gotten locked up.”

In John 8:36, Jesus encourages us with these words: “If the Son makes you free, you shall be free indeed.” Do you have a loved one who is incarcerated? Enroll them in the Amazing Facts Bible School and help them find freedom in Jesus!

Here’s how to enroll your loved one:

Email: afbibleschool@amazingfacts.org

Web: amazingbiblestudies.com/by-mail

Phone: 844-215-7000

Please provide the inmate’s name, number (if available), and the facility’s name and address. Spanish lessons are available upon request. And thank you for your support that makes this ministry possible! 📖

Amazing Facts News to Note

One Million Bible School Students!

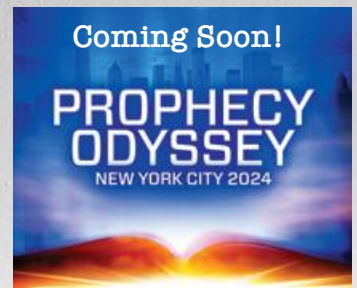
Want to hear an amazing fact? The Amazing Facts Bible School recently registered its 1,000,000th mail-based student! Over the past 50 years, the Bible School has been used mightily by God, graduating thousands of seekers, young and old alike. "It's exciting to see that we've enrolled so many people through the years," says Cathy Bauer, Bible School director. "Yet our goal is not just to enroll students, but to build relationships with each of them and help them get to know Jesus." Our dedicated staff and volunteers communicate with hundreds of students each month, providing resources and prayers. It currently serves about 30,000 students annually and is making a huge impact for Christ. Danny, a deacon from a Sunday-keeping church, wrote recently, "These Study Guides have been a great help as I study and prepare for our Wednesday night Bible study." And Desiree writes, "Thank you for the outpouring



of love and teachings. I am blessed by you so much, even in the midst of the suffering that I experience."

Prophecy Odyssey Coming in Fall 2024

At Amazing Facts, intense preparations are underway for *Prophecy Odyssey*, an 18-part evangelistic series beginning September 20, 2024. This brand-new outreach event will be hosted at the Manhattan Center in New York City! The worldwide church and conference leaders are working closely with us to maximize reach and impact. *Prophecy Odyssey* will be broadcast worldwide in multiple languages through the internet—as well as on Hope Channel, 3ABN, and AFTV. Churches and small groups can host these meetings and invite their neighbors and communities to join them. This will be one of the most audacious projects we've taken on in 20 years—so we need your prayers!



Now Is the Time to Reap the Benefits of Year-End Giving

For a long time, IRAs had only two purposes—deposit money into them and, when retirement comes, take the money out. However, in recent years, Congress has expanded your opportunities to save money through your IRA distributions.

So before you do anything with your IRA by the end of 2023, let Amazing Facts help you know your tax-free options!

We Can Help You Before the Year Ends ...

- Get information about planned gifts and estate planning strategies.
- Create your legacy for Christ.
- Learn about saving on taxes through your IRA.



Contact our Office of Estate and Gift Planning at:

MAIL: P.O. Box 1058, Roseville, CA 95678

PHONE: 800-436-2695

WEB: mylegacy.amazingfacts.org

EMAIL: mylegacy@amazingfacts.org

Copyright © 2023 Crescendo Interactive, Inc. Used by permission.

Volunteer Spotlight

by Shenalyn Page

Collating sets of Bible studies might not sound like exciting work, but Shirley Lewis does it with an eager smile. Every Monday, she and several other volunteers drive for almost two hours to help in the Bible School here at Amazing Facts.

"I look forward to coming each week," says Shirley. "The people I work with are so pleasant. When I don't get to come, I always think about it and wish I was here. I love being able to help get God's message out to the world."

The last-day truths of God's Word have not always been important to Shirley. As a child, she first learned of them from a Sabbath-keeping elementary school teacher. This lady took a particular interest in Shirley and often invited her into her home. "She was always so nice to me," Shirley remembers, "but I didn't really understand her beliefs back then." The seeds planted in Shirley's heart grew over the coming years and, in her twenties, Shirley began studying the Bible for herself and was baptized into the remnant church. "I've never looked back," she smiles. "It's been over 40 years now!"

When she volunteers at Amazing Facts, Shirley sorts and packs the mail, prepares lesson sets, and helps in any other way she can. In addition to the tasks she does at the Bible School, she often brings home tasks such as grading lessons and taking staples out of magazines and other resources.


Her cheerful attitude is a blessing to all who work with her. "Shirley is always willing to lend a hand wherever she is needed," says Cathy Bauer, Bible School director. "We are blessed to have her volunteering with us."

The blessings have been mutual. "It's wonderful to have a part in God's work," says Shirley. "I've learned so much more about how God answers prayers working here. It's inspiring to see people's lives being blessed through the Bible studies."

Would you like to make a difference in God's work? You can! The work of our volunteers greatly expands Amazing Facts' ability to reach people for Jesus. We would



"I love being able to help get God's message out to the world."

love to have you join us as a volunteer if you desire to share Jesus with the world and live near Sacramento, California. Please call us at 916-209-7201 to discover what volunteering positions we have available. 



THINK FAST!

When you think of the word “fast,” you might first think of something speedy, like a race car or a rocket. But often, the “fast” that the Bible talks about is something you *do*. To “fast” means to go without food or drink, or certain kinds of food or drink, for a period of time.

But why? Christians fast to get closer to God, often when they need to pray about a special need or want to pray for someone else.

One famous example is the story of Queen Esther. When her people’s lives were in terrible danger, Esther sent a special message found in **Esther 4:16**. As she fasted, Esther prayed that God would help her convince the king to spare the lives of her people—and He answered her prayer!

Ways to Fast

As a kid, you need regular nutrition to stay healthy because your body is growing rapidly. If you would like to do a partial food fast, such as skipping a meal on a certain day, be sure to talk with your parents first.

But there are other ways you can fast. For instance, you might fast from YouTube for a week or skip dessert for a few days—that’s a tough one, huh? Remember—to qualify as a real fast, you should give up something you like. Fasting from taking out the garbage doesn’t count!

In the word search below, you’ll find a list of things some kids choose to go without for a fast. Words may be hidden up, down, backward, forward, or diagonally. See if you can find them all!

O	N	I	K	O	K	Q	I	A	W	T
L	J	O	I	J	O	T	V	V	E	S
B	D	T	I	Y	T	N	B	N	Y	K
G	V	L	E	S	K	Y	R	Y	O	C
E	N	O	H	P	I	E	N	O	U	A
T	A	I	F	E	T	V	B	F	T	N
Z	W	V	M	N	J	E	E	Y	U	S
O	H	V	I	A	C	V	Q	L	B	F
I	N	S	T	A	G	R	A	M	E	E
J	W	D	F	A	P	A	W	I	W	T
S	T	R	E	S	S	E	D	L	N	C

- DESSERTS
- PHONE
- FACEBOOK
- GAMING
- TIKTOK
- INSTAGRAM
- INTERNET
- SNACKS
- YOUTUBE
- TELEVISION



Fast Facts

Did you know that Jesus fasted when starting His mission to save us—and that His fast was one of the longest in the Bible? Mark out all the even numbers in the grid to the right. Your marks should form the outline of the number of days Jesus fasted.

12918973286481
 76318171871363
 34174997619587
 92862819479145
 39516935213769
 97354751846821

Wow, that’s a long time to go without food!

Rev Up Your ENERGY!

By Laurie Lyon




Life can be exhausting—even when we're not in the midst of the busy holiday season. In fact, research reveals that more than one-third of American workers suffer from fatigue.¹ Whether you're one of them or not, chances are you could use more energy.

While sometimes lack of energy results from genuine medical problems, if you're getting regular health checks and still feel a lack of vitality, it's likely that you can take action to put more pep in your step. Here are a few tips that may help you gear up in the energy department:

- 1 Drink plenty of water.** Many people are chronically dehydrated, and that alone can cause a significant drop in energy. Aim for eight to 12 cups per day, depending on your size and activity level—and shun substitutes. Pure water is the most health-promoting thirst quencher available.
- 2 Tweak your diet.** Seek out healthy foods with a low glycemic punch. Consuming sugary or refined foods causes a spike in blood sugar that soon takes a dive, and that can leave you feeling drained. Avoid sweets and processed foods. Instead, add more whole grains, legumes, nuts, seeds, vegetables, and fruits to your daily intake.
- 3 Move!** Many people think exercise drains energy, but in most cases the opposite is true—it can actually recharge your energy reserves. If possible, try it sometime when your energy level slumps; go outside in the fresh air and walk at a brisk pace for 10 minutes or longer. More than likely, you'll feel refreshed afterward. Besides all the other great benefits, engaging in regular exercise builds your stamina, enabling to accomplish more before you feel tired.

4 Get enough quality sleep. Some researchers have concluded that, at least for adults, quality of sleep is even more important than quantity.² And many believe that going to bed at an earlier hour may help to increase the quality of your sleep. As much as possible, stick to a sleep schedule—go to bed and get up at around the same time each day.

5 Pay attention to your emotions. We live in a stressful world; we all have trials—and our emotions are incredibly powerful energy consumers that can drain our batteries! Some people brood over their problems; others use unhealthy substances to avoid tackling them. Instead of compounding the stress, find healthy ways to deal with it. Be kind to yourself. Talk with a sympathetic friend, family member, or counselor. Listen to relaxing music, do deep breathing exercises, practice gratitude, get outdoors more often, and make time for prayer and the Word.

As you adjust your lifestyle to boost your energy, ask for God's guidance. We have a heavenly Father who cares about all of our challenges. Once you've done your part, claim His promise that "He gives power to the weak, and to those who have no might He increases strength" (Isaiah 40:29)—then trust that He is by your side every day to help you. 

1 NIH National Library of Medicine, "Demographic Correlates of Fatigue in the US General Population: Results from the Patient-Reported Outcomes Measurement Information System (PROMIS) Initiative," <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3744100/#>

2 NIH National Library of Medicine, "Which Is More Important for Health: Sleep Quantity or Sleep Quality?," <https://pubmed.ncbi.nlm.nih.gov/34202755/>



INTERNATIONAL

amazingfacts.org
916-434-3880



CHAMPIONS OF TRUTH



"Our world needs consistent, valiant light-bearers for Jesus. As millions around the world are held captive in sin and darkness, *you* carry the light of truth that can set them free."

—Pastor Doug Batchelor

YOU Shine Like Stars Winning Souls for Christ!

Champions of Truth are ...

- **Committed partners** who play a winning role in the worldwide evangelism work of Amazing Facts through generous monthly support
- **Spiritual warriors** who pray regularly for the ministry and for Christ's truth to penetrate hearts
- **Active defenders** of the faith, equipped with exclusive access to Amazing Facts magazines, books, and more that help them share their faith

Learn how you can become a Champion!
afchampions.org

