



HopeLink

Quarter 3 | 2015

SPECIAL ISSUE

10 DAYS TO A BETTER LIFE

p. 4

NEEDED: MORE CHANGED LIVES p. 14



Love With God's Face!

A story is told of a street kid and a preacher. Hearing the man enthusiastically expounding on the love of God, the boy wormed his way through the crowd right up to the front. His life was a hard one on the streets; home and family were things he had never experienced. After listening for a few moments, the boy waved for the preacher's attention and, loud enough for all to hear, said, "Mister, what I want to see is love with a face on it"

Jesus came to show us love with a face on it. While He certainly preached, He spent far more time healing, helping, comforting, encouraging, and inspiring people—He made the blind see, the lame walk, and the dead rise again. His teachings were consistently couched in practical good work that showed God as the supreme one with the face of love. And with His practical miracles, hearts were opened to learn His teachings.

There is negativity all around us: bombings, earthquakes, plane crashes, scandals, fear mongering, etc. In this world of turmoil, God calls us to demonstrate love with a face on it—to be walking, talking, touching, hearing extensions of the gracious ministry of Jesus.

Hope Channel seeks to follow the example of Jesus. Our programs transform and change lives around the world by demonstrating God's love and sharing His Word. This issue of HopeLink

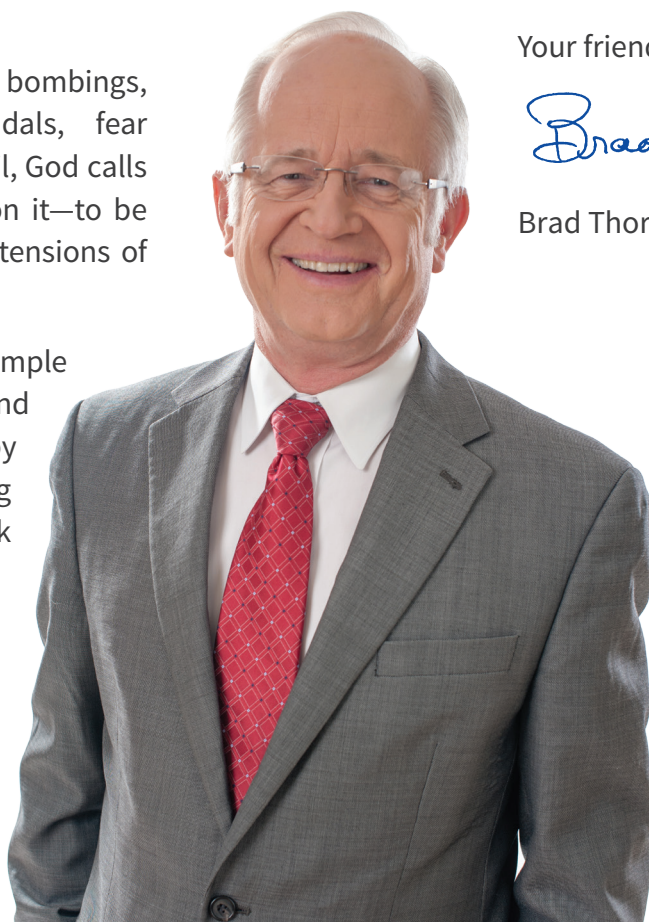
illustrates how Hope Channel can make a positive difference in your life—it is 10 days' worth of Scripture, inspirational messages and health suggestions. Try it and share it with your family and friends.

Thank you for supporting Hope Channel as it shares God's love. We depend on your prayers and financial support to produce new programs and expand Hope Channel. As we begin the second half of 2015, our financial resources are stretched to the limit. Expenses are increasing as more opportunities open up every day to expand the distribution of Hope Channel. Please consider giving an extra amount each month so that Hope Channel can increasingly show love with God's face!

Your friend,



Brad Thorp



What Viewers are **Saying**



I teach the little kids in church and miss out on studying the Bible lesson with adults. That's why I like Hope Sabbath School—it's my interactive time with adults!

—Elizabeth

I share Hope Channel cards* wherever I go. I recently gave away over a hundred on a cruise ship.

—Brenda

I live in South Sudan in a place without a Christian church. I am so blessed to worship with Hope Channel any time I want.

—Anonymous

I leave Hope Channel on all day while I'm working around the house. And I'm always learning something new and being blessed.

—Debra

I am so excited that I will soon be able to watch Hope Channel in French.

—Aboum

Hope Channel programs make it easy for me to share my faith.

—Sandra

Your programs challenge my thinking and encourage me to look further into Scripture. I feel better mentally and spiritually since I started watching Hope Channel. I feel more positive and calmer. My time is well spent and wholesome things are being put into my brain.

—Dianna

*Hope Channel leave-behind cards are free. Order yours today at hopechannelstore.com

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DAY 1

10 DAYS TO A BETTER LIFE

Spiritual sections by David B. Franklin

David B. Franklin is the pastor of the Miracle Temple Seventh-day Adventist Church in Baltimore, Maryland and co-host of "Let's Pray!" on Hope Channel. God led him from a career in corporate America into full-time pastoral ministry. Pastor Franklin's passion to see people discover their identity in

Christ has led him to minister all around the world. His life's desire is to respond to the words of Jesus in John 21:19, "And when he had spoken this, He said to him, 'Follow Me.'"



Health sections by Dr. Nerida McKibben

Dr. Nerida McKibben is a New Zealand-born ObGyn passionate about encouraging people to achieve their greatest health potential. Conventional medicine says that chronic diseases are debilitating and irreversible. However, Dr. McKibben has seen incredible power unleashed when people begin to make healthy lifestyle choices. As host of Hope Channel's "Go Healthy for Good", she enjoys

enticing people to consider the mind-body-spirit connection and making small steps of change towards a more abundant life.



Rest

Jesus says, "I came that they may have life, and have it to the full" (John 10:10)¹. The word "full" in the original language means over and above, extraordinary, exceedingly, superior, uncommon, and abundant. Jesus is unreservedly announcing there is so much more to life! Who would not want the abundant and "full" life He speaks of?

But how do we get this wonderful life? The demands of life push us to do more; yet it feels like the more we do, the less we get. However, the principle of rest can help us get this abundant life. Most prominently displayed in God's Sabbath command, the practice of rest can put us on the pathway to a "full" life. The Sabbath teaches us to rest from our work as a sign of our dependence on God to sustain our life.

Choosing to rest on every seventh-day of the week may at first seem counter intuitive to achieving more in life. However, rest is important for

The 10-Day Health Challenge



How much are you willing to do to improve your health?

Change doesn't come easy, so knowing **why** you want to change is crucial to staying on track! Write down your reasons and read them often, especially when you feel like giving up. Remember, change is best done incrementally. So let's tackle this challenge with small steps each day for the next 10 days.

watch here: hopetv.org/day1

personal reflection, physical rejuvenation, and spiritual recalibration. Without a cyclical time to unplug, our lives can be a never-ending series of meetings and appointments that lead to a never-ending set of demands that produce a never-ending set of new meetings and appointments to manage the new demands. It's crazy!

Jesus makes it clear that the Sabbath is not to be a burden, but rather a joy—a time to be spiritually renewed in His presence and a time to be physically and emotionally recharged through rest and time with family and friends. He says, "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27).

The Sabbath is a gift from God meant to remind us of His creative power in the Garden of Eden and His



watch here: hopetv.org/day1

re-creative power through the cross of Calvary. Try taking a true Sabbath rest every week. Take a break from the demands and urgency of your life, put your trust in God, and live your life to the fullest.

¹ Unless otherwise indicated, all scriptural references are from the New International Version.

Reflect

Examine your weekly schedule. What obstacles do you have that conflict with experiencing Sabbath rest? What can you do to overcome these obstacles?

Central to Sabbath is spending time with others. Consider how time with family, friends, or your broader community might enhance your Sabbath rest.

Weekly rest is a reminder of the spiritual rest we find in Jesus. Identify areas in your life that are difficult to surrender. Ask God to help you relinquish your control over these specific areas.

What will you set as your goal? How about being part of the only Blue Zone in America? The Seventh-day Adventist community in Loma Linda, California is called the Blue Zone because of its world-famous, healthy living traditions that are 150 years old! Abundant research¹ tells us they live long and have fewer incidents of heart attacks, strokes, and cancer. That's living with quality and quantity! Let's explore their health habits on this 10-day journey!

As a child I was required to go out every morning and take 10 deep breaths. Try it every morning! Breathe out as much as you can, then fill your lungs with deep draughts of clean, fresh air. Do this during the day too—if you've been sitting long, get up and fill those lungs with oxygen. And whenever you can, be active outdoors near running water or among trees where the air has been purified and oxygenated by nature. You'll feel invigorated and think more clearly.

What your mind dwells on determines your attitude, mood, and behavior. "Whatever is true, whatever is worthy of respect, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, ... is excellent or praiseworthy, think about these things" (Phil 4:8, NET). Positive thinking doesn't come naturally, it is a discipline. So by God's grace, guard your mind and your thoughts until being positive becomes a habit.

¹ From the Adventist Health Studies (AHS)

DAY 2

10 DAYS TO A BETTER LIFE

Compassion

Children are a great example of compassion. One child's crying can spark an entire group of children to begin crying. Their little hearts are so sensitive to those around them that they can't separate their emotions from that of others around them. Unfortunately this communal connection and concern is often short-lived and replaced with shouts of "that's mine," "give it back," and "leave me alone."

Maybe children are not so different from adults. When tragedy strikes—a loved one dies, a friend loses a job, an earthquake levels a city—we cry, hold hands, and pray. Compassion runs high in moments of great challenge and calamity—family shows up, funds are donated, and relief workers are on the scene ready to assist. However, the day-to-day compassion for the proverbial "neighbor next door" is often missing.

The greatest enemy to compassion is usually our own desires for comfort and convenience. Helping others is often an inconvenience and takes us out of our comfort zone. Supporting

neighbors through difficult times, helping a stranded traveler by the roadside, visiting a friend in the hospital after a long day at work—all these acts of compassion require us to be inconvenienced. When the choice is between the unrelenting demands of life and the cumbersome call of compassion, we most often choose the demands of life.

Jesus, however, had a different model. On one of His trips to Galilee, "he had to go through Samaria" (John 4:4). Jews did not typically go through Samaria for any reason. Yet Jesus purposely inconvenienced Himself to make a stop in Samaria. It was a stop of compassion. Here He met a woman in the scorching heat of midday when other women chose to stay indoors. She chose to draw her water when no one was around. What began as a casual request for water turned into a full revelation of all her problems and the solution that stood before her—Jesus the Savior.

The woman was not afflicted with an unfortunate illness. Her condition was a result of her immoral lifestyle, choices she had been making over a long period of time (John 4:18). Yet Jesus shows up in the mundane practice of drawing water to show compassion. And from that one encounter with compassion, the woman's life turned around.

Compassion is sympathy and action working together to alleviate suffering. Imagine the impact you can make every day if you stop to show compassion.



watch here: hopetv.org/day2

Would you like to look better and live longer? That's what happens when you take your lifestyle to the next level!



watch here: hope.tv.org/day2

Food. A whole-food, plant-based diet is affordable, wholesome, and very nutritious. When whole grains are turned into white rice, white pasta and white bread, most of the nutrients and all the fiber is lost! What remains is starch, which predisposes to diabetes, obesity, poor intestinal function, and cancer. Perhaps the verse "What God has joined together, let not man separate" (Matt 19:6) could apply to grains as well as marriage! Are you ready to make the change? And give yourself a little extra time with this change—whole grains take about twice as long to cook!

Sweat. To look better and live longer, we need to sweat! Not necessarily for hours at a time—even short bursts of vigorous exercise will push up the pulse and breathing and work up a sweat. If you have a medical condition or have never exercised before, see your doctor first before you begin any kind of rigorous exercise. Vigorous exercise is good for the heart and blood pressure, lowers diabetes risk, and prevents dementia. So set a realistic goal for how far you will walk, jog, cycle, or row and then work on going faster and farther! But don't be a weekend warrior. Start today and go at it three to four days a week.



watch here: hope.tv.org/day2



watch here: hope.tv.org/day2

Exercise. Regular activity enables you to cope better with stress. Stressors are part of everyone's life—whether it stems from finance, relationships, fears, or something else. Stressors need to be controlled for good immune function and heart health. Are there any stressors or commitments in your life that you can easily eliminate? Now what about those remaining stressors? Perhaps time management or de-cluttering will help.

In what ways have you recently avoided opportunities to show compassion? Why?

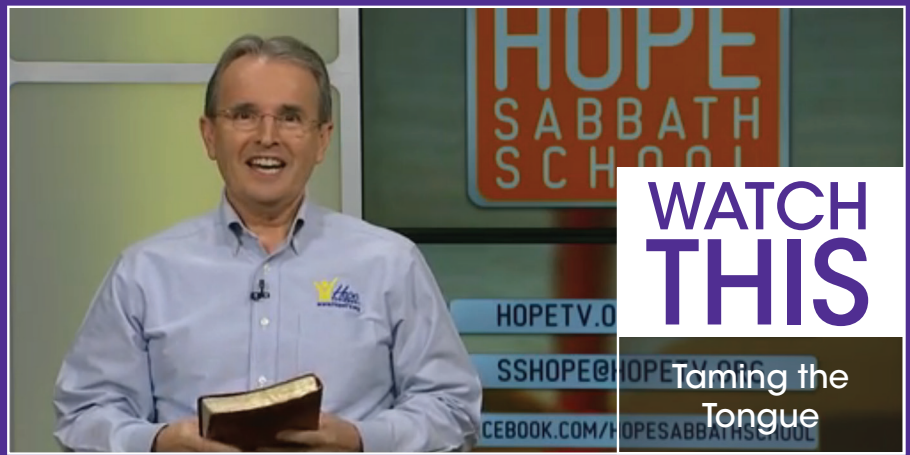
Think of someone in your community or family who is suffering. What can you do to alleviate this suffering? Put it on your calendar and do something about it.

What motivated Jesus to be compassionate? How can Jesus' life be your motivation?

DAY 3

10 DAYS TO A BETTER LIFE

Self-Control



watch here: hopetv.org/day3

How different life would be if we all had a little more self-control! How many commitments have you made and broken? Whether it's sticking to a diet or exercise program, completing a household project, taming the tongue, or keeping a promise, we all struggle with self-control.

The Bible is not shy with its opinion of self-control: "Like a city whose walls are broken through is a person who lacks self-control" (Prov 25:28). Ouch! However, the positive inverse of this text is: a person with self-control is like a city whose walls are fortified.

Nobody wants to lack self-control. Yet it is difficult to overcome the desire of instant gratification in exchange for a positive, long-term impact. The remedy lies in understanding the relationship between self-control and God-control. Luke 9:23 encourages us to "deny ourselves and take up [our] cross daily and follow [Jesus]." 2 Timothy 1:7 adds, "The Spirit God gave us does not make us timid, but gives power, love and self-discipline." Titus 2:11, 12 emphasizes, "For the grace of God . . . teaches us to say 'No' to ungodliness and worldly pas-

sions, and to live self-controlled, upright and godly lives."

Self-control is birthed out of a relationship with Jesus. The strength to overcome temptation develops as we "take up our cross daily and follow Jesus." In this journey the Spirit "teaches us" to say "No." The word "teaches" is important because after we've learned the lesson, the choice is still ours. God will never force us to choose Him. However, He sets the example, gives us the power, and provides instructions to help us make the best decision, and then leaves the choice up to us.

Even with all of this guidance we will still make mistakes. Just ask Paul who wrote, "For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing" (Rom 7:18, 19). However, know that although "the righteous fall seven times, they rise again" (Prov 24:16). We cannot allow our last mistake to define our next choice. We must fall humbly at the feet of Jesus, ask for forgiveness and trust Him to restore the gift of self-control within us.

Read Philippians 4:8. How might dwelling on "these things" help you become more self-controlled?

List some of the areas where you struggle most with self-control.

Share at least one of those areas with someone else who can hold you accountable.

Take a moment and pray over the list surrendering every area to God.

Doing it Nature-ly

Change isn't easy, I know. So let's give today an extra five percent effort!

I love food! The textures and colors, the smells and flavors, combined with the joy of cooking make it oh so easy to overeat. That's where temperance comes in—to avoid not just bad things but also over-indulgence in good things. I remind myself of this often, especially in the supermarket! If the foods that tempt me don't make it into my kitchen, then most of the war is won.

Portion control is the next battle. Do you struggle too? Try surrendering your appetite to God—when you ask a blessing over your meals today, give Him permission to enable you to eat and drink to His glory. It will relieve physical discomfort, internal guilt, and bring good health.

Born in a perfect world, appetite control was not an issue for Adam and Eve, even though they were

surrounded by an abundance of edible trees and plants. What an idyllic world it must have been—a contrast to the hustle and bustle in which we live today. Most of us sleep, live, and work in buildings. Yet, if God created us to commune with Him through nature, then perhaps our frenetic pace has given us Nature Deficit Disorder (NDD—learn more about this in the video below).

Perhaps NDD explains much of the psychosocial and physical distress that many urban dwellers experience. Aim to spend twenty to thirty minutes outdoors every day—smell the scents, enjoy the colors, and analyze the sounds. It's a powerful way to de-stress and re-energize! And what better place to meditate and pray? Jesus did most of his talking with God outdoors under the open sky. Prayer walking is a great way to connect with creation and the Creator at the same time. That's multi-tasking in 3-D. Want to try it?



watch here: hopetv.org/day3



watch here: hopetv.org/day3

DAY 4

10 DAYS TO A BETTER LIFE

Faith

The great Hall of Fame of Faith is housed in Hebrews 11. All the great players are there—Abel, Enoch, Noah, Abraham, Joseph, Moses, Rahab, Samson, and more. However, the most valuable player award goes to God Himself.

Before beginning his list of hall of famers, the author of Hebrews says this about God: “By faith we understand that the universe was formed at God’s command, so that what is seen was not made out of what was visible” (Heb 11:3). Nothing else in the chapter makes sense without this verse. The confidence that we have in what we hope for and the assurance about what we do not see (Heb 11:1) is founded upon a God who created something out of nothing.

The author draws our attention to the origin of this world. When God encountered an earth without form, He spoke and stars shone, land appeared, animals

roamed the earth, and six days later that which was in chaos was brought to order. The implications are not subtle! The same God who brought order to a chaotic world can bring order to your chaos. You can trust Him to do so because His track record is impeccable. Beginning with creation to this present time, God has worked in the lives of billions whose stories are the subjects of best-selling books, Christian songs, sermon illustrations, or testimonies shared in conversations.

However, faith is more than hoping for something and believing that the something will happen. Faith is about developing confidence in Someone—it’s a trust that lives beyond an outcome. We trust in God not because He will do whatever we ask of Him, but because He does what is best for us. So faith is not based on our circumstance but on the God who walks with us through every circumstance. Kenley Hall puts it this way: “When Jesus is

In the Zone

We are one-third of the way through our 10-day challenge. Have you done some outdoor activity, eaten fewer processed foods, and been thinking positively? Then you’re ready for the next level.

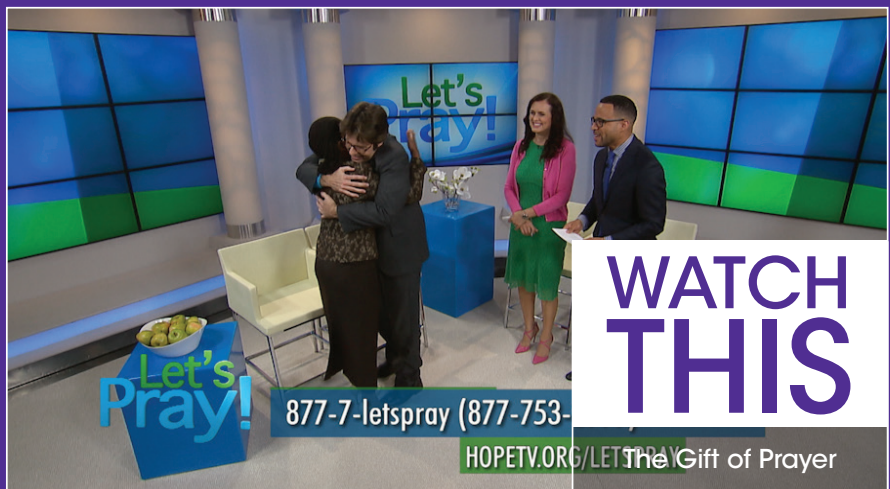


watch here: hopetv.org/day4

One important tradition of the Loma Linda Blue Zone is vegetarianism. Vegetarianism approximately halves the risk of hypertension, obesity, heart attacks, and Type 2 diabetes. People in the Blue Zone also experience better health well into their eighties. And that’s long enough to meet their great-grandchildren! Want to give it a try? Start with Meatless Mondays, and consider what it would take to go vegetarian seven days a week!

in the boat, the storm doesn't matter" (watch the entire story in the video on the right). The true goal of faith is an unshakable confidence in a radically faithful God—the kind exhibited by the three Hebrew boys in the furnace and Abraham when asked to sacrifice His son.

The most important thing you can do in your storm is not figuring out a way to get out of it, but trusting God in the middle of it. That's where true faith lives.



watch here: hopetv.org/day4

Reflect

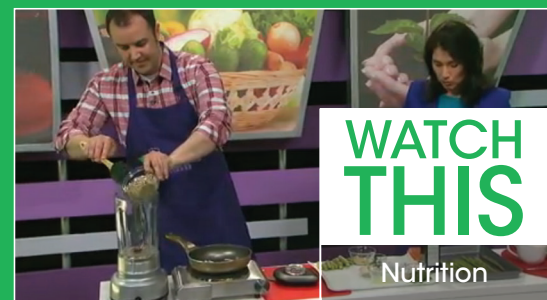
God's creative power is evidence of His creative and re-creative power today. How have you seen His power displayed in your life?

For some, faith is hindered by what is believed to be possible. Some trust God only when things get tough. Others implicitly place life in God's control. In which category are you? Why?

Recall a time when you exhibited faith in God. What can you remember from that situation to help you live a more faith-filled life?

As I write, it's raining and cold and I haven't seen the sun in four days (feels like it's been longer). Sunshine is valuable to good health—it boosts the immune system, kills microorganisms, and helps you get a good night's rest. It also improves appetite, helps with stress, and converts cholesterol in your skin to Vitamin D. That's pretty important for your heart, bones, and immune system. Yet perhaps 40% of us are low in Vitamin D, and the darker your skin, the higher the risk. Do you know your Vitamin D level? Meantime, go and bask in the morning sun for 20 minutes a day—but don't burn!

While I sit here feeling cold and miserable, it's hard to feel very grateful. Yet gratitude is important. It is strongly linked to mental and physical health and most importantly, to happiness. So start a gratitude journal today. Can you think of three things for which you are grateful right now?



watch here: hopetv.org/day4



watch here: hopetv.org/day4

DAY 5

10 DAYS TO A BETTER LIFE

Community



watch here: hopetv.org/day5

All children are born into a biological family. Some families are present, others absent, and still others dysfunctional. However, the children that enter into healthy families—biological or adopted—have the best opportunity to thrive. The support of the family is not only important at birth, but as the child develops into adulthood.

This reality is true also for the new babe in Christ. The goal of the church community is to be a healthy place where a new believer can find the spiritual nourishment and support needed to mature in their relationship with Christ. The author of Hebrews captures the intent of Christian community with this statement: "Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching" (Heb 10:24, 25).

The Christian community should be:

- a place where we find inspiration to fulfill our calling and the responsibility of service to the world (spur one another on toward love and good deeds).

- a place that we habitually include in our lives (not giving up meeting together).
- a place where we find encouragement and hope when we seem to lose our way (encouraging one another—and all the more as you see the Day approaching).

Romans 12 takes the Christian community a step further by suggesting there is no individualism in Christ and that we are all part of one body: "For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others" (vs. 4, 5).

God intended for us to walk together in community as part of our witness to the world and our spiritual development. As such, we have the responsibility to participate in community to ensure the body is healthy for new babes to mature, mature members to be encouraged, and God's witness on the earth to be sustained.

How has your community helped you during your spiritual journey? In what ways can you pass on to others the support you've experienced and the lessons you've learned?

Communities are as strong as we make them. Do you sense God calling you to be more involved in your community? In what ways?

Community is an important part of our spiritual development but all of us want to disconnect sometimes. How do you balance the need for personal time and the responsibility to your community? What could you do better?

Resistance & Resentment

Vegetables. Why did God add vegetables to man's diet after sin? My husband jokes that it was for punishment! Green leafy veggies have many healing properties, so God added them to combat the diseases He knew would come our way. If you're not a big veggie fan, juicing is one way to get their benefits. The down side of juicing is losing the many benefits of fiber and phytochemicals (learn about this in the video below) in veggies. Smoothies are an alternative. Eaten or drunk, greens pack a nutrient punch! My husband and I like to start our meals with raw fruit or vegetables. By eating the low-calorie, high-nutrient dense foods first, we get the nutrients we need before filling up on higher-calorie, lower-nutrient dense foods like whole grains and legumes. It's an easy way to control weight. Think you're ready to try?

Weights. I used to wonder how Nelson Mandela could be physically sound in his 90's, despite spending 27 years in prison. Then I learned that all

his life, his daily regimen included cardiovascular and resistance training. Every morning, he would do hundreds of sit ups, push ups, punches, squats, and lunges. Muscle strengthening prevents osteoporosis, falls, and diabetes, while maintaining a great physique! And who doesn't want that? So twice a week (or more), spend 20 minutes lifting weights or doing crunches, push ups, planks, squats, and lunges!

Forgiveness. Another fact about Nelson Mandela is that he formed a coalition government with those who had been his enemies. Why? He knew South Africa needed them, and he had forgiven them. He said, "Resentment is like drinking poison and then hoping it will kill your enemies. . . . As I walked out the door toward the [prison] gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison." For optimal blood pressure, best health, and the greatest joy, we all need to practice forgiveness.



watch here: hopetv.org/day5



watch here: hopetv.org/day5

“Hope Channel is a tool *in the hands of God to reach the results of this Spirit led lives* **who were first introduced to Christ and the Adventist message through Hope Channel.”** —Mark F.



In spite of a loving family and many friends, Linda felt despair. She was searching for something but didn't know what it was. But when she stumbled upon a program about the Sabbath on Hope Channel, she felt the sadness inside her slowly disappear. One miraculous coincidence after another connected her with a Seventh-day Adventist Church community. —**Hope Channel North America**

For Batari, there seemed no escape from her arranged marriage and her cloistered lonely life. In her despairing mind, the only logical solution was suicide. But when she turned on the television to drown out her loud sobs moments before she took her life, she accidentally tuned in to Hope Channel. Today she lives a new life in Jesus. —**Hope Channel Indonesia**

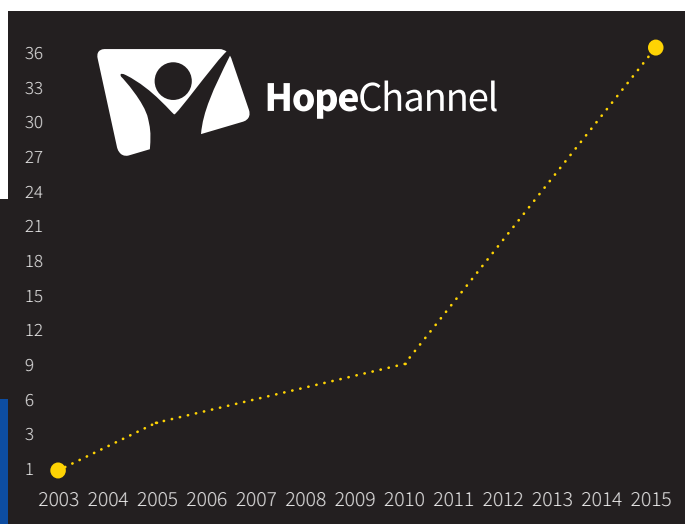
NEEDED: MORE

Every day lives are being changed through Hope Channel programs that retell the message of God's saving grace in ways that go beyond ideological barriers and rise above cultural differences. Programs about faith, health, relationships, and serving others teach people how to live wholistic, balanced Christian lives.

The mission of Hope Channel's television ministry is simple: to share with the world God's good news for a better life today and for eternity. With God's blessing and your support, Hope Channel's growth has been exponential.

From one channel in 2003, we now have 36 channels with 12 more to launch by the end of 2015.

Sustaining a growing Hope Channel network while creating a robust library of new programs are not without substantial cost. Just for Hope Channel North America and Esperanza TV Norteamérica, we need about 8,000 hours of programming.



Donate to support the continued growth of Hope Channel

hoptv.org/donate | 888-4-HOPE-TV (888-446-7388)

each millions with the Bible's last day message. Only in eternity will we be able to fully see
ed and empowered ministry. I can hardly wait to meet tens of thousands of people in heaven

inley, Vice Chair, Hope Channel Board



For years, gang member Hassan had violently confronted his victims to rob, rape, or kill. But one evening, right before confronting some women in the front of a church, Hassan felt compelled to listen to the sermon, part of a month-long evangelistic series presented by one of Hope Channel's best-known television pastors in Africa. Hassan knew God was calling him to a different way of living and surrendered his life to Jesus.

—Hope Channel Africa

**INVEST IN
HOPE CHANNEL.
WRITE THE NEXT STORY.**

CHANGED LIVES

Rev 18:1 *I saw another angel ... and the earth was illuminated by his splendor.*

Many turn to Hope Channel in times of deep personal crisis and when their hearts are broken. For these precious children of God, our programs bring hope and healing and help them discover a new pathway forward. Our Heavenly Father is faithfully searching for His prodigal children and Hope Channel helps bring them home to Him. Please join the Hope Channel team to reach them.

To keep Hope Channel on the air in North America and around the world, we need three million dollars in 2015 alone. Our global television ministry is only possible because of the generosity of supporters like you who want to help us advance God's Kingdom.

God is using Hope Channel to reach the world like never before. Please partner with us on this crucial mission.

With your
investment, we can:

- Produce high quality, life-changing television programs for Hope Channel North America.
- Purchase satellite and subscription cable time for mission-critical areas such as the Middle East, India, and Asia.
- Host training events to assist network channels to produce high quality programs
- Provide network channels access to our North America library of programs to replay or adapt.

DAY 6

10 DAYS TO A BETTER LIFE

PEACE

We live in constant turmoil and upheaval. Terrible things happen every day—natural disasters, economic collapses, government corruption, civil unrest, extreme poverty, deplorable education, and the list goes on and on. Will there ever be peace?

We know that Christ will ultimately restore peace on the earth (Rev 21:1–8). However, prior to His renewal and restoration He calls us to be His agents of peace: “Blessed are the peacemakers, for they will be called children of God” (Matt 5:9).

The Bible encourages us to bring peace into the world: “Let us therefore make every effort to

do what leads to peace and to mutual edification” (Rom 14:19). “When the Lord takes pleasure in anyone’s way, he causes their enemies to make peace with them” (Prov 16:7). “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33).

However, to be an agent of peace we must first have peace within us. If we are controlled by the wind of every circumstance, we will fail at delivering peace to the world. Isaiah 26:3 says, “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”



watch here: hopetv.org/day6

Reflect

How might cooperation with others bring resolution to the unrest or challenges you see in your community, city, country?

Jesus is the key to maintaining peace. Consider how you can spend more time studying the life of Jesus and the promises of God.

So dwell and meditate on God, and you will not be consumed by the chaos of this world (Josh 1:8, Phil 4:8). God is the recalibrating agent that can keep you grounded and provide the serenity with which to endure any situation. When your mind is preoccupied with God, you will have the peace that comes from the realization that God is right there with you in every situation. It is this trust that produces perpetual peace in the life of the believer.

This is the peace that you can offer to the world: a peace that brings people together to create lasting solutions; a peace that works decisively and passionately in opposition to terror and fear; a peace that is dynamic and vocal in the face of injustice. Jesus said, "My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27).

We're Half-Way!

We are half way through our 10-day challenge. How does it feel being active outdoors in the fresh air and sunshine this week? Did you get in some crunches and a few bursts of vigorous activity that made you sweat and pant? Way to go!



watch here: hope.tv.org/day6

For proper assimilation, some nutrients found in fruit and vegetables need to be eaten with fat. The healthiest fats are pre-packaged in whole foods like nuts, seeds, avocados, and olives—and not in oils, margarine and butter. You can also step up your healthy fat intake by adding freshly ground flaxseed to your breakfast—not just to enhance assimilation, but to also provide some heart- and brain-healthy omega-3 fats. And when you're eating that big green salad for lunch, sprinkle on some sunflower seeds or drizzle some nut- or seed-based dressing!

We spend far too much time sitting. Even if you do the recommended 30 minutes of moderate to vigorous exercise in the morning, but don't get up and move every hour during the day, you are still at risk of diseases caused by being sedentary. That's right! So if you made the effort to exercise this morning, capitalize on it by walking two minutes every hour.



watch here: hope.tv.org/day6

Activity also improves sleep quality. Did you know two hours of good sleep before midnight is worth more than four hours after midnight? That means you need to be in bed by 9:45 p.m. and avoid eating a heavy meal or doing vigorous exercise within four hours of bedtime. Also try staying away from screen use such as television, computer, or tablet the last hour before bed.

DAY 7

10 DAYS TO A BETTER LIFE

Patience

Nestled in the book of Habakkuk is a significant teaching on patience: "Though it linger, wait for it. It will certainly come" (2:3).

Habakkuk wants answers! He cannot comprehend God's inactivity while violence and destruction prevail. He is frustrated with God's seeming indifference to the unchecked attacks against his community. His heart is overwhelmed by the stress from what appears to be unjust. Yet amazingly, his disappointment does not turn into despondency. Instead he looks to God for answers. The answers that he initially receives (1:5-11) are further perplexing; however, he resolves to wait (2:1, 2).

Habakkuk chooses to be patient and wait. Waiting with patience is difficult when we are in the middle of a mess. When life is upside down and challenges are abundant we seek relief. In fact, the longer we wait the more likely we are to reach for a temporary fix than something with lasting results. Learning to wait with patience is about learning to leave the outcome to God. Waiting is being willing to wander until God provides the way out.

God affirms Habakkuk's choice to wait: "Write down the revela-

tion and make it plain on tablets so that a herald may run with it. For the revelation awaits an appointed time it speaks of the end and will not prove false. Though it linger, wait for it; it will certainly come and will not delay" (2:3, 4). As a result of Habakkuk's waiting God gives him a promise that changes his perspective about his current predicament.

Habakkuk discovers God has a plan. God's plan is bigger than Habakkuk's present moment. It is bigger than temporary struggles and physical afflictions. His plan speaks of the "end"—a permanent reality that cannot be undone. God assures him that the end "will certainly come"; but that the journey will be different from Habakkuk's expectations—he will have to endure tragedy before triumph. The waiting can be excruciating, but promises justice to all who have faith in Him. And Habakkuk's new perspective turns his complaining into praise: "Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior" (3:17, 18).

Reflect

Review the last crisis in your life. Was your response heavy on faith or fear?

What do you find most difficult about practicing patience. Make a list of your top five obstacles.

What role does praise play in your life? Do you find yourself regularly praising God? Why? Why not?

When you trust God to be in control of your circumstances, you will be blessed with patience and endurance by the unseen hand of God working on your behalf.



watch here: hope.tv.org/day7

Get on a Schedule

Carbs and Sugars. Are carbohydrates good or bad for health? Well that depends. Complex carbs are a great fuel but simple carbs are poor. What are simple carbs? Sugars! The average American consumes 18 teaspoons of sugar a day, even though the World Health Organization recommends only six! The more we eat, the more likely we are to have heart disease or die from a chronic disease, even though we might eat healthy amounts of fruits and vegetables. Does that mean no sweets? No, it's about replacement. If you need a sweetener, use dried fruit, a mashed banana, or the non-calorie natural sweetener Stevia, especially if you have diabetes. If you're a sugar junkie it may take a while to appreciate the sweetness of fruit.

Stretches. Have you noticed the flexibility of babies and athletes? Did you know you can improve your flexibility, regardless of your age? Along with cardiovascular fitness and strength training, flexibility is another important aspect of fitness. It reduces stiffness, improves agility and reduces the risk of injuries. So before exercising, do dynamic stretches for a few minutes to warm and stretch those muscles. And after exercise, be sure to hold a static stretch of the muscles you worked out—it helps flexibility while reducing muscle soreness. For some great exercise routines and stretches, watch *Fitness for Good*, an exercise video available on hopechannelstore.com

Rhythm. Have you ever thought about the many cycles and rhythms in your body? Your heart beats about 70 times a minute, you breathe about 15 times a minute, and your intestinal motility acts on a 45-minute cycle. So would it surprise you to learn that eating and sleeping on a schedule supports digestion and sleep? So what would it take for you to get up at the same time each morning—weekends included? Or to have mealtimes and go to bed at the same times each day? It's therapeutic for depression and anxiety, so perhaps it can make a good mood even better!



watch here: hope.tv.org/day7

DAY 8

10 DAYS TO A BETTER LIFE

Forgiveness

Peter asks Jesus: "Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?" (Matt 18:21). Peter is expecting a pat on the back for his superior spirituality that extended forgiveness seven times more than double the recommended amount. Instead Jesus dwarfs Peter's answer with: "I tell you, not seven times, but seventy-seven times" (Matt 18:22).

Jesus explains Himself with a parable: A king discovers that a man owes him ten thousand bags of gold. So the king orders for the man, his wife, children, and all his possessions to be sold to repay the debt. The man pleads for more time to "pay back everything." Amazingly the king does more: he cancels the debts and lets the man go (Matt 18:27).

Later the forgiven man finds out that one of his servants owes him one hundred silver coins. But instead of extending the forgiveness he had experienced with the king, he demands immediate repayment. The servant begs for extra time, but the man refuses and imprisons him.

When the king finds out about this, he rebukes the man: "I canceled all that debt of yours because you begged me to. Shouldn't you have had mercy on your fellow servant just as I had on you?" Furious, the king orders that the man "be tortured, until he should pay back all he owed" (Matt 18:33).

There are many lessons in this parable; however, two stand out:

1. God has forgiven each of us immeasurably. Scholars believe the man owed the king the equivalent of 200,000 years of wages while the man's servant only owed the man the equivalent of 100 days of labor. The debt that was owed to him was only a small fraction of what he owed the king. Similarly no ill done to us can compare with what we have done to God—human sin resulted in the death of God's only Son and we are all guilty of this. Yet God has forgiven us of this enormous debt.
2. If we cannot forgive then we cannot truly accept God's

Try Intermittent!

Is someone in your family diabetic or obese? 35% of Americans are obese, 9% have diabetes and another 37% pre-diabetes. That's over half the population! Genes, age, and ethnicity are fixed, but other risk factors can be changed—such as losing weight, becoming more active, and improving nutrition. Processed foods get metabolized rapidly, are dumped into the blood stream quickly, and set us up for central obesity, higher blood sugar and fats, with resulting disease.

Do you know the fastest way to combat diabetes and obesity? Intermittent fasting. That just means leaving longer gaps between meals. Sound impossible? I find that a 14–16 hour gap before breakfast is actually quite tolerable because I sleep most of that time! A recent study showed this reduced the risk of getting diabetes by 15%. In Lifestyle Medicine, I've seen it hasten the reversal of diabetes and obesity too. So how about it? For even one day a week?

forgiveness, and “judgment without mercy will be shown to anyone who has not been merciful” (Jas 2:13).

Forgiving someone who has deeply hurt us is not easy, and involves acknowledging the hurt, overcoming anger, surrendering the desire for revenge, and more. The process of healing and forgiving is often bolstered by the support of a professional counselor and a prayerful community that journeys with us. Further, forgiveness does not equal reconciliation. Forgiveness is the work of one individual who chooses to be free from the negative emotions sparked by a negative event in life. Reconciliation requires the work of both parties. Although total reconcilia-

tion is ideal, it is not necessary for forgiveness to be genuine and complete.

Jesus’ death for our sins should motivate us to for no matter how deep our pain. God will give you the power to heal, forgive, and be set free.



watch here: hopetv.org/day8

Reflect

Is there anyone in your life you need to forgive? What is preventing you from forgiving them?

What steps can you take today to move you closer to forgiveness?

Who in your community can you talk to about your need for forgiveness?

If you have never asked God to help you forgive, ask Him right now.

Looking for another way to hasten fat loss and build muscle? Then try High Intensity Intermittent Training (HIIT—learn more in the video below). It’s a cardiovascular exercise strategy that alternates short intense anaerobic exercise with less intense recovery periods. A common formula involves a three-minute warm up, followed by 30–40 seconds of hard sprinting, weights, or cycling, followed by 20 seconds recovery with gentle cycling or walking—and repeating this 8–10 times. A five-minute cool down wraps it up. That’s just over 15 minutes in all. It is intense, so you can’t do it every day. The bonus? You’ll burn calories quicker for the next 24 hours! Doing this three times a week is better than moderate intensity, con-

tinuous training done five times a week—for athletic performance, overall fitness, insulin sensitivity, and fat loss! So are you ready for HIIT?



watch here: hopetv.org/day8

DAY 9

10 DAYS TO A BETTER LIFE

Reflect

Define love in your own words.

What sacrifices can you make to better express your love to those close to you?

List three ways you can express love to someone who seems unlovable in your life.

Love is part of every culture: every day a new love song is written, bestselling books are usually about love, and top movies usually have a storyline that includes love. Subsequently, we use the word “love” to describe our interest in a lot of things: we love food, blue skies, good books, our pets, sports teams, and yes we love our families too. However, the challenge with the concept of love is evident in this list. We use the same word to describe our feelings about food as well as people—we use it so loosely that it has lost much of its meaning.

The New Testament has a lot to say about love:

- Love begins with God. “We love because he first loved us” (1 John 4:19). And “God is love” (1 John 4:8, 16)—He is the originator of love. We see it in His bent knee, His divine dust sculpting, and the use of His own breath to give us life. We also see it in His choice to send His only son to save us.
- Love is sacrificial and selfless. Jesus says, “Greater love has no one than this: to lay down

one’s life for one’s friends” (John 15:13). When we love like God does, we may have to sacrifice money, time, and even our lives. While we may not ever be expected to give our life for someone, Jesus says the greatest expression of love is to be willing to do that. No one wants to merely be told they are loved; we want to see evidence of love.

- Love is unconditional. In Luke 6:32 Jesus puts a spin on love by saying, “If you love those who love you, what credit is that to you? Even sinners love those who love them.” He completes His thought with the command: “Love your enemies” (Luke 6:32). Not only is the greatest expression of love a willingness to die for a friend, but the ability to love an enemy. God “causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous” (Matt 5:45). Similarly, when we reflect God’s love, our love is without limits, without conditions.

LOVE



watch here: hopetv.org/day9

How much water do you drink each day? A great way to start the day is to rehydrate with two glasses of water half an hour before breakfast. Then drink another four to six glasses of water or non-caffeinated herbal teas throughout the day. Drink even more if it's a hot day or you're exercising.



watch here: hopetv.org/day9

Feel hungry? Have a glass of water to be sure you're not confusing thirst for hunger. Got brain fog? Dehydration reduces concentration, alertness and short-term memory in the young and increases the risk of stroke in the elderly. Among other effects, caffeine harms sleep quality and increases blood pressure. Coffee contains a host of other chemicals and is associated with bladder cancer. Where else is caffeine found? In black tea, green tea, yerba mate, energy drinks, colas, and chocolate.

The DNA in our cells is analogous to a personalized book of life where each page represents a gene that carries information. Some genes or "pages" carry information for health and other genes for disease. Wouldn't it be nice to stop the disease genes from being read? We now know that certain lifestyle choices do just that for hundreds of gene settings.



watch here: hopetv.org/day9

Within just a few minutes of starting to exercise, some harmful genes can no longer be read and healthful ones are highlighted. How long does it last? We don't know yet, so be as active as you can be!



watch here: hopetv.org/day9

How long since you went to church? One tradition of the Loma Linda Blue Zone is church attendance. But how does that impact longevity? Numerous studies tell us that religious involvement is correlated with better overall psychological, physical, and cognitive functioning; greater social support; and a greater participation in healthy behaviors. Want to add church attendance to your health agenda?

DAY 10

10 DAYS TO A BETTER LIFE

Praise



watch here: hopetv.org/day10

When he learned that a vast army comprised of three nations was headed his way, King Jehoshaphat gathered his people and prayed. And in majestic fashion the Spirit of the Lord came upon a young man who relayed God's message: "Do not be afraid or discouraged . . . the battle is not yours, but God's" (2 Chron 20:15). When they heard this, the people "fell down in worship before the Lord. Then some of the Levites . . . stood up and praised the Lord . . . with a very loud voice" (vs. 18, 19).

God told them to "take [their] positions; stand firm and see the deliverance the Lord" (20:17). But as a sign of faith Jehoshaphat did more—he "appointed men to sing to the Lord and to praise him for the splendor of his holiness as they went out at the head of the army, saying: "Give thanks to the Lord for his love endures forever" (20:21). A choir leading the troops into battle—what an incredible sight it must have been! As they sang praises "the Lord set ambushes against" the three armies and they destroyed one another.

Here are two important lessons from this story:

1. Praise is the evidence of faith. Notice that praise preceded their victory, it was present during their victory, and continued after their victory. Their praise was not dependent on the work of God but rather on the word of God. They praised God because they believed Him. When you have faith in God you don't wait until things change to praise Him; you praise Him knowing things will change.
2. Praise is the byproduct of a thankful heart. Just as the children of Israel were under military attack we too are under Satan's attack. But the battle is not ours to fight. The battle belongs to the Lord and it has already been won. If we are thankful then praise will flow from our lips.

Praise reminds us we are dependent on God. Learning to commit to a life of praise will change your perspective of God and of your problems.

Reflect

List the things in your life for which you can praise God.

Think of ways to better express your thankfulness to God.

Read 2 Chronicles 20:1–30 for the whole story and write down the additional lessons you discover.

The Three R's

When did you last check your blood pressure? Try to take it at the same time each day when you're sitting comfortably. Keep a record for your doctor. Do you salt your food? Americans eat two to three times more salt than needed. So choose homemade over processed foods, and if you are vegetarian, avoid meat analogues (fake meat) with their high levels of salt. Green leafy veggies with their potassium, calcium, and magnesium help control your blood pressure as does having a normal weight.



watch here: hopetv.org/day10

Overwork and stress can contribute to high blood pressure. What would prevent you from taking a day off each week? God gave us one day off each week to rest, relax, and rejuvenate. He built it into the creation week, mandated it as a command, and added a special blessing. It's easy to forget, so He says, "Remember" the seventh day to keep it holy. The whole day! Spend it with God, go outdoors, be with family and friends! I've noticed the busier I am, the greater the benefit. I wouldn't miss Sabbath for anything! Why don't you try it?

The frontal lobe of the brain is the seat of spirituality, morality, and the will. It's where we resolve to do or not to do the right thing. Have you ever regretted doing something you knew was wrong but you did it anyway? We've all been there, but I thank God for His forgiveness. Would you like to strengthen your frontal lobe so that right choices become easier and wrong choices harder?

Did you enjoy our 10-day challenge? It's not the end, but the beginning of some great healthy habits. Remember it takes at least three weeks to turn any new practice into a habit. While we've been on this journey, did you discover some new dishes, drinks, and exercises? How did it feel to forgive? And did you spend more time in God's presence? Is your thankful list growing? It's been wonderful to share these tips, and may God's grace and peace go with you.



watch here: hopetv.org/day10



HopeChannel

Hope Channel Program Guide July–Sept 2015

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PD	MDT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH	CDT	EDT
12:00am	1:00am	Life and Teachings of Jesus		Life's Beat	Lifestyle Magazine Cliff	Unhooked	Creation Health	Experience the Power Walter Pearson	2:00am	3:00am
12:30am	1:30am								2:30am	3:30am
1:00am	2:00am								3:00am	4:00am
1:30am	2:30am								3:30am	4:30am
2:00am	3:00am	Everlasting Gospel Doug Batchelor	Amazing Discoveries Mark Finley	Revelation Speaks Hope Pastor Brian McMahon	Experience the Power Walter Pearson	Revelation: Hope, Meaning & Purpose	It is Written: Revelation Today	Everlasting Gospel Doug Batchelor	4:00am	5:00am
2:30am	3:30am								4:30am	5:30am
3:00am	4:00am	It is Written			Daily Hope			It is Written	5:00am	6:00am
3:30am	4:30am	Breath of Life						Adventist News	5:30am	6:30am
4:00am	5:00am	Amazing Discoveries Mark Finley			Signature of Praise			Hope Sabbath School	6:00am	7:00am
4:30am	5:30am		Scenic Praise	Master's Brush	Footsteps of Jesus	Scenic Praise	Unhooked		6:30am	7:30am
5:00am	6:00am	Higher Ground Cliff	Breath of Life Ministry in Motion	God?	Amazing Discoveries Mark Finley	My Story, My Song	Let's Pray!	Mission 360	7:00am	8:00am
5:30am	6:30am			David Ascherick				Scenic Praise	8:30am	9:00am
6:00am	7:00am	Revelation: Hope, Meaning & Purpose	Heart Quest/Life Quest	It is Written: Revelation Today	Cross Connection	Master Stroke Jesus 101	Experience the Power Walter Pearson	Breath of Life	8:00am	9:00am
6:30am	7:30am							Sabbath School U	8:30am	9:30am
7:00am	8:00am	Hope Sabbath School			Daily Hope			Hope Sabbath School	9:00am	10:00am
7:30am	8:30am								9:30am	10:30am
8:00am	9:00am	Breath of Life	Real Family Talk	Cookin' Up Good Health Jesus 101	Let's Pray!	Naturally Gourmet	Natural Lifestyle Cooking	New Perceptions	10:00am	11:00am
8:30am	9:30am	It is Written	Ministry in Motion			Remodeling Your Life	Seeds of Greatness		10:30am	11:30am
9:00am	10:00am	Experience the Power Walter Pearson	Global Faith & Freedom Adventures in Mission	AWR - Making Waves	Natural Lifestyle Cooking	Mad About Marriage		Breath of Life	11:00am	12:00pm
9:30am	10:30am			Parker's Puzzle	The Creation Case	Lighthouse Adventures	Parker's Puzzle	It is Written	11:30am	12:30pm
10:00am	11:00am	Everlasting Gospel Doug Batchelor			New Perceptions				12:00pm	1:00pm
10:30am	11:30am								12:30am	1:30pm
11:00am	12:00pm	A Closer Walk							1:00pm	2:00pm
11:30am	12:30pm	Breath of Life			Go Healthy...For Good!		Sabbath School U Adventures in Mission	God?	1:30pm	2:30pm
12:00pm	1:00pm	It is Written	IIW Canada	Hope Sabbath School	Global Faith & Freedom	It is Written	IIW Oceania	A Closer Walk	2:00pm	3:00pm
12:30pm	1:30pm	Jesus 101	Missions Today	Experience the Power Walter Pearson	Amazing Discoveries Mark Finley	Sabbath School U	Amazing Facts Presents	Animal Encounters	2:30pm	3:30pm
1:00pm	2:00pm	God?	It is Written: Revelation Today			Revelation Speaks Hope Pastor Brian McMahon	Discoveries in Revelation's Prophecy	My Story, My Song	3:00pm	4:00pm
1:30pm	2:30pm	David Ascherick	Global Faith & Freedom	Cliff	Unhooked	Natural Lifestyle Cooking			3:30pm	4:30pm
2:00pm	3:00pm	Real Family Talk	The Creation Case	Lighthouse Adventures Lifestyle Magazine	Parker's Puzzle	Parker's Puzzle	Hope Sabbath School	Mission 360	4:00pm	5:00pm
2:30pm	3:30pm	Natural Lifestyle Cooking				Real Family Talk	Breath of Life	Missions Today	4:30pm	5:30pm
3:00pm	4:00pm	My Story, My Song	Remodeling Your Life	AWR - Making Waves	Maranatha Mission	Sabbath School U	It is Written	Adventist News	5:00pm	6:00pm
3:30pm	4:30pm				Go Healthy...For Good!			Animal Encounters	5:30pm	6:30pm
4:00pm	5:00pm	Cross Connection					A Closer Walk	Master Stroke	6:00pm	7:00pm
4:30pm	5:30pm	Real Family Talk	Hope Sabbath School	Let's Pray!	God?	Animal Encounters	Hope Sabbath School	Jesus 101	7:00pm	8:00pm
5:00pm	6:00pm	Master Stroke			David Ascherick	Missions Today	Hope Sabbath School	Remodeling Your Life	7:30pm	8:30pm
5:30pm	6:30pm			Cross Connection	Beginnings Cliff	It is Written: Revelation Today	My Story, My Song	Maranatha Mission	8:00pm	9:00pm
6:00pm	7:00pm	A Closer Walk	Soldiers of Destiny Remodeling Your Life					David Ascherick	8:30pm	9:30pm
6:30pm	7:30pm	Animal Encounters							9:00pm	10:00pm
7:00pm	8:00pm	Amazing Facts Presents			Go Healthy...For Good!		Cross Connection	Family Reunion	9:30pm	10:30pm
7:30pm	8:30pm	Missions Today							10:00pm	11:00pm
8:00pm	9:00pm	Adventures in Mission	Hope Sabbath School	Let's Pray!	God?	Animal Encounters Real Family Talk	Mission 360	In Focus	10:30pm	11:30pm
8:30pm	9:30pm	Maranatha Mission			David Ascherick		Adventist News	God?	11:00pm	12:00am
9:00pm	10:00pm	A Closer Walk	My Story, My Song	Cross Connection	Master Stroke Cliff	It is Written: Revelation Today	Sabbath School Study Hour	David Ascherick	11:30pm	12:30am
9:30pm	10:30pm	Animal Encounters							12:00am	1:00am
10:00pm	11:00pm	Hope Sabbath School			Cross Connection		Cross Connection	New Perceptions	12:30am	1:30am
10:30pm	11:30pm								1:00am	2:00am
11:00pm	12:00am	Fish Bowl	Unhooked	Footsteps of Jesus Forest Lake Church	AWR - Making Waves	Scenic Praise	My Story, My Song	Hope Concert Series	1:30am	2:30am
11:30pm	12:30am	Edge TV	Jesus 101		Loma Linda 360	Global Faith & Freedom				

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CHURCH

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PDT	MDT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SABBATH	CDT	EDT
12:00am	1:00am	Seven Signs Jose Rojas	Life & Teachings of Christ	Life on the Edge	Camp Meeting Downunder	Cracking the Genesis Code - Stephen Bohr	Evidence from London Dwight Nelson	Discover Cliffi	2:00am	3:00am
12:30am	1:30am								2:30am	3:30am
1:00am	2:00am	His Word Alive	His Word Alive	His Word Alive	His Word Alive	His Word Alive	His Word Alive	His Word Alive	3:00am	4:00am
1:30am	2:30am	Forest Lake Church	Forest Lake Church	Forest Lake Church	Forest Lake Church	Forest Lake Church	Forest Lake Church	Forest Lake Church	3:30am	4:30am
2:00am	3:00am	Experience the Power	Breath of Life	Breath of Life Home Series - CD Brooks	Mind the Gap	Adventures in Missions	Hope 2010 Jesus is Coming Again	Higher Ground	4:00am	5:00am
2:30am	3:30am	Walter Pearson	Wait a Minute Pastor			Happy Family		Adventist News Network	4:30am	5:30am
3:00am	4:00am	Everlasting Gospel	Everlasting Gospel		Heart Quest Mike Tucker	Momentum	Prophecies of Hope	It is Written: Revelation Today	5:00am	6:00am
3:30am	4:30am	Doug Batchelor	Doug Batchelor				Gary Gibbs		5:30am	6:30am
4:00am	5:00am	A Man for All Time	God?	His Word Alive	Discoveries of a Lifetime Mark Finley	A Man for All Time	God?	Discoveries 2010	6:00am	7:00am
4:30am	5:30am	Mark Finley	David Asscherick	Forest Lake Church		Mark Finley	David Asscherick	Mark Finley	6:30am	7:30am
5:00am	6:00am			Adventist News Network			Hope Sabbath School	Hope Sabbath School	7:00am	8:00am
5:30am	6:30am			Daily Hope					7:30am	8:30am
6:00am	7:00am					Ministry in Motion	Millennium of Prophecy- Doug Batchelor	Victory in Jesus	8:00am	9:00am
6:30am	7:30am	Everlasting Gospel	Prophecies Decoded Ron Clouzet	Encounters of Jesus	SDA Heritage Series	Adventist News Network		Adventist News Network	8:30am	9:30am
7:00am	8:00am	Doug Batchelor		Bill Liversidge					9:00am	10:00am
7:30am	8:30am	Revelation Speaks Hope	Adventist Classics	Prophecies of Hope Gary Gibbs	Wahroonga Church Happy Family	The Appearing Shawn Boonstra	A New Song Elizabeth Talbot	New Perceptions Dwight Nelson	9:30am	10:30am
8:00am	9:00am	Brian McMahon	Life on the Edge	Mission 360	Cracking the Genesis Code - Stephen Bohr	Evidence from London Dwight Nelson	Cliffi	Seven Signs Jose Rojas	10:00am	11:00am
8:30am	9:30am	Forest Lake Church		My Alaska					10:30am	11:30am
9:00am	10:00am	Adventist News Network			New Perceptions Dwight Nelson				11:00am	12:00pm
9:30am	10:30am								11:30am	12:30pm
10:00am	11:00am	Breath of Life	A Man for All Time	God?	Ministry in Motion	Hope 2010 Jesus is Coming Again	Higher Ground	Experience the Power	12:00pm	1:00pm
10:30am	11:30am	Bible Faces	Mark Finley	David Asscherick	Happy Family			Walter Pearson	12:30pm	1:30pm
11:00am	12:00pm	Everlasting Gospel	Higher Ground	Heart Quest Mike Tucker	Momentum	Encounters of Jesus	Prophecies Decoded Ron Clouzet	Everlasting Gospel	1:00pm	2:00pm
11:30am	12:30pm	Doug Batchelor	Victory in Jesus					Doug Batchelor	1:30pm	2:30pm
12:00pm	1:00pm	A Man for All Time	God?	Discoveries of a Lifetime Mark Finley	Discoveries '08 Mark Finley	Discoveries of Prophecies Mark Finley	Mission 360	Discoveries 2010	2:00pm	3:00pm
12:30pm	1:30pm	Mark Finley	David Asscherick	Gift of Light			My Alaska	Mark Finley	2:30pm	3:30pm
1:00pm	2:00pm	New Perceptions	Village Church	Gift of Light			Bible Faces		3:00pm	4:00pm
1:30pm	2:30pm	Dwight Nelson	Bradshaw/Venden	Ministry in Motion	It is Written	It is Written	It is Written	A New Song Elizabeth Talbot	3:30pm	4:30pm
2:00pm	3:00pm	Everlasting Gospel	Encounters of Jesus	A Time of the End	Bible Faces	Life on the Edge	God?		4:00pm	5:00pm
2:30pm	3:30pm	Doug Batchelor	Bill Liversidge	Ken Cox	Adventist News Network		David Asscherick	Victory in Jesus	4:30pm	5:30pm
3:00pm	4:00pm								5:00pm	6:00pm
3:30pm	4:30pm								5:30pm	6:30pm
4:00pm	5:00pm								6:00pm	7:00pm
4:30pm	5:30pm	Cliffi	Cliffi	Cliffi	Cliffi	Cliffi	A New Song Elizabeth Talbot	Cliffi	6:30pm	7:30pm
5:00pm	6:00pm	Victory in Jesus	His Word Alive	His Word Alive	His Word Alive	Bible Faces		His Word Alive	7:00pm	8:00pm
5:30pm	6:30pm	Mission 360	Forest Lake Church	Ministry in Motion	Forest Lake Church	Forest Lake Church		Forest Lake Church	7:30pm	8:30pm
6:00pm	7:00pm							Encounters of Jesus	8:00pm	9:00pm
6:30pm	7:30pm			Daily Hope			Hope Sabbath School	Bill Liversidge	8:30pm	9:30pm
7:00pm	8:00pm	Everlasting Gospel	Higher Ground	Happy Family	Momentum	Encounters of Jesus	It is Written: Revelation Today	Higher Ground	9:00pm	10:00pm
7:30pm	8:30pm	Doug Batchelor	Ministry in Motion	Adventist News Network				Adventist News Network	9:30pm	10:30pm
8:00pm	9:00pm	Victory in Jesus	My Alaska	God?	Wahroonga Church My Alaska	A New Song Elizabeth Talbot	Encounters of Jesus Bill Liversidge	Wahroonga Church	10:00pm	11:00pm
8:30pm	9:30pm	Mission 360	Bible Faces	David Asscherick			Higher Ground	Gift of Light	10:30pm	11:30pm
9:00pm	10:00pm	Happy Family	Village Church	Gift of Light	Breath of Life	It is Written	It is Written	Adventures in Missions	11:00pm	12:00am
9:30pm	10:30pm	Adventist News Network	Bradshaw/Venden	Happy Family	SDA Heritage Series	Life on the Edge	Millennium of Prophecy- Doug Batchelor	Faith for Today - Tucker	11:30pm	12:30am
10:00pm	11:00pm	Everlasting Gospel	Prophecies Decoded Ron Clouzet	Encounters of Jesus				Everlasting Gospel	12:00am	1:00am
10:30pm	11:30pm	Doug Batchelor						Doug Batchelor	12:30am	1:30am
11:00pm	12:00am	Revelation Speaks Hope	Adventist Classics	Prophecies of Hope	Wahroonga Church	The Appearing Shawn Boonstra	Forest Lake Church	New Perceptions	1:00am	2:00am
11:30pm	12:30am	Brian McMahon		Gary Gibbs	Happy Family		Adventist News Network	Dwight Nelson	1:30am	2:30am



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