The Bible on Marriage, Divorce, & Remarriage

AN EXTENDED EXCERPT FROM PASTOR DOUG’S NEW BOOK!

PLUS:
10 TIPS FOR THE TIMID WITNESS
A Lasting Knot

According to legend, Gordias was a poor Greek peasant who became king of Phrygia under very odd circumstances. He was crowned following a prophecy given by a local oracle, who commanded citizens to select as ruler the first person who rode into the public square in a wagon. Gordias was the lucky one.

In gratitude for his change of fortune, Gordias dedicated his wagon to Zeus and, with a strong, thick rope, tied down the tongue of the wagon securely in the temple grove. The massive, tight knot was so intricately entwined that no man could unravel it. However, another prophet later predicted that whoever succeeded in loosening the difficult "Gordian Knot" would become the next ruler of all of Asia.

One hundred years later, a 23-year-old Macedonian ruler invaded Asia Minor and arrived in the city of Gordium. Hearing of the prophecies, the monarch unsuccessfully attempted to untie the complex knot. Frustrated, he stood up, drew his sword, and cut through the rope with a single stroke. Alexander the Great, of course, went on to become the ruler of Asia and beyond.

Today the expression "to cut the Gordian Knot" is commonly used for resolving a difficult problem by a quick and decisive action. Scripture, however, speaks of another solid bond, a knot created by sacred vows before heaven and earth, that is not meant to be so easily severed.

Marriage.

The Bible declares, "Marriage is honourable." and, "Rejoice with the wife of thy youth" (Hebrews 13:4; Proverbs 5:18). Nevertheless, over the last generation, breakdown of the traditional family has reached pandemic levels. I wasn’t shocked to read recently that one Hollywood starlet says marriage is dead. "I think we have to make our own rules," she says. "I don’t think we should live our lives in relationships based on old traditions that don’t suit our world anymore."

But did you know that the fall of virtually every great empire has been preceded by the disintegration of the marriage covenant and the family? Based on history, if this trend is not reversed, the doom of our society is certain.

As a pastor for 30 years, I have conducted many weddings. Knowing the sobering statistics regarding divorce that newlyweds face, I pray God gives me the right words to say during those sacred services to help "tie the knot" more securely. I want to tuck away the ends of the rope so that divorce is never even considered as an option.

Ultimately, though, I realize that true contentment in marriage will never be found until we make God, the maker of marriage, the center of our families.

That’s why I am thrilled to introduce my latest book, The Bible on Marriage, Divorce, & Remarriage. Sprinkled with kernels of practical advice, it offers essential biblical principles in a time when it’s so desperately needed. In this issue of the Inside Report, we’re offering you a free preview in the hopes that it will help those struggling in their marriages to find stability and happiness.
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"I would like to thank all at Amazing Facts. I have and continue to make use of every one of the online materials you offer on your website. It is an oasis in a dry land. While my traditional background is not as a Sabbathkeeper, my walk has been wonderfully supplemented by the truth conveyed in these messages. Be sure, your online offering is making a huge difference in the lives of many, leading them to the truth of our Lord as conveyed in His Holy Word." Rhode

World Wide Web: South Africa
"Thank you for this very informative site. I read through the book Anything But Secret and received answers to all the questions that have kept me wondering for a very long time about the rapture and the falling away. May our Lord bless this site and everyone compiling these lessons for us," Debbie

Opening Minds
"Thank you for your wonderful program airing on The Family Channel 178 (AT&T U-Verse). I love to study the Word and ... watching your program opens my mind to thoughts and ideas that take me back to the Bible to search out confirmation and encouragement. Thank you for the time you spend with the Lord and your willingness to share your understanding with others through TV." Nancy, Mississippi

Final Events in Russia
"I was able to witness to a Christian group living in my hostel. I showed a friend in this group the Final Events DVD, and he showed it to the group in the weekly fellowship where they talk about Jesus. Everyone was blessed and loved watching it. Some couldn't accept that they didn't know about all the stuff they watched, but the scriptural evidences calmed them. Some even started searching the Amazing Facts website for more truth regarding hell, heaven, the rapture, and the millennium. My friend suggested to his church that they should show Final Events in their evangelistic meeting coming up next week. He is very excited about this new message and is trying his best to tell everyone about the true church! Please continue praying for him. I provided him some more DVDs, and we are sharing even more so that many more Russians can be blessed through this too! Many here still don't like to hear about God, but we believe they will love to watch this DVD. We praise God for showing us a wonderful way for spreading His Word." Elma

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

Though the economy is lackluster and budgets are a belt notch tighter lately, you still have prudent and tax-saving ways to fulfill your heart’s desire to give to the cause of Christ.

Assets held in Individual Retirement Accounts (IRA) are not only subject to income tax when withdrawn during one’s lifetime or by survivors, they also could be subject to estate tax if left to loved ones other than a spouse. For that reason, IRAs can be a good option for you when deciding how to fund charitable gifts.

If you are over the age of 70½, you can make tax-free gifts up to $100,000 directly to Amazing Facts by December 31, 2011, under the extended Pension Protection Act of 2006–2011. This benefit might work for you if you have a Required Minimum Distribution that results in more of your Social Security and other income being subject to tax.

Don’t wait—your bottom line is on the line. Learn how easy and advantageous it is to transfer IRA funds to support worldwide evangelism through Amazing Facts by calling 800-436-2695.
Happily Ever After...

In light of the recent royal marriage extravaganza between Prince William and commoner Kate Middleton, many still remember the wedding of the millennium: Diana Spencer to Prince Charles.

Widely billed as the fairytale story of a beautiful girl who marries a prince, the royal wedding was broadcast around the world to a television audience of 750 million, while 600,000 people lined the streets just to catch a glimpse of Diana en route to the ceremony.

Diana wore a pricey dress with a 25-foot train, and the guest list read like a "who's who" of the world's richest and most famous citizens.

It was a wonderful picture of hope and promise, but a lavish wedding does not a loving marriage make. As we all know, within a decade the "wedding of the millennium" unraveled into just another miserable marriage that ended in sordid stories of infidelity and divorce. What made it even sadder was Diana had herself come from a broken home. Her mother had divorced her father when Diana was very young. On the day Diana's mother left the house, she said to her little girl, "I will be back very soon."

"Very soon" turned out to be never, and that event deeply impacted Diana for the rest of her short life. In fact, after Diana first met Prince Charles—who apparently was actually going out with her sister at the time—he told her friends that she was going to marry him. Her friends wondered how she could possibly know that. Diana responded, "Because he's the only man on the
planet who is not allowed to divorce me.”

Sadly, no human promise, wisdom, or wealth can keep a marriage together; sin has infected our lives too much for that. But the Bible has the keys to make a marriage a happy and productive one—and avoid the scourge of divorce.

**Most Sacred Institution**

On January 3, 2004, pop star Britney Spears shocked her fans when she impulsively married her childhood friend Jason Alexander in Las Vegas.

Within 55 hours the marriage was annulled.

Spears said, “I do believe in the sanctity of marriage; I totally do.” But she confessed, “I was in Vegas, and it took over me, and, you know, things got out of hand.”

One obvious reason many people so recklessly jump into marriage is that they figure if it doesn’t work out they can just as quickly jump out. The solemn vows, they reason, are just a required formality.

However, the Bible is not silent regarding the sanctity of marriage. How could it be silent when marriage was created by God? We should expect that the Bible would come with some strict guidelines about what is permitted to cancel a marriage. The many civil and religious laws established to preserve marriage exist because of the high priority of the institution.

After all, how important would marriage be if it could be so easily dissolved? If you could be released from this solemn covenant for the most trivial of reasons, then marriage itself would be trivial—and, as we’ve noted already, this is exactly what’s happening in our culture because marriage is so easy to escape.

Salvation is also a sacred covenant. We might have cause to worry if God honored His covenant to save us the same way many people these days honor their marriage vows.

Fort Knox is one of the most heavily guarded locations in North America. Why? Because its vaults contain approximately 4,600 tons of gold bullion. However, grocery stores are not built like small fortresses—with thick walls, armed guards, and complicated safes—to protect bubblegum. The value of what is inside a location is often best revealed by the level of security protecting it.

It’s the same with marriage. God has placed a formidable wall, a holy hedge, around this institution in order to protect it precisely because it is so valuable, so sacred, so important.

The marriage vow is not like children on a playground making fanciful pledges like, “Cross your heart and hope to die.” When a man and woman get married, they are committing themselves to each other in the strongest possible terms. It is a solemn oath made in the presence of God, meant to last as long as those two hearts keep beating in stereo. “For you have blessed it, O Loan, and it shall be blessed forever” (1 Chronicles 17:27 NKJV).

**Conditional Commitment**?

Joseph Campbell said, “A marriage is a commitment to that which you are. That person is literally your other half. And you and the other are one. ... Marriage is a life commitment, and a life commitment means the prime concern of your life. If marriage is not the prime concern, you are not married.”

But what if you are thoroughly convinced that you married the wrong person? Does the vow still need to be kept … really? Psalm 15:1 says, “Laws, who may abide in your tabernacle? Who may dwell in your holy hill?” In other words, who will go to heaven? Part of the answer is found in verse 4:

“He who swears to his own hurt and does not change” (NKJV).

It’s talking about a person who has made a promise he doesn’t really want to keep anymore, but he keeps it anyway because it was a promise.

It’s someone like Jephthah, who promised to dedicate to the Lord whatever came out of his gates when he returned home victorious. (See Judges 11:30, 31.) He likely thought it would be a goat or a cow, but it turned out to be his daughter. Who could have blamed him for taking back that pledge? Yet with a broken heart, he kept his vow, and she was given to serve in the temple for the rest of her life without marrying.

When you stood at the altar and made your vow, did you not know that someday your husband or wife might have
days when they act grumpy and look frumpy? Did you never consider that their outward beauty and rippling muscles would eventually sag? They might even snore or someday grow senile and need your constant care. There is no excuse for abandoning your sacred vow because it hurts you.

Remember, the kind of love spoken of in the Bible is an unconditional love. "The Lord has appeared of old to me, saying: 'Yes, I have loved you with an everlasting love; Therefore with lovingkindness I have drawn you' " (Jeremiah 31:3 NKJV). This is the way Jesus loves us. It's not because we are always lovable, but because He has chosen to love us despite our failures. It's not a love driven because of what you do for Him. "For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord" (Romans 8:38, 39 NKJV).

It's a choice to love regardless of whether or not a spouse is always lovable.

Inseparable love? That's commitment.

Martin Luther said, “The Christian is supposed to love his neighbor, and since his wife is his nearest neighbor, she should be his deepest love.”

It reminds me of the poem that I wrote to Karen, my wife, when we got married:

--- My Promise ---

As we embark together on this path of life,
You're facing great uncertainties when you become my wife.
It may be feast, it may be famine, days of gloom or spirit souring.
But one thing I promise, Dear, it never will be boring.

Today I pledge my love to you and that will never change,
But health or wealth or circumstance the Lord may rearrange,
Sometimes in raging waters, sometimes with battle roaring.
But one thing I promise, Dear, it never will be boring.

A castle on a mountain, I cannot guarantee,
Or the time of life we live is not revealed to me.
But you will always find me at your side adoring,
And, of course, I promise, Dear, it never will be boring.

So far, I've kept my promise.

One Plus One Equals One

The deep-sea angler is a very interesting ocean fish.
The female is about as big as a volleyball. On the other hand, the male is disproportionately small, like a black jellybean with fins. He has small hook teeth that he uses to bite the female of his dreams and attach himself to her. Once attached, his blood vessels actually join with those of the female—and he will spend the rest of his life merged with her like an extra appendage, getting all of his nourishment from her body in return for fertilizing her eggs. The flesh of the two fish eventually fuses, and they remain permanently connected.

This might not be the most elegant word picture, but it adds new meaning to the Scripture, “Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh” (Genesis 2:24).

Consider the word “cleave” used in this verse; it comes from the Hebrew word dabaq, which means “adhere” or “glue.” In other words, husbands and wives should be super-glued together in their marriage.

There are several ways that a husband and wife become one flesh. The most obvious is when their chromosomes blend together through an act of love to form a new creature, a child made in their image. However, whether or not they have children, this oneness also applies to the spiritual, mental, and physical aspects of their lives and partnership.

According to researchers at the University of California in San Francisco, when a man and woman engage in sexual intimacy, the hormone oxytocin is released, which helps bond the relationship. Oxytocin has been shown to be “associated with the ability to maintain healthy interpersonal relationships and healthy psychological boundaries with
other people.” When it is released during sex, it begins creating an emotional bond between individuals. Oxytocin is also associated with mother/infant bonding because it is released during childbirth and breastfeeding.

Let’s be clear though. When a man and woman get married, becoming “one flesh” is far beyond sexual or chemical. Emotions, dreams, responsibilities, and relationships are all melded together. We have all heard stories of how difficult and dangerous it can be to separate conjoined twins when arteries, nerves, and organs are shared. Likewise, separating what God has joined together seldom happens without great risk.

A man and woman in marriage become so closely united in purpose, being, and existence, it is as though they were literally “one flesh.” And two lives so intertwined cannot be divided without causing great pain, emotional bleeding, and scarring. That’s why divorce is always so devastating.

Tips for a Happy Marriage

No question: Marriage can be challenging. But as we have seen, it is intended to be a wonderful gift from God—a blessing, not a burden. “He who finds a wife finds a good thing, And obtains favor from the LORD” (Proverbs 18:22 NKJV).

The key, of course, is communication. There is a story about an old man and his wife who were celebrating their golden wedding anniversary—50 years of married life. Having spent most of the day with relatives and friends at a big party given in their honor, they returned home. They decided, before retiring, to have a little tea with bread and jam. Seated in the kitchen, the husband opened up a new loaf of bread and handed the end piece (the heel) to his wife. After a long pause, she exploded, saying, “For 50 years you have been dumping the heel of the bread on me. I’ve held my peace, but enough is enough. I refuse to take it anymore; this lack of concern for me and what I like.” On and on she went scolding him.

The husband was absolutely astounded at the tirade. When she had finished, another long pause drifted between them. Finally, with misty eyes, he softly said to her, “The heel is my favorite piece.”

I say again: Communicate! Every marriage faces challenges, some big and some small. Life is precious and short; therefore, focus on the larger battles, working through them as a team while letting go of the incidentals that, in the big scheme of things, don’t really matter. If you are going to pick something apart, make sure it’s worth the effort. Unfortunately, unresolved arguments are a big issue in marriages, often leading to divorce. Therefore, unless the issue is something significant, learn to let some things roll off your back. When you do discuss the big stuff, wait until you’re alone. If the children feel like they’re in the bleachers of a boxing match between mom and dad, it can be very troubling.

First, one of the most crucial aspects of marriage is practicing forgiveness. Ben Franklin said, “Keep your eyes wide open before marriage, and half shut afterwards.” We need to learn to apologize when we are wrong—and if we’re smart, we might find something to apologize for even when we know we are right.

As we have been forgiven by God, we should also forgive our spouses, even when they don’t deserve it. “Marriage,” someone said, “is three parts love and seven parts forgiveness.” That’s what biblical forgiveness is all about: forgiving the undeserving. If we don’t learn to forgive,
marriage, if it survives, will be like purgatory. But you might be asking, "How can I love and forgive a person when they have hurt me so deeply?" After I have seen their dark and ugly side. How can I love them when they demonstrate so little love for me?" As you think about these questions, keep in mind these are the very questions Jesus can ask about each of us. Despite our selfishness and sin, He loves and forgives us. He gave His life to be one with us. "Husbands, love your wives, just as Christ also loved the church and gave Himself for her" (Ephesians 5:25 NKJV).

Second, just as the Bible teaches that we are sinners, we must accept the fact that we are married to someone who is physically, emotionally, and spiritually damaged by sin. Get over it. Your spouse has faults. Marriage is the art of two incompatible people learning to live compatibly. Pray your way through his or her faults. You might have to live with those faults, but you don't have to obsess over them. If you do obsess over them, they will eventually eat you and your marriage alive. A perfect, holy God, through Christ, accepts us as we are you, who are hardly holy and perfect, must do the same for your spouse. God then transforms us by love. If you would see change in your spouse, exemplify His life and love in your life (Ephesians 5:28).

Don't always think of yourself first. As fallen humans, our default mode is "Me, Me, Me." Like a compass that always points inward, our first impulse in any situation is to think of ourselves and of our own needs, survival, and comfort before anyone else's—and that, unfortunately, includes our spouses. Try, through God's grace and Spirit, to put your spouse before yourself just as Christ put us before Himself. Such an attitude can, and indeed will, do wonders for any marriage.

And just as Christ put Himself in our situation, for He "was in all points tempted like as we are, yet without sin," try to put yourself in your spouse's shoes (Hebrews 4:15). In other words, when a tense situation arises, step back for a few moments and try to see things from your partner's perspective. How does this situation impact him? Why would she feel as she does? It's amazing how this understanding can alleviate a lot of stressful situations that will inevitably arise in a marriage.

Schedule quality personal time together. Time is the stuff of which love is made. Dry dishes together, pull weeds in the garden as a team, or anything else that will bring you together. Remember that immediately after God made marriage, He made the Sabbath—creating a time to build the relationship.

"When a man has taken a new wife, he shall not go out to war or be charged with any business; he shall be free at home one year, and bring happiness to his wife whom he has taken" (Deuteronomy 24:5 NKJV).

Every marriage has its own set of challenges, and no formula guarantees success. But through these simple principles, one can go a long way in helping make marriage better and better as the years go by.

One divorce is one too many. That was not how things were supposed to be. Marriage is sacred. If you understand that it is sacred, you will do everything you possibly can, in God's grace, to protect it—making it a commitment for life.

So make up your mind now to say in the words of Ruth:

"Entreat me not to leave thee, or to return from following after thee: for whither thou goest, I will go; and where thou lodgest, I will lodge: thy people shall be my people, and thy God my God: Where thou diest, will I die, and there will I be buried: the LORD do so to me, and more also, if ought but death part thee and me" (Ruth 1:16, 17).
a 24/7 Christian satellite channel—featuring new programming and the ministries you know and trust.
To All the World
Yes, Even There …

Quick Facts: United Arab Emirates
Area: 32,278 sq mi (slightly smaller than Maine)
Population: 9,180,664
Capital city: Abu Dhabi
Languages: Arabic (official), Persian, English, Hindi, Urdu
Religions: Muslim 96%, other 4%
Government: Federation
Economy: GDP of $446.8 billion (US)

Quick Facts: Indonesia
Area: 735,358 sq mi (three times the size of Texas)
Population: 245,613,043
Capital city: Jakarta
Languages: Bahasa Indonesia (official), English, Dutch, Javanese
Religions: Muslim 86%, Christian 8.7%, Hindu 1.8%
Government: Republic
Economy: GDP of $1.03 trillion (US)

In September, Amazing Facts and Pastor Doug Batchelor will travel to the Islamic strongholds of United Arab Emirates and Indonesia for two faith-affirming revival series and to sound the three angels’ messages in places where they are rarely if ever heard on this level.

We are going to both the UAE and Indonesia to strengthen, encourage, and equip believers living there and in faith to reap a harvest. We ask that you pray for those who come to hear the Word and that Pastor Doug and our workers there will be empowered and protected to speak with boldness—and yet with tact—to present the full and everlasting gospel.

A New Kind of Challenge

The city of Dubai is very restrictive regarding any kind of Christian evangelism. Under Islamic law, it is a capital offense to encourage someone to convert to another religion. Pastor Doug will be able to preach publicly only to those who are already Christians. He’s asking for your prayers, that God will grant him the wisdom and safety to share the truth with conviction and offer resources to people who need encouragement and hope.

Immediately following these meetings, he will fly to the largest Muslim country in the world—Indonesia. A far off country comprised of 17,500 islands and more than 230 million souls, Indonesia presents a wonderful opportunity for making progress in reaching new areas with Amazing Facts’ distinctive message.

Again, minority religions like Christianity are barely tolerated there. Yet, by God’s grace, near the tenth anniversary of the worst terrorist attack on the United States, Pastor Doug will be speaking to a crowd we expect to be in the thousands in the capital city of Jakarta.

A Multipronged Strategy

To make the most of this opportunity, Amazing Facts has prepared a three-part plan:

• Edit and translate our Bible Studies into Farsi, Arabic, and Indonesian.
• Translate Cosmic Conflict into Indonesian.
• Make these resources available on a special website so Muslims around the world can safely consider Christianity with limited risk of harassment.

Islam is the fastest growing religion in the western world and has an estimated 1.5 billion followers globally. They are living without the hope of a Savior, and Amazing Facts is committed to doing what we can to reach all of them in these troubling days. It’s an opportunity that Pastor Doug is truly looking forward to—and it is only possible by the support of ministry friends.
In response to the intense interest and misinformation generated by Harold Camping's apocalyptic prediction for May 21, 2011, Amazing Facts developed a new web resource called aftermay21.com.

One indication of the urgent need for this project was that the most popular Google search during the five-day period around May 21 was "end of the world." Moreover, churches and conferences around the country contacted us seeking a resource to help in their response to the public. This huge interest brought more than 180,000 visitors to our new site in just three days.

Using odd calculations, Camping suggested the rapture would take place and would be followed by extreme natural disasters culminating in the destruction of the earth in October 2011. In the process, he generated a lot of interest and disappointed thousands of trusting souls.

To ensure our message reached the right people, we initiated a Google Adwords campaign on a budget of $1,000 per day, with a cost-per-click of $0.10. On the first day, our budget was surpassed by 1:00 pm; on the second day, 1:00 am. This phenomenon was growing exponentially, and we knew we couldn't miss the opportunity. That's why we are so thankful to our special donors who infused this project with funds at the right time, enabling us to reach thousands upon thousands more.

We have also sent out thousands of our Hidden Truth magazine and had record numbers watch Final Events. In short, it was a staggering success.

About the Website

Amazing Facts chose a level-headed, non-mocking response so we could reach out to those who believed the prediction. In one video posted to the site, Pastor Doug speaks directly to those hurt by disappointment: "If you're one of the sincere believers who looked with joyful anticipation to May 21, by now you realize that ... the predictions were wrong. I have a message of hope for you. Do not lose your faith. Jesus is coming."

The site is also populated by helpful articles, free resources, video clips, and free Bible lessons. Some of the questions tackled include: "Is it right to think about times and dates of Jesus' return?" and "Can we know exactly when Christ will come?" Visitors can also watch Pastor Doug being interviewed on Sacramento-based Fox 40 News and a special interview with Camping. He also recorded a 30-minute documentary on the topic with Bible Answers Live co-host Jeza Bena.

Amazing Facts' goal is to help seekers understand what the Bible really teaches about the return of Jesus. We'll continue to use these world events to get them connected to the truth, capitalizing on the bad in the hopes of doing some good with it.
It was early Sunday morning, and young Joshua Gonzalez was already parked in front of his PlayStation.

"Joshua!" called his dad, Art. "Pastor Doug is on. Come and watch with us!"

Reluctantly, Joshua paused his video game and went to join his family. Several generations of the Gonzalez family are Sabbathkeepers, but Joshua didn't care much for spiritual things. "I thought church was annoying," he says, "so I slept through it most of the time." He believed there was a God, but he didn't pray or read his Bible. In fact, he really didn't spend much time thinking about God at all.

Instead, Joshua was consumed with playing video games. "I spent hours at a time," he explains. "I just sat around and let my mind get dulled." He also watched a lot of TV and ate a lot. "Joshua loved food so much, he used to want to be a chef," Art says. Joshua's parents divorced when Joshua was only two. "He lives part of the time with his mom. I have him only on Wednesdays and every other weekend. I didn't want him to become another statistic," Art says, with emotion in his voice. As Joshua's obsession with video games increased, Art blamed himself for buying the equipment. But Art and his parents prayed for Joshua.

Then when Joshua was 10, he heard Doug Batchelor preach. Pastor Doug mentioned that kids don't pay attention in church. "That got my attention," Joshua laughs. Pastor Doug had planted a seed, and Joshua's interest in spiritual things began to grow.

Joshua's grandparents purchased a satellite dish, and Joshua started watching the Amazing Facts broadcast and reading his Bible. Since then, he's been working his way through the Bible, two pages a day; he's currently in the book of Isaiah. The stories in the Bible—about Moses, Joseph, David—piqued Joshua's interest. He says he particularly relates to Jeremiah. "Jeremiah had to realize that it wasn't all about him," Joshua says. "He had fallen in love with a girl, but God showed him that He had a different plan for his life, and Jeremiah had to give up what he wanted to do."

One day, "all on his own," Art says, Joshua announced that he wanted to be healthier. "Before, I ate lots of food," Joshua says. At just 14, he weighed 195 pounds. But he started working out and eating more vegetables. Now he's lost 50 pounds! Joshua says God gave him the will to lose weight. "My tastes changed," Joshua says. "Vegetables and fruit taste good now."

**Most Important Questions**

Last fall, Joshua watched our *Most Important Questions* series, an outreach and revival event targeting teens, which aired in October 2010. Through those meetings and reading his Bible, "I found a lot of answers," Joshua says. Such as—

"I asked God to help me [lose weight], because I loved food," Joshua says.
where we go when we die, whether there’s a heaven or a hell, the importance of the Ten Commandments, and how much God loves us. “Amazing Facts clarified everything,” he says. Joshua particularly remembers the message about evolution. “I learned just how ridiculous it is to believe in evolution.”

But it was the way Pastor Doug urged his listeners over and over again to give their lives to God that really got to Joshua. “Jesus is coming, and I realized I needed to make my decision very soon.” Joshua had planned to wait to be baptized until he was 18, or at least until he’d finished reading the Bible all the way through. But a still, small voice said to go ahead and do it, and everything would be okay.

So in a culmination of a four-year-long journey, Joshua gave his life to the Lord and decided to be baptized. “God had changed my attitude,” Joshua says. “I saw things differently. God told me to respect other people.”

Joshua was baptized at the Deltona Spanish Church in Michigan on May 7, 2011. The usually calm and collected young man found himself surprisingly moved. “I was completely nervous,” he says. “I tried not to cry, but I couldn’t control myself.” Joshua was overwhelmed by happiness when Pastor Oscar Tavera raised him up out of the water.

Joshua still plays some video games, but he’s cut way back. “I started losing interest as soon as I started reading my Bible,” he says. “I read my Bible and talk to God more now. I even talk out loud—it scares my parents sometimes!” he laughs.

Joshua’s dad can hardly believe the change in his son, who now takes his own initiative to pursue spiritual things. “It’s been extraordinary to see Joshua change over the last year,” Art says. “He’s completely different—physically, emotionally, and spiritually.”

“With today’s technology and so many distractions, it is really difficult as a parent to keep our kids focused on the gospel and to teach them to follow Jesus,” Art says. “In Joshua’s school, Jesus is like a bad word.” Art felt so thankful to Amazing Facts for the role they played in his son’s transformation that he wrote an email to Pastor Doug. “Then all of a sudden Joshua is being interviewed! We never expected this at all.”

“I’ve given my life to the Lord,” Joshua says. “That means that I’m fully devoted to Him, and if He ever needs me to be used, then I’ll just do it!”

Pastor Oscar Tavera baptizes Joshua.

“God is always there for you, and His angels are all around you,” Joshua says. “I know He’s listening.”

Now YOU can own the MOST IMPORTANT QUESTIONS VIDEO SERIES!
See page 21 for ordering info.
DV-MIQ ... $49.95
He’s been told that God sends people to suffer and burn in hell for all eternity. As a result, he’s confused, angry, afraid—and he doubts God’s very existence.

We can make a difference today by telling him the truth about God’s character.

Become a monthly partner with Amazing Facts. Together, we can share the truth that will set him and millions of others free—and open their hearts to Jesus.

Give online at donate.AmazingFacts.org.
Why did God allow David to keep Bathsheba as his wife?

Remember that David did suffer terribly because of his sin with Bathsheba. He lost four children. The first was the baby that was the fruit of the sinful and murderous romance between him and Bathsheba. Absalom killed Amnon his brother, and then Absalom was killed. And later David lost yet another son, Adonijah. He also lost the respect of his people, and his reputation was permanently besmirched.

But after his sin, David thoroughly repented. Keep in mind, he stayed on his face for seven days in genuine contrition and grief for his sins—begging God for mercy.

It would have been a cruel act for David to put away Bathsheba after the death of her husband and baby through his influence. And God not only forgave them, He even blessed their marriage with another child. He gave them Solomon, whose name means “Peace.” He not only became the next king, but he was also blessed as an ancestor of the Messiah.

This is astonishing evidence of God's grace and forgiveness. Suppose you make some terrible decision in your life that is irreversible. Does it mean you cannot be forgiven or saved? Absolutely not! This story shows that God can redeem us even after we have wandered far off the path. Though He will not always reverse the consequences of our poor decisions, with genuine repentance we may return to Him.

What does the Bible say about choosing a spouse? What about holding hands and kissing on dates?

When dating, I think most of us know some very basic principles. Simply socializing with another Christian is very different from choosing a life partner. When mingling with other members of the faith, ensure you're in a healthy environment that is spiritually edifying.

When it comes to choosing a partner for life, you don't want to be unequally yoked. Being compatible, both emotionally and spiritually, is important. It is best to avoid the trappings of worldly dating that consists largely of hugging and kissing simply to see if you've got chemistry. Though the Bible does say to greet each other with a kiss, it's talking about something very different. When Jacob kissed Rachel, it was a greeting—a peck on the cheek, perhaps, which is much different from the intimate kissing common today that activates the forces of nature that lead to fornication.

I'm kind of old-fashioned, and I think that when two people are courting they are better off having little physical contact. I think holding hands and a farewell kiss on the cheek is probably plenty. When you start fooling around physically, hormones can blind your reason and stifle a lifetime of Christian convictions. Don't fool with temptation. People don't have to share a bed to find out if they're compatible.

I tell couples that if they want to determine if they can get along, they should try sharing a checkbook or go shopping together. These will say a lot about a potential partner. Also, if you want to know them better, find out what their values are and what they read. Also watch how they treat their parents, because that's how they are going to treat you. These are the things that really matter.
Prophecy Timeline
Amazing Facts has begun development on a unique, interactive, online Bible prophecy timeline. It will be a spectacular study tool spanning the history of God’s Word from Creation to Eden restored. Among a host of other Bible information, this interactive panorama will help people see prophecy spread out in clear timeline charts.

Surfers will be able to click on specific events connected with Bible history and see when it happened and how God has worked to fulfill the promises of His Word. As they click on the various icons on the timeline, pictures and more information will pop up with dynamic links to deeper study to help them understand the big picture of God’s plan.

This new timeline will be a very powerful evangelism tool and will be a wonderful resource for Bible students and teachers. If you are excited about this project, please support it financially to make it happen!

Bible Answers Live on Sirius XM Satellite Radio
Pastor Doug travelled to New York City in May for a private meeting with the CEO and chief content officer of Sirius XM Satellite Radio. This conversation led to an incredible opportunity to purchase airtime on Sunday evenings to broadcast Bible Answers Live on Sirius XM across the country! That’s up to 20 million cars across America.

They are also offering us a very good deal on airtime, but the cost will still add nearly $46,000 each year to our media budget. That might seem like a lot, but Pastor Doug believes it is worth it and that we will see a terrific response.

Want more ministry news?

Project: Reaching Muslims
We have prepared a three-part plan to reach Muslims. First, we are going to translate our Bible Guides into Farsi, Arabic, and Indonesian. Second, we will translate Cosmic Conflict into Indonesian. Third, we will make these resources available on a special website so Muslims around the world can safely consider Christianity. Please support this project today!

Project: China Outreach
If you could reach more than a billion people for Jesus, would you step out in faith to do it? That’s the door of opportunity that God has opened to Amazing Facts in the beautiful but spiritually dark nation of China. Amazing Facts is preparing to reach China with a sophisticated outreach using websites, literature, and more in a nation where sharing the gospel is forbidden. We need your help to do it!
Jonathan Henderson uncovers the depth and breadth of God’s love.

» A Winsome Guide of True Divine Discovery.

Jonathan Henderson takes you on a journey to discover a clearer and deeper meaning of God and His ultimate love for humanity. A great book for those who are questioning the importance of God in their lives, why God lets bad things happen to good people, and the relevance of God in a modern world.

Written in an easygoing style and with some comical stories from his childhood, Jonathan is able to answer some of the questions our non-Christian friends have asked us, and we have all thought about, but don’t quite know how to answer.

This book is especially for those young people who have ever wondered “Where is God?”, “Does God really matter?”, “Does He care about me, anyway?” If you know anyone who isn’t thinking about God much, this book just might convince them to reassess.

Review by Ellen Liashenko, IT Consultant

Walking Through Revelation
Revelation is one of the most challenging books of the Bible to understand. Now in this seven-part DVD set, Pastor Doug journeys through this mysterious book chapter-by-chapter and gives you the keys to unravel its deepest mysteries.
DV-WTR ... $34.95

Prophecy Foundations
This extraordinary sharing DVD is packed full of Amazing Facts’ best-selling, most-beloved prophecy resources for the past 45 years—all on one DVD! To purchase these items separately would cost more than $300. It’s perfect for easy and cost-effective outreach!
DV-PF ... $12.95

Tabernacle Model
What was the purpose of the tabernacle? What did it look like? These questions and many more are answered in this fascinating storybook, from its origins in the desert to the building of the permanent temple. Includes ready-to-build scale model!
BK-TM ... $14.99
Wellesley Muir leads you on an inspirational journey of faith.

**An Adventurer of God’s Work in Amazing Places.**

This is Wellesley Muir’s inspirational account of how the Holy Spirit guided and blessed the spread of the gospel message in Puno, Peru. It’s a true story about witchcraft, superstition, and the humble Carlos Velasquez, who followed God’s leading and started a floating school on Lake Titicaca for the indigenous Uros tribe.

This book is a real-life demonstration of God’s active involvement in our lives when we truly decide to serve and honor Him.

*Review by Ellen Liashenko, IT Consultant*

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**His Princess**

It’s hard for most women to look at their lives and think of themselves as royalty. But God is their loving King, and He has chosen them to be in His family! Be affirmed of who you are, why you’re here, and how much you are loved as your soul soaks in these love letters from God.

*BK-HPD ... $13.99*

**His Princess Bride**

We are the Bride of Christ. If you are ready to enter into a passionate relationship with the Lord—if you have wanted your Lord to whisper sacred secrets of eternity to you through His Word—then this book was written for you.

*BK-HPB ... $13.99*
Pat Williams finds true success in the pages of the Bible.

» 28 Essential Strategies for Leading with Integrity

After reading many other leadership books over the years, I was attracted to the title of this book and its first paragraph: “King Solomon transformed the tiny tribal nation of Israel into an economic and military super power. His brilliance as an international financier made Israel the wealthiest nation of the ancient world—and he did it with integrity.” We’ve always heard that Solomon was the wisest man who ever lived, but what could this book provide?

For starters, the author is Pat Williams, the co-founder/owner of the Orlando Magic NBA team. He does an amazing job of pulling out Solomon’s 28 key principles for leadership, connecting them to personal interviews with top leaders in business. This is, without a doubt, a life-changing book on how to be a stronger, more courageous leader who stands firmly on the principles of the Bible.

The principles reviewed are perfect for current leaders, students of business/management, or anyone ready to step into leadership. It lays out clearly the dangers you are about to encounter and why you need the Ten Commandments to make moral judgments. The principles covered include: listen to the voice of wisdom, learn to manage anger, beware of toxic bosses, maintain firewalls against sexual temptation, remain steady in times of crisis—plus lots more. If you’re busy leading or about to launch, I guarantee you will read this book in one week.

Review by Anna Godfrey, Global Banker

Order online today at store.amazingfacts.org

or call 800-538-7275

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

California residents please add 8.25% sales tax. For orders shipped outside the U.S. and Canada, add 25% or $10 (whichever is higher) for foreign postage. Some items may require additional shipping costs and delivery time due to weight.
Pastor Doug presents scriptural insight about marriage.


Doug Batchelor takes a closer look at the biblical teachings on marriage, divorce, and remarriage in this concise book. Some of the topics he covers include how God views marriage, tips for a happy marriage, how to avoid infidelity, and the biblical principles for divorce and remarriage.

This is a good book to read if you are thinking about getting married or remarried and want to have a successful relationship. He also offers helpful information for those in the sad but survivable situation of separation or divorce, explaining the biblical basis for finding yourself in God’s will in these matters. Overall, it’s an easy-to-read book that presents clear Christian counsel on some of life’s most important decisions.

Review by Ellen Liashenko, IT Consultant

The Bible on Marriage, Divorce, & Remarriage
BK-MDR ... $10.95

Who Do You Think You Are?
Doug Batchelor. The goal of this book is simple: to help fan away the chaff, exposing the essence of who you really are and—who you can really become through Christ!
BK-WDYT ... $1.99

The Everlasting Gospel: Batchelor Collection
An amazing collection of 20 of Pastor Doug’s most beloved messages! Receive unique biblical insight into Christian living, prophecy, and more. Filled with the Bible information and spiritual nourishment you’ve always wanted in a way that makes the most sense.
DV-EGS ... $120.00

Jesus Throughout the Bible
A special new six-part series from Pastor Doug! The New Testament isn’t the only place where you will find Jesus. Journey through the entire Bible to discover why the Son of God is also called the Word Incarnate.
DV-JTB ... $34.95
You are invited to meet the members of our dynamic evangelism team at our many seminars and revivals throughout the year—and please invite a friend! Go to ProphecySeminars.com to get dates, times, and locations!

Contact us at 916-209-7220 to schedule an Amazing Facts evangelistic prophecy series or revival weekend in your church!

OUR EVANGELISTS:

Doug Batchelor  Emanuel Baek  Darrin Bartell  Lowell Hargreaves  Chuck Holtry  Tim Jones  Tyler Long  Jason Morgan  Dennis Priebe  Jason Sliger  Dave Steward
The *Everlasting Gospel* in the **Philippines**

Amazing Facts evangelist Lowell Hargreaves and his family travelled to the Philippines to present a soul-winning Bible prophecy seminar. This thrilling report comes from his wife Sandra.

The regional port-city Iloilo City sprawls along the southern coast of Panay Island, looking across the Iloilo Strait toward Guimaras Island, where the world’s best mangos are grown. Located in the center of the Philippine archipelago, Iloilo City has a population of about a half-million and is the center for education and commerce in the region.

Amazing Facts came to Iloilo City seemingly by accident after a last-minute stateside cancellation, but of course, nothing is accidental when it comes to God’s providence. He wanted us there!

First, to prepare for the series, we hired Bible workers to create interest for the meetings. Then we began looking for someone to conduct health seminars the week ahead of the series. Dr. Blessey Verona, a doctor from Manila educated in nutrition and public health education and a popular, dynamic speaker on a number of national TV shows, agreed to join us. We also offered a health expo with various health screenings; these became so popular that we continued them throughout the event to keep interest strong.

We soon found a movie theater for the seminar located in Robinson’s Mall, a huge shopping center in the heart of downtown. The mall’s marketing director is a Sabbathkeeper, so we had no difficulty in advertising our event there. Banners and posters describing our free meetings were everywhere, and many people wandered in just to check us out.

**Sharing the Word**

Our meetings began each evening at 6:30 with a half-hour health presentation, followed by special music, a Q&A, and the gospel presentation. The theater seated around 500 people, but we also accommodated 500 more in the aisles of the hall and outside in the entryway by video. For the
duration of the series, an average of a thousand people crowded in to hear the message of Revelation. There was standing room only most nights, and these numbers never diminished as many church members faithfully brought their friends.

The first weekend brought with it an interesting challenge. When we arrived the first night, the mall was jammed with people who had come to see a famous Filipino rock star performing. The concert was scheduled to finish around the time our meetings were to start, but it went an hour longer. The din of the concert made it almost impossible for our children’s program to be run. However, in answer to prayer, on the second night God sent a thunderstorm that knocked out the electricity. Since the mall’s back-up generators covered only the lighting and wall sockets, the high-wattage concert was silenced! Providentially, the lightning strike came right after the health presentation, and by the time the choir had finished singing, the lights, cameras, and other technical equipment were back on for the seminar.

Incredible Team Effort

To help with visitations and other urgent tasks, the local church brought in 16 pastors to work with us. Each morning, we held staff workshops and then, for the remainder of the day, the pastors went out conducting Bible studies. The local church was a beehive of activity, with nearly everyone helping out in some way. The conference president even assigned himself to be our personal assistant and chauffeur!

As a result, from the very beginning of the seminar, we saw God’s hand guiding, directing, and helping us at every step.

On the final Sabbath, it was a thrill to see the participating churches’ new members in the grandstands of an Olympic swimming pool receiving their final instructions. One church added 60 new members, another 45, another 30, and so on. A total of 244 precious souls gave their lives to Jesus and were baptized that day—and more are still doing follow-ups.

One retired gentleman who was baptized said joyfully, “This seminar has changed my life.” He had seen the advertising and decided to come see the “show.” He was here visiting family, but his home was in Manila. After a couple of nights, he decided he should stay for the entire series. Near the end, he made his commitment to honor God’s Sabbath.

The book Ministry of Healing states, “Often our plans fail that God’s plans for us may succeed.” We were disappointed when the meetings in the States were canceled last year, but God turned our disappointment into a rewarding appointment in the Philippines!

![Our son Michael with the conference president](image)

_The Hargreaves returned to the Philippines recently to reap even more souls for Jesus. If you would like to sponsor an evangelistic series, send your gift to Amazing Facts and mark it “public evangelism.”_

_25 Inside Report | 3Q 2011_
Website Car Blitz  
by Joe Garza

As Christians, we have been entrusted with a product second to none, and Jesus wants us to be creative in sharing it. Moreover, He promises to be with us through the Holy Spirit. We have also been furnished with a vast supply of resources and talents so we can accomplish the proclamation of the gospel. We are exhorted to not only invest our finances, but also to actively engage our lives in the Lord’s vineyard.

In this age of mass advertising, how can the message of the soon return of Jesus stand out?

Nowadays, people spend 27 percent of their time out of home. They are no longer tied to their places of residence in order to search the web or watch programs. All of these activities can be performed while moving through life—traveling on the bus, shopping at the mall, or visiting a store. It is critical for the gospel to be available for these moving masses.

In some ways, the people in our communities evaluate the importance of God’s work by the efforts made to bring it to the public. So we need to attain a critical mass advertising of the gospel, the moment when the people living in cities and towns are fully aware of God’s offer of salvation.

One way to achieve this is by simply placing an Amazing Facts website sticker on our car windows and other mass advertising. Visit advertising.com/afacts to join this evangelistic revolution!

Ministry Friends Share Their Passion for Sharing

A person can get as many as 700 ad messages a day. Ours should at least be one of them!

SabbathTruth.com Billboard  
by Rob Peralta

Early this year, while thinking of a way to reach our community, I saw a small ad in a magazine with a dove and a rainbow that I thought would be great for a billboard proclaiming the three angels’ messages.

I began discussing it with a fellow church member, Dan Bowers. We learned that it would cost about $3,100 for a billboard, a sizable venture indeed. But undaunted, we went forward by faith. I started spreading the word in our Palm Springs church to get support. I remember sitting in church thinking, “This is a lot of money.” But just as soon as I thought that, a man tapped me on the back and said, “I heard about that billboard. Can I contribute?” Apparently, the Lord had it covered!

The sign first went up along busy Highway 10. I prayed, “Lord, if possible, delay traffic on that freeway so many will see the sign.” Later, a church member said the freeway was backed up for miles and many got a long, clear view of the billboard.

The billboard later went up in another busy area of town. I got a call from a man who loved it and wanted to know more. We are now doing online Bible studies together. We sent out Sabbath materials, including The Lord’s Day DVD by Pastor Doug, to all callers. Only the Lord knows how many were touched by this effort, but it did get the whole valley talking. To God be the glory!
**10 Easy-Peasy Ways to Share Your Faith!**

(Especially for shy people.)

Computer people have long had a reputation of being introverted, socially inept souls.

Admittedly, spending multiplied hours every week working in front of a computer screen doesn't exactly do much to boost one's social skills, yet I like to consider myself an exception to the rule. Quality weekly fellowship at church and a very active social circle have helped me much.

But there is an area of my life in which this “introvertedness” makes itself very apparent ... *sharing my faith.*

I know people who wouldn't think twice about approaching a total stranger at a grocery store, striking up a conversation, turning it to spiritual themes, and then inviting him or her to church. But I’d be doing great to merely make eye contact with the strangers in line behind me, much less talk to them.

Can you relate?

It’s hard for me to believe this “fear” is isolated only to computer folks like me.

So what can we shy people do? I love helping seekers learn more about Jesus. He’s done so much in my life, how could I possibly keep quiet about it? How can I do it in spite of my timidity?

Well, I’ve compiled a list of 10 “easy-peasy” ways to share your faith. In fact, even the shyest of believers can do these things with the abundant resources Amazing Facts offers in our store.

**Passive Evangelism Works**

Now bear in mind, these are passive modes of evangelism. They’re a good starting point for people not in the habit of sharing their faith and are a stepping-stone to more active methods, such as knocking on doors, giving Bible studies, going on mission trips, etc. (We’ll save those for another article!)

Okay, enough stalling! Are you ready to share your faith? Here we go:

1. When I go to grocery stores, after I empty out my shopping cart, I leave a *Final Events* DVD in it for the next person who comes along.

2. When traveling by plane, I leave an Amazing Facts book, tract, or DVD in the seat pocket in front of me.

3. If you’re staying in a hotel, leave a book or DVD for the housekeeper. You can even write a nice note letting him or her know it’s a gift. (Bonus: Leave a tract inside the Gideon’s Bible in the nightstand!)

4. This idea comes from an AFCOE student. He and his wife purchase pens and have our website
address printed on them. Whenever they’re out and about and need to sign for anything, they leave the pen behind!

5. When eating out, before leaving the restaurant, leave a pocket book on the table along with your tip. (Be sure to leave a decent tip!)

6. Whenever returning books to the library, stick an Amazing Facts witnessing bookmark in them.

7. When you see a needy person asking for money, are you wary about giving out cash but want to help in some way? A few friends shared this great idea: Stuff brown lunch bags with water, a granola bar or trail mix, and a witnessing booklet. Carry these around in your car and give them to these needy souls asking for help.

8. Do you ever get credit card offers with postage paid envelopes in the mail? (Junk mail … everybody loves it, right?) Well, you can put those envelopes to good use! Instead of just tossing them, place a tract or bookmark in them and drop them in the mail. Some feel this method is not the best because it costs the company money. If you feel this way, just affix a stamp or place a note in the envelope asking to be removed from their mailing list. This is a valid request and, whether or not your request is honored, a truth-filled tract will get into someone’s hands.

9. If you have an email account, place links to one or more Amazing Facts websites in your email signature. With every email you send, you’ll give an invitation to someone to get to know Jesus. Did you know Amazing Facts has more than 25 truth-filled websites? If you’d like a list of them, email webmaster@amazingfacts.org with a subject line of “Send me the links!”

10. Place one of our stickers on your vehicle’s back window. This is a great way to get the word out while traveling around town. At least twice while gassing up, I’ve had strangers come up to me and ask me about the website posted on my car. It opened up great opportunities to witness and, even better, the people approached me. It doesn’t get much easier than that!

“Let the publications containing Bible truth be scattered like the leaves of autumn.” —E.G. White

Of course, there are many more methods that could be mentioned. You can leave resources in laundry mats, hotel lobbies, restrooms, doctor’s offices, auto repair shops … and the list goes on and on. Be creative!

If you have any ideas on how to share your faith, send them to editor@amazingfacts.org, and we’ll put them in future issues of Inside Report and online!

Jesus is coming very soon! Let’s not be unmindful of the great commission that He’s given us in Matthew 28, a commission given to all believers, even the shy, introverted ones. And take courage because Philippians 4:13 says that we can do all things through Christ who strengthens us!

Before I bid you adieu, there is one final point that I must mention: I believe that one of the most effective keys to sharing your faith is prayer (Matthew 21:22). Pray for courage. Pray for opportunities. Pray and ask the Lord to show you what He would have you to do.

If you are willing, God will use you.
Want to be a soul-winner?
Need revival in your life? AFCOE is about helping you take this opportunity to be transformed and equipping you to become all that God intends you to be—and to go impact your world.

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

Next Session:
August 4 – December 9, 2011

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

Next Session:
August 7 – 13, 2011
(Sacramento, CA)

To learn more, visit www.afcoe.org or call 916-209-7249
Would you like to gain 50 or 60 pounds this year? You could if you eat like the average American, who consumes more than 270,000 calories worth of sugar per year!

About 40 percent of the calories in the American diet come from sugar and refined grains. These empty calories have a direct correlation to health problems such as obesity, diabetes, heart disease, and dental cavities—as well as a possible relation to cancer, hypoglycemia, allergies, and hyperactivity.

But more than that, if you’re a sugarholic, “Refined carbohydrates cause us to be malnourished in direct proportion to how much we consume them,” says Dr. Joel Fuhrman, author of Eat to Live.

The Basics

During digestion, your body breaks down all carbohydrates into glucose, which then enters your bloodstream. Your pancreas secretes insulin in response to this glucose; insulin then acts like a key to let the glucose into your individual cells. It’s simple, really: The more sugar—of any kind—you put into your system, the more insulin your pancreas produces. Even more than high blood sugar, consistently high levels of blood insulin indicate the impending onset of diabetes.

Some carbohydrates—those with fiber, and the more fiber the better—take longer to be metabolized than others, but the body treats a piece of white bread or a glass of 100-percent juice in much the same way as a bowl of pasta or a cookie. Thus, in a discussion about sugar, refined flour can’t be ignored. White flour has almost the exact same effect on your body as does table sugar. An initial energy burst as your blood sugar spikes from the carbohydrates-turned-glucose, followed by fatigue and even irritability as your blood sugar dips below normal. But rather than address these highs and lows, most of us just pour down more calories to achieve another high!

Kick the Habit

Sugar’s main problem is its empty calories: It contains absolutely no vitamins or minerals. In a perfect world, we wouldn’t consume any unnecessary calories. But few have

When reading food labels, don’t be fooled by euphemisms! All of these ingredients fall under the category of sugar and will raise your blood sugar to some degree:

- Beet sugar
- Blackstrap
- Brown sugar
- Carob
- Chocolate
- Confectioner’s sugar
- Corn sweetener
- Corn syrup
- Date sugar
- Dextrin
- Dextrose
- Fructose
- Fruit juice concentrates
- Fruit sugar
- Glucose
- Golden syrup
- Grape sugar
- High-fructose corn syrup
- Honey
- Honey maple syrup
- Invert sugar
- Lactose
- Levulose
- Malt syrup
- Maltodextrin
- Maltose
- Mannose
- Maple sugar
- Milk sugar
- Molasses
- Powdered sugar
- Raw sugar
- Refiner’s sugar
- Saccharose
- Sorbitol
- Sorghum syrup
- Sucanat (dehydrated cane juice)
- Sucrose
- Sugar
- Sugar cane syrup
- Syrup
- Table sugar
- Treacle
- Turbinado
- Xylitol
- Xylose
the will to be perfect all the time. If you think you’re consuming too many empty calories, give yourself a chance to experience the natural sweetness of whole foods by avoiding added sugar for a few weeks. Your taste buds will adjust! Try the plethora of fruits in your produce section. Numerous studies show that eating fruit is our best protection against oral and esophageal, lung, prostate, and pancreatic cancers.

After a few weeks, if you still want extra sweetness, use small amounts of lower-glycemic sweeteners like agave nectar, floral honey (not the commercially produced kind), or barley malt syrup. But even these natural, less-refined sweeteners have loads of calories and very few nutrients, so use them in small amounts—like a teaspoon per day. Avoid refined sugar and high-fructose corn syrup, which are so processed that they drain your body of other nutrients during digestion.

Fake Sugar Is Just as Bad

Also avoid artificial sweeteners, like Splenda, Equal, or Sweet ‘N Low. These chemical sweeteners just perpetuate your sweet tooth and have no place in an optimal diet. Moreover, their long-term effects are still unknown.

One thing is known, however: An eight-year study showed that people who drank one to two diet sodas per day were 65 percent more likely to become overweight than those who consumed the same amount of regular soda! (This does NOT mean that regular soda belongs in an optimal diet, either!) It might be that since artificial sweeteners taste sweet, your body thinks it should have gotten some calories. When it doesn’t, it craves more food, causing you to overeat. Another possible explanation is that you reward yourself with other indulgent treats because you were “good” by drinking a no-calorie soda.

Beware of “sugar-free” foods: many contain artificial sweeteners. Those that don’t are often made of nearly all carbohydrates in the form of refined white flour. (Did you know a “sugar-free” muffin might contain more carbs than a doughnut? The muffin has more flour!) Recall that white flour spikes your blood sugar very much like table sugar.

When it comes to sweets, many of us have a difficult time finding balance. I tend to be an “all-or-nothing” person; it’s almost easier for me to say I’ll never eat added sugar again than it is to limit it to a little bit here and there! But for people with diabetes or borderline diabetes, a “little” added sugar can be a big deal when you take into account dangerous blood sugar and insulin spikes.

Still, your best bet for optimal health is to get some vigorous exercise most days of the week and make whole, unprocessed foods, as close to their most natural state as possible, the foundation of your diet.