The Ultimate Resource

Plus, Beyond the Da Vinci Code
Finding the Greatest Cover-Up in History

pg. 24
I have exciting news to share with you! Amazing Facts is about to take an enormous leap forward in growth and evangelism. Now, I normally don’t like to sound sensational, but I have good reason to do so. We are on the verge of reaching more people than ever with the three angels’ messages. Let me explain.

For starters, this is a great time to announce a riveting, brand-new prophecy series called MAP—Most Amazing Prophecies—that will air this fall. From September 15–23, we’ll broadcast 10 prophecy-gospel presentations live by satellite from Andrews University with 3ABN. The devil is sowing seeds of confusion everywhere to keep people in darkness about the Bible and prophecy, and we need to do something about it quickly.

As families invite their friends to view these powerful presentations in their churches and homes, faith in God’s Word will be strengthened. Then to follow up MAP, Amazing Facts will help provide prophecy DVDs and other materials to root these new souls in the truth. I believe MAP will make soul-winning easy for you, so check our website for more information as it develops.

Next, we’re making great strides with The Final Events DVD. Nearly one million have been distributed so far in half-a-dozen languages! But the Lord is opening up to us new and greater opportunities every day. Indeed, soon you might see a commercial advertising The Final Events DVD on national television during prime time!

Of course, you might already know about the India NOW! series in November. With God’s protection, we’re boldly returning to India at an unprecedented time of change to proclaim the good news in a big way. We’re leading more than 50 teams of lay evangelists and medical personnel to minister to God’s children in that great land. It’s one of our most ambitious projects ever, as we also plan to plant many new churches with our friends at Maranatha International. Be on the lookout for updates regarding this audacious mission.

Today we have access to Bibles as never before, but for some reason, people are choosing to feed their minds with spiritual fantasy rather than the Bible itself. Biblically convoluted literature like the Left Behind series and The Da Vinci Code are perennial best sellers being made into movies, while Bibles are shriveling on shelves and collecting dust.

This explains why I not only want to combat spiritual confusion around the globe with projects like MAP, IndiaNOW!, and great resources like Final Events, I want to promote biblical literacy. That’s why we’re exalting the importance of the Bible and how it can make powerful changes in your life in this special issue. I know you’ll be blessed.

I’d also like to point you to some new features in the Inside Report. First, of course, is this new section—the Pastor’s Perspective—where I’ll get a chance to update you on the ministry. We’ve also added a “Project: Storehouse” page that will give you the latest details on our most important outreaches, while also giving you a chance to join in the work.

More exciting developments regarding the future of Amazing Facts are just around the corner. I believe strongly that God is preparing this ministry to exert incredible influence with the gospel truth around the world, and especially for this nation. I hope that you’ll continue to join with me in prayer that this ministry and I will continue to keep our eyes fixed on Jesus in all that we do.

Pastor Doug
## Contents

### 11 You’re Needed in India!
During IndiaNOW! in September, you’ll have the chance to touch lives for Jesus in profound ways. See how you can be a part of our outreach team today!

### Feature

### 6 The Ultimate Resource
The Bible is the Christian’s most valuable asset—a must-read guide to living the life God meant for you. Yet so many believers neglect this heavenly compass for other pursuits. Be inspired to open God’s Word with renewed passion as Pastor Doug reveals the power and hope that every page of your Bible contains!

### 24 Beyond the Da Vinci Code
Dr. Alan Parker takes on the blatant misinformation in the deceptive best-seller and unveils the real cover up that is leading millions away from worshiping the true God.

### 12 Bible Answers
Why did God order the genocide of the Amalekites?

### 20 The Bible School
Amazing Facts wants to direct every seeker to the Word of God—see how our Bible school is leading the way in this crucial effort.

### 21 Witnessing Corner
Here’s a great new idea in getting Final Events into the hands of those who really need it!

### 30 Health Bite
Are you feeling depressed? Find hope again in this eye-opening look at restoring your peace and joy through natural, God-given remedies.

### Regular Features
<table>
<thead>
<tr>
<th>Page</th>
<th>Feature</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Mail Bag</td>
</tr>
<tr>
<td>14</td>
<td>Project Storehouse</td>
</tr>
<tr>
<td>22</td>
<td>Meet the Team</td>
</tr>
<tr>
<td>23</td>
<td>Harvest Report</td>
</tr>
<tr>
<td>15</td>
<td>News Notes</td>
</tr>
<tr>
<td>28</td>
<td>Special Recognition</td>
</tr>
</tbody>
</table>
Promoting Heavenly Music

Music is a controversial topic, and recently I’ve been saddened to see a greater acceptance within God’s church of worldly sounding worship music—a desire to imitate its style to attract people. So I really appreciate your timely online sermon “Music and the Christian.” Please keep up the Lord’s work. New Zealand

Expanding the Harvest

It does my heart good to see new Christians coming forward. Pastor Doug, I just sent a donation to you that I know will be utilized for the harvest. You are so right: So many Christians out there don’t have a clue as to the signs of the end. God gave us everything we need in the Book; all we have to do is study, pray, receive, and believe. To make that possible, I’ve joined with you in prayer for your new TV program for harvesting! South Carolina

Reconnecting With God

In the last year, the Amazing Facts ministry has helped deepen the bonds between God and me, helped me learn about Him, and helped me to yearn to walk even more closely with Him. I hope to get rebaptized in the coming year into a Sabbathkeeping church. I grew up in the community but left two decades ago. I watch your archives very often, and it’s such a “buzz” to observe and benefit from a group of willing and obedient servants doing our Father’s work. United Kingdom

Sabbath Truth

Thanks a lot for your fantastic ministry. I’ve checked out your new Sabbath Truth website, and I really like it. I especially appreciate how you post free books on the site. I am currently reading the one about feast days and sabbaths. It’s a difficult subject, but I think the book will help me understand it better. Michigan

Eyes Opened to Truth

I just watched your program on the state of the dead. I’d heard a lot about it before, but I had never thought about it for long until I was in a traffic accident. I was pronounced dead on arrival at the hospital. It was during that time that I had an “out of body” experience. Though I was later revived, I was put on life support for about six months until my family decided to allow me to “meet my maker.” But suddenly, I opened my eyes and began breathing on my own. I’d been very confused about what happened, but today you explained well what really happened. Canada

Fighting for the Lord

May God truly bless the work Amazing Facts is executing in the world today! I hope you’ll continue to be as efficient, frank, and brave so that people can hear the truth as plain as Christ ministered it! You have opened my eyes to so much biblical truth. The Lord is simply waiting for His people. And your soldiers at Amazing Facts are willingly fighting for the Lord. Hundreds of people are watching your programs here on television and over the internet every day. Our prayers are with you! Norway

The Inside Report welcomes all correspondence regarding the magazine and other Amazing Facts ministries. Letters and other materials may be used—in whole or in part and edited for content and readability—in future publications unless otherwise requested. If Amazing Facts has helped change your life, please write to us today at testimonies@amazingfacts.org!
Whether you rely entirely upon a will to distribute your estate, or whether it is part of a more complex estate plan, a periodic review is necessary.

Family changes, inflation, changes in tax and probate laws, as well as changes in your desires ... all require periodic review of your estate plan.

Our Guide to Planning Your Estate will be a valuable source of information as you begin this review. Or if you have not completed your estate plan, it will help you take the first step in this important act of stewardship.

Please write for your free copy today. Or you can call John Bridges at 916-434-3880, ext. 3005, or Judy, ext. 3029, to request your copy and get more information today.

Please send me a free Guide to Planning Your Estate. I understand that there is no obligation.

For additional information on estate tax and business planning, please indicate if:

☐ Your estate is over $2 million, or  ☐ You own your own business.

Name
Address ........................................ City ........................................ State ........................................ ZIP .................................
Telephone: Home ........................................ Work ........................................ E-mail ........................................

Date of Birth ........................................ Spouse’s Date of Birth ........................................

☐ I have remembered Amazing Facts in my estate plan.

Amazing Facts • P.O. Box 1058 • Roseville, CA 95678-8058 • 916-434-3880 • johnb@amazingfacts.org
The church is something like a nuclear submarine, submerged in the waters of a world steeped in sin and darkness. And just as water shouldn’t infiltrate the hull of a ship, so the world shouldn’t infiltrate the church.

On our long, often-dark journey through these troubling waters, the Bible is as crucial to us as the gyrocompass was to the USS Nautilus, because without it we would be lost. Just as the gyrocompass would have done the crew no good were it not used, the Bible cannot help us find direction unless we take advantage of it. We can have it on our shelves, or even on our home computers, but unless we open it up and let it into our hearts, we will be without direction and we will drown in the sinful waters of the world.

In this article (first of a two-part series), we’ll look at what God has given us in His Word and what we can expect if we make its study a central part of our lives.

Get Exercise

My family is pretty good about exercise. Karen and I belong to a gym that we use! You see, at the start of every year, enrollments at health clubs spike. To compensate for holiday food-induced bulges, and with the best of intentions, people sign up in droves. Only problem is, most rarely show up to use their memberships. It’s as if they think that a club membership is a substitute for actually exercising.

In the same way, people often think that membership in a church is a substitute for reading the Bible. It’s not. You need a personal, abiding relationship with Jesus, and your Bible is the number one catalyst that will enable you to have just that.

But you have to read it!

I know from personal experience. Without my own study of the Bible, I might still be lost, perhaps steeped in the teachings of some New Age cult. It was the Bible that turned me into a Christian, which is kind of a miracle considering that I was a high school dropout from a Jewish family full of cynicism about Christianity. I’d been taught evolution and believed that the Bible was full of fiction and fantasy. Yet in a cave, all alone, I picked up the Bible and this dynamic, powerful book changed my life.
A Little History

In the beginning, the messages of God to man were communicated orally. God spoke to Adam face to face in the garden of Eden, thus Adam received revelation straight from the mind of His Creator. In turn, Adam shared this knowledge with Seth, and Seth passed it down to Lamech, who passed it on to Noah. Though sin had infected the world, Adam and his descendents possessed brains fashioned from the hands of God—more powerful and sophisticated than any supercomputer. Prior to the Flood, when lives were measured by hundreds of years, humans had a vast capacity to remember virtually everything said, heard, and seen. (Today we would call it photographic memory.) Yet after the Flood, something different started happening. The lifespan of humans began to shorten dramatically. The environment, and subsequently, lifestyles began degenerating. In short, the ability of men to remember God’s oracles had become severely limited.

By the time of Moses, after years of His people being held bondage in a pagan-infested nation, God saw that it was necessary to codify His messages to humanity. As a result, Moses became God’s first scribe, and Genesis, Exodus, Leviticus, Numbers, Deuteronomy, and perhaps Job were written in the wilderness after the Jews’ emancipation from Egypt. Transcribed and copied on paper, leather, or clay tablets, the first collections of Scripture were all written out by scribes. (Of course, the original print of the Ten Commandments was written by the finger of God in stone.) These rare copies (each one written out by hand!) were treated like precious jewels. To have Scripture was such a privilege; it’s something we can’t appreciate today. Then, over 500 years ago, Johann Gutenberg developed the printing press, enabling the mass production of Bibles.

A Little Warning

Never has there been a time in history when we have had more of the Word of God available to us and more commentaries to dissect, critique, and explain it. In fact, I have a “pocket PC” with multiple versions of the Bible, along with Bible dictionaries and inspired commentary. I can even listen to the Bible and watch Bible videos on my small handheld computer. Moreover, the internet offers free Bible software and even free electronic Bibles.

Are we taking all of this for granted? Frankly, it’s frightening to think that we have so much knowledge now, because won’t we be more accountable for this informational wealth? I think so. We have no excuse really to be ignorant of the Word. So you’re much better off clinging to and treasuring at least a few verses than to be surrounded with so much Scripture and never letting any of it reach your heart.

The old saying “familiarity breeds contempt” is true—the church is more biblically illiterate than ever in its history, despite the proliferation of the Bible. It’s as though we’re walking through a Bible buffet, but all we want are a few carrots. A Bible sitting on your shelf at home isn’t a substitute for reading it. And unless we read it, the Lord cannot use it to change our lives. “For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost” (2 Peter 1:21).

The Sword of Christ

The Word is a powerful weapon. Every time Jesus was tempted in the wilderness, He quoted from Scripture, saying “It is written.” It’s evident from this exchange, and others, that Jesus had memorized considerable amounts of Scripture: “Thy word have I hid in mine heart, that I might not sin against thee” (Psalm 119:11). And He used this mastery to fight off Satan’s attacks.

As with Jesus, so with us; that is, we must use the Bible to fight off temptation. Revelation 19:11 declares, “And I saw heaven opened, and behold a white horse; and he that sat upon him was called Faithful and True.” This passage closely parallels Christ and the Word itself. It is a vision of the Word. The passage continues, “And in righteousness he doth judge and make war. His eyes were as a flame of fire, and on his head were many crowns; and he had a name written, that no man knew, but he himself. And he was clothed with a vesture dipped in blood: and his name is called The Word of God.”

Who is on the white horse? Jesus or the Word? In fact, there isn’t even a difference in that the Word is the expression of Christ. Jesus Himself is the Word. Does the Word of God make war? Jesus answers, “I came not to bring peace but a sword.”

The Bible is a weapon that we can use to invade the devil’s territory. In Revelation 13, we learn that the beast received a
deadly wound by the sword. What is that sword? The Word of God is quick and powerful and sharper than any two-edged sword. And Ephesians 6:17 affirms, “the sword of the Spirit, which is the word of God”—our primary weapon against the enemy.

The Light of God

We live in a very dark world. Even if you stood outside on the equator in the middle of a desert underneath a clear blue sky at noon, it would be utterly dark compared to heaven. It’s so dark here that we can’t navigate our way around without clear direction from God. The Bible presents that direction. It is the light that illuminates our path. “Thy word is a lamp unto my feet, and a light unto my path” (Psalm 119:105). Furthermore, “For the commandment is a lamp; and the law is light” (Proverbs 6:23).

A few years ago, I was able to experience absolute darkness. I like caving, and I went to explore a place that advertised itself as the “Endless Caverns.” Of course, the cave isn’t endless, but it does go hundreds of feet below ground. As we were making our way down, the tour guide said, “If you want to know what absolute darkness is . . .” and then she shut off the lights. It was surreal; it looked the same whether I had my eyes closed or open. After a little while sitting there in darkness, I took out my keychain that had a little LED light. When I turned it on, it was like one of those giant spotlights at the grand opening of a new store. That little bit of light made such a tremendous difference when compared to the abject darkness within the bowels of the earth.

That’s what the Bible is like in this dark world. It’s a giant spotlight advertising heaven. It always encourages me to meet someone who has taken that advertising hook, line, and sinker. They don’t know anything about Christianity, but when they get a hold of a Bible, they say, “Wow! This is really good stuff! Now everything is starting to make sense. Life really does have purpose!”

An Enduring Truth

Psalms 119:89 proclaims, “For ever, O Lord, thy word is settled in heaven.” In a world full of uncertainty, Scripture says change, no matter what happens on earth or in heaven. “The grass withereth, the flower fadeth: but the word of our God shall stand for ever” (Isaiah 40:8).

Honey is an animal byproduct that never goes bad. Sure, it might crystallize, but unlike food kept in vinegar, it will never spoil. It is a natural preservative that can be reconstituted simply by warming it in hot water. Frankly, it’s quite a miraculous feat. The Bible says, “How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!” (Psalm 119:103). The Word of God, the law of the Lord, is sweeter than the honeycomb. In Ezekiel 3:3, God instructs the prophet, “Son of man, cause thy belly to eat, and fill thy bowels with this roll that I give thee. Then did I eat it; and it was in my mouth as honey for sweetness.”

The Frenchman Voltaire was a skeptic who didn’t think Christianity would last long and that the Bible would soon be an extinct form of literature. How ironic that in the exact spot where Voltaire made that bold prediction sits a Bible warehouse—churning out Bibles! It doesn’t matter how often it’s attacked, the Bible is “an anvil that has worn out many hammers.” Jesus assures us, “Heaven and earth shall pass away, but My words shall by no means pass away” (Matthew 24:35). And Jesus Himself is that Word, and like Him, the Bible is the same yesterday, today, and forever.

Words of Life

The words in the Bible are not just words in the Bible. You might see black and maybe red ink on white paper or even just pixels on a computer screen, but it is much more than that. It is a message that is made of spirit and life with an unexplainable vitality. “It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life” (John 6:63 NKJV).

When you read the Word, it comes alive. It’s real, and it’s unlikely that anyone could ever open it—with sincere desire—and never get something out of it. A.W. Towsor said, “A loving Personality dominates the Bible walking among the trees of the Garden and breathing fragrance over every scene. Always a living Person is present speaking, pleading, loving, working and manifesting Himself.” When people read God’s Word with their hearts open to hear what the Spirit is saying, it becomes a living testament to Christ. Sometimes we get caught up in what Jesus looked like. We see pictures, and we begin to form our impression of His looks. But is anyone exactly sure what color His eyes were? Or how tall He was, or how much He weighed? It doesn’t matter, because what changed the
world were His words. Soldiers were sent to arrest Jesus, and they came back saying, “Never [a] man spake like this man” (John 7:46). It’s the Word that changed everything, and that Word is Christ. Moreover, Christ is eternity; thus the only book that will make a restful pillow when you’re dying is the Bible. Every other book will be like stone.

Food for the Soul

We usually don’t miss too many meals. If we miss one, we’re not going to miss the second because we get very hungry. My question is, do you hunger for God’s soul food? “Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O Lord God of hosts” (Jeremiah 15:16).

During a checkup, a doctor might ask you about your appetite. Why? Because a lack of appetite could mean something serious is wrong with you. It’s a sign of bad health. Likewise, it could be a sign of bad spiritual health if you have no appetite for the bread of life. “It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” (Matthew 4:4).

People also develop a taste for what they eat. As much as I travel, I still get surprised at what people call food. You eat some exotic Asian food and it scorches your plumbing from bow to stern. How did they ever get to a place where they relish that? On one Pacific island, they eat a pounded root extract called saguaro, and to me it is just so bland. Yet they crave it just thinking about it. And in Germany, they eat those strange sauerkraut dishes. In my opinion, it’s like intestinal torpedoes, but everybody has their favorite peculiar food, including me.

And that’s because we eat it. It is a part of our lives and culture. We force broccoli or even brussel sprouts down our kids’ throats, hoping they’ll develop a taste for it. In fact, I eat some things now that I hated as a kid. You might be saying, “Doug, I have no appetite for the Bible.” Read it anyway, and as you read it, you’ll eventually start developing a taste for it and ultimately crave it. “Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food” (Job 23:12).

Harmonious and Accurate

The Bible is a miracle in so many ways. For instance, though written over a period of 1,600 years by about 40 different authors—on three different continents, speaking three different languages—it’s completely harmonious. Written by kings and peasants, with a broad spectrum of education in between, it delivers one message and one voice. Moreover, in Revelation, you’ll find reference to Genesis, and in Genesis you’ll find a reference to Jesus. It’s so harmonious that it overlaps constantly. It’s like gazing into the electrical room of a skyscraper and seeing thousands of little wires crisscrossing everywhere connecting every function in the building.

It’s also a miracle of accuracy. Sin entered the world because man doubted God’s words; we shouldn’t make the same mistake today by doubting the accuracy of the Bible, especially with so much proof on its side. For instance, Daniel prophesied the correct sequence and time of the Babylonian fall from power, along with the rise and fall of the Medo-Persia, Greek, and Roman empires. He also
correctly predicted that Rome would be split up into 10 separate nation states. Consider some of the amazing Bible passages that perfectly foretold the first coming of Jesus and their fulfillments. (See chart.)

The Dead Sea scrolls testify to the fact that these prophecies were written well before Jesus was born. Moreover, they all came to pass. The accuracy of the Bible is miraculous. Why neglect it when it is so precise regarding the first coming of Jesus? Don’t you think we can trust the prophesies regarding the second coming?

**The Word Is Proven**

President Woodrow Wilson said, “I am sorry for men who do not read the Bible every day. I wonder why they deprive themselves of the strength and the pleasure.” That’s what happens when you read about God supernaturally intervening in the affairs of men to accomplish His redemptive purposes. The greatest testimony to the Bible is the way it changes lives.

I never cease to marvel at the transformation in people when they pick up a Bible. These people’s lives were a total mess, but when they started reading the Bible, they turned around. I know that feeling, because it happened to me. Drug abusers become clean, marriages are restored, and alcohol and gambling addicts are freed.

Why? It was the Word. It’s the anchor of our souls and the bread that comes down from heaven. Christ said, “I am the bread that came down from heaven.” We need to learn to love that bread, more than the unhealthy food this world has to offer. The Bible says, “Love Me and keep My commandments.” You can’t obey Jesus if you don’t love Him. You can’t love Him if you don’t know Him. And you will never know Him unless you take time to know Him.

The Bible is the primary way that God reveals Himself to fallen man. Maybe you are studying your Bible, but you’re just picking up a few crumbs that fall from the children’s table. Maybe you’re not studying at all. Whatever you do to increase your time in the Word is going to create a positive blessing for you spiritually.

But you need to choose to do it. If you join a health club, it’s going to cost you something. It will cost you time and money that you can’t spend elsewhere. You’ll have to give up something, but it will be worth it. It’s the same with the Bible. Don’t neglect His Word in preference for such trivial, passing things like television. God is saying to you, “Do you really want to know Me? My promise is, ‘You’ll find Me when you search for Me with all of your heart.’ ” He’s not very far away—however far away your nearest Bible is. If you really want to get to know God better, ask Him for help. The devil is never more afraid than when you drop to your knees and pick up God’s Word.

If you’re not part of a weekly Bible study group, I’d like to encourage you to join one. Just take an hour, once a week, to get together with others of like faith and read the Word of God together. It will do wonders for your spiritual health. Not only is it a great means of strengthening and fortifying your own soul, but it has tremendous evangelistic potential because you’ve got friends and neighbors whom you could bring.

Yes, it’s a cold and dark world out there, and it’s easier to get lost in it than it would be under the North Pole in a nuclear submarine. But God has given us a never failing gyrocompass in His Word, and if we read it—with a desire to follow it and know the God who inspired it—we will have a sure guide, one that will never let us go astray, and one more powerful and effective that all the nuclear submarines in the world.

---

**Messianic Event** | **Old Testament Prediction** | **New Testament Fulfillment**
---|---|---
Born in Bethlehem | Micah 5:2 | Matthew 2:1
Born of a virgin | Isaiah 7:14 | Luke 1:26–31
From David’s line | Jeremiah 23:5 | Revelation 22:16
Attempted murder as a baby | Jeremiah 31:15, 16 | Matthew 2:13–18
Betrayed by friend | Psalm 41:9 | Matthew 26:25, 34
Betrayed for 30 silver pieces | Zechariah 11:12, 13 | Matthew 26:15
Death by crucifixion | Psalms 22; Zechariah 12:10 | Mark 15:15
Clothes gambled for | Psalm 22:18 | Matthew 27:35
Bones unbroken | Exodus 12:46 | John 19:31–33
Buried in rich man’s grave | Isaiah 53:9 | Matthew 27:57–60
Day, year, hour of death | Daniel 9:26, 27; Exodus 12 | Matthew 27
Resurrection after 3 days | Hosea 6:2 | Acts 10:40

---

In response to the new *Da Vinci Code* film, which portrays an unbiblical relationship between Mary Magdalene and Jesus, Pastor Doug’s book *At Jesus’ Feet*, which tells the real story behind Mary’s salvation through Christ, is being reissued with a brand-new cover and title. Look for it soon and be ready to share it with every one you know!
On a recent flight to Texas, I picked up the airline’s promotional magazine for a quick look to pass the time. But quite unexpectedly, it had an article on India. What caught my eye especially was the opening quote from a local travel guide: “It’s hard to get people to visit the first time, but it’s easy to get them to come back.”

Having taken teams and put together evangelistic meetings in India on multiple occasions, I can testify to this truth. The sights, the smells, and sounds all speak of an often harsh environment—all in a land where Satan has distorted or erased the idea of a loving God. So why would I agree with the guide’s assessment? For one simple reason: the people! Once you travel to India to work in behalf of God, you find yourself walking through villages that probably aren’t much different than the villages Jesus walked through 2,000 years ago. As He brought salvation through word, deed, and prayer, the Bible speaks of times when those seeking Jesus could not get near Him “for the press of the people.” They were so hungry for truth the Lord could feed them that they crowded as close to Him as possible.

That’s the way it is in India today! I have at times wondered if I would be able to get through the pressing throngs in order to simply take a breath. Still, it has actually been a blessing to know what Jesus experienced, as the people always found Him because they hungered and thirsted for His words of life.

So I’m not complaining … no, quite the contrary! India is one of the few places on the planet where you can participate in an outpouring of the Holy Spirit so pure and true that the people will respond to it like fresh rain during a long drought.

Who would want to miss that?
It has been one of the most wonderful privileges of my life to minister—just as Jesus did in the dusty villages so long ago. Actually He still is ministering to these places, but now He’s doing it through each one of us who chooses to “go.”

Partake in His Work
You can become an integral part of our soul-winning team either through prayer, financial support, or even in person as Pastor Doug Batchelor travels to India this November for IndiaNOW! This massive evangelistic outreach is happening just in time, as the door to evangelism there seems to be closing.

However, we’re not only conducting soul-winning evangelistic meetings, we’ll also be helping to improve the quality of life through multiple medical clinics. Each day, visitation teams will travel to area villages, greet people, and share the love of Jesus. You’ll have the opportunity to physically bless the villagers and also pray for them and invite them to the nightly meetings.

Delight in this picture: Just as night falls, thousands come by car, truck, bus, and foot to hear the gospel preached. You have already met many of them in their village that day and perhaps even treated them for an ailment, and now they have come for spiritual healing, smiling as you are there to greet them and pray for them as their brand-new spiritual life begins.

Today we have a great need for medical professionals to provide health services and medicine in the villages we are targeting for our evangelistic outreach. Our Spirit-led medical teams, coordinated by the newly formed AMEN medical mission group, will visit people in villages on the days when the ministry teams are not in those particular villages. Both teams will participate in the evening evangelistic meetings, joining together to touch thousands of lives in a unique and powerful way.

Officially there is no caste system in India, but the reality is that it still exists and keeps people from understanding the nature of God. For the most part, you will be ministering to those stigmatized by a very low caste classification. Your heart will feel something extraordinary when you share your talents, your love, your faith, and yourself with them. They will “light up” and absolutely see Jesus Christ in you. You will become the tool Jesus works through to bring salvation to them!

We need doctors and nurses, but space is limited, so please contact us soon—today if possible. We need willing workers for the Lord in this most urgent time in human history. Amazing Facts needs you, and the good people of India, still lost in spiritual darkness, need you too. You’ll fall in love with India when you get there, and you’ll want to go back. So take the leap of faith, and see how God will richly bless you!

E-mail us today at jodig@amazingfacts.org or call 916-434-3880, ext. 3052.
Why did God order the genocide of the Amalekites, including the women and children?

Many are perplexed by what appears at first glance to be a paradox in God’s actions and character. He commands us to love and forgive one another, even our enemies. And one of the Ten Commandments tells us not to kill (Exodus 20:13). So is what God commanded against the Canaanites and Amalekites a contradiction?

First, the sixth commandment word “raw-tsakh,” translated as kill in the King James, has a deeper meaning that just “to kill.” According to Strong’s Concordance, it applies “especially to murder.” Christ bears this out in Matthew 19:18 when He says, “You shall not murder.” Perhaps Matthew Henry explains it best: “It does not forbid killing in lawful war, or in our own necessary defense, nor the magistrate’s putting offenders to death, for those things tend to the preserving of life …” This explains how David could be a man after God’s own heart and still be honored for his courage in killing Goliath.

Regarding the command to eradicate these nations, I believe that God had to order it because their influence left unchecked would ultimately lead to the death of many more innocent people. It’s helpful to keep in mind that nations like the Canaanites engaged in human sacrifice, even offering their children to devil gods. (See Deuteronomy 12:31.) Additionally, not only did God use Israel’s might to punish evil nations like these, He used the Babylonian, Assyrian, and Egyptian kings to punish Israel. God will often use human forces to mete out His discipline.

It’s an imperfect illustration, but often, infected cattle or poultry are destroyed for the purpose of stopping an epidemic and saving vastly more livestock. Likewise, left unchecked, these nations would have plagued the world with such depravity that they simply were not redeemable. So as much as it broke the heart of God, the order was given to eliminate these infected nations.

The Consequences of Failure

The Amalekites were a source of constant woe to Israel. Shortly after the Israelites left Egypt, the Amalekites attacked the weary people, slaughtering the weak and elderly (Deuteronomy 25:18). Even the Babylonians had a bad opinion of them, calling them “Khabbati,” or “plunderers.” The Amalekites and Canaanites, among other nations, practiced child burning, torture as public entertainment, and sexual immorality as sport.

The Israelites later avenged the attack and defeated the Amalekites, but failed to completely eradicate the nation. Israel was then plagued with continuous Amalekite raids (Exodus 17; Numbers 14:45; 1 Samuel 15:2 ). We can safely assume that God knew Amalekite descendants would always bear rage against His people. In the book of Esther, Haman the son of the Agagite, who was an Amalekite king, sought to exterminate all the Jews. Even today, the name Amalek is a symbol for hatred against Jews. How different things might be had Israel obeyed God to the letter!

You should also remember the story of the Ninevites. God was warning them through Jonah to change their ways or be utterly destroyed, and they repented. God deals far more justly and mercifully than most people are willing to admit.

No Easy Answers

This is a very difficult issue. Honestly, I don’t always understand God because I’m not God. But at the same time, I trust God that He is just and that He is love. We serve a sovereign and eternal God who knows better than we do, and though we now look at Him through a glass darkly, one day will come when we will have clear answers. Remember that God’s ways are higher than our ways and His thoughts are higher than our thoughts (Isaiah 55:9; Romans 11:33–36). We have to be willing to trust God and have faith in Him even when we do not understand.

Often, questions like these aren’t honest. Rather than seeking an answer to help them believe, many skeptics use it as a weapon to discourage belief. It is certainly not a new question. It also presumes that God is incompetent or not wholly sovereign. They say, “I wouldn’t do anything like that, so God shouldn’t either.” But the framework of the Bible is that God is indeed sovereign, just, and competent, which is exactly why writers left the story in. God wasn’t hiding, and He’s hoping people come to Him for the answer.

Yet a genuine question deserves a genuine response, and I hope I’ve given you some helpful nuggets of wisdom to answer a truly difficult question. Quite simply, for God’s faithful, it is a matter of trust. Yes, we know that God is good, that He wants the best, but ultimately, we have to trust Him.
Amazing Facts
Center of Evangelism

The Empowered Church is an exciting program designed for churches that want to take their outreach efforts to the next level. Beginning with a weeklong intensive training course, participants get expert instruction on church regeneration, discipleship, and evangelism. In addition, churches can receive a personalized growth assessment, an evangelism implementation plan, discipleship training, resources, coaching, and much more. Amazing Facts can help you ignite revival and growth in your church ... so why not get involved today in helping your church reach its evangelistic potential?

www.empoweredchurch.org

916-434-3880 EXT. 3049

Call us for a free informational DVD!

To enable every church to participate in The Empowered Church program, 3 levels of involvement are offered.

Level One Churches receive:
• One-week intensive training course
• Evangelism implementation plan
• Discipleship training resources

Level Two Churches receive:
• Everything level-one churches receive
• Revival weekend
• Two years of coaching
• Personalized church growth assessment

Level Three Churches receive:
• Everything level-two churches receive
• A skilled Bible worker for six months
• Free tuition for any AFCOE intensive

The Empowered Church is an exciting program designed for churches that want to take their outreach efforts to the next level. Beginning with a weeklong intensive training course, participants get expert instruction on church regeneration, discipleship, and evangelism. In addition, churches can receive a personalized growth assessment, an evangelism implementation plan, discipleship training, resources, coaching, and much more. Amazing Facts can help you ignite revival and growth in your church ... so why not get involved today in helping your church reach its evangelistic potential?

www.empoweredchurch.org

916-434-3880 EXT. 3049

Call us for a free informational DVD!

Amazing Facts
Center of Evangelism

Complete 4-month Course
August 3 - November 29, 2006

This dynamic, comprehensive course 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!

Save $250 on tuition!
Apply by April 6, 2006.
Application Deadline:
May 22, 2006

CALL TODAY!
916-434-3880, ext. 3049 or online at www.afcoe.org

Gain confidence
Reach the heart
Teach compellingly
Preach powerfully
Amazing Facts is growing as God opens new doors to reach millions with the gospel. With your help, these new projects will reach hearts with the love of Christ and, with the Holy Spirit’s power, grow His kingdom exponentially.

Project: MAP—Most Amazing Prophecies
In September, Pastor Doug Batchelor will present MAP: Most Amazing Prophecies from Andrews University in Berrien Springs, Michigan. This brand-new prophecy series will intertwine the salvation message with the Bible’s greatest prophecies, with incredible free resources that will change hearts and minds. Millions of lives will be touched!

Funding Goal: $500,000
Storehouse: $0

Project: New Television Program and Broadcast Expansion
We’re developing a new weekly, 30-minute television program featuring Pastor Doug’s best sermons and making them available to a much bigger audience than ever before. The new packaging will appeal to today’s viewer, with new, eye-grabbing graphics and more focused ministry promos that will present Amazing Facts as an awesome Bible resource warehouse!

Funding Goal: $3,000,000
Storehouse: $27,796.21

Project: Prime Time Final Events DVD Commercial
Amazing Facts’ goal is to advertise The Final Events on a major network, offering millions a free copy of the DVD. This will get this life-changing documentary and Bible study resource into the hands of an entirely new audience. Imagine countless people around the country learning the last-day message for the first time and being able to make an informed, intelligent decision for Christ!

Funding Goal: $500,000
Storehouse: $42,272.37

Project: Great Controversy DVD
With the evangelistic success of Final Events, Amazing Facts will produce a documentary based on the classic The Great Controversy. Though still early in development, we need to raise funds today to help inform potential millions about God’s incredible master plan of redemption for the human race. It’s a great way to share the remnant church’s message before the return of our Lord!

Funding Goal: $1,500,000
Storehouse: $0

Project: IndiaNOW!
In November, Amazing Facts will embark on an incredible soul-winning mission to India to share the good news of Jesus in a land experiencing increasing Christian persecution. Still, the people there are eager to learn about Christ, and we are expecting to baptize more than 20,000 souls while also building new churches and offering pastoral training. Help us share Christ to millions before the door closes forever!

Funding Goal: $1,300,000
Storehouse: $112,599.57

Inside Report March/April 2006

Amazing Facts is growing as God opens new doors to reach millions with the gospel. With your help, these new projects will reach hearts with the love of Christ and, with the Holy Spirit’s power, grow His kingdom exponentially.
National Geographic Interviews Pastor Doug

On February 11, a film crew from the National Geographic Media Department arrived at Sacramento Central Church for an in-depth interview with Pastor Doug regarding the book of Revelation. Their purpose is to discover why a book written so long ago is still considered so relevant today.

Pastor Doug was brought to the crew’s attention by the high level of internet traffic directing them to the Amazing Facts website. The Associate Director said that Doug was chosen because of his “wide appeal and hopeful way of communicating,” as well as his “reassuring and inspiring manner of speaking.”

The interviewer asked hard-hitting questions about the rapture, the tribulation, the Antichrist, the lake of fire, and the various apocalyptic symbols throughout Revelation.

Pastor Doug says that he “truly sensed the prayers of God’s people” as he answered the broad spectrum of questions without the aid of his Bible because they did not want him reading. After the interview, the director confided that the answers Pastor Doug had given made more sense to him than anything else he had heard so far.

The title for the 60-minute documentary is The Riddle of Revelation, though that may change by the time it is broadcast on the international National Geographic channel. An exact broadcast date is not yet known; however, it is expected to air sometime in the summer.

The producers also flew Pastor Doug by helicopter to his old cave for an even more extensive interview about his testimony! Pastor Doug adds, “Please continue to pray that as the editing process takes place, the final product will bring glory to God and help people recognize the truth.”

Amazing Facts to Broadcast on PAX

Amazing Facts has recently reached an agreement to air our television programs on the PAX network on Monday mornings, from 6:30 to 7 A.M. This is an extraordinary opportunity to shine the end-time truth into many more homes, as PAX has a potential audience of 91 million people and includes broadcasters in the top 20 markets in the nation, plus 35 other major markets. Satellite providers include DirectTV and Echostar. So spread the great news to friends and family who need to hear the Word of God!

ABC Australia

During the recent National Religious Broadcasters convention in Dallas, Texas, this past February, Pastor Doug gave an interview to a secular television program called Enough Rope, which broadcasts on the Australia Broadcasting Network. Popular host Andrew Denton has interviewed celebrities, world dignitaries, and even U.S. presidents.

He asked penetrating questions relating to the application of prophecy in our world and in our own lives and how the events in the Middle East relate to the Bible. Enough Rope is a weekly prime-time interview show on free-to-air television. Pray that millions there will see the broadcast and be moved to find Amazing Facts and explore the Bible more fully!

Ten Commandments Day Broadcast

Pastor Doug Batchelor will participate in 3ABN’s Ten Commandments Day on May 5 and 6. 3ABN will uplink to Central Church. Special events on 3ABN will start on Friday, May 5, at 7:00 P.M. (ET) and continue through Sunday, May 7. Says Pastor Doug, “I’m honored to be a part of this special event that will focus on the significance of God’s law in our lives as Christians today.” The event will coincide with the Ten Commandments Day celebration by churches and congregations across the nation on May 7.

Explains 3ABN, “Speakers will be addressing each of the Ten Commandments of God and showing how His love is woven into each one, and how to live victoriously through Jesus Christ.” Check our website or 3ABN for more updates as they develop and be a part of this exciting event!

Also, be sure to check out the May/June Inside Report, a special issue dedicated to the Ten Commandments.

Final Events on 3ABN

The Final Events of Bible Prophecy will get its television premier on 3ABN Presents LIVE on April 27! Producer Douglas Garcia will provide a behind-the-scene look at the making of the documentary and other insightful commentary. Be sure to tune in to watch this groundbreaking program that has sold more than 500,000 copies!
The Illustrated Guide to Bible Prophecy
By understanding biblical history and current events, we will be able to stand in the coming day of crisis. This study of Daniel and Revelation presents a brief explanation of important biblical prophecies and vital truths with illustrations. A great resource for group Bible study, evangelism, prison ministries, and witnessing.
BK-IGBP ... $6.96

Feast Days
Dr. Herbert E. Douglass. Should Christians be keeping the ancient Jewish feast-days? Get a direct, biblical answer that is driving a wedge between otherwise well-meaning Christians. You’ll learn the truth, according to the Bible alone. This provocative and timely work will challenge you no matter where you stand on the issue.
BK-FD ... $3.95

Rome Stoops to Conquer
Dr. E. Boyd Barrett. The United States is being transformed into a different kind of nation! This eye-opening, stunning classic outlines the past, present, and future struggles of a wounded church eagerly struggling to become the preeminent religious world power again. You’ll learn how she is achieving her aim by manipulating the press, influencing our politicians, and using propaganda.
BK-RSTC ... $14.95

Advindication
Doug Batchelor. Defends the key doctrines of God’s last-day church, including obedience, Sabbath, the Spirit of Prophecy, health principles, and more.
BK-ADVIN ... $9.99

What Catholics & Protestants Should Know
J. H. Meier. Is unity for Catholics and Protestants good ... is it even possible? Understand fully the divisive differences of two churches and discover why the Bible as the final authority is the only bridge across the gap.
BK-WCP ... $11.95

Search for the Immortal Soul
Daniel Knauft. Learn the truth about the state of the soul and how Bible-believing Christians have been fooled into accepting a lie. This brief but thought-provoking book will challenge you to reexamine everything you’ve always believed about life and death and what it means to be wrong about it.
BK-SFIS ... $9.95

Magnificent Disappointment
C. Mervyn Maxwell. At the stroke of midnight on October 22, 1844, the hope of many Christians was shattered. But they had reason to rejoice! Understand the significance of what has come to be called the Great Disappointment, but is really just the start of the culmination of our greatest hope.
BK-MD ... $19.99

Jesus Only: Paul’s Letter to the Romans
Erwin R. Gane. Explore every exalted spiritual idea of Paul’s great letter to the Roman church by first understanding the man himself and the times in which he lived and wrote. Then step-by-step, chapter-by-chapter, you’ll come to grips with the life-changing yet practical doctrines that transformed a persecutor of God’s church into the most devoted, unflinching follower of Christ.
BK-JO ... $11.95

Ecclesiastical Megalomania
John W. Robbins. Learn how the church of Rome is subtly destroying the values necessary to preserve a world free to worship by its own conscience. Highly recommended, scholarly work for anyone interested in preserving liberty!
(Hardback) BK-EMEG ... $21.95
The Man Who Lived Twice
Stanley Maxwell. From a reeducation camp in Communist Vietnam, in a place where severe torture and pain often challenges faith, comes the story of one faithful man’s conviction and miraculous deliverance. A powerful witness that will inspire and strengthen your faith.
BK-MWLT ... $14.99

The Last Train Out
Wellesley Muir. The incredible true story of a tireless missionary whom God used to change countless lives in Germany and the USA to the jungles of South America. Every harrowing struggle and inspiring success will reveal to you how God prepared a wandering stranger to live a life less ordinary.
BK-LTO ... $13.99

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

God’s Nutritionist
An extraordinary look at the incredible health writings of Ellen White, whose insight on vegetarianism and dairy products were well ahead of her time and supported with current scientific research. A must-have gem that will transform your life and health!
BK-GN ... $16.95

The Discovery of Genesis
C.H. Kang and Ethel R. Nelson. Were the ancient Chinese a remnant of the Tower of Babel, clinging to their belief in one God, forced to seek refuge in the East by persecuting nonbelievers? Unravel this exciting mystery in this investigation that explores the amazing Genesis code in Chinese writing.
BK-DG ... $9.99

A Life of Simplicity
Jim Hohnberger. So many people have their eyes only on the American dream, and now they’re trapped inside the rat race. Learn how to put God and family before the other things in life so you can experience the life you were meant to have.
BK-LOS ... $0.95

Escape to God
Jim Hohnberger. The pursuit of the American dream robbed them of an authentic walk with God, so the Hohnbergers left the rat race behind to search for genuine spirituality and a simple life. Inspiring and challenging look at how to live for God’s glory.
(Hardback) BK-ETGH ... $16.99

Born to Die
E.G. White. So many have heard about the babe born in Bethlehem 2,000 years ago, yet few really understand the depths of His beginnings. Now this beautifully crafted volume taken from the classic The Desire of Ages will give you a breathtakingly detailed portrait of the early years of Christ. A remarkable journey that will change your life. Great for sharing with those who want to know more about Jesus.
BK-BTD ... $4.98

The Heart of the Rose
Mabel A. McKee. A touching story of purity that will help young and old make the commitment to await God’s timing in the pursuit of a lifelong relationship.
BK-HOTR ... $3.95

Coming: The Latter Rain
Thomas A. Davis. Are you ready? Are you sure? This heart-searching, challenging journey explores the experience each Christian needs if he is to experience the blessings of the coming latter rain. Shows how our unreserved response is needed before God can proceed in our sanctification.
BK-CTLR ... $11.95
The Basket of Flowers
*Christopher von Schmid.* The incredible true story of James Rode who chose the life of a gardener rather than a wealthy life in the king’s court. When his daughter is wrongly convicted of theft, his constancy in faith will strengthen your own. A great character-building book for the whole family.

**BK-BOF ... $5.95**

Basics of Parenting
*Sally Hohnberger.* Being a parent in today’s culture is no easy task. But now you can get practical, life-changing advice that will not only bring your house in order, but also bring your entire family closer to one another and to the Lord. An amazingly simple but effective resource!

**BK-BOP ... $0.95**

Youth, Do You Dare
*Colin D. Standish.* What’s your purpose in life? How do you avoid the pitfalls of sin? What do you look for in a spouse? If you are a young person or know a young person seeking honest, practical answers to the challenging questions facing our youth today, then this is a perfect resource for you!

**BK-YDYD ... $9.95**

Education CD Set
One of the world’s most treasured guides on educating children is now available on audio-CD! Get a penetrating look at true education with the ultimate goal for all to understand more about God. Full of tremendous guiding principles that every parent, student, teacher—and everyone else involved in educating our children—can use in the great school of life.

**CD-EDU ... $39.95**

Messages to Young People Study Guide
*E.J. Dold.* Children growing up today are under attack from every direction—from violent video games, to sensual clothing, music, and films. This powerful, convicting study guide will challenge them to glorify God even under intense peer pressure, preparing them for eternity.

**BK-MYPSG ... $12.95**

The Young Folks’ History of the Sabbath
Travel back in time with James Arrabito and his kids as they learn about the fascinating true stories of people who preserved the seventh-day Sabbath. An exciting DVD that includes a bonus program!

**DV-YFHS ... $22.95**

Tiger and Tom Audio CD set
This audiobook collection of 36 stories especially for boys will help build up strong characters that will serve them for a lifetime. Excellent narration on 4 CDs that you can take anywhere! (Companion to *The King’s Daughter.*)

**CD-TAT ... $14.99**

The King’s Daughter Audio CD set
This audiobook collection of 46 timeless stories especially for girls will help build up strong characters that will serve them for a lifetime. Excellent narration on 4 CDs that you can take anywhere! (Companion to *Tiger and Tom.*)

**CD-KD ... $14.99**

Livingstone: The Pathfinder
*Basil Matthews.* Your children will love this exciting and inspiring story of David Livingstone’s quest to be a medical missionary and his many adventures serving the Lord.

**BK-LTPA ... $8.95**

**CALL TODAY!**

<table>
<thead>
<tr>
<th>If items ordered total:</th>
<th>Add for shipping and handling</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0 to $25.00</td>
<td>$6.25</td>
</tr>
<tr>
<td>$25.01 to $50.00</td>
<td>$9.25</td>
</tr>
<tr>
<td>$50.01 to $99.99</td>
<td>$13.50</td>
</tr>
<tr>
<td>$100.00 &amp; up</td>
<td>15% of total</td>
</tr>
</tbody>
</table>

California residents please add 7.25% sales tax. For orders shipped outside the USA, add 22% of subtotal (minimum $9.50) for additional foreign postage.
Teach Us to Pray
Doug Batchelor. Following the formula given by the Lord, Pastor Doug explains the crucial elements of powerful and effective prayer. (Audio CD) CD-TUTP ... $10.95 (DVD) DV-TUTP ... $24.95

Keys for Answered Prayer
Doug Batchelor. God hears and yearns to grant the requests of His people. Learn how to pray biblically, effectively, and with power and see changes in your life that you never thought possible. (Audio CD) CD-KAP ... $10.95 (DVD) DV-KAP ... $24.95

‘05 Revive DVD Set
Author and evangelist Pastor Doug Batchelor breaks the Bread of Life in 10 powerful messages designed to bring revival and restoration to not only church members, but also to those who no longer worship with us. These timely, biblical messages will help you draw closer to God and help others recognize their need to become an active part of God’s family. Comes with the book To Live in His Sight. DV-REV5S ... $99.00

Consecration
Enjoy these timeless hymns of devotion that will bring you closer to God. Features 12 soothing, inspiring classics, including “Give Me Jesus,” “Nearer, Still Nearer,” “Have Thine Own Way Lord,” “I’d Rather Have Jesus.” CD-CON ... $15.95

Worthy Is the Lamb
Enjoy and be blessed with the sounds of The Three Angels’ Chorale praising the Lamb of God. Includes “I’d Rather Have Jesus,” “All That I Am,” and 12 more inspiring songs. CD-WIL ... $15.95

J.N. Loughborough and the 3 Cent Silver
C. Mervyn Maxwell. This riveting audio-CD tells the story of John and Mary Loughborough, who God drew low and then raised up when they finally accepted His call into ministry. A faith-building and uniquely presented message perfect for Sabbath listening. CD-JNL ... $9.98

Seventh-day Adventists: Cult or Christian?
Doug Batchelor. Who are the Seventh-day Adventists? Are they Bible-believing or a cult leading millions astray? Find out what their teachings on salvation, obedience, Jesus, health, baptism, and more reveal about their place in Bible prophecy. (DVD) DV-E2323 ... $16.95

Dolphins: Tribes of the Sea
This spectacular, beautifully photographed video takes you deep into the ocean to explore the incredible world of dolphins. See just how intelligent, clever, and intuitive these amazing creatures of the sea really are. You’ll see how and why dolphins interact with humans and how they are one of God’s most fascinating blessings to us. (DVD) DV-DTS ... $15.95

Health & Healing Crusade DVDs
Receive a tremendous spiritual and physical blessing with this informative health series featuring world-renowned speakers. Overcome food addiction and understand the effects of meat on your health in these two important videos.

The Role of Meat in the Human Diet
DV-RMHD ... $15.00

Breaking the Food Seduction
DV-BFS ... $15.00
After more than 35 years, the truths found in our Bible Study Guides are still reaching thousands through our Bible Correspondence and online schools. Indeed, our Bible schools continue to be the spiritual backbone of the ministry, a tour-de-force of spiritual food that resonates with those who have never read the Bible and with those who, for one reason or another, left the church in the past. Even current church members write how the course refreshes their understanding of Scripture, increases their faith in God’s Word, and prepares them to answer questions from seekers.

Teaching the Bible, and the Bible Alone

In a time when popular culture is doing everything possible to undermine Scripture, Amazing Facts remains steadfast in teaching the preeminence of God’s Word. The foundational pillar of our Study Guides is the Bible. In fact, students begin their studies with “Is There Anything Left You Can Trust?” which provides evidence for the reliability of God’s Word, a counterpoint to books like The Da Vinci Code that seek to undermine Scriptural authority.

Every Study Guide is replete with Scripture, taking students on a Bible odyssey that will unveil vital knowledge for eternal life. The course begins by introducing basic Bible concepts such as obedience and salvation through grace, and then leads students into advanced prophecy teachings. This logical, point-by-point structure enables even beginners to grasp important, life-saving truth in just a few lessons. The clear, simple presentations also make it easy for anybody to study, share, and understand God’s Word.

A Process That Works

The school’s staff, composed of regular employees and dedicated volunteers, grades each lesson and answer any questions students might have, often sending additional materials to enhance their study. After a lesson has been graded, students receive the next few lessons in the mail.

We strive to build positive relationships and encourage our students, relying on prayer and the Holy Spirit to take them to the next step in their spiritual growth. At the end of the course, the graduate’s contact information is given, at his or her request, to local likeminded churches to help foster fellowship and mentoring.

Several churches and individuals around the country use our Study Guides to conduct their own Bible schools for evangelism or to bolster new believers’ faith. And other friends run ads in local newspapers, send mailers, or pass out enrollment cards at local fairs or flea markets. And students can also enroll at our website and complete all 27 lessons on their computers. This efficient and cost-effective method offers the same content as the mail-based school, while enabling thousands more to learn key Bible truths without overly taxing our resources.

Today, more than 100,000 students, from prisoners to youth to pastors, are enrolled in our various Bible schools. Many have written to say they have learned more from our lessons than they have in their own studies over many years, and thousands have been baptized into God’s church as a result.

And every day of every year, the course is absolutely free—meaning these truth seekers rely on our friends’ generosity to help them learn truth. Our Bible school will continue to stand for Bible truth and will be an ongoing and successful tool in transforming lives and connecting people to Jesus in very personal and secure relationships.

More Ways to Support God’s End-Time Work

- You can now do more to further the gospel with even more giving options available! Do you have a non-cash gift you would like to donate to help reach souls lost in darkness?
- Amazing Facts gladly accepts vehicles, stocks, mutual fund shares, and real estate that we can convert into soul-winning resources.
- Call us at 1-800-436-2695, ext. 3029, and we’ll assist you with the paper work and how you can benefit with the best possible tax deduction.

“A friend gave the best gift a friend can give: your Study Guide #1. That guide alone has put me on the road that is narrow. Please send me the lessons to finish what God has started.” —New York

Amazing Facts Bible Study Guides teach students to trust the Bible and follow God’s Word.

Uplifting the Bible
In early September, Colin McClay ordered 100 copies of *The Final Events of Bible Prophecy* DVD and book set. He began wondering how he could possibly share every copy, but soon he was impressed to advertise the DVDs in *The Flyer*, a free family magazine distributed weekly throughout the Tampa Bay area. People use it mostly to advertise their personal items for sale, so when he placed the ad, he had no idea how well it would go. The ad appeared like this:

FREE–FINAL EVENTS Bible Prophecy DVD & book. 43 minute documentary leads you through end-time events, including signs of the end, the rapture, Christ’s return, & more! Call [phone number].

The results have been absolutely phenomenal! Colin reports, “From the outset, my phone was ringing off the hook. I averaged about 25 calls per week, with requests from as faraway as California and Montana. “When people called, they were very interested in the events occurring in the world today, and they wanted to know what the Bible has to say about it. There is extreme interest in the Final Events DVD because people are truly hungering for truth in God’s Word! In fact, a lot of people were worried that I had already run out of DVDs as they were so anxious to get a copy. They were so relieved when I told them I had more available. Some even requested multiple copies to share with others.”

“Two people called back after watching the video to tell me how much they enjoyed it, and then requested additional copies for co-workers, family members, and neighbors who are not Christians. One lady even sent a thank-you card that reads, ‘Thank you so much for your ministry. *The Final Events DVD* really blessed my life.’

“Another lady told me that she’s watching the video with several non-Christian friends, who are totally enthralled by what they’ve seen. She requested two more copies and said she was thrilled because the documentary brought Bible prophecy to life. She was especially pleased with the way Bible texts run throughout the video. She lamented that so many people today, including most Christians, don’t really know what the Bible says about end-time events because they don’t read the Bible.

“Three people requested not only the DVD and book, but also ‘anything else religious’ that I could send them. One man indicated that he was not religious at all but wanted to know God. Another said he had read the Bible through three times and is extremely interested in the book of Revelation, but finds it very difficult to understand. So along with the DVD, he asked if I could send him anything else that would help him understand the Bible and Revelation in particular. He also listens to a Christian radio station that discusses prophecy, but he doesn’t agree with everything they say and is searching for the truth from God’s Word. These calls will often lead to deeper spiritual conversations too! I sent him, and others who request them, more prophecy information, a *Steps to Christ* book, a *Hidden Truth* magazine, and Doug Batchelor’s ‘Revelation’s Rapture’ audio CD.”

“When people call, I take their names and addresses and mail them the DVD. I also include a Bible study card that tells them how they can mail in, call a toll free number, or go on the internet to request Bible studies. My total investment for the effort (including DVDs/books, advertising, envelopes, postage, scotch tape, and gas) has been around $500. It is the best $500 I’ve ever spent! Plus, I now have a list of names that I can send out flyers to when there is a nearby evangelistic event, such as The Prophecy Code, they need to know about!

“This effort has been a great blessing! I am thankful for the opportunity to participate in His work by sharing the gospel with a world that is rapidly coming to a close. I also thank Doug Batchelor and Amazing Facts for touching lives through television, radio, the internet, books, magazine, videos, and so many other ways.

“I hope that others will be inspired to do something similar in their communities, because people are searching for answers. The *Final Events* is a terrific witnessing tool that people just love. We must take advantage of this opportunity while the door is still open!”
You are invited to meet the members of Amazing Facts evangelism team at any one of the following locations—and please invite a friend! This schedule is subject to change without notice, so please call Amazing Facts to confirm appointments or get more information.

**Doug Batchelor**

May 5, 6
Ten Commandments Day
3ABN

Summer Camp Meeting Schedule
June 2, 3 — Lake Junaluska, North Carolina
June 9, 10 — Glorieta, New Mexico
June 23, 24 — Cedar Lake, Michigan
July 6-9 — Sweden

**Lowell Hargreaves**

April 14 – May 20
El Dorado, Kansas
Call 316-321-5070 for details.

**Tyler Long**

April 21 – May 27
Best Western Hotel
1250 Halyard Drive
West Sacramento, California

**Emanuel Baek**

April 14 – May 20
Sheboygan, Wisconsin
Call 920-451-9278 for details.

**Brian McMahon**

February 24 – April 1
Hendersonville, North Carolina
Call 916-434-3880 for details.

**John Bradshaw**

April 14 – May 13
Fresno Academy
5397 East Olive Avenue
Fresno, California

**Jason Morgan**

March 31 – May 6
Waldorf, Maryland
Call 301-645-8835 for details.

**Byron Corbett**

April 14 – May 20
Colorado Springs, Colorado
Call 916-434-3880 for details.

**Jack Pefley**

April 10 – June 3
Northern California and Nevada-Utah Conferences
Call 916-434-3880 for details.

**Eric Flickinger**

April 14 – May 20
Seminar Auditorium
6245 Monticello Road
Shawnee, Kansas

**Dennis Priebe**

March 17, 18 — Hollywood Spanish Church, California
March 24, 25 — Los Angeles-Lincoln Heights, California
March 31, April 1 — West Hollywood Spanish Church, California
April 7, 8 — Loma Linda Korean Church, California
April 14, 15 — Loma Linda Advent Hope Church, California
April 21, 22 — Mentone Church, California
April 28, 29 — Ardmore Church, Oklahoma

**Adam Ramdin**

April 14 – May 13
Grayson County Chamber of Commerce
Seminar Hall
425 South Main (Rt. 259)
Leitchfield, Kentucky

July 21 – August 19
Owasso Best Western
7653 N Owasso Expressway
Owasso, Oklahoma

**PLEASE NOTE:** If you would like to schedule an Amazing Facts evangelistic series or a weekend of revival meetings in your church, please contact the evangelism department at Amazing Facts by phone at 916-434-3880 or by mail.
I stood just out of sight behind the baptismal tank as Ron and Cindy stepped into the water to commit their lives to Jesus. I thought back to the time, just a few months earlier, when I had met them for the first time. They sat with me in their living room eagerly listening as I studied with them from the Bible week by week. I had never seen anyone else absorb the truth from the Word of God as they did. They grew up knowing little about God. However, they both knew that somewhere there was a God, but that wasn’t enough for them. They spent their lives searching for Him in many different places, people, and religions. Then, because of health reasons, they found themselves at the Weimar Institute, where they not only found new ways of staying healthy, but also a place where the people followed Jesus in every way. Shortly after, they began attending our AFCOE evangelistic meetings presented by evangelist Brian McMahon. They accepted every new truth presented and were baptized this past November!

Ron and Cindy are just two of the 38 people who were baptized as a result of our meetings. As AFCOE students, we spent hours each week knocking on doors, giving Bible studies, and sharing with those of the world about the One who died for them. Yes, we found many who were not interested in what we had to offer, and some were even hostile. But when we came to those who were open to heaven, every shut door and discouragement was more than worth it. They joyfully gave up their worldly habits and lifestyles, forsaking all to follow Jesus.

As we watched our contacts, whom we had come to love and plead with God for, commit their lives to Jesus through baptism, we felt emotions that cannot be put into words. We knew that there was no better thing for us to do than work for the salvation of someone else. We will always look back on my AFCOE experience and remember what it means to empty myself and be filled with the Holy Spirit. He used even me to be a channel in which to “seek and save the lost.”

This letter comes from Elizabeth, a new Christian who was baptized as a result of Eric Flickinger’s prophecy seminar in Salinas, California.

I have been looking for God for some time, and now, I found Him with the help of an Amazing Facts prophecy seminar. I didn’t know what to expect, but I ended up understanding my Creator, Jesus Christ. I am now at peace and more Jesus-focused.

Evangelist Eric Flickinger and his wife Hildelisa are proof-positive that God delivers His message, especially to someone like me who was lost and confused when it came to the Word of God. I am thankful for Amazing Facts for deciding to come to this little town. Eric’s delivery method is succinct and to the point, and my only wish is that they could have stayed a little bit longer. I thank God for allowing me to partake in Eric’s nightly messages on the Word, which penetrated my heart and soul.

I am grateful that the Holy Spirit did not give up on me, teaching me, guiding me, convicting me, and now uniting me with others who have also found Jesus Christ. The local church pastor and congregation are supporting this new Christian’s walk. I am also thankful that his church welcomed Amazing Facts to come, because I have learned so much on what the Bible actually says. I am now convinced that the Bible has the answer to everything, just as Eric said it does. For the first time in my life, I opened the Bible and read it. And with the help of the Holy Spirit and Amazing Facts, I actually understood it. In four weeks, I feel as though I’ve been through a metamorphosis, and I am now a brand-new child of God. “Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven” (Matthew 18:3).

I’ve decided to surrender my heart, my soul, and my life to Jesus who is my true Friend. I know that my life is not going to be a “walk in the park” from now on, but with Jesus, all things are possible. I feel like a child in a candy store. I can hardly wait to hear and read the next message from God to me. I am beginning a new relationship with Jesus Christ in order to grow and live according to His ways.
Murder, coded messages, intrigue, suspense, and a race against time to discover the world’s best-kept secret—Dan Brown weaves all these elements together in his bestselling thriller *The Da Vinci Code*. And if the 30 million books sold are anything to go by, the movie adaptation is also sure to be a blockbuster success when it is released in May.

Yet what is surprising is that this obviously fictional work is being taken so seriously as a real explanation for the life of Jesus and the history of the Bible. Perhaps it’s because the novel begins with a single word: “FACT.” Shortly afterward, Brown writes, “All descriptions of artwork, architecture, documents, and secret rituals in this novel are accurate.”

Nothing could be further from the truth! Not only are there gross historical errors throughout the book, but what Dan Brown calls “the greatest mystery of all time” turns out to be a sinister fiction. By couching his hypothesis in the distinguished voices of a British royal historian and a Harvard professor, Brown lends an air of undeserved authenticity to his fantastic claims.

The characters of the book discover that not only was Jesus “mortal,” but also that he married Mary Magdalene and had a daughter whose descendants live among us today. The sources of this information are supposedly a secret society and the discredited Gnostic gospels, which give the “true” picture of the historical Jesus. In addition, paintings of Leonardo da Vinci are portrayed as coded messages that indicate that Mary Magdalene and not John was the beloved disciple, and that it was she and not Peter whom Jesus intended to take over the leadership of the church. Because John is painted without a beard and sitting close to Jesus in the picture of *The Last Supper*, the characters in Brown’s book claim that Leonardo really intended this to be Mary Magdalene!

The book is nothing more than an open attack against the deepest beliefs Christians hold. It strips Jesus of His divinity, destroys faith in the Bible, and invents a false history of Christianity. But what is the truth?

**The Council of Nicaea**

Brown’s book claims that in A.D. 325, a group of bishops rewrote history in a meeting convened by the newly converted Roman emperor Constantine. Constantine wanted to unify his empire, and the bishops sought greater control of the church. To achieve their objectives, according to Brown, they introduced two new claims: Jesus was divine, and the Bible was infallible.

Brown mixes together an ounce of historical fact with a pound of speculative fiction to form a potent brew of semi-realistic heresy. Indeed, it is correct that there was a council of Nicaea and there were power plays in the empire, but these did not change the divinity of Christ nor the authority of the Bible. For instance, Brown’s Professor Teabing asserts that before the council, the majority of bishops overruled Arius’ belief that Jesus was a mortal prophet by a “relatively close vote.” Brown neglects to mention that Arius believed that Jesus was God’s supreme creation. He also believed that Jesus was sinless, that He created the universe, and that He was much more than a mere man.

Still, the “relatively close vote” was actually 316 to 2! There is abundant evidence that Jesus was regarded as divine in both the New Testament and in early Christian writings (see box on page 26).
In commenting on *The Da Vinci Code*, National Geographic sums up the evidence: “Brown’s assertion that the divinity of Jesus Christ was an invention by the Roman emperor Constantine in A.D. 325 is widely dismissed by scholars—Christ’s divinity had already been described in the New Testament.”

**The Origin of the Bible**

According to a character in *The Da Vinci Code*, “The Bible is a product of man, my dear. Not of God. … The Bible as we know it today, was collated by the pagan Roman emperor, Constantine the Great” (231). This is pure fiction. There is plenty of evidence that the canon (list of authoritative books) of the Bible was well established by the fourth century. One of the earliest evidences comes, ironically, from a Gnostic sect. Around the year 160, a Gnostic leader, Marcion, referred to the authoritative books of the apostles and mentioned many of the books that are in our New Testament today. The irony is that Brown tries to use the Gnostics to paint an alternative view of history.

In recent times, a canon was discovered (the Muratorian Canon) that dates back to A.D. 190 and includes virtually all of today’s New Testament. By the fourth century, the only books in dispute were Hebrews (because it does not have a clearly defined author), 2 Peter (because it sounds so much like Jude), and Revelation (because of its mystical character). The reality is that the early Christian church revered and protected the Scriptures. Indeed, at the Council of Nicaea, the question of the books of the canon was not even on the agenda!

The claims in Brown’s book about Mary Magdalene are even more obviously spurious. Although Mary Magdalene is portrayed as a close and understanding friend of Jesus in both the Scriptures and other historical sources, there is absolutely no evidence of her being married to Jesus. Brown simply made this up, along with his fictional characters. (If you want a better understanding of Mary Magdalene and her role in Christ’s life, we suggest Doug Batchelor’s book, *At Jesus’ Feet*.)

**Was There a Cover-up?**

Even though Dan Brown has so many facts wrong, and even though his theories are speculative at best and heresy at worst, he might just be onto something. We can clearly see the rise of Roman power in history as fallible men declared themselves gods and sought to replace the authority of the Bible with the traditions and pagan rituals of men. The facts indicate that there has indeed been a cover-up, one that Dan Brown missed: Constantine and the bishops of Rome did conspire in one of the greatest secrets of all history.

**Who Was Constantine?**

Constantine the Great was a Roman emperor who reigned from A.D. 306 to 337. Tradition has it that on his way to an important battle in A.D. 312, a vision of a flaming cross appeared to him with the inscription, “In this sign conquer.” He therefore authorized his mostly pagan soldiers to place a cross on their
shields, and went on to win the battle. Believing the Christian God to be his secret to military success and the key to uniting his empire, Constantine adopted Christianity as the official religion of Rome in A.D. 324. His life continued to be marred by bloodshed and political intrigue until his death, but through his influence the bishops of Rome gained rapid ascendancy to political and temporal power.

**Sun Worship**

The real secret of Constantine and the bishops of Rome is their cunning introduction of sun worship and paganism into Christianity. It was done so shrewdly that, incredibly, it has been veiled within the faith for centuries. Through Constantine, paganism and Christianity joined hands in the Roman Empire.

History readily records that Constantine was a sun-worshiper. In one decree he declared, “On the venerable Day of the Sun let the magistrates and people residing in cities rest, and let all workshops be closed” (March 7, 321). He made this decree in honor of the sun after his supposed conversion to Christianity! Constantine, even after his “conversion,” remained a pagan.

Constantine sought to unite his kingdom’s pagan and Christian worshipers, in order to promote stability and ensure that his empire lasted. The easiest way to bring harmony would be to blend sun worship and Christianity. History shows that the Church of Rome did not object; indeed, it had been engaging in the practice for nearly two centuries!

The bishops at Rome also claimed Peter as the head of the church, instead of Christ (Ephesians 4:15). Developing a non-biblical doctrine of “apostolic succession,” they claimed that the authority conferred on Peter was transferred to themselves. The “Saint Peter” that was created was actually a combination of pagan idolatry and Christian veneration. Even today, the statue in St. Peter’s Cathedral in Rome includes a solar disk above his head. Tradition has it that this was actually a statue of Jupiter taken from...
a pagan temple and simply renamed “St. Peter”! Sun worship, which appears in nearly every pagan religion in the world, soon appeared in Christian art, imagery, and theology. The halo often seen on Christ and Mary is actually a symbol of sun worship. Madonna (“Mary”) was depicted holding sun disks.

The Silent Conspiracy

One of the earliest entrances of sun worship into the church was through the spring pagan festival. The festival was celebrated in honor of Eostre (according to the eighth century cleric Bede). The festival often honored a goddess (such as Ishtar), and one of the more popular tales of this time concerned the god Attis, who was said to be resurrected each year during the month of March. According to one tradition, the festival of Attis began as “a day of blood on a black Friday and culminated after three days in a day of rejoicing over a resurrection.” These spring festivals eventually became the Christian festival of Easter, complete with eggs and rabbits, both ancient pagan symbols of fertility.

At the Council of Nicaea, Constantine also persuaded those in attendance that only one Easter “Resurrection” day should be kept. “Our Savior has left us only one festal day … and he desired to establish only one Catholic Church,” he argued. Then he added this significant statement. “You should consider … that we should have nothing in common with the Jews.”

Constantine felt that the Jews were “murderers of the Lord,” and therefore desired to blot out any links between Christianity and Judaism. For this reason he persuaded the Christian church to drop the ancient biblical Sabbath, given at Creation, and replace it with Sunday worship. “The Church made a sacred day of Sunday … largely because it was the weekly festival of the sun; for it was a definite Christian policy to take over the pagan festivals endeared to the people by tradition, and to give them a Christian significance.” Pope Sylvester I (314–335) finally made Christian Sundaykeeping official by decreeing that “the rest of the Sabbath should be transferred to the Lord’s day [Sunday].” Perhaps this was Constantine and Rome’s crowning conspiratorial victory—sneaking sun worship into Christianity by exchanging the true Christian day of worship for the day dedicated to ancient sun worship.

So Dan Brown was partly right after all. There has been a conspiracy. Constantine and Rome did change history. What Mr. Brown does not seem to realize is that the very things he has attacked are the only things that have kept truth alive. Believing in Jesus as Lord and in the Bible as His infallible Word are the only ways to safely combat error and ground ourselves in truth. Through the Dark Ages these facts were lost sight of, and paganism took over the church. Thank God that today we have ready access to the Bible, the ultimate resource, and to the throne of grace. God’s truth will always prove stronger than the world’s fiction.

Endnotes

4 From the Letter of the Emperor to all those not present at the Council, Found in Eusebius, Life of Constantine, 3: 18-20.
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.
Louise Kern from Harriet Bos
Grace Kinder from Jane Alvarez
John Knight Jr. from Gwendolyn Knight
Mrs. Knittle from Ada Nerness
Wayne Knox from Kent and Dee Dickinson
Clarence Kreiter from Loretta Kreiter, his wife
Cloyd and Beulah Kuster from Jean and Roger Ott, their daughter and son-in-law

Howard Larkin from Linda Holt Rekate; from Bonnie Tyson-Flyn; from Elizabeth and Lacy Vannoy
Charles Layland from Don and Rosella Martin
Marvin and Daisy Layland from Don and Rosella Martin
Lauren Beth Lendle from Jackie Gair, her grandmother
Loula Allen Lentz from Lindley Lentz
Emlee Lester from Anthony Lester, her son; from C.K. Lester, her son
Paul Lester from Anthony Lester, his brother; from C.K. Lester, his brother
William Letniak from Lila Letniak
Martin Lewis from Helen Marlin
Gunar Lindegren from Geneva Arct
Alan Dean Long from Pauline Long, his mother
J. Murray Long from Pauline Long, his wife

Terry Majors from Anna Mae Day
Lester Marcussen from Elizabeth Marcussen, his wife
Earl and Edna Marlin from Helen Marlin
Hugh Marlin from Helen Marlin, his wife
Julie Marlin from Helen Marlin, her grandmother
John Mason from Kent and Dee Dickinson
William May from Kent and Dee Dickinson; from Shelly Lowe
Carrie McGinnis from Ralph and Velma Libby
Charles Melvin from Celia Melvin
Cynthia Joan Melvin from Celia Melvin
John and Harriet Meyers from Helen Marlin
Rachel Millard from John Millard; from Gwendolyn Knight
Ken Moore from Ralph Peterson
Edward Morgan from Joyce Morgan
Dr. Clyde Morris from Marylene Morris
Bill Murphy from Eula Collins, his sister; from Beulah Keeler

Ingeborg Nelson from Esther Lorenz
Helen Orr from David and Martha Pope

Percy Paul from Joe and Della Trenchuk
Isaac and Annie Pierce from Frank and Gayle Tyroff
Dollis Pierson from Robert Pierson, her son; from Lu Ann Crews
Aaron Polston from Rachel Polston
Dr. Eugene Prout from Phyllis Wright, his sister
Ralph and Fern Prout from Warren and Phyllis Wright

Max Qualley from Barbara Qualley, his wife
Robert Raddiffe from Kent and Dee Dickinson
Richard Rader from Helen Marlin
Sam Renk from Helen Renk
Earl and Grace Reuss from Barbara Qualley, their daughter
H.M.S. Richards Jr. from Warren and Phyllis Wright
Pastor Estel D.C. Richardson from Warren and Phyllis Wright
Raymond Riffle from Leon and Vivienne Rich
Max Ritchie from Lu Ann Crews
Pansy Ruddle from Francis Ruddle
Janet Russell from Dorothy Hughes

Linda Gaye Scheideman from Bill and Donna Keehnel
Koni Merrie Scott from Floyd and Vosella Scott, her parents
Deanne and Shannon Setterlund from Dr. and Mrs. William Tyn
Mark Sherrett from Vernon and Ruth Holm
Robert Silver from Floyd and Vosella Scott

Gerald Silvestri from John and Anita Silvestri, his parents
Ann Simpkins from Frank and Gayle Tyroff
Clifton Smith from Herb and Anna May Waters

Allen Tattrie from Jennie Tattrie, his grandmother
Duane Tattrie from Jennie Tattrie, his mother
Roy Tattrie from Jennie Tattrie, his wife
Dr. Francis Thiel from Dorothy Hughes
John Thiel from Dorothy Hughes
Pearl Thompson from Betty Dull
Mr. and Mrs. William Trenchuk from Joe and Della Trenchuk

Dale Wagner from Phyllis Wagner
Marian Toews Wall from Mark and Kim Swett
Frank Warner from Bill and Barbara Warner, his parents; from Joshua Lofton

Nora Westmoreland from Jo Vaughn
Eileen Whatley from Daniel Schlund
Kenneth Whitnack from James Myers
Arlene Wiggins from Al Wiggins, her husband
Kenneth Will from Enid Henderson
Thelma Wilson from James and Dorothy Aikman
Vernon Word from Rodney Benson
Edna and Leonard Wright from Warren and Phyllis Wright, their parents

Eulogia Ylores from Rachel Polston

In Honor of
Brianna and Gabriel Wills from Leo and Bobbie Jane Van Dolson

Happy Birthday
Paul Rau from Ralph Grose
Always get the advice of your doctor before starting or changing your diet, an exercise program, or medication, and contact your healthcare professional if you are struggling with any of the symptoms of depression.

Depression is one of the most common illnesses in the United States, affecting one in 16 people. Also, 10 percent of Americans must deal with a major depressive episode in a given year.

A person experiencing five of depression’s nine symptoms for two weeks is classified as having major depression; two of these symptoms for two weeks constitutes mild depression. Symptoms persisting for two years are considered chronic. Depression’s symptoms are:

- Deep sadness or emptiness
- Apathy
- Agitation or restlessness
- Changes in sleep patterns—either more or less
- Lack of concentration
- Changes in appetite and weight loss or gain
- Feelings of excessive guilt or worthlessness
- Morbid thoughts
- Fatigue

Depression shrinks the hippocampus, the part of the brain involved in memory and learning, and raises stress hormone levels. Osteoporosis, hypertension, headaches, and more might result from depression. It increases risk of seizures, makes blood sugar control difficult for people with diabetes, and worsens the effect of diseases such as stroke, heart attack, and cancer. Some causes of depression cannot be helped, such as age, gender, or family history.

Does this sound depressing? There is hope! Often the cause of depression is traced to nutritional deficiencies, lifestyle factors, or other medical conditions. In these cases, simple changes can effect significant improvement.

Diet and Exercise Tips

Numerous studies reveal nutrition’s crucial role in mental health. For example, tryptophan is necessary for the brain to manufacture the serotonin needed for proper functioning. Foods high in tryptophan are tofu, pumpkin seeds, gluten flour, sesame seeds, almonds, and black walnuts. Omega-3 fatty acids are necessary for optimum brain functioning but are not found abundantly in foods, so even if your caloric intake is more than adequate your diet may be deficient. Flaxseed, walnuts, canola oil, wheat germ, soybeans, and spinach all contain omega-3. Folic acid, another essential ingredient for a healthy brain, is found in chickpeas, black-eyed peas, lentils, and kidney beans. Finally, vitamin B12 helps improve depressed moods. The highest concentration of B12 is found in animal products, but it can also be found in soymilk and fortified grain products.

Other lifestyle factors might be even more important than nutrition in treating depression. Thirty minutes of exercise three to six times a week can prevent depression, and may be just as effective a treatment as antidepressants. Irregular sleep is also linked to depression. In one study, participants who lost only a little sleep were 60 percent more likely to become depressed, and the risk of major depression was 40 times higher for insomniacs. Exposure to bright light for at least 30 minutes a day increases serotonin levels, treating both depression and fatigue.

Try Good Thinking

Avoiding negative thinking by immediately replacing a negative thought with a positive one reduces anxiety and depression. Counseling, specifically cognitive behavioral therapy, is extremely helpful in altering negative thought patterns. In addition, a personal spiritual experience aids in recovery from depression. In one study, participants’ likelihood of recovery from depression increased in direct correlation with their personal faith and religious practices.

These lifestyle treatments should be your first defense against depression. However, some cases may require additional treatment such as herbs or medication. St. John’s Wort is Germany’s leading antidepressant, most effective in treating mild depression by allowing more serotonin and norepinephrine to collect in the central nervous system. SAMe, sometimes called “Sammy,” boosts mood and outlook by increasing serotonin and norepinephrine production. The body metabolizes another herb, 5-HTP, taken from the African plant Griffonia simplicifolia, into serotonin. Other herbs that appear to have a therapeutic effect are chamomile, feverfew, ginkgo biloba, kava-kava, lavender, lemon balm, and valerian.

Always exercise caution when taking herbs; and always ask your doctor if the herbs you want to try will interfere with other medications you may be taking.

A severe case of major depression may not respond to lifestyle and herbal remedies alone, but these simple treatments will enhance the effectiveness of medications. There is hope!
With natural disasters, crime, and economic instability increasing around the world, everyone is searching for answers about the future. Get an all-new, Bible-based perspective about Revelation, the rapture, 666, and much more with The Prophecy Code: Bible Secrets Unlocked, hosted by Pastor Doug Batchelor. Get the keys to understand the Bible’s most mysterious prophecies in this dynamic series that’s perfect for your church or personal outreach efforts!

DV-PCS ... $179.95
See page 18 for ordering info.
Get your hands on the brand-new 2006 Amazing Facts Radio Television Guide! It’s full of information on all our soul-winning radio and television programs, giving you the details on times and stations across the country and around the world.

It’s a great resource that will help you refer family and friends to Bible Answers Live, Central Study Hour, Everlasting Gospel, and more!

Call 916-434-3880 to order your FREE copy today!