

AMAZING FACTS

INSIDE REPORT

JAN/FEB/MAR 2010

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ABOUT THE

Seventh Day



THE SABBATH

BY PASTOR DOUG BATCHELOR

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It was many years ago after reading the Bible that I gave my heart to the Lord and asked Jesus to take my life in His hands. Yet I soon realized that there were many diverse and contradictory interpretations of Scripture floating around in the Christian world. I remember praying, "Lord, I want to know the truth based on Your Word." I was compelled by a deep hunger for logical answers and by a burning need to be honest with my soul.

That's why, after accepting the Sabbath truth, I have always been a little surprised about the Sabbath controversy among God's people. I know that good people who love the Lord can politely disagree with me, but showing love for the Lord by keeping this holy Sabbath appointment strikes me as a very clear and major biblical principle.

That isn't to say that keeping the seventh-day Sabbath puts one in a saving relationship with God or that it is more important than the other nine commandments. The Bible has plenty to say about those who practice that kind of works-based religion. Only the grace and love of Christ can make us right with God. But at the same time, His grace does not permit us to willingly violate any of the Ten Commandments. Once you convince yourself that the Sabbath commandment is no longer relevant because of "His grace," you are in great danger of minimizing the other nine for the same reason.

Indeed, over the years, several major denominations have realized that if they are going to consistently teach the law of God to their congregations, they should include the fourth commandment. But to avoid the obvious conundrum of the fourth commandment,

many pastors have simply stopped teaching the Ten Commandments altogether.

Obviously, as a pastor, I spend a lot of time talking about the Sabbath. I recognize that the Scriptures teach that if I love God with all my heart, I will remember His Sabbath. In fact, being obedient to this law is the epitome of showing loyalty and love to Him.


Practically speaking, it's not much different than a relationship with your spouse. If you love your lifelong mate, you enjoy being with him or her. Everyone has heard the cliché about "quality time," because every true love

relationship that exists revolves around spending quality time together.

Thus, the Sabbath represents uninterrupted time with our Maker, thinking like He wants us to think and doing what He wants to do with us. This time is strictly for worshipping and abiding in His presence. Will this day be important to you if you truly love God and are pleased to do whatever He says? Of course!



But sadly, the devil uses many avenues in which to attack the Sabbath because he knows that this is one of the most important times when we nurture our love relationship with God.

The Sabbath is a magnificent gift from God, and it should be a priority in our lives. That's why this issue of the *Inside Report* is dedicated to God's holy Sabbath day. Our cover feature this quarter is a great way to share the Sabbath truth with a friend, while my regular Bible answer column tackles a controversial question about the Sabbath that you'll want to read. I hope you will be blessed by this edition and will also prayerfully consider how you can best honor our Lord through obedient, Christian living. 

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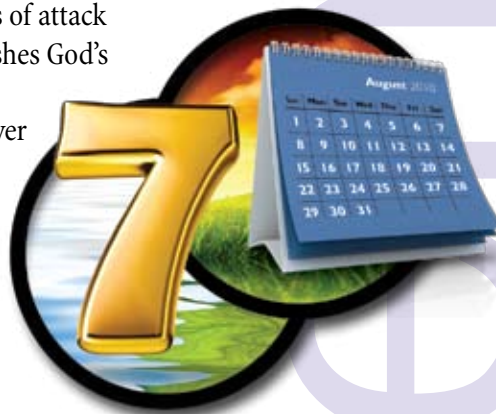
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Mail Bag



"I would like to thank everyone at Amazing Facts for your generosity and very thoughtful gestures. It feels good to know that I am not just taking Bible studies with a corporation but a family-grown company." *New York*

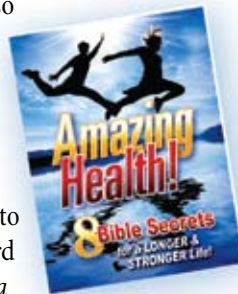


"My wife was diagnosed with breast cancer last November. We had a hard time coping. Often I asked God 'Why?' I went into seclusion and tried to keep the pain to myself. But then I emailed Amazing Facts and shared our problem. You prayed for us, along with our friends and family. Things began to make sense. My wife had her surgery this morning and did not have complications. Whatever the future holds, we know that God will never leave us, and we know that you, our friends, will always be there for us." *California*

"It is our great privilege to be a part of Amazing Facts. We know that God is using this ministry for spreading His kingdom throughout the world. Being a part of it, we appreciate your prayers and your thoughtfulness. May the Lord continue to prosper our business so that we may be able to support this ministry until He comes. God bless you all." *Email*

"You and your team are a testimony to God's amazing power in the world today. To think that His Word is accessible to virtually the whole world through your website is just amazing. I thank God for this ministry because it has given me a sense of urgency for telling others about Him and for sharing His Word with the people in my life. I used to drag my feet about it, hiding behind my shyness, but I've made the decision to do everything I can to spread the gospel. I've renewed my commitment to God, and I'm understanding the simple truths of His Word with new appreciation. Thanks for being a vessel for Him to fill." *Florida*

"I thank God for the work of Amazing Facts. Through our church Bible school, we have distributed thousands of your Study Guides and the *Amazing Health!* magazine. We've also been blessed by Darrin Bartell and his prophecy seminar. My prayer is that Amazing Facts will continue to hold up the standard of truth!" *Oklahoma*



"I would like to thank Pastor Doug for the effort he made to present the truth about 666 and the mark of the beast. I am now determined to look for the true church in this troubled world. God is so great! I have been born again, and now I am preparing to make it public in a Sabbath church. May God bless Amazing Facts to lead as many people as possible in the years to come!" *Romania*



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

Reflections and Perceptions



As I contemplated starting 2010 still waiting for the return of our Lord, I thought of Bible prophecy regarding the calamities we are to expect just prior to the second coming. And this got me thinking of the inspired counsel that encourages us to support the work of evangelism, which is so much needed prior to His triumphant return.

Of course, a donation in the form of cash, check, or credit cards is still the most popular way to give. But in these unusual times, gifts to support the final push of the end-time message can often come in unusual forms. Have you ever considered these unique but valuable ways to give of the blessings the Lord has given to you: property, a vacation home, precious metals, mutual funds, or even that old classic car? (I could even come pick that up personally.)

Will We Have Anything Left to Give?

Considering the current economy in the United States and around the world, a great way to support the Lord's work is to give a gift through a mutual fund account or stock. Why? Well, even though many were warned that the recent bursting bubble of the market was to come, people by and large did not heed it. Much like in the days of Noah, they trivialized the level of damage that was to come upon their investment portfolios.

Many have taken refuge in the fact that the market has regained much of the lost value. People believe the market is bouncing back, and personal spending is on the rise again

because of a strong perception of reemerging prosperity. Yet what could be justifying this gain, as I see little real assets being produced? In other words, without "brick and mortar" assets backing this increase in stock value, it's just another bubble getting ready to burst.

So my concern is that many of God's people have heard His final warning and have not yet heeded it. They are tempted to hold on to what they have for the meager hope that they will gain more for themselves in this world. In this day and age, our hopes could be easily dashed by yet another market correction or a flat-lining Wall Street — and the resources we have now will be lost forever, when they could have been used to populate a better world to come.

A Better Option

The Amazing Facts planned giving department has the ability to transfer your mutual funds and stocks into funds for evangelism, so that we can evangelize America and the world about the obvious soon coming of Jesus — and how to be prepared.

If you have non-cash gifts you have been holding onto, now might be the perfect time to dedicate them to the Lord Jesus Christ and the final push of the last-day message. Please call me today at **800-436-2695** to see how we can work together for the Lord.



Dan Storkamp
Planned Giving Consultant



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7

FACTS

ABOUT THE

Seventh Day

Adapted from *Why God Said Remember* by Joe Crews

Part of Satan's strategy to destroy humanity's trust in God has been to attack His claim as the Creator.

Obviously, the theory of evolution is part of this deceptive and soul-destroying effort. With its amoral humanistic emphasis, Darwin's doctrine has turned millions into religious skeptics and enshrouded in darkness their need for the Savior.

Yet while many Christians rightly denounce this unscientific belief, ironically, many are still falling into the devil's trap of denying God's sovereignty over the earth. That trap is the ages-long effort to twist and destroy the observance of the seventh-day Sabbath.

Through Satan's false information and man's trust in traditions over the sure word of Scripture, millions of Christians have been led to discount or even reject the importance of observing the Sabbath.

"The seventh day is the sabbath of the LORD: ... in it thou shalt not do any work" (Exodus 20:10). No one

disagrees with the clear meaning of this text, yet millions are finding ways not to follow it.

Why? The general Bible ignorance of the church and the clever arguments of Satan have created a climate of prejudice against the holiness of the seventh day in favor of the observance of Sunday. So in the interest of promoting God's law over the theories of men, let's take a moment to rediscover some amazing facts about the seventh-day Sabbath.

1

SABBATH FACT #1: The Seventh-day Sabbath Establishes God's Sovereignty

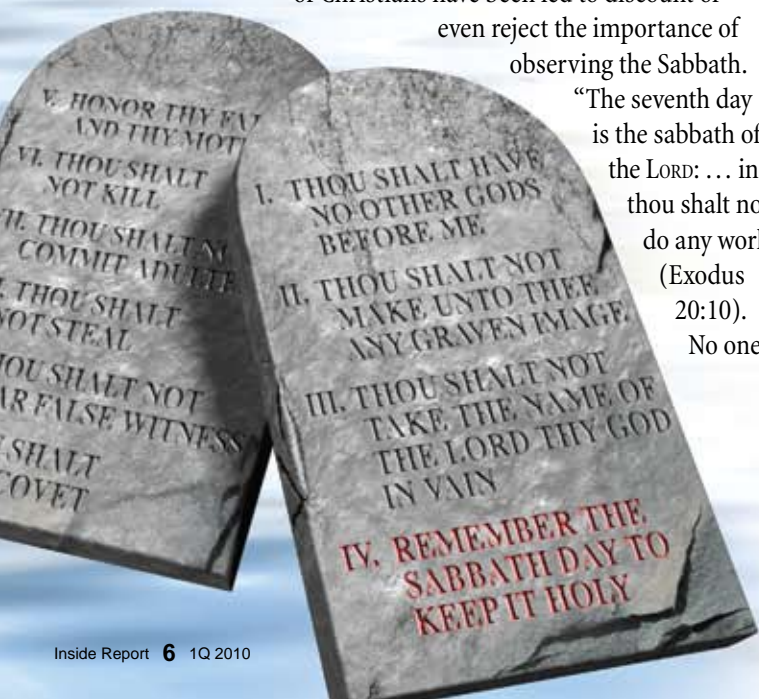
Why does Satan hate the Sabbath so much? Because the Sabbath identifies the true God and His claim of ultimate sovereignty.


God certainly anticipated the controversy over the Genesis account of Creation. He knew that after the fall of man, there would be doubts about His claims of manufacturing all the staggering mass of matter by merely commanding it to exist.

To safeguard His sovereignty, He established a mark that denoted His absolute right to rule as Lord. He chose to memorialize His display of creative power by setting aside the seventh day of the Creation week as a holy day of rest and remembering.

God wrote these words: "Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work. ... For in six days the LORD made heaven and earth, the sea, and all that in them is: ... wherefore the LORD blessed the sabbath day, and hallowed it" (Exodus 20:8-11).

Once a week, as the earth rotates on its axis, the Sabbath reminder travels around the earth reaching every man, woman, and child with the message of an instant creation and the one





For in 6
days the Lord
made heaven and
earth, the sea, and
all that in them is,
and rested the
7th day.

Exodus 20:11

who did the creating.

Why did God say remember? Because to forget the true Sabbath is to forget the true Creator.

Does it really matter *that* much? See “The One Unimportant Commandment?” on the right.

2

SABBATH FACT #2: The Seventh-day Sabbath Was Made for Everyone (Not Just for Jews)

A multitude of Christians call God’s fourth commandment the “Jewish Sabbath.” But nowhere is this expression found in the Bible. The seventh day is called “the sabbath of the Lord,” and it is never called “the sabbath of the Jew” (Exodus 20:10).

Luke, a Gentile writer of the New Testament, often refers to things that were particularly Jewish. He writes of the “nation of the Jews,” “the people of the Jews,” “the land of the Jews,” and the “synagogue of the Jews” (Acts 10:22; 12:11; 10:39; 14:1). But he never refers to the “sabbath of the Jews,” although he mentions the Sabbath repeatedly.

Christ also taught that “the sabbath was made for man” (Mark 2:27). Adam and Eve were the only two people who existed when God actually established the Sabbath. There were no Jews in the world until 2,000 years later, so it was never meant just for the Jews. Jesus uses the term “man” in the generic sense, referring to all mankind. The same word is used in connection with the institution of marriage that was also introduced at creation. Certainly no Christian can believe that marriage was made only for the Jews.

3

SABBATH FACT #3: It’s Not About Just Keeping Any Day

Every word of God’s Ten Commandments was written by His own hand in stone. Every word is serious and meaningful. No line in them is ambiguous or mysterious. Sinners and Christians, educated and uneducated, are not confused about the words “seventh day.” So why do they discount those

words if every other word in the commandments is considered to be ironclad?

Satan wants the world to accept Sunday as the day he has chosen for worship, but any day will do for him so long as it means we’re breaking God’s command.

Genesis describes the origin of the Sabbath like this: “Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God ended his work which he had made. . . . And God blessed the seventh day, and sanctified it:

because that in it he had rested from all his work which God created and made” (Genesis 2:1–3).

Which day did God bless and sanctify? The seventh day. How was it to be kept holy? By resting. Could any of the other six be kept holy? No. Why? Because God commanded not to rest those days but to work. Does God’s blessing make a difference? Of course. Parents pray for God to bless their children because they believe it makes a difference. The seventh day is different from all the other days because it has God’s blessing.

Has God ever given man the privilege of choosing his own day of rest? No. In fact, God confirms in the Bible that the Sabbath is a matter

The One Unimportant Commandment?

God made it very clear that, regardless of feelings, those who abuse the Sabbath are guilty of breaking His law. James explains that it is a sin to break even one of the Ten Commandments: “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law” (James 2:10, 11).

Most of the commandments begin with the same words: “Thou shalt not.” But the fourth commandment is introduced with the word “Remember.”

Why? Because God was commanding them to call something to memory that already existed but had been forgotten.



Why the Seventh Day?

Why did God bless the seventh day as a day of worship? Because He had just created the world in six days. It was a memorial to the birth of the world, a reason to remember that mighty act.

So could the Sabbath memorial be changed? No. Because it points backward to an accomplished fact. For instance, July 4 is Independence Day in the United States. Can it be changed? No. Because the Declaration of Independence was signed on July 4, 1776. Your birthday cannot be changed either. It is a memorial of your birth, which happened on a set day. History would have to run through again to change your birthday, to change Independence Day, or to change the Sabbath day. We can *call* another day Independence Day, and we can *call* another day the Sabbath, but that does not make it so.

settled and sealed by His own divine power. Read Exodus 16. For 40 years, God worked three miracles every week to show Israel which day was holy: (1) No manna fell on the seventh day; (2) they could not keep manna overnight without spoilage; (3) but when they kept manna over the Sabbath, it remained sweet and fresh!

But some Israelites had the same idea as many Christians have today. They felt that any day in seven would be okay to keep holy: "It came to pass, that there went out some of the people on the seventh day for to gather, and they found none." What happened? "And the LORD said unto Moses, How long refuse ye to keep my commandments and my laws?" (Exodus 16:27, 28).

God met them and accused them of breaking His law by going forth to work on the seventh day. Would God say the same thing to those who break the Sabbath today? Yes. He is the same yesterday, today, and forever (Hebrews 13:8).

But why the seventh day, exactly? See "Why the Seventh Day?" on the left.

4

SABBATH FACT #4: We Know the True Seventh Day

Some reject the seventh-day Sabbath over the belief that we cannot know which day it falls on today, so picking any day should be okay. But this is fallacy. Here are four proofs that identify the true Sabbath.

1: *According to Scripture, Christ died on Friday and rose on Sunday, the first day of the week.* Practically all churches acknowledge this by observing Easter Sunday and Good Friday. "This man went unto Pilate, and begged the body of Jesus. And he took it down, and wrapped it in linen, and laid it in a sepulchre that was hewn in stone, wherein never man before was laid. And that day was the preparation, and the sabbath drew on. The women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment" (Luke 23:52-56).

This is clear evidence that Jesus died the day before the Sabbath! The day of His death was a "preparation day" because it was the time to get ready for the Sabbath. Notice, then, that the women rested over the Sabbath "according to the commandment." The commandment says,



“The seventh day is the Sabbath,” so we know they were resting on Saturday. The very next verse says, “Now upon the first day of the week, very early in the morning, they came unto the sepulchre, bringing the spices which they had prepared. . .

And they found the stone rolled away from the sepulchre” (Luke 24:1, 2).

2: *The calendar has not been changed so as to confuse the days of the week.* Just as we know that Jesus and His followers observed the same day as Moses, we can be positive that our seventh day is the same day Jesus observed. Pope Gregory XIII did make a calendar change in 1582, but it did not interfere with the weekly cycle. What did Gregory do to the calendar? He changed Friday, October 5, 1582, to be Friday, October 15, 1582. He did not affect the weekly cycle of days.

3: *The Jews have observed the seventh day from the time of Abraham, and they still keep it today.* An entire nation of people, all around the world, continue to observe a Sabbath they have known for more than 4,000 years.

4: *Over 100 languages on earth use the word “Sabbath” for Saturday.* For example, the Spanish word for Saturday is “Sabado,” meaning Sabbath. What does this prove? It proves that when those languages originated long ago, Saturday was recognized as the Sabbath day and was incorporated into the very name of the day.

5

SABBATH FACT #5: The Sabbath Is Not a Memorial of Deliverance Out of Egypt

This is a belief taken and twisted out of the Old Testament: “The seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thine ox, nor thine ass, nor any of thy cattle, nor thy stranger that is within thy gates; that thy manservant and thy maidservant may rest as well as thou. And remember that thou wast a servant in the land of Egypt, and that the LORD thy God brought thee out thence through a mighty hand and by a stretched out arm: therefore the LORD thy God commanded thee to keep the sabbath day” (Deuteronomy 5:14, 15).

Some people suggest this means that God gave the Sabbath as a memorial of the Exodus from Egypt. But the Genesis story of the making of the Sabbath (Genesis 2:1–3) and the wording of the fourth commandment by God (Exodus 20:11) reveals the

seventh-day Sabbath as a memorial of creation.

The key to understanding these two verses rests in the word “servant.” God said, “Remember that thou wast a servant in the land of Egypt.” And in the sentence before, He reminds them “that thy manservant and thy maidservant may rest as well as thou.” In other words, their experience in Egypt as servants would remind them to deal justly with their servants by giving them Sabbath rest.

It was not unusual for God to harken back to the Egyptian deliverance as an incentive to obey other commandments. In Deuteronomy 24:17, 18, the Bible says, “Thou shalt not pervert the judgment of the stranger, nor of the fatherless; nor take a widow’s raiment to pledge. . . Thou wast a bondman in Egypt, and the LORD thy God redeemed thee thence: therefore I command thee to do this thing.”

Neither the command to be just nor to keep the Sabbath was given to memorialize the Exodus, but God told them that His goodness in bringing them out of captivity constituted a strong reason for them to deal kindly with their servants on the Sabbath and treating justly the strangers and widows.

In the same way, God spoke to them in Leviticus 11:45, “I am the LORD that bringeth you up out of the land of Egypt . . . ye shall therefore be holy.” No one would insist that holiness did not exist before the Exodus or that it would be ever afterwards limited only to the Jews!

6

SABBATH FACT #6: The Sabbath Is Not Meant to Memorialize the Resurrection

It is true that Jesus rose on a Sunday. It is one of the pivotal moments in the history of the world.

But nowhere does the Bible hint that we should keep Sunday holy. Many other wonderful events occurred on certain days of the week, but we have no

Continued on page 18.



BIBLE Answers



with Pastor Doug Batchelor

Q A

Sometimes my family likes to go out to eat after church on the Sabbath. Is this wrong?

From my reading of the fourth commandment (Exodus 20:8–11), the Sabbath is a holy day of rest, a weekly oasis to worship and honor the One who created us. Based on principle and Scripture, I see four potential problems with eating in a public restaurant on the Sabbath.

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1

It involves active buying and selling. Nehemiah called this profaning the Sabbath in his day. "If the peoples of the land brought wares or any grain to sell on the Sabbath day, we would not buy it from them on the Sabbath" (Nehemiah 10:31 NKJV).

He adds, "Men of Tyre dwelt there also, who brought in fish and all kinds of goods, and sold them on the Sabbath to the children of Judah, and in Jerusalem. Then I contended with the nobles of Judah, and said to them, 'What evil thing is this that you do, by which you profane the Sabbath day?'" (Nehemiah 13:16, 17 NKJV).

2

God's people are specifically told to prepare our food in advance. This is why God told His people to gather twice as much manna on Friday: so they could prepare their food in advance for use on the Sabbath.

"This is what the LORD has said: 'Tomorrow is a Sabbath rest, a holy Sabbath to the LORD. Bake what you will bake today, and boil what you will boil; and lay up for yourselves all that remains, to be kept until morning'" (Exodus 16:23 NKJV).

3

You are paying a servant to do work, which you could have avoided by preparing. The Sabbath commandment clearly excludes this activity when it says, "In it thou shalt not do any work, thou, nor thy . . . manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates" (Exodus 20:10, emphasis added).

What is a restaurant cook or waiter but a servant for hire? The fact is that while visiting a restaurant, you are paying someone to break their Sabbath rest. (Please note, this is very

different from the passive use of electricity or a telephone on the Sabbath. In these cases, we aren't entering a place of business or engaging in active commerce.)

I've heard the argument that waiters and other staff are going to be working anyway, so it's not like we are creating the demand by being there. But how can we witness to restaurant staff about the Sabbath while hiring them to serve us on God's holy day? We are God's representatives, and we should live like that as much as possible every moment of the day.

4

The Sabbath is a time to avoid worldly environments. "Six days shall work be done, but the seventh day is a Sabbath of solemn rest, a holy convocation" (Leviticus 23:3 NKJV).

In a typical restaurant environment, we are surrounded by nonbelievers and worldly background music and conversation. This is not at all harmonious with a Sabbath atmosphere. Our time is better spent with believers surrounding us in an environment of peace and Christian fellowship and worship.

Of course, even as we acknowledge and apply these very plain teachings of Scripture, there might be the rare occasion or unpredictable circumstance in which a God-fearing person cannot avoid eating out on the Sabbath. That's why it is so important that we avoid being judgmental of a specific instance in which a fellow church member eats out during Sabbath hours.

However, as a practice, Bible-believing Christians should remember and honor the Sabbath by planning and preparing for it ahead of time.

While addressing this issue, we should also consider the circumstances and the times in which the principles regarding Sabbathkeeping were written. When it came to the preparation of food, it was generally much more of an ordeal in Bible times. They had to gather wood, grind grain, slaughter animals, build a fire, etc. In other words, it wasn't exactly fast food; it required a lot of work, and work of this kind was prohibited on the Sabbath.

It is so much easier for us to make food today, of course. With our many modern conveniences, it's effortless for us to push a button or turn a dial and warm up our food. Sometimes our meals come nearly complete at the grocery store, requiring very little preparation to eat it. (I'm not advocating bad eating

habits, however!) To warm up a dish in the microwave or stove before setting it out does not seem to me to dishonor God. We shouldn't take the fourth commandment to mean that God's people today are required to eat cold food on Sabbath.

So in light of everything here, when considering what you are going to eat on the Sabbath, I encourage you to prepare your Sabbath meals in advance and to avoid eating out at restaurants on God's holy day.

Finally, and most important, always remember the Sabbath involves not only physical rest from labor, it also represents a spiritual rest for our souls that we find only in Jesus. "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28).

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Pastor Doug will present a new 10-part Bible series for teens beginning October 8 at the Great Lakes Academy in Cedar Lake, Michigan ... and we want you to name it! We need a name that will grab the attention of all your friends and gets them interested in what God has to say to them.

Not only will you be naming this satellite television series, you'll be putting your stamp on the upcoming DVD set and the new Bible lessons too! Plus, the top name will receive a new Apple iPad and the 50 best names will receive a free *Cosmic Conflict* DVD!



During this one-of-a-kind series, Pastor Doug will tackle the biggest questions facing young people today and help you see why and how the Bible is still totally relevant in everything we say, do, and even think! You don't want to miss it.

So what are you waiting for? Get involved and be a part of Amazing Facts history! Visit www.AmazingFacts.org to get more details and submit your entry today!

Be sure to catch Pastor Doug at the Amazing Facts 2010 Faith Summit February 26 & 27, 2010, in the Nashville area! This powerful three-part weekend of spiritual encouragement and revival is absolutely free, so come be inspired by thrilling testimonies, life-changing biblical messages, powerful music, and exciting reports about how the Lord is working miraculously through the mission of Amazing Facts!



Schedule

- Friday, February 26 at 7:00 PM
- Saturday, February 27 at 8:50 AM, 11:30 AM*, 4:00 PM
- And don't miss the special music concert at 3:00 PM on Saturday with John Lomacang and local talent!

Come be renewed, revived, and inspired — and receive a free faith-building gift just for coming!

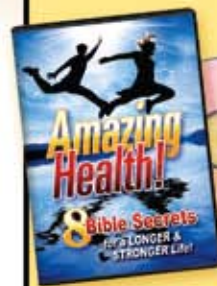
Location

Madison Campus Church
607-B Larkin Springs Rd.
Madison, TN 37115

*The 8:50 and 11:30 meeting are the same message.



Project: Amazing Facts Health DVD



Amazing Facts has begun development on a new sharing DVD that will teach people the last-day health message and help them experience the benefits of submitting every facet of life to Jesus Christ. The

DVD will be modeled on our extremely successful *Amazing Health!* magazine, but will also have in-depth presentations by leading authorities on Bible-based healthy living. It will be perfect for one-on-one study or as part of an evangelistic outreach series! Help make this project possible by supporting Amazing Facts today.

Project: Cosmic Conflict 2 DVD



Amazing Facts is now at work producing the next incredible installment of the *Cosmic Conflict* DVD documentary series. As we begin to develop a sequel that will further explore the great controversy between good and evil, we need to raise funds today to create an evangelism tool that will help millions clearly and completely understand God's plan of redemption for the entire human race. It's a great way to share the last-day message as we prepare for the return of our Lord!

More Ways to Support God's End-Time Work



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



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



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

TV AND RADIO BROADCAST SCHEDULE

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

TV



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



Watch archives of all our revival programs online!

FREE PODCASTS!

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

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

AMAZING FACTS PRESENTS

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

FEBRUARY 21

THE MARK OF CAIN

The confusion over this mysterious mark has caused division in God's church. Pastor Doug offers a biblical look at this controversial topic and what it means for Christians today.

FEBRUARY 28, MARCH 7

VOICE IN THE WILDERNESS, PT. 1 & 2

Standards in God's church seem to be doing everything possible to meet up with the world, but this powerful message will help you see why biblical living is the only way for God's people.

MARCH 14, 21

A TALE OF TWO WOMEN, PT. 1 & 2

Is there really such a thing as God's "true church"? You can believe it! — and Pastor Doug opens up the pages of Revelation to show you how to identify it.

MARCH 28

ABOVE THE CROWD

With so much of the world clamoring for harmony over truth, are you prepared to stand for truth? Don't miss this crucial call to trust in God no matter the cost.

APRIL 4

THE RICHEST CAVEMAN

Pastor Doug's personal testimony shows how God's power can change lives! The incredible witness of a cave-dwelling hermit who's become an international soul-winner. Tell your friends!

APRIL 11

THE DRAGON'S EGG

It's a mystery of mysteries — how did evil get started in a perfect universe? Discover how the great controversy between good and evil began and get answers that make sense and offer hope.

APRIL 18

DEADLY DELUSIONS

What happens when we die? Open the pages of the Bible for an eye-opening true picture of life after death that goes against everything you've ever heard!

APRIL 25

BLOOD ON THE THRONE

What does it mean to be saved? Pastor Doug examines the cross of Jesus Christ and how we can find eternal hope because a great king was willing to suffer and die.

RADIO

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

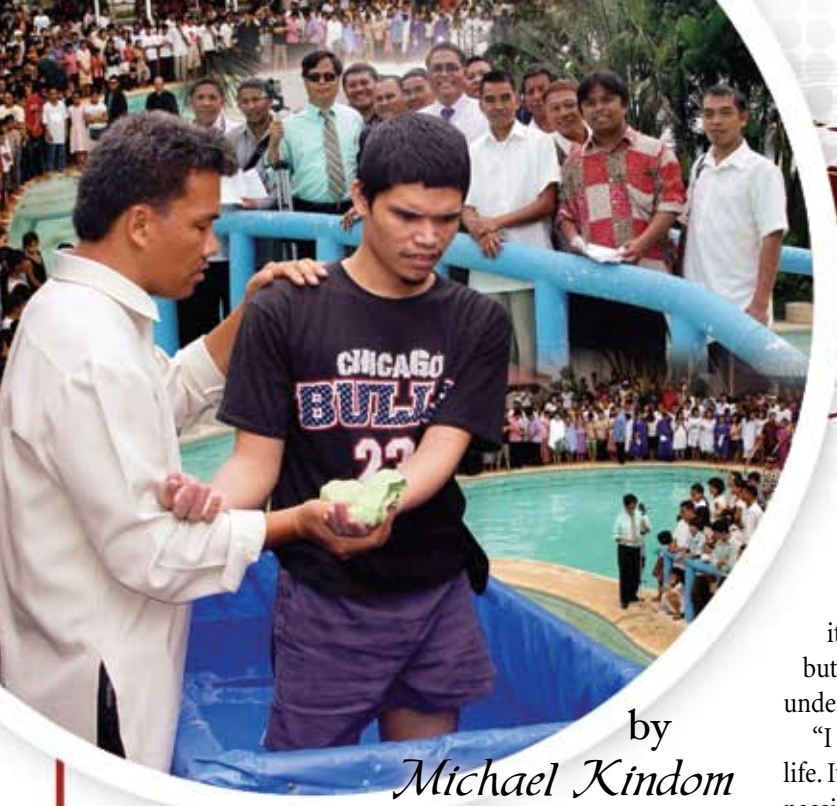
A live call-in radio program where you can ask Pastor Doug any Bible question and get a biblical answer in return. Call 1-800-GOD-SAYS during program hours to participate.

WEB

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

Share truth! Tell your loved ones about Amazing Facts on the Discovery Channel!

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



Victory in Valencia

AFCOE in Action

by
Michael Kindom

In early 2009, I presented a prophecy seminar on the southern island of the Philippines in Valencia, Bukidnon, at the best venue in town. By God's grace, the Holy Spirit blessed our efforts in amazing ways!

Prior to the series, seven Bible workers were each assigned a territory for pre-work, and each experienced great success in reaping interests. More than 230 adults and children attended each night of the series, plus satellite downlinks were also available for those in areas too far to travel daily to the host site.

The success of our advertising campaign was a direct result of my AFCOE training, which helped me better understand the principles of effective promotion of a prophecy series. In fact, Pastor Samuel Galarpe, a church leader, exclaimed, "Never before have we seen such results!"

AFCOE not only provided the outreach training I needed, it even supplied me and other graduates with DVD resources and presentations for use in reaching those who come seeking after truth. We even used an AFCOE training DVD to prepare an outreach club at a local college!

Reaping a Harvest!

Ecclesiastes 12:1 says, "Remember now thy Creator in the days of thy youth." We saw this firsthand as, surprisingly, most of the attendees were young people. Our Bible workers made a special effort to approach students from local high schools. While preaching every night, it sometimes felt like I was in a large school classroom! Some students even invited their friends to the series and were rewarded in souls won to the kingdom.

At the start of each night, I gave a small quiz in which attendees could answer questions and receive prizes. The response was amazing, and it was inspiring to see God reach

young people interested in the Bible and retaining the lessons they were hearing.

Robert, a temporary resident of Valencia, was living with Sabbathkeeping Christians. Enjoying their kindness, he took up their offer to attend the series. "I didn't expect to make a decision for baptism, but I sensed it was time for me to step forward. I read the Bible before but could not understand it. Thanks to these meetings, I now understand for the first time what the Bible teaches."

"I have never seen so many people get baptized in all my life. It seems unbelievable!" says Mrs. Sun, one of the many passionate volunteers. At the end of the series, we had a massive Sabbath service for baptisms, and many came to celebrate with the new believers.

Many of these baptisms were from areas that were too far away for people to attend the meetings but were visited by Bible workers who preached the Word. For instance, in San Fernando, one layman mobilized his church by teaching members how to give Bible studies. He also installed a giant speaker on a tree so that the village could hear the messages! The result? More than 140 baptisms from that area!

Our original goal was to see 300 baptisms for the entire series, but the Lord gave us 714 . . . including seekers from a local city jail and from a remote mountain village. Praise the Lord!



**3 of 13 pastors in the pool
ready to baptize 274 souls!**

In Need of Soldiers

Even though people are more receptive to the gospel in the Philippines than ever before, we still needed prayerful believers working together in harmony with God. This experience has revealed to me in a deeper way the importance of teamwork, public evangelism, and taking the initiative of moving forward in faith.

Christ did and is doing much for us out of love, and we are called to do the same. Though evangelism is not easy, we can rest in the promise that there will be souls won in the end so long as we do our part! And AFCOE will always be there to help us prepare the way for others. —

*Is God calling you to AFCOE? Call us at 916-209-7249
or visit www.AFCOE.org for more information.*

Amazing Facts Center of Evangelism

AFCOE



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



Want to be a soul-winner?

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

At AFCOE, you'll get:

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

4-MONTH PROGRAM

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

Next Session: **July 22 – November 19, 2010**

Application deadline: April 22, 2010.

Save **\$150** on tuition! Apply by March 24, 2010!

AFCOE TO GO

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

Next Session: **June 22 – 25, 2010**

Application deadline: June 8, 2010.



To learn more, call **916-209-7249** or visit

www.afcoe.org



What if
you could
finally reach
your
neighbors?

Be the difference. 3 Doors Down.



“My desire is to reach everyone living three doors down from me *and* three doors down from you!” —Pastor Doug

Benefits of Joining 3 Doors Down

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

Amazing Facts invites you to partner with us by joining our new **3 Doors Down** team!

The 3 Doors Down program is a unique partner-driven effort designed to reach neighbors like yours in a way that is most meaningful to them. The program uses the many effective outreach resources of Amazing Facts — television, radio, evangelism events, publishing, Bible schools, and the internet — ministries that are reaching inside the homes of our neighbors today!

When you begin your membership by selecting a project gift door totaling \$25 or more per month, you can know that you have become an active participant in the great commission of Jesus Christ, spreading the gospel to seeking souls three doors down from you, three neighborhoods over, or even three continents away.

Participating in 3 Doors Down is very simple too. Due to the busyness of life, we are often unable to share the love of Jesus with friends and neighbors as much as we want. But with your support, Amazing Facts can bridge the

evangelism gap, reaching your neighbors while they watch TV, listen to the radio, or browse the internet. If your neighbors have more questions, we help them find answers by providing free literature, online Bible studies, and more. We then follow up by asking them to make a decision for Jesus!

With your 12-month commitment in 3 Doors Down, it just might be your neighbor or someone else you know! Imagine the impact you'll make when you join 4,000 other Amazing Facts partners in spreading the gospel to your community.

Don't delay! Most likely, no one else on your street is willing to take the responsibility to reach your neighbor for Jesus. And tomorrow, the opportunity could be lost!

Don't keep the greatest gift of all to yourself — share it with those living 3 Doors Down!

Join the 3 Doors Down Team! It's easy ...



- Simply select a “gift door” from the response card attached to the center of this magazine.
- Add your family to our prayer list.
- Then mail using the envelope at the center of this magazine!
- Then each month, with your authorization, this amount will be automatically charged to your credit/debit card or deducted from your bank account. It really is that easy to make a difference!



Will you help us reach your neighbor?

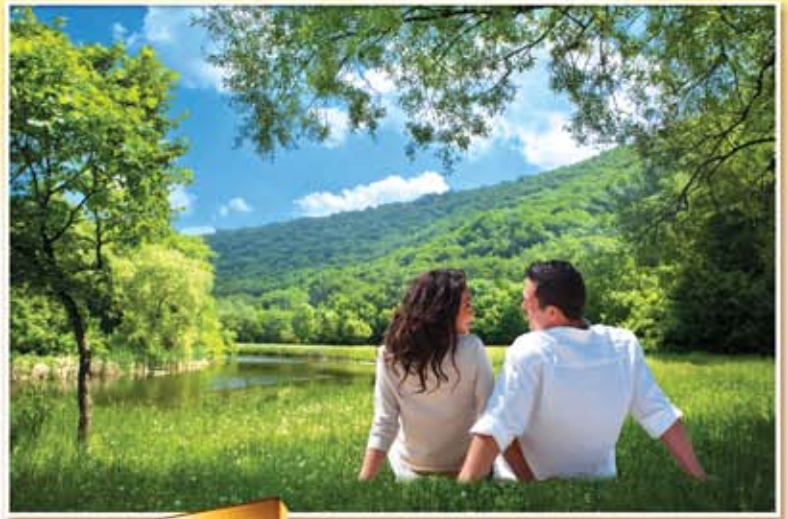
Continued from page 9.

command to keep them holy either.

There is, of course, a memorial of the resurrection commanded in the Bible, but it is not to determine a new day of worship. Paul wrote: "Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life" (Romans 6:4). Baptism is the memorial of Christ's death, burial, and resurrection.

However, the Sabbath is a memorial of creation.

Still have a question about this? Check the sidebar "The Upper Room" below.



SABBATH FACT #7: The Sabbath Will Be Celebrated for Eternity

The Sabbath is an arbitrary arrangement of God that serves a powerful purpose. It is His claim — His seal — over the world and all human life. It is also a sign of the redemption He offers to every single one of us.


Surely this is why God will preserve Sabbathkeeping throughout eternity. That's right! "For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD" (Isaiah 66:22, 23).

The Sabbath is so precious to God that He will have His people observe it throughout all time in the beautiful new earth to come. If it is so precious to Him, should it not be precious to us? If we are going to keep it through all eternity, why not keep it now as our pledge of obedience to Him?

Trust and Obey: There Is No Other Way

It is easy to understand why the devil has waged a continuing, desperate battle against the seventh-day Sabbath. He has worked through the pride of tradition, misinformation, and religious bigotry to destroy the sanctity of God's special sign of authority — the Sabbath.

But with these Sabbath facts in hand, may God grant every Christian the courage to honor the Sabbath commandment as His special test of our love and loyalty.

It might be a duty to keep the seventh-day holy. But it should not be a burden. In an age of false gods and spirituality, of atheistic evolution, and the stubborn traditions of men, the world needs the Sabbath more than ever. It is more than just a test of our loyalty to the Creator. It is more than just a sign of our sanctification through His power. It is His promise of a lasting, eternal gift of restoration. 

The Upper Room



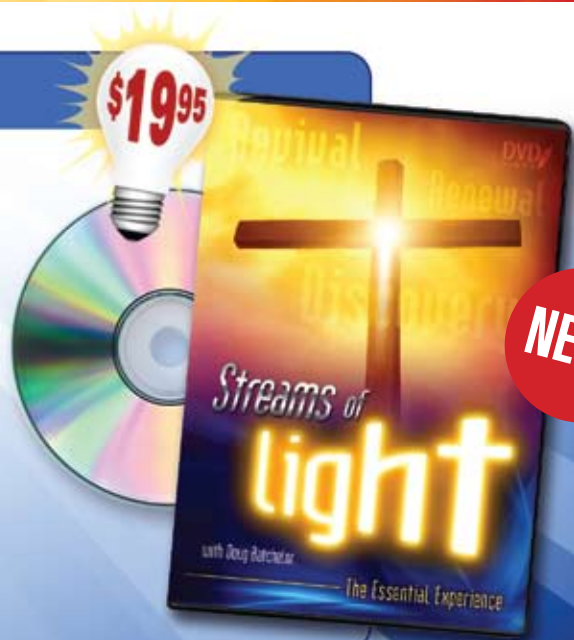
Those who believe that Sunday worship honors the resurrection of Jesus often cite the upper room meeting of the disciples on the same day that He rose from the grave. They argue that this gathering was meant to celebrate His resurrection. But the Bible record of the event reveals another set of circumstances.

Luke writes that even though the disciples were confronted with the eyewitness story of Mary, they "believed not. After that he appeared in another form unto two of them, as they walked, and went into the country. And they went and told it unto the residue: neither believed they them. Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen" (Mark 16:11–14).

Obviously, none of those upper room disciples believed that He was raised from the dead, so they could not have been joyously celebrating the resurrection. John explains their reason for being together with these words: "The doors were shut where the disciples were assembled for fear of the Jews" (John 20:19).

Streams of Light DVD Set

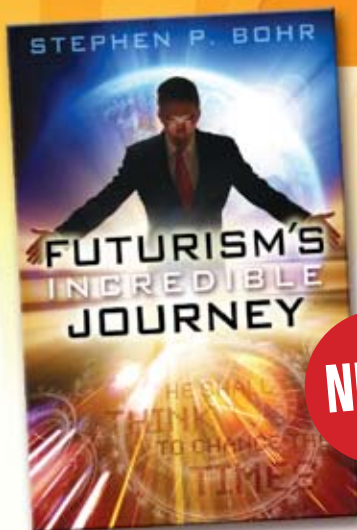
Doug Batchelor. This new revival series will help you rediscover the victorious Christian life that God needs you to have today, especially as last-day events are hurtling us ever closer to the return of Jesus Christ! This powerhouse five-part series, broadcast in front of sold-out crowds in England, will show you how to have a better prayer and Bible study life, give you practical tips for overcoming temptation, teach you the most effective ways to reach others for Christ, and help you revitalize and renew your day-to-day faith experience with Jesus!
DV-SOL ... \$19.95



Taken or Left?

Stephen P. Bohr. Two men in the field. One is taken ... the other is left. In Matthew 24, Jesus reveals the lost and the saved at the end of time. But what did He mean when He said that some would be taken and some would be left? Step by step, author Stephen Bohr leads you to a carefully researched conclusion drawn from a study of the Old and New Testaments — giving you a powerful foundation that will help open up the deeper meanings of Bible prophecy like never before.

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Futurism's Incredible Journey

Stephen P. Bohr. The rapture theory has become the fundamental prophetic belief system of millions of Christians. Though it finds little support in the Bible, it is proclaimed as gospel truth by thousands of Protestant ministers and Bible teachers around the world. Where does this sensational prophetic scenario come from?

Has it always been believed by the Christian church? Is it really what the final conflict will look like — or is Protestantism setting itself up for an overmastering delusion? Get the truth in this eye-opening Bible study!

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



There's More! ...

▶ For just \$1 more, we'll include a copy of the *Final Events* DVD!

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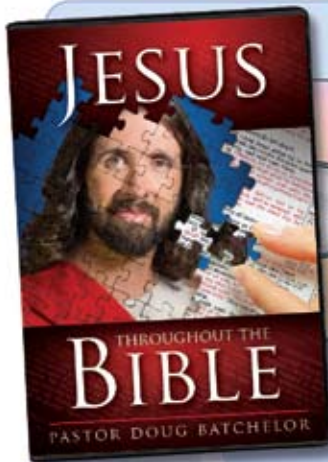
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Doug Batchelor. The New Testament isn't the only place where you will find Jesus. Journey with Pastor Doug through the Bible to discover why the Son of God is also called the Word Incarnate. A thrilling Bible study experience that will enlighten and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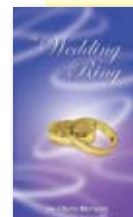
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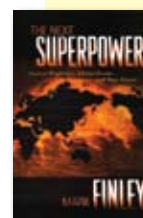
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21 Pocket Book Set!

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- BK-AOG The Armor of God
- BK-AJMS Assurance: Justification Made Simple
- BK-CA The Christian & Alcohol
- BK-CCAC Compromise, Conformity, & Courage
- BK-DWOG Determining the Will of God
- BK-GRW God's Role for Women in Ministry
- BK-HSTN Holy Spirit: The Need
- BK-JHM Jewelry: How Much Is Too Much
- BK-NOG The Name of God
- BK-SOJ The Sign of Jonah
- BK-SI Spiritual Israel
- BK-TUTP Teach Us to Pray
- BK-TFRT Tips for Resisting Temptation
- BK-TRIN The Trinity
- BK-TSR Twelve Steps to Revival
- BK-TW The Two Witnesses
- BK-UR The Ultimate Resource
- BK-UT Understanding Tongues
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- BK-AJMS Assurance: Justification Made Simple
- BK-BRN Baptism: Is It Really Necessary?
- BK-BDU The Brook Dried Up
- BK-DFG Down From His Glory
- BK-DBP The Drummer Boy's Prayer
- BK-HFR Heaven: Is It for Real?
- BK-HF Hell-Fire: A Twisted Truth Untangled
- BK-HDHP Hidden Dangers in Harry Potter
- BK-ISBT Is It a Sin to Be Tempted?
- BK-ESL Is It Easier to Be Saved or to Be Lost?
- BK-PYC Pending—Your Case in Court
- BK-RCTF Reconnecting the Family
- BK-SI Spiritual Israel
- BK-TSH Three Steps to Heaven
- BK-TRIN The Trinity
- BK-UR The Ultimate Resource
- BK-UT Understanding Tongues
- BK-GSR Why God Said Remember

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- BK-CA The Christian & Alcohol
- BK-CHN Christ's Human Nature
- BK-DGGB Does God's Grace Blot Out the Law?
- BK-FDS Feast Days & Sabbaths
- BK-FV The Final Verdict
- BK-LWS Is It Possible to Live Without Sinning?
- BK-ISRS Is Sunday Really Sacred?
- BK-LFLD A Light for the Last Days
- BK-RMAL The Rich Man and Lazarus
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- BK-CHN Christ's Human Nature
- BK-DIK Death in the Kitchen
- BK-DGGB Does God's Grace Blot Out the Law?
- BK-HFR Heaven: Is It for Real?
- BK-HF Hell-Fire: A Twisted Truth Untangled
- BK-HEFE Hidden Eyes and Closed Ears
- BK-HCC The High Cost of the Cross
- BK-EFS How Evolution Flunked the Science Test
- BK-ISBT Is It a Sin to Be Tempted?
- BK-ESL Is It Easier to Be Saved or to Be Lost?
- BK-LWS Is It Possible to Live Without Sinning?
- BK-ISRS Is Sunday Really Sacred?
- BK-MFGF Man's Flicker or God's Flame
- BK-PNR Point of No Return
- BK-RIS Rendezvous in Space
- BK-RMAL The Rich Man and Lazarus
- BK-SIC Satan in Chains

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SAVE 24%



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

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Call today or go online at

www.AmazingFacts.org

Amazing Facts Evangelism Team

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



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Jason Morgan



Dennis Priebe



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Dave Steward

Doug Batchelor

February 26, 27
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Madison, Tennessee

May 1
Buenos Aires, Argentina
Call 916-434-3880 for details.

May 3-8
Week of Prayer
River Plate University
Entre Rios, Argentina

Emanuel Baek
February 26 – April 3
Ridgetop, Tennessee
Call 615-859-3651 for details.

April 16 – May 22
Gurnee, Illinois
Call 847-623-7770 for details.

September 10 – October 9
Tullahoma, Tennessee
Call 931-455-9816 for details.

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Gretna, Louisiana

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August 27 – October 2
Prestonsburg, Kentucky
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Eric Flickinger
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Call 916-457-6511 for details.

Lowell Hargreaves

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May 7 – June 12
Ujpest, Budapest, Hungary

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Chuck Holtry
March 3 – April 3
Orange, Virginia
Call 540-672-1150 for details.

April 9 – May 15
Church Auditorium
4230 Old U.S. Highway 52
Lexington, North Carolina

May 20 – June 19
Lyford, Texas
Call 956-566-7055 for details.

August 27 – October 2
Baytown, Texas

Tim Jones
February 26 – April 3
Church Auditorium
2434 Southwest Wanamaker Rd.
Topeka, Kansas

April 16 – May 22
Church Auditorium
Gold Street at Harrison Street
Foresthill, California

August 27 – October 2
Church Auditorium
3210 Decker Road
Duluth, Minnesota

Tyler Long

March 4 – April 9
McKinleyville, California
Call 707-839-3832 for details.

August 22 – November 21
Kansas City, Missouri

Jason Morgan
February 12 – March 13
Frankfort, Kentucky

April 2 – May 1
Amarillo, Texas
Call 806-352-6106 for details.

July 9 – August 7
Abilene, Texas

August 13 – September 11
Odessa, Texas

September 24 – October 23
Hayden Lake, Idaho
Call 208-762-5718 for details.

Jason Sliger
February 26 – April 3
Springdale, Arkansas
Call 479-751-5817 for details.

April 16 – May 22
Casper, Wyoming
Call 307-235-5619 for details.

July 9 – August 14
Clovis Civic Center
801 Schepps Boulevard
Clovis, New Mexico

August 27 – October 2
Albuquerque, New Mexico
Call 505-839-2181 for details.

Dave Steward

February 26 – April 3
Chula Vista, California
Call 619-422-0405 for details.

April 16 – May 22
Colville, Washington
Call 509-442-4723 for details.

July 9 – August 14
Magalia, California
Call 530-873-0687 for details.

September 3 – October 9
Edmonton, Canada
Call 780-420-0215 for details.

Dennis Priebe (Revivalist)
March 6: Ojai Church, CA
March 13: Mentone Church, CA
March 19, 20:

San Bernardino Indonesian
Inland Empire Church, CA

April 2, 3:
Wichita Three Angels Church, KS

April 9, 10:
Tulsa Three Angels Church, OK

April 16, 17:
Fort Worth Northwest Church, TX

April 23, 24: Shreveport First Church, LA
April 30, May 1: Texarkana Church, TX

May 7, 8: Rogers Church, AR
May 14, 15: Mountain View Church, AR

May 21, 22: Poplar Buff Church, MO
May 28, 29: Hohenwald Church, TN

May 31 – June 4: Highland Academy,
Portland, TN

June 4, 5: Campbellville Church, KY
June 11, 12: Benton Church, TN

June 18, 19: Atlanta Center of
Evangelism, GA

June 25, 26: Pensacola Church, FL

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

You are invited to meet the members of our dynamic evangelism team at our many seminars and revivals throughout the year — and please invite a friend! Go to www.AmazingFacts.org to get exact times and locations! (Click on Training and then Prophecy Seminars.)

The Harvest Report

EXPONENTIAL EVANGELISM

by Emily Simmons



“I’d felt compelled to do ministry before, but I ran away from it because it wasn’t ‘convenient.’ I was in the military, I had kids, I had a business . . . I had plenty of excuses!” says Jerry DuVall. But after attending an Amazing Facts prophecy seminar led by evangelist Lowell Hargreaves, Jerry couldn’t avoid it any longer.

In one final wrestle, Jerry prayed the prayer in Psalm 139:23, 24 and surrendered to God’s call. “If I’d come out with a broken hip, I wouldn’t have been surprised,” he says. Through Pastor Hargreaves and the Amazing Facts Center of Evangelism, Jerry says God gave him “the right message and the right calling at the right time.”

The Right Message

After a six-year stint in Germany, Jerry retired from the U.S. Army, came home to Springfield, Missouri, and opened a tire shop. His business became successful, but Jerry describes his spiritual walk as a “desperate search.” None of the churches he attended taught straight from the Bible, which he craved.

In an attempt to fulfill his call to ministry, he served as the assistant youth pastor for one church but had trouble teaching the youth doctrines he didn’t believe matched with the Bible; it wasn’t the right message. “I bounced around dinky back-hill churches looking for one that taught the truth, but I got discouraged,” he says.

Instead of pastoring, Jerry witnessed to his customers. He even had a few pastors who came by the tire shop every week to talk about the Bible.

A single father, Jerry raised his boys (now in their 20s) to know and seek Jesus too. In February of 2008, Jerry’s oldest son Chris received a flyer in the mail

about a prophecy seminar. He took his family to the first meeting, then he called his dad. “Can you come and check it out and make sure it’s okay?” he asked. Jerry agreed, and after only one meeting he knew he’d found what he was seeking. Lowell Hargreaves taught straight from the Bible, satisfying Jerry’s longing, and Jerry didn’t miss another night. Overjoyed, he felt as though he’d found a home.

The Right Calling

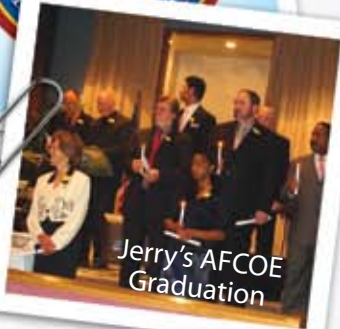
Prior to the prophecy seminar, Jerry’s personal Bible study led him to many of the beliefs that Lowell taught during the series. The only concept he hadn’t finalized in his own mind was the Sabbath. He believed in keeping a Sabbath, but he hadn’t been able to pin down which day to keep. *Did it matter?* he wondered.

When confronted with the truth of the seventh-day Sabbath during the seminar, Jerry embraced it — but he wondered what to do about his business. “I made all my money on Saturdays,” he says. He discussed the dilemma with a customer who suggested staying open an extra hour each day during the week in place of being open on Saturday. Problem solved!

Jerry says the prophecy seminar strengthened his relationship with God. It brought his struggle with that call to ministry to the surface. After the seminar, he says, “I knew I needed to go and serve God fully.”

The Right Time

Jerry learned about the Amazing Facts Center of Evangelism (AFCOE) and decided to attend. It finally felt



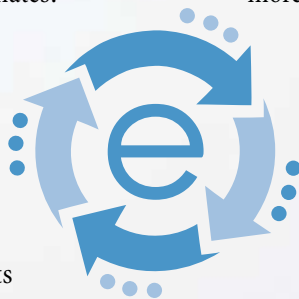
like the right time. There was just one problem: He had to be baptized before he could turn in his application!

But to Jerry baptism was the clear choice after attending and hearing Lowell teach the Bible. So less than six months after the prophecy seminar, he headed out to California for AFCEI.

Since Jerry's baptism, two of his sons have also been baptized. Now they're involved in ministry as well. "I drug 'em right along with me," Jerry says in his charming Missouri accent.

AFCEI was different than anything Jerry had ever experienced. "I'd never been to a Christian school of any kind," he says. "The enlightening courses strengthened what I learned in the prophecy seminar." Now he had the right message to preach, and he bubbled over with enthusiasm. AFCEI also taught Jerry to rein in his enthusiasm a bit and let people absorb the gospel's power little by little, sharing more information with them as they were ready to hear it. "I learned finesse," he says.

But Jerry gained more than evangelistic finesse at AFCEI; he married one of his classmates! "She's my cornerstone," he says. "She keeps me grounded. If I excel at all, it's because she's right there supporting everything I do." Working as a team, Jerry's wife does the behind-the-scenes work that enables him to conduct church training and evangelistic seminars. In Amazing Facts



Cycle of Evangelism

tradition, Jerry continues the cycle of evangelism and has now conducted four church training classes, and he has just completed his third evangelistic series, which led to more than 10 baptisms.

The church training is what got Jerry the most excited. He left AFCEI with all the materials he needed to train his home church to do outreach. Since they lacked a full-time pastor, his church asked him to serve as a lay pastor. He did, and immediately he began training them in evangelism. "The church has been strengthened," Jerry says. "Now they're pushing me to get things done!"

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23, 24).

When a full-time pastor came, Jerry remained as a Bible worker. Now he spends a lot of time preaching at other area churches, so he doesn't know exactly how many baptisms have occurred as a result of his work with his home church. "Pretty much every week we have a baptism," he says. "I think there have been more than a dozen."

But it doesn't seem to be about the numbers for him. For Jerry, as for Amazing Facts, the important thing is that cycle of evangelism: Train one convert and they will go out and train others. Thus the gospel grows exponentially and is preached "into all the world" (Mark 16:15). Praise the Lord!

Photo on previous page: Jerry and his wife and fellow AFCEI grad Jen, with his sons Justin, Brandon, and Chris.

"God gave me the right message and the right calling at the right time." —Jerry DuVall

THREE ANGELS AT WORK IN CHINA

Editor's Note: Due to the religious climate in China, we are unable to give the names or locations of our team members working there. This inspiring new report comes from our China outreach team leader.

For more than a year, a small team of Chinese nationals, my wife, and I have labored unrelentingly for the Lord's glory to reach China with the three angels' messages. In the process, we've faced many obstacles. But God continues to bless Amazing Facts' work there despite all the challenges.

I'm thrilled to report that we now have a Chinese website operating, with an online Bible course, and all 27 Amazing Facts Study Guides in Chinese available in two book volumes. We've also begun to distribute the Chinese version of the *Cosmic Conflict* DVD!

This kind of progress is never easy in China. For instance, my crew, which had never done this kind of work before, must keep jobs to disassociate themselves from the ministry, which limits the amount of outreach they can do. Second, anyone who helps us is in danger of going to prison. We have to knock on many doors to find even one sympathetic worker willing to take that kind of risk. Of course, we inform everyone we approach of the dangers involved and, unfortunately, we've already faced serious problems.

A BRAVE TEAM

In fact, we know a person doing similar work who was recently imprisoned for producing Christian materials! In addition, the authorities confiscated our first shipment of Study Guides. Normally, this would have ended our work, but by God's mercy, they weren't able to link the materials back to us. Plus, one of our workers was ordered to appear in person for questioning! But a friend advised him to wait several days, maintain a low profile, and see what happens. Praise the Lord, he waited and the case was simply closed!

Still, our friends are willing to risk being caught and punished because they feel that the religious climate here

doesn't negate God's call to take the gospel to every nation.

They understand the danger, yet they do the work anyway. In fact, one of my workers usually comes to work in a suit and tie, but one day he came dressed in casual clothes. When I asked him why, he said he fully expected to be arrested and he didn't want to lose his nice suit in prison. . . . Amen!



THE GREAT CONTROVERSY IN CHINA

You can't do this work and not see the terrible war raging between good and evil. But what joy when we see good triumph.

For example, one of our team is a literature evangelist. When I first met him, I was impressed by his simplicity of lifestyle, love for truth, and holy boldness. He travels throughout China speaking at both Sabbath and Sunday churches. After he preaches, he sets up a display of our books at the front of the church.



In an effort to multiply his efforts, we are sponsoring him as our literature evangelism leader so he can train others how to do this work. Since that time, he's taken many young people on outreach trips to teach them to sell books. And he even has a team of five literature evangelists who sell Christian books near Sunday churches. When I asked about his team, he explained, "They are all old ladies from my house church." If the children and the rocks won't cry out, God still has these five old ladies boldly working for Him every Sunday in China! Hallelujah!



In the next few months, you won't hear much from me because we need to protect our efforts, but please know that your financial and prayer support makes a difference. Our next big project is to produce a Chinese Sabbath website and other video materials. To fund this work, please mark your gift as "China Project." 

基督
CHRIST

希望
HOPE

真相
TRUTH

生命
LIFE

诺言
FAITH

战胜
VICTORY

Special Recognition

In Loving Memory

Elaine Anderson from Lyle and Brent Anderson, her husband and son

Marvin Anderson from Helen Anderson, his wife

Florette Andrews from Vernon Andrews, her husband

Louise Anholm from John Anholm, her husband

Mel Austin from Wanda Davis

Frank and Mary Barker from Bonnie Lorenz, their daughter

Walter Barker from Karen Johnson, his niece; from Bonnie Lorenz

Micah Batchelor from Don Park

Lillian Baugher from Jerry Baugher, her husband

Wanda Beard from Douglas and June Ackermann

Lovina Benjamin from David and Audrey Wrate

Liliane Bergman from Art Bergman, her husband

John Bicknell from Lucille Bush; from Teresa Lynd

Paul and Hilda Blanke from Ardatha Pederson, their daughter

Carl and Anna Brockmann from Ethel Simeone, their daughter

Fornice Bryant from Doloris Bixler

Betty Buckley from Lucille Bush

Pastor Irwin Barry Burton from Alice Weakley

Shannon Burton from Emmanuel and Cathy Pavlik, her parents

Bruce Bush from Lucille Bush

William Butler from Kent and Dee Dickinson

Glen Byers from Bonnie Byers, his wife

George Cacic from Elaine Cacic, his wife

Anthony Calbi from Estelle Calbi, his wife

Wayne Calbi from Estelle Calbi, his mother

Benjamin Campbell from Roselle Campbell, his wife

Jennifer Campbell from Victorine Harvey

David Carleton from Jon and Linda Carleton

Eula Carpenter from Glenda House

Richard Carter from Bonnie Carter, his wife; from Jane Turner

Larry Case from Viola Case, his wife

Gene Christian from Jeanne Hart, his wife

Gerhard Christiansen from Bea Coupland

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

Max Church from Ona Greve

Dolores Clark from Joanne Isaak

Stephen Paul Daniel Clatterbuck from Mary Frances Flynn, his mother

E.E. Cleveland from Lola Genton

Nancy Clott from Sadie Dart

Hazel Cole from Billy and Yvonne Helfer

Nick Coman from Jim and Judy Culpepper

Susanne Compton from Wally and Geri Dunks

Carmelo Coniglio from Eliana Sirocchi

Mary Connovich from Mary Jo Long, her daughter

Everett Coolidge from Jim and Judy Culpepper

Terri Cossin from Hazel Freeman, her mother

Earl Coupland from Bea Coupland, his wife

Seth Cox from Herb and Debbie Cox, his parents; from Kathy Hayes

Betty Rees Coy from Jack Coy, her husband

Verdilli Cramer from Audrey Redmer

Maurice Crandall from Betty Crandall, his wife

Joe Crews from Lu Ann Crews, his wife; from Douglas and June Ackerman; from Donald Park; from Catherine Ritchie

Ronnie Crews from Lu Ann Crews, his mother; from Douglas and June Ackerman

Annie Lee Curtis from Lee Willard

Dorothy Davidson from David and Audrey Wrate

Dixie Davis from Mr. and Mrs. James Land

Duane Dice from Annelies Dice, his wife

Jewell Dickerson from Robert Ackerman

Winifred Dorgan from Eileen Dorgan-Bristol

Peggy Dumler from Wanda Davis

Clifford Duncan from Laura Nutter, his grandmother

Hazel Dunks from Al and Pat Marion

Edith Durham from Anita Lowe, her daughter; from Shelly Lowe, her granddaughter

Warren Durham from Anita Lowe

Harriet Echols from Lu Ann Crews

Verdune Edgmon from Mary Thompson

Helen Elliot from Wally and Geri Dunks

Ruth Ellis from Jim and Judy Culpepper

Milton Emanuel Sr. from Douglas and June Ackermann

Viola Emblem from Floyd and Vonsella Scott

R.B. English from Claudie English

Arlene Foster from Earle Andrews Jr.

Ruth and Jewel Foutch from Frank and Gayle Tyroff

John Fowler from Jim and Judy Culpepper

Lynn Fox from Drusilla Fox, his wife

Sylvester Francisco from Margie Francisco, his wife

Jerry Freeman from Hazel Freeman, his wife

Steven Freeman from Dorothy Freeman, his mother

Bill Fulton from Edith Fulton, his wife

Oliver Furman from Jerald and Joan Powell

Lorna Golladay from Elizabeth Marcussen

Thelma Gottfried from Craigan and Judith Gray

Hazel Graham from John and Connie Regan

Bob Gravatt from Evelyn Holdren

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

Richard Gray from Charlene Silberman

Lily Greenwood from Victorine Harvey, her daughter

Mary Lou Gregory from Vivienne Mountain-Rich

Murray Grier from Fran McMullen, his daughter

Diana Griffin from Jim and Betty Jo Griffin, her parents

David Paul Groves from Mary Frances Flynn, his sister

Frances Ellen Groves from Mary Frances Flynn, her daughter

Washington Hames Groves from Mary Frances Flynn, his daughter

Uriel Guest from Mary Thompson

Louise Hadley from Lucille Bush

Doris Pearl Harris from Mary Frances Flynn

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.

Lorraine Harris from John and Idy Freeman
James Harsany from Dennis and Schisler, Inc. and staff
Leslie Hart from Jeanne Hart, her sister
Olive Harvey from Al and Pat Marion
Richard Harvey from Victorine Harvey, his mother
Walter Hasty from Oliver Trepanier
Richard Hein from his wife
Don Helm from Marty and Debbie Varsubsky
R. Jack Herbert from Pearl Herbert, his wife
Jasper Herford from Jo Ann Herford
Joseph Herzberg from Debra Fechik, his daughter
Eugene Hildebrand from Walter and Shirley Olson
Erwin Hodde from Earl and Lois DeWitt; from Jim Nelson
Ray Hoffmann from Carol Hoffmann, his wife
Ted and Margaret Hoffman from Steven and Donna Dickie
Gregory Holloway from Ruth Schwarz, his mother
Melvin Holm from Olive Holm White, his sister
Esther Holmes from Charlotte Holmes, her mother
Roger Holvick from Jane Turner
Walter Hosty from Jerry G. Mitchell
John Hottenstein from Lucille Bush
Twila Howard from Eloise Boice
Florence Howlett from Vivienne Mountain-Rich
Raymond Huber from Gloria Huber, his wife
Stella Huff from family and friends
Martha Huffins from Dr. and Mrs. Floyd Scott
Mr. and Mrs. Hunsaker from their daughter
Donald Stephen Hunt from Mr. and Mrs. Donald Hunt, his grandparents
Rick Hunt from Betty Jacoby

Michael Willie Ikeda from Jutta Ikeda Mackay, his mother
Paul Ingersol from Ruth Sackett

Edward and Pearl Johnson from Danny and Lynn; from Bud and Janice Robbins
Robert Johnson from Jean Johnson, his wife
Dr. William Johnstone from Al and Pat Marion
Elva Jones from Ralph Roberts
Neva Jones from Margaret Eberhardt
Kenneth Jose from Grace Jose; from Donna McDonald; from C. Mercer Straw
Larry Juhl from Jerry and Karen Johnson
Sylvia Juriansz from Victorine Harvey

David Keltner from Carole Thomas
Robert Kendall from David and Audrey Wrate
Gordon Kennedy from Bea Coupland
Milton Kesler from Yvonne Kesler, his wife
Yvonne Kesler from Mervin Kesler

June Kevin and Linda from Lucille Bush
Carl Kimbrough from Mark and Kim Swett
Phyllis Kinder from Bruce and Adele Wickwire
J.W. Knight Jr. from Gwendolyn Knight
Lillian Kramer from Lu Ann Crews
Joan Kummer from Jerald and Joan Powell
Cloyd and Beulah Kuster from Roger and Jean Ott; from Dick and Mary Peters

Timmy and Peggy Lail from Emanuel and Cathy Pavlik
Lyle Lastine from Jim and Rozella Reule
Ernie Laver from Anna Sattelmayer
Cheryl Lawrence from Rozella Reule, her cousin
Ben Leach from Dr. Arthur D. Leach
Alan Dean Long from Pauline Long, his mother
J. Murray Long from Pauline Long, his wife
Marie Lovell from Wally and Geri Dunks
William Lowe from Anita Lowe, his wife; from Shelly Lowe, his daughter
Helen Luk from Douglas and June Ackermann
John Lungu from Helen Lungu, his wife
Marie Lutz from Al and Pat Marion
Homer Lynd from Teresa Lynd, his wife
Jack Lynn from Floyd and Vonsella Scott

Fern Mackie from Bonny Schmid, her daughter
Earle MacPhee from Bea Coupland, his sister
Helen Madison from Steve Madison, her son
Lester Marcussen from Bette Marcussen, his wife
Marc Marcussen from Bette Marcussen, his grandmother

Annie Lee Owsley Marley from Ozark SDA Church
Olive Martin from Lucille Bush
Petra Martin from John and Darla Almida
William May from Kent and Dee Dickinson; from Douglas and June Ackermann; from Doug and Karen Batchelor; from Jerry Baugher
Marion Mayfield from Vivienne Rich
Dr. Dale McCune from John and Perle Westerberg
Samuel and Carrie McGinnis from Ellen Hardt
Elinor McGlauflin from Frank and Ruth Waxter
Muriel McHenry from John and Darla Almida
Roger McNeily from Priscilla McNeily, his sister
Charlie Meade from Wanda Davis
Isaac and Alice Meier from Everett and Yvonne Dickerson

Grandmother Melashenko from Lola Genton
Charles Merickel from Kent and Dee Dickinson
Jacob and Alveena Meyer from Frank and Ruth Waxter
Nell Miles from Bill and Donna Keehnel
Samuel Hames Miles from Mary Frances Flynn, his mother
Enid Miller from Earl Prest

Janet Lois Minniear from Bill Minniear, her husband
Alfred Mitchell from Clarence Blue
Milli Mittlieder from Wally and Geri Dunks
Monte Mitzelfelt from Richard Mitzelfelt, his father
Margaret Moberg from Trudy Brown
Desse Mode from Cathy Pavlik, her niece
Hazel Moe from Allene Tattrie
Carl Moore from Mable Moore, his wife
Dean Morris from Doris Patchin
Ed Motsenbocker from Rudy and Ann Johson
Rolland Mull from Lucille Bush

Helen Nolan from Howard Nolan, her husband
Riley Marby Norby from Bill and Mable Sires, his great-grandparents
Roberta Nosworthy from Betty Jacoby
Richard Notice from Wendy Notice, his wife
Irlene Nutting from Donna McDonald

Geraldine Olmstead from Tom Kuhn; from Bob and Susie Olmstead; from Mark and Kim Swett
Anna Olson from Jacob and Joyce Joyner
Cecil Orser from Blanche Farnsworth

Bruce Pence from Vivienne Rich; from Warren and Phyllis Wright
Betty Pendell from David and Audrey Wrate
Evelyn Pender from Bud and Janice Robbins
Grace Pender from Lola Genton
Justina Peshka from David Peshka
Beau Peterson from Rodney and Barbara Benson
Carlyle Petit from Bette Marcussen
Mary Pflug from Watson Chin; from Donald and Marjorie Stowe
Betty Phillips from Charlene Rogers
Robert and Martha Pielae from Frank and Ruth Waxter
Virginia Pierce from Frank and Gayle Tyroff
Marilyn Pietz from Lydia Pietz, his sister-in-law
Shirley Pinterick from Lucille Bush
Mae Plunkett from Michael McDaniel, her son-in-law
Ruby Pollard from Jim and Kathy Pollard
Chalmers Poole from Alice Poole, his wife
Merlin Poole from Alice Poole, his mother
Velma Porter from Scott and Keri Nelson
Jim Potter from Cindy Potter, his wife
Kenneth Potterton from Jim and Carol Myers
Ronald Powell from Betty Powell, his wife
Charles Powers from Barbara Zumwalt

Earl and Grace Reuss from Barbara Qualley, their daughter

H.M.S. Richards from Don Park

Bob Ringa from Ezekiel and Edith Allen

Dale Ringering from Elma Troedel, his sister

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

Junior and Annie Robbins from Bud and
Janice Robbins

Harvey Roberts from Donald and Marjorie Stowe

Betty Robertson from Lucille Bush

Dorothy Robinson from Jimmy and Charlene Rogers
and Family

Artie Robinson-Derting from Catherine Ritchie,
her daughter

Adam Rodriguez from Stan and Annette Ward

Ed Rowell from Wally and Geri Dunks

Patsy Ruddle from Pastor Francis Ruddle

John Rudy from Wally and Geri Dunks

Harry and Irma Rushold by Marlin and Udene Allen

Gene and Marsha Sackett from Ruth Sackett

Paul Schmidt from Steve and Mary Lou Pride

Ron Schmidt from Bud and Janice Robbins

Dorothea Searson from Arlene McCart

Byron Seely from Al and Pat Marion

Nadine Seltzer from Tanya Enriquez

James Shaver from Howard and Dolores Bixler

Nep Shavoley from Ed and Sylvia Gabryes

Ray Shaw from Wally and Geri Dunks

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

Robert Shumway by Al and Pat Marion

Gerald Silvestri from Pastor John and Anita Silvestri,
his parents

Rocco Simeone from Ethel Simeone, his wife

Erma Simons from Lucille Bush; from Ruth Sackett

Ann Simpkins from Gayle Tyroff, her sister; from Jewit
and Ruth Foutch

Paul Sims from Steve and Mary Lou Pride

Edie Sines from Jennie Tattrie

Emily Smith from Melody Wheeler, her daughter

George Lonzo Smith from Nan Smith; from Mr. and
Mrs. Dalton

Mindy Smith from Arnold and Janet Wilson

Pastor Alexander Snyman from Priscilla McNeily

Ann Sproed from Dr. and Mrs. Robert Sproed;
from Ralph Roberts

Wesley Steele from Mrs. Yvonne Kesler, his sister

Albert and Lil Tarshis from Doug
and Karen Batchelor

Herbert Tate from Jim and Judy Culpeper

Allen Tattrie from Jennie Tattrie, his grandmother;
from Don Parks

Duane Tattrie from Jennie
Tattrie, his mother

George Tattrie from Allene
Tattrie, his wife

Roy Tattrie from Jennie
Tattrie, his wife

Edna Taylor from Nancy
Taylor, her daughter

Gerald Temple from Eldon
and Evelyn Allram

Dorothy Thilmony from
Wes and Marion Peppers

Dorothy Thomas from Grace
Jose; from C. Mercer Straw

Terry Tims from Eileen Dorgan-Bristol,
his mother

Frances Louise Toman from Mary Frances Flynn

Earl Tompkins from Lola Genton

John and Emma Tonn from Loella Kennedy,
their daughter

Arlee Torkelsen from Kent and Dee Dickinson

Rose Towsley from Dorothea Myers

Orval Troop from Gwen Troop, his
wife; from Valerie Troop, his niece;
from Kathryn Adolph; from John
and Johanna Bahr; from the Portage La Prairie
SDA Church

Edgar and Essie Tunison from Lu Ann Crews,
their daughter

Robert Valasquez from Marty and Debbie Varsubsky

Helen Veach from Jeanne Hart, her daughter

Dixie Velting from David and Audrey Wrate

Eddie Venn from Ardatha Pederson, his mother

Henry Verhaeghe from John and Lil Yarosh

Bea Voegelé from Douglas and June Ackerman

Eldon Weatherford from Wanda Davis

Leonard and Esther Webb from Ellen Hardt

Rick Weller from Gloria Huber

Barbara Weng from Richard and Shirley Warner

Florence Wertz from Marilyn Wallace

Howard Wheeler from Grace Morris, his sister

Charles White from Joan Wilson

Jon Drew Whitfield from Willard and Bette Bristow,
his grandparents

Arlene Wiggins from Al Wiggins, her husband

Cecil Wilkinson from Ann Wilkinson

Dr. Stan Wilkinson from Floyd and Vonsella Scott

Celia Will from Marylene Morris

Christopher Stephen Williams from Patricia Williams,
his mother

*In Loving
Memory*



Patricia Zima from Barbara Zima;
from Norma Sargent; from Joel and Peggy
Tompkins; from John and Perle Westerberg

Happy Anniversary

John and Darla Almida (25th)

Pastor Doug and Karen Batchelor from John and
Lane Jones

Edwin and Christine Curran (50th) from John and
Darla Almida

Bob and Jo Hoekendorf (59th)

Mr. and Mrs. James Land (63rd)

Ed and Peggy Ousley (50th)

Dr. Robert and Jacqueline Wilson (50th)
from their daughters

Happy Birthday

Frank Waxter (95th) from Ruth Waxter, his wife

Herb Giese (91st) from John and Darla Almida

Howard Bixler (94th) from Dolores Bixler, his wife

Nils Nielsen (71st) from C. Mercer Straw

In Honor of

Dick Etchen from Treva Burgess

Dr. and Mrs. Gene Krishingner from Lucille Bush

Elaine McCray from Susan Wemmer

Is Fat-Free Making You Fat?



by Emily Simmons

When the fat-free craze began back in the '80s, I believe it was my sister the marathoner (though she hadn't started running yet) who raised my family's awareness of the evils of fat. We ceased making rich homemade desserts and, as did the rest of America, snacked instead on pretzels, red licorice, hard candy, and Snackwells cookies. "They're fat free!" we proclaimed delightedly between mouthfuls. I think Entenmann's even made a fat-free donut.


Years went by, however, and our waistlines either stayed the same or expanded — probably because an increase in calories made up for the absence of fat. It took awhile, but I began to understand that *fat-free isn't calorie-free*. Nor is it necessarily healthy!

In truth, your body needs fat. You've heard of *essential* fatty acids? They're so named because they are, in fact, essential: Your body cannot manufacture them from the food you eat. These fats play an important role in growth and development as well as in the prevention and treatment of chronic diseases. Fat serves other practical purposes as well: It adds flavor to your food and, because it is digested more slowly than other nutrients, keeps you full between meals.

Fat Facts

There are three main types of fats: **Saturated** are the "bad" fats. Typically solid at room temperature, these fats are found mainly in meat and dairy products as well as coconut and palm oils. A diet too high in saturated fat leads to heart disease and cancer.

Polyunsaturated fats are in corn, soybean, safflower, and sunflower oils. Substituting these for saturated fats lowers cholesterol, but too much polyunsaturated fat can promote cancer. "Good" **monounsaturated fats** also lower cholesterol. They're found in olive, canola, and peanut oils. However, no refined fat is "healthy" — so consume these good fats primarily in their most natural state (olives, avocados, nuts, and seeds) and use oil only in very small amounts.



Other fats have recently become household names. **Hydrogenated** or **partially hydrogenated** fats are unsaturated fats that are altered to extend their shelf life. They contain harmful trans fats and should be avoided completely.

Cholesterol is a type of fat the body produces (as do the bodies of other animals). Eating cholesterol raises your cholesterol, as does consuming saturated and trans fats. Omega-6 and omega-3 fatty acids are essential polyunsaturated fats. In the typical American diet, omega-6 fats are plentiful while omega-3s are scarce. This dangerous ratio leads to inflammation (a factor present in many chronic diseases), heart disease, stroke, autoimmune diseases, skin diseases, and depression. The body cannot make sufficient DHA, another essential omega-3 fat, on a diet high in omega-6 fats and low in omega-3s.

Be Natural

Don't waste too much energy on how much of each kind of fat is in your food; simply eat a diet rich in a variety of whole, unrefined foods, as close to their most natural state as possible. *Again, the best sources of good fats (including omega-3s) are almonds, walnuts, flaxseed, pumpkin seeds, sunflower kernels, and avocados.*



How much fat should you eat per day? If you are overweight and trying to lose weight, it's okay to consume very little fat, because your body will use what it has stored. But don't stay on a non-fat or extremely low-fat diet long-term!

If you are at a healthy weight and exercise regularly, eat as much as three to four ounces (about 2 small handfuls) of raw nuts or seeds per day, an avocado, or a couple of tablespoons of olive oil. Growing children or someone who has a hard time gaining weight can eat more than that, but it should still be fat in its most natural form. Even if you are healthy and at an ideal weight, fat should comprise no more than 30 percent of your total calorie intake *at most*. On a 2,000-calorie diet, that's about 600 calories worth. Put another way, about 65 grams.

Any way you look at it, remember that even the healthy fats in avocado, nuts, and seeds pack a *nine-calorie per gram* punch, so if you want to maintain or lose weight, watch your intake. (In contrast, protein and carbohydrates contain only four calories per gram.)

One last bit of fat trivia: The fat on your plate will very easily be converted into body fat. So easily, in fact, that *a biopsy of the fat on your waist, hips or thighs would reveal precisely where that fat came from*: a pig, a chicken, a hunk of cheese, or handful of nuts! Now that's food for thought . . .

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