

AMAZING FACTS

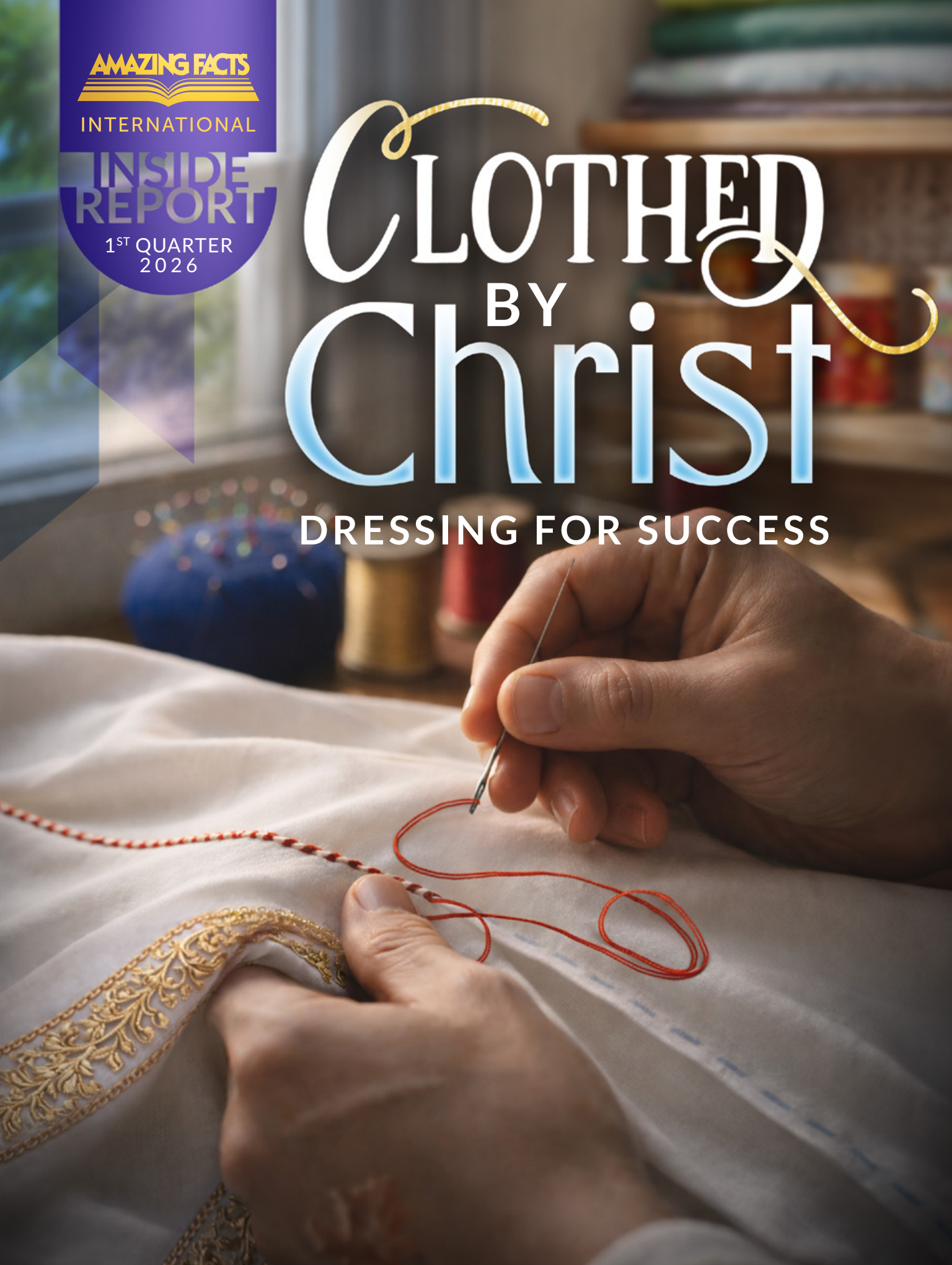
INTERNATIONAL

INSIDE
REPORT

1ST QUARTER
2026

CLOTHED BY Christ

DRESSING FOR SUCCESS



AMAZING FACTS

INTERNATIONAL

PRESENTS

ARMAGEDDON

AND THE FINAL EVENTS
OF BIBLE PROPHECY



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Hide God's Word in Your Heart

Memorize:

“Give unto the LORD the glory due to His name; worship the LORD in the beauty of holiness” (Psalm 29:2).

Scroll through any social feed and you’ll find a flood of advice: “wear this,” “never wear that,” “ten outfits that make you look successful.”

The clothes we wear matter. The colors, fabrics, and styles with which we adorn ourselves tell the world a great deal about who we are. Clothing can reveal our culture, interests, economic status, beliefs, and more. And whether we realize it or not, others are forming opinions about us within milliseconds of meeting us. A study at Princeton University found that people wearing “richer” clothes were instantly perceived as being more competent than those wearing “poorer” clothes.

As Christians, our apparel matters even more. We are not simply keeping up an image. We are being recreated in the image of God. Who we are—and the clothing we wear—should instantly let people know that we are followers of the humble Man of Nazareth.


Does that mean we should shuffle around in mismatched clothes and a sad face? Definitely not. As you’ll read in Pastor Doug’s article, our clothing should

represent the excellence of our Savior, and our faces should reveal the joy of knowing Him.

King David used a phrase in his psalms of praise that perfectly illustrates how each of us as Christians should dress: “Oh, worship the LORD in the beauty of holiness!” (Psalm 96:9). The “beauty of holiness.” Picture that in your mind’s eye. What does it mean?

For one, it tells us that holiness matters. Worshiping God, living for Him, obeying His commands, imitating Jesus—these disciplines are the path to holiness. They do not produce holiness, for that is a gift from God. But they place us where God can give us the gift of His holiness.

Second, holiness—wholeness—is attractive in all the best ways. There is nothing more beautiful than life truly in tune with the Holy Spirit. When we allow the Lord to clothe us with humility, purity, and love, our outward choices (and physical clothing) become signs of inward devotion.

By the grace of God, worshiping the Lord in the beauty of holiness can become our daily clothing, one that will disarm suspicion, invite conversation, and point people toward the Creator whose loveliness has captured our hearts. 

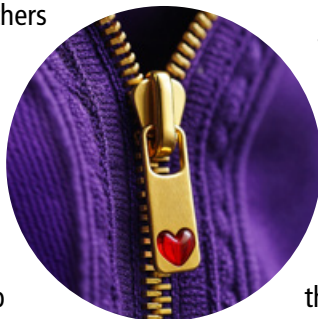


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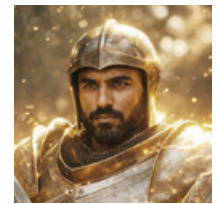
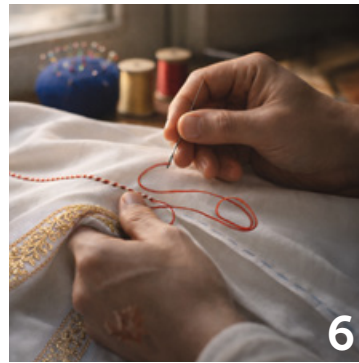
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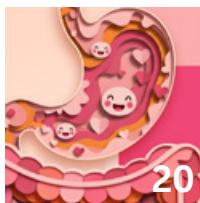
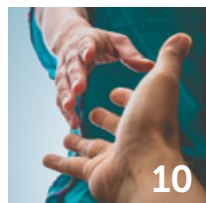
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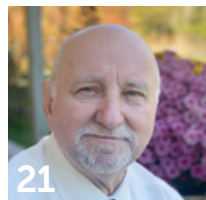


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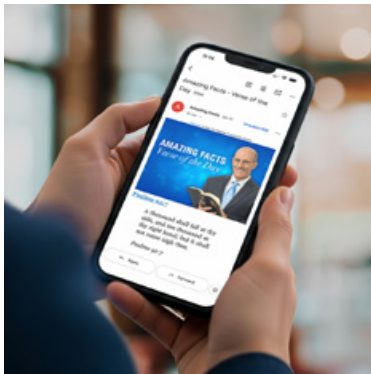
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Want Bible answers in your inbox? Inspiring articles? Latest ministry news? Testimonies showing how your support is making a difference? Or how about exclusive deals on our best products? Then sign up for our email specials and the *Inside Report* e-newsletter at www.amazingfacts.org/study/

Connect with Amazing Facts

From the Mail Bag



Inspiration in Your Inbox

"I just wanted to say that since I signed up for your Verse of the Day, it has been a blessing. Sometimes when I pray with a heavy heart or have questions or concerns for God, He sends His answers through the verses I get daily. Many times, they have been a response to a prayer. Thank you so much for doing this. I look forward to them every day. May God bless and keep you safe in His arms!" —Linda

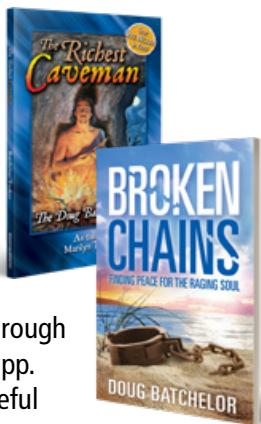
Editor's Note: Sign up today at amazingfacts.org/study

The Joy of the Sabbath

"I became a born-again child of God in May 1980. Over the last six months, God has been speaking to me about keeping the Sabbath. He directed my path to Pastor Doug and his Bible study. That they are free is a blessing, and I can't even begin to thank you enough. I am also attending a Sabbath-keeping church in my area. I am so blessed—first by my Savior's grace and your kindness." —Annette, Florida

Breaking Chains

"Thank you for your ministry through Amazing Facts. I went through a depression recovery program and was given several books, including Pastor Doug's *The Richest Caveman* and *Broken Chains*. In conjunction with the Holy Spirit and a series of other encounters, they changed my heart. Ever since, I've been back in the church. I've watched several of his sermons, have gone through some *Storacle* lessons, and read the devotional via your app. Amazing Facts has really touched my life, and I'm so grateful for your outreach." —Christy, Texas



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CLOTHED BY Christ

DRESSING FOR SUCCESS

By Pastor Doug Batchelor



An Amazing Fact:

In the vacuum of space's extreme temperatures and near-nothingness, astronauts need special clothing to survive. Their spacesuits supply oxygen, maintain pressure, regulate body temperature, and remove humidity and carbon dioxide. Astronauts must place enormous trust in these suits—lifelines only fractions of an inch thick in places. It's truly important, lifesaving clothing!

When it comes to clothing, humans are different from most other creatures.

Animals are usually “born with their clothes on.” Their coverings grow from the inside out, and many even shed and regrow them. Mankind alone must be clothed from the outside.

Scripture says our dependence on artificial clothing began after the fall: “Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings” (Genesis 3:7). The KJV uses the word “aprons”—meaning belts or girdles.

Relying on their own resourcefulness, Adam and Eve stitched fig leaves into belts to hide their shame. Having never witnessed death, they likely expected the leaves to

serve as a lasting disguise, but as the leaves shriveled, the fallen pair's homespun solution failed.

God showed them that true covering would require sacrifice: “For Adam and his wife the LORD God made tunics of skin, and clothed them” (v. 21). The Creator explained that the death of another living creature would be needed for them to be properly dressed. In contrast to their skimpy fig belts, God provided them with durable tunics. Humanity fashioned flimsy “miniskirts”; God supplied lasting robes of skin—signaling that sin's shame cannot be covered by human effort.



Why Do We Wear Clothes?

Thus, clothing began as God's gracious covering, but is clothing still an important biblical principle some 6,000 years later? Let's explore this issue and see what we discover.



The reason why God instituted clothing was to cover Adam's and Eve's nakedness, which remains the main reason we wear clothing today: **modesty**.

Today's fashion trends lean toward more exposure and less modesty.

With scantily clad bodies featured on billboards and even on "family-friendly" websites, it's easy for Christians to become desensitized and accept and even adopt immodest clothing in everyday life.

We must resist these trends, but especially when we come to worship the Lord! We need to ensure that everything we wear is high enough, low enough, and loose enough to cover our bodies, because we are in the presence of a holy God. Remember, the angels surrounding the throne of God, who minister in His presence, veil their faces and their feet and cry out, "Holy, holy, holy" (Isaiah 6:2, 3).



Another reason we wear clothing is to **protect** us from harsh weather and climates. In certain parts of the world, clothing is used to keep us warm; in other parts, it must keep us cool and protect us from excessive sun or wind.

When the apostle Paul was in prison, he knew that his remaining days were few. In a letter to his dear friend Timothy, he wrote, "The time of my departure is at hand. I have fought the good fight, I have finished the race, I have



We also wear clothing as a show of **respect**. What we wear says something about what we are doing, where we are going, and whom we are planning to see.

Different clothing is appropriate for different occasions. For instance, you wouldn't wear the same outfit to go picnicking with your family as you would to go work on a construction site. Likewise, when you come to worship before the Lord, you wouldn't wear the same clothes that you'd don if going to the beach.

You might say, "It doesn't matter what we wear to church, because God looks on your heart." It's certainly true that some congregants or guests might not be able

kept the faith" (2 Timothy 4:6, 7). At the end of the letter, he included several special requests: "Bring the cloak that I left with Carpus at Troas when you come—and the books, especially the parchments" (v. 13).

Back then, the only luxuries a prisoner might enjoy had to be supplied by friends and family. Paul was getting old, and he was susceptible to the cold. I *deeply* empathize when Paul says to bring his cloak quickly (v. 9), before winter! (v. 21). For me, it's easier to endure heat than cold, so I'm thankful that God gave us clothing to protect us from the elements.

to come in church-appropriate clothing; I hope they come anyway, because God will bless them!

But many congregants purposely come to church dressed as though the occasion were just a casual gathering, even if they have more appropriate clothing hanging in the closet. Most people, if invited to the governor's house for dinner, wouldn't wear jeans. How sad to show more respect for an earthly ruler than for the King of the universe! When we come before the Lord, we should wear our best—whatever it happens to be.



Kids, Culture, and Clothing

Having attended 14 schools, public and private, as a child, I noticed a clear pattern: Where uniforms were required, students spent less energy worrying about clothes and more on friendships and schoolwork. Uniforms lowered the social pressure to "dress to impress," reduced distractions, and helped level the playing field. In today's image-driven culture, that simple consistency can free kids to focus on what matters most: learning and character development.



We also wear clothing as **identification**. For example, it's essential to be able to recognize police officers, and they typically wear uniforms for that reason. When they are undercover, you can't spot

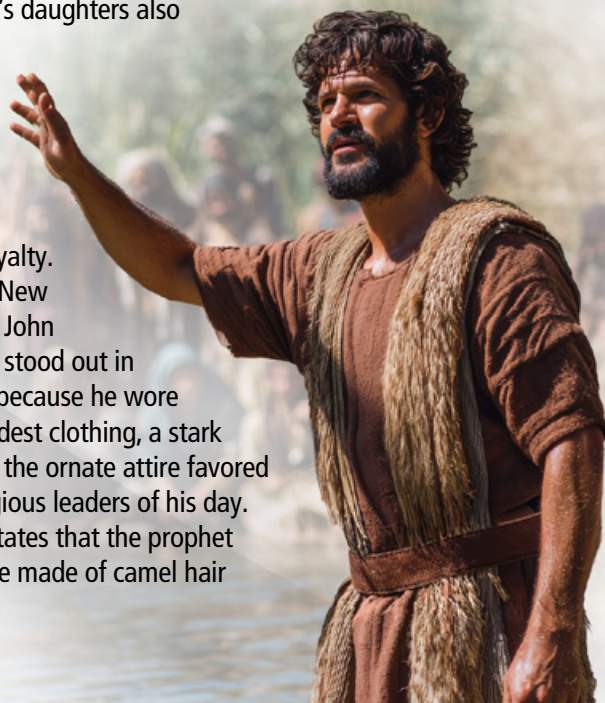
them in a crowd. If you were in trouble, you would have to rely on them noticing you.

During a war, it's important for the U.S. soldiers to wear uniforms identifying them as Americans so that they don't get hit by friendly fire.

In Bible times, Jacob gave Joseph a multicolored robe (Genesis 37:3), which was an ancient symbol of royalty reserved for special children.

King David's daughters also wore coats of many colors (2 Samuel 13:18), identifying them as royalty.

In the New Testament, John the Baptist stood out in the crowd because he wore simple, modest clothing, a stark contrast to the ornate attire favored by the religious leaders of his day. Mark 1:6 states that the prophet wore a robe made of camel hair





The Bride and the Harlot

Two important women are mentioned in Revelation chapters 12 and 17. One woman represents God’s church, while the other represents a fallen church. Not once are they said to speak! Yet we can identify who they are because the Bible tells us what they are wearing (Revelation 12:1; 17:4, 5) and what they are doing (Revelation 12:2, 5, 6; 17:1–3, 6).



and a belt of leather. The Jews who saw John were reminded of the prophet Elijah, who also wore a garment of hair and a leather belt (2 Kings 1:8).

It is said that you shouldn’t judge a book by its cover, but most people do. If a publisher wants a book to sell well, it had better have a good cover. Likewise, while people shouldn’t judge others merely by the clothes they wear, they likely will to some degree. So, as a Christian, you don’t want to wear anything that might identify you as someone who isn’t following Christ, because your witness may be compromised.



So, What Shall We Wear?

The Bible mentions several things we should remember to wear.

One thing that Christians should put on is a smile. I’m not kidding!

Job 9:27 says, “I will put off my sad face and wear a smile.” God’s people should want to put on a cheerful countenance. Many of us could do a lot more to advertise for Jesus simply by being happier. Too many Christians go around looking like they’ve been baptized in lemon juice; then they wonder why their friends and family aren’t



interested in hearing their testimony. Many more seekers would want to be Christians if we looked joyful in our relationship with Jesus.


We also need to put on the armor of God. In Hans Christian Andersen’s “The Emperor’s New Clothes,” two swindlers flatter a vain ruler with fake fabric that’s “invisible” to anyone unfit or foolish. The emperor, unable to see it and anxious about

his reputation, pretends to admire its supposed fine workmanship and colors. The fraudsters dress him in the “garments” and urge a public parade. Courtiers and townspeople, also

fearing embarrassment, echo fake admiration. At last, a child blurts the truth: The emperor is wearing nothing at all.

When we talk about the armor of God, we are not describing imaginary clothes. Ephesians 6:11 says, “Put on the whole armor of God, that you may be able to stand against the wiles of the devil.” The Bible instructs us to wear the helmet

(Continued on page 18.)



BY EVERY MEANS POSSIBLE

“Absolutely not!” Shonda’s husband was firm. “You know I don’t agree with those Sabbath-keepers. I don’t want you doing *those* Bible studies!”

Shonda loved what she was learning in the *Amazing Facts Study Guides*, but she didn’t want a fight, so she quietly put them away.

Five years later, she requested another one of our Bible lessons. Again, her husband firmly objected. “I let the subject drop again,” she says. “I was certain this was the end of it.”

But God wasn’t done yet. One night, Shonda’s husband happened across Pastor Doug preaching on late-night television. The presentation caught his attention. The next night, he tuned in again. Soon, it was a regular habit.

“A few weeks ago, my husband surprised me by saying that Pastor Doug was ‘right on the mark,’” Shonda reports. “Now he is happy for me to do the *Study Guides*. I know this doesn’t sound like much of a miracle, but believe me—it is!”

Sharing Truth Through Every Channel

Shonda’s story is a beautiful example of how God uses your gifts to make truth accessible in multiple forms to thousands of people every year. Like Shonda and her husband, many people are convinced of the truth because they encounter Amazing Facts’ materials in more than one place.

- Dustin completed a couple of *Study Guides*, found SabbathTruth.com, and asked us to connect him with a local Sabbath-keeping church.
- Farah enrolled in the Bible School in 2004. Life happened, and she didn’t continue until she heard a recent radio ad for the *Prophecy Odyssey* Bible lessons.


- Jacob, an inmate in California, writes: “Thank you for the Bible lessons. . . . Your television program has been crucial to my mental and spiritual well-being. It is at the top of my list as the most anticipated weekly engagements. I am never disappointed, and I always walk away from the experience being uplifted and strengthened. Thank you for providing me with these valuable resources to help me better understand Scripture.”

“The Bible School receives hundreds of letters from the community and inmates,” says Cathy Bauer, Bible School supervisor. “Many watch Amazing Facts on TV first, then enroll in the Bible course. Others took the Bible course and later discovered our TV programs. It’s a beautiful example of how the different aspects of this ministry support each other and make it possible to reach more people.”

Essential to the Mission

Fingers, toes, kneecaps, nose. Every part of your physical body is essential to your well-being—and to your ability to live with purpose. The same is true in the body of Christ. Every Christian is a vital part of our God-given mission to reach the world.

Your loving gifts and faithful prayers enable Amazing Facts to broadcast end-time truth through every means available today. This multifaceted ministry simply would not be possible without you. But that’s not all. Every time you leave an Amazing Facts tract on the gas pump or point someone to our websites or broadcasts, you are putting truth into the hands of those who need it most.

Thank you for providing truth in multiple ways so that Shonda and her husband, as well as many others like them, can discover it for themselves. You are essential to the mission! 

Want to deepen your understanding of the Bible? Enroll in our free Bible School at: [AmazingBibleStudies.com](https://www.amazingfacts.org). Or reach us at 844-215-7000 or BibleSchool@amazingfacts.org. Find our programs at [amazingfacts.org/watch/station-finder](https://www.amazingfacts.org/watch/station-finder).

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“Those who are planted in the house of the LORD shall flourish in the courts of our God. They shall still bear fruit in old age; they shall be fresh and flourishing.” —Psalm 92:13, 14

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All inquiries are confidential. This information is not intended as legal, tax, or financial advice. We are happy to work with your professional advisor.

THIS Book HAS Your Name ON IT

By Shenalyn Page



“Here’s a free book for you!” Eight-year-old Jaxon smiled and held out a book titled *Freedom: Truth Wins*. Nearby, his ten-year-old brother Graden also handed out books as fast as he could to the flood of people exiting the stadium.

Despite their small frames, the boys were hard to miss in their bright yellow vests outside Utah Valley University’s UCCU Center. They, along with their parents, Eric and Kristen Lembcke, had joined a group of devoted Sabbath-keepers to give out free copies of *The Great Controversy* (reprinted under the title *Freedom: Truth Wins*) after an evangelical Harvest Crusade held in November 2025.

The crusade was held on the same campus in Orem, Utah, where Charlie Kirk had been killed just two months before; the event drew 7,800 participants.

7,300 *Great Controversies* Distributed

Local pastor Adriano Liessi saw the event as an opportunity to share essential end-time truth. He gathered volunteers and joined forces with Don Reed, a Sabbath-keeper from Tennessee, who has distributed over half a million copies of *The Great Controversy* at similar events across the United States. Eric and Kristen had recently moved to town and eagerly joined in the project.

During the event, the group distributed copies designed with a white cover reminiscent of the T-shirt Kirk had been wearing when he was shot. Free *Amazing Facts Study Guides* are advertised in the back. Crusade-goers eagerly snatched up the books. Some came back and asked for more. In all, 7,300 copies were handed out at five distribution points that evening.



Kristen shares, “I kept praying, and God kept giving me eye contact with people. I’d hand them a book and say, ‘This book is for you,’ or ‘This has your name on it.’ They were grabbing them from us!”

“We hope to help with follow-up Bible studies in the area,” explains Eric, a real estate developer who serves on the Amazing Facts board.

Graden and Jaxon have even higher hopes. “Maybe someone will come to us in heaven and say, ‘I’m here because you gave me one of those books about freedom,’” Graden said, a smile on his face. Jaxon nodded in agreement.

A Fruitful Partnership

When they started dating in high school, Eric was a Sabbath-keeper, but Kristen wasn’t. Eric gave her a copy of Pastor Doug’s *The Richest Caveman* and invited her to watch one of the first widely broadcast seminars that Pastor Doug preached. She was baptized, and two years later, Eric and Kristen attended the ministry’s first AFCOE class.

Recently, they participated in the Amazing Facts mission trip to Panama and brought their boys to the 2024 Amazing Facts Youth Conference. Says Kristen, “We support Amazing Facts because of their unwavering commitment to proclaiming biblical truth with clarity. For nearly three decades, our partnership has remained steadfast, rooted in the ministry’s unapologetic presentation of the three angels’ messages.”

Eric adds, “I love that Amazing Facts has consistently held the line while rapidly expanding its global reach, carrying the everlasting gospel to the farthest corners of the earth. They are actively fulfilling the Great Commission. With Jesus’ return drawing near, there is no greater privilege or joy than to participate in His urgent, finishing work of redemption.”

News to Note

Where in the World Is Pastor Doug?

Pastor Doug is circling the globe with the everlasting gospel! Please pray for his safety and that seekers will respond to Bible truth!

March 19–23: Middle East

March 26–29: Kenya

April 12–18: Belize

May 3–11: Thailand

June 17–20: Amazing Facts Youth Conference

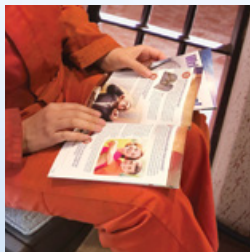
June 25–27: Southern New England Camp Meeting



Don't forget to see if an Amazing Facts event is coming to your area: prophecyseminars.com.

A "Shut" Door Opens Wide for the Bible School

Last summer, the Bible School received returned mail from the Kansas Department of Corrections (KDOC)



because their policy only allowed us to send to believers of the same faith. We appealed the decision, and the KDOC recently granted us recognition as a publisher. This means that instead of only being able to send our materials to professed

Sabbath-keepers, we can now send Bible lessons to any inmate in Kansas who requests them. Praise the Lord!

Bible School Is Growing!

Enrollments in the Amazing Facts Bible School went up from 40,861 students in 2024 to 52,297 students in 2025. That's a 28 percent increase.

Praise God! Please pray for the Holy Spirit to convict each of these individuals of the nearness of Christ's return. Know someone who would like to study the Bible? Share our Bible school website with them: AmazingBibleStudies.com.



Armageddon Documentary Live on YouTube

After five years of hard work, our newest documentary is live on YouTube and AFTV. It received over 2.5 million views in just its first five days on YouTube. Please join us in prayer that many people will watch this film and give their lives to Christ because of it.



New Distribution Channels for Present Truth

Many consumers have been canceling their cable subscriptions and switching to FAST (Free Ad-Supported Streaming Television) channels. Thanks to your faithful gifts, Amazing Facts is now publishing truth-filled media on Freebie, OrkaTV, Zone-ify, and StreaMix. We have also expanded our national reach to include three new digital networks: BUZZR, ROAR, and GEB. Thank you for helping us broadcast the everlasting gospel!

Amazing Facts Summit

Longing for a deeper prayer life? Then log on to AFSummit.org to listen to the inspiring messages



shared by Pastor Doug, Pastor Jerry Page, and Pastor Randy Skeete during the "Teach Us to Pray" Summit held in January. And get ready for our Archaeology and Bible Timeline summit, April 3 and 4!

AFY Conference 2026: Send Me!

Don't miss Amazing Facts' sixth annual youth conference, June 17–20, 2026. Find out more at afyouth.com!

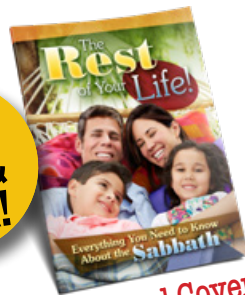
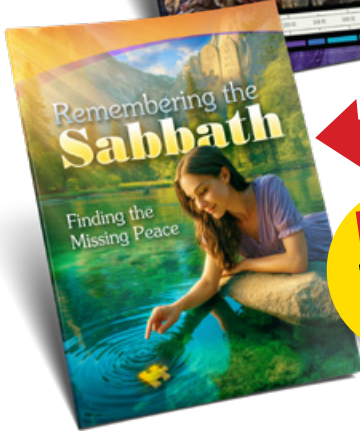




His Story: The Amazing Bible Timeline

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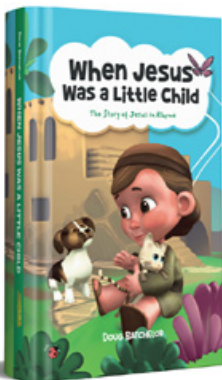


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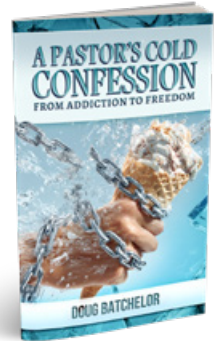
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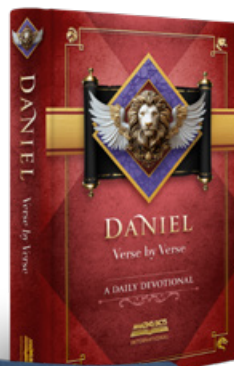
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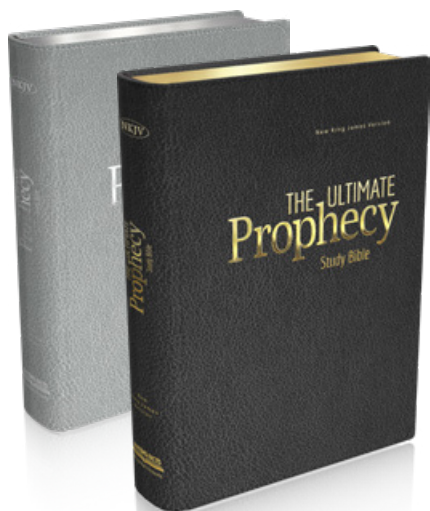
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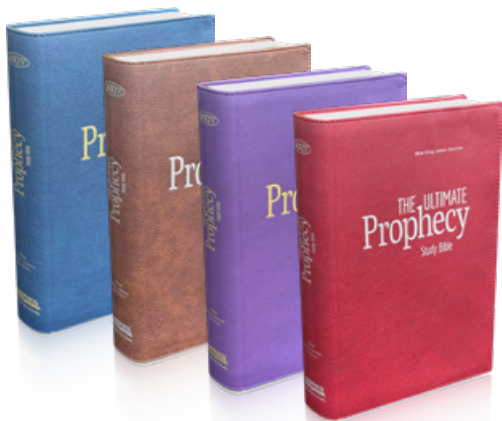
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▶ Amazing Facts With Doug Batchelor

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30 AM PT 10:30 PM PT	2:30 PM PT	8:00 AM PT 8:00 PM PT		10:00 AM PT 10:00 PM PT	2:00 PM PT 6:30 PM PT	7:00 AM PT 7:00 PM PT
	8:00 AM ET						
	8:00 AM ET/PT 7:00 AM CT 6:00 AM MT						
	8:30 AM ET/PT 7:30 AM CT 9:30 AM MT						
		3:30 PM ET					
		5:30 AM ET	5:30 AM ET	5:30 AM ET	5:30 AM ET	5:30 AM ET	
	12:30 PM ET						
							8:30 AM ET
		6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	6:00 AM ET/PT 5:00 AM CT 4:00 AM MT	
	10:00 AM PT 8:00 PM PT					12:30 PM PT	6:00 PM PT
	11:30 AM PT 8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT	8:30 PM PT
						6:30 AM ET/PT 5:30 AM CT 4:30 AM MT	
	8:00 AM (All Time Zones)						
	9:00 AM ET/PT 8:00 AM CT 10:00 AM MT						
	10:30 AM ET	6:00 AM ET			3:30 PM ET		

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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ROAR	9:00 AM ET/PT 8:00 AM CT 10:00 AM MT						
TBN	3:00 PM ET 10:30 PM ET				10:00 PM PT		
3ABN <small>Three Angels Broadcasting Network</small>	9:00 PM CT		10:00 PM CT		1:30 PM CT		
THE WORD <small>Network</small>	2:00 PM (All Time Zones)						
W WORLD HARVEST TELEVISION		9:00 AM ET 8:30 PM ET	9:00 AM ET 8:30 PM ET	9:00 AM ET 8:30 PM ET	9:00 AM ET 8:30 PM ET	9:00 AM ET 8:30 PM ET	



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AFTV	7:00 PM PT LIVE			2:00 PM PT	7:00 AM PT 7:00 PM PT	9:00 AM PT	
3ABN <small>Three Angels Broadcasting Network</small>					7:00 PM CT		
Sirius Family Talk Channel 131	7:00 PM PT						8:00 PM PT
Hope CHANNEL	7:00 PM PT LIVE						



(Continued from page 9.)

of salvation, the breastplate of righteousness, the sword of the Spirit, the belt of truth, and the gospel of peace (vv. 14–17). Like He did in Eden, God supplies these garments for us—but you and I must make time to put them on each day.

We do this, for example, by putting the Word of God in our hearts and our minds and by taking it wherever we go. These various implements are exactly what Jesus used to combat the devil in the wilderness (Luke 4:1–13), and they are available to us.

If we're going to be effective in helping Jesus save others, we need to be properly clad. Romans 13:12 tells us, "The night is far spent, the day is at hand. Therefore let us cast off the works of darkness, and let us put on the armor of light." Jesus said that people ought to look at us and see that we have a light. "Let your light so

shine before men, that they may see your good works and glorify your Father in heaven" (Matthew 5:16).

Do Our Clothes Matter?

In Matthew 22, Jesus tells a parable about a king who plans a wedding feast. It would have been understood by His listeners that when the king had to go out into the highways, byways, and hedges to call people to the wedding banquet, the people who would have responded were too poor to own suitable garments for a royal wedding.

Therefore, the king had to provide the clothing at his own expense.

Incredibly, however, someone showed up without the wedding garment. The person had no excuse (v. 12); he simply didn't take the time to don the garment that had been provided. Consequently, "The king said to his servants, 'Bind him hand and foot, take him away, and cast him into outer darkness; there will be weeping and gnashing of teeth'" (v. 13).

Likewise, we need to be wearing the right type of clothing when Jesus comes.



Jehovah's Gift

In the Old Testament, Saul's son Jonathan, the crown prince, took off his armor, robe, and belt and gave them to David (1 Samuel 18:4). Jonathan means "Jehovah's gift." Isn't it interesting that Jehovah's gift gave David his armor and his robe, along with a sword and bow? Jesus gives us these same things to wear today!

Husbands, love your wives, just as Christ also loved the church and gave Himself for her, that He might sanctify and cleanse her with the washing of water by the word, that He might present her to Himself a glorious church, not having spot or wrinkle or any such thing, but that she should be holy and without blemish (Ephesians 5:25–27).

You might be thinking, “How do I get garments that are without spots or wrinkles?”

In Revelation 3:18, Jesus says, “I counsel you to buy from Me gold refined in the fire, that you may be rich; and white garments, that you may be clothed, that the shame of your nakedness may not be revealed.” Our pure white garments come from Jesus. The great news is that He does not charge a price for them; salvation is a free gift (Romans 6:23). The Lord wants nothing but the gold of our faith and the silver of our love.

The next question you might have is, “Once I get the garment, how do I keep it clean?”

Revelation 7:14 gives us the answer. Our garments are washed in the blood of the Lamb. When you come to Jesus, He gives you a spotless white robe. This is justification, which means that you come to the Lord just as you are and He covers you with His perfect robe of righteousness.

What follows is sanctification, a process in which you learn how to keep that robe clean and during which your character is cleansed by the blood of the Lamb. Just remember that while His blood is readily available, we don’t want to carelessly soil the pure robes He gives us.

Take Action

Many of us have had easy access to a washer and dryer our entire lives. I’ve discovered that when you have these appliances at hand, you’re less likely to be particular about keeping your clothes clean.

One time when our washer and dryer broke at our cabin in the hills, I wore the same coverings for several days because I didn’t want to go to the trouble of washing



them by hand. I was also more careful to keep my clothes clean.

I believe the Lord is now trying to teach us how to keep the spotless clothes He gives us forever clean. Many of us are waiting for some sort of special prescription to be handed out in the future that will enable us to live victorious lives, but that has already been given to us!

Today, the grace of Jesus is always available to wash away our sins when we ask Him. We often forget,


however, that it won’t always be that way. A day is coming when Christ will proclaim that the laundromat is closed. “He who is unjust, let him be unjust still; he who is filthy, let him be filthy still; he who is righteous, let him be righteous still” (Revelation 22:11).

Perhaps, like me, you’re filled with amazement at God’s generosity and can’t comprehend how a life that has been so scarred and filthy can be suddenly washed and clothed in pure white.

Remember that with God, all things are possible (Matthew 19:26).

Finally, the Bible says to ...

- Put on the armor God has granted to you.
- Wear the white garments Jesus has given you.

God is inviting you to take action today—to don the things He has provided. In doing so, you will embody the characteristics of Christ and serve as a powerful witness to others of God’s love and mercy. 



How Gut Health Can Benefit

Did you know you have a nervous system inside your intestines that's so complex it's sometimes referred to as a "second brain"? Or that your gut and brain constantly communicate with each other via your central nervous system? Or that the microbes in your digestive tract can powerfully influence your emotional and cognitive health?

This gut-brain connection, also called the gut-brain axis (GBA), is a fascinating and crucial function of the body. In fact, the myriad types and combinations of bacteria that thrive within our intestinal tract have an enormous effect on many aspects of our health, including how our brain functions.

For instance, recent research has uncovered evidence of a link between mental health struggles, including mood disorders such as major depressive disorder—which has increased in prevalence by 60 percent just in the past decade—and changes in gut bacteria levels.^{1,2} Some studies even suggest that poor intestinal flora may contribute to neurodegenerative diseases such as Parkinson's and Alzheimer's.³ Indeed, weak populations of beneficial bacteria, or an unbalanced mix of them, can contribute to a wide range of problems.

While research is still investigating the details of how this system works, we know enough to take simple steps. Even small lifestyle changes can improve intestinal health to help boost brain function and emotional well-being.



Your Brain

By Laurie Lyon

Here are a few ways you can start today to improve your gut health:

Drink plenty of water. Essential for overall health, adequate water intake also helps keep you regular and may increase beneficial bacteria while lowering harmful bacteria in your intestines.⁴

Eat more fiber. As a prebiotic, fiber feeds the hungry beneficial bacteria in your gut and can help to increase their diversity.⁵ Whole fruits, vegetables, grains, nuts, and seeds are great sources of fiber. Meanwhile, minimize processed foods and desserts, as they can harm gut bacteria.⁴

Prioritize sleep. For best results, shoot for seven to nine hours a night. Not sleeping well can sabotage gut health. Use good sleep hygiene to improve your success.⁴

Stay active. Regular exercise can energize gut microbes and help them multiply, which then can enhance overall health. Combining aerobic exercise with weight training is especially effective in boosting intestinal vitality.⁶

If you're healthy enough, consider a high-quality probiotic. This can help restore gut health when it's been compromised by illness, poor diet, or antibiotics. However, probiotics aren't safe for everyone, so check with your doctor first to be sure.⁷

What happens in the gut affects not only our physical health, but also our emotional and spiritual health, so we want to maintain an ideal environment for our microbial benefactors. Careful decisions in eating, drinking, and other lifestyle factors can bring healing. The Bible reminds us, "Therefore, whether you eat or drink, or whatever you do, do all to the glory of God" (1 Corinthians 10:31). You can care for your inner ecosystem—and reap the benefits—by letting your choices honor the One who made you. 🍌



1 <https://www.psychologytoday.com/us/blog/night-sweats-and-delusions-grandeur/202208/5-surprising-ways-gut-health-affects-mental-health>
 2 <https://www.cdc.gov/nchs/presroom/releases/20250416.html>
 3 <https://www.nature.com/articles/s41598-025-86858-3>

4 <https://www.healthline.com/health/gut-health#what-to-do>
 5 <https://www.health.harvard.edu/staying-healthy/5-simple-ways-to-improve-gut-health>
 6 <https://pmc.ncbi.nlm.nih.gov/articles/PMC10054511/>
 7 <https://my.clevelandclinic.org/health/treatments/14598-probiotics>

Volunteer Spotlight

By Shenalyn Page

Did you know that most of our new ministry friends who give to Amazing Facts are not yet Sabbath-keepers? It's true!

And many of our faithful co-laborers give sacrificially from their small incomes because God has blessed them through Amazing Facts. They simply want to share the blessing. If you are one of these precious friends, we thank you from the bottom of our hearts! Your loving gifts are changing lives all around this world.

We could not preach the everlasting gospel without you, so we want every one of our ministry friends to know how much we appreciate them. That's where volunteer Duane Bauer comes in. Duane is a retired chiropractor who loves Jesus and people. Every day, he calls our co-laboring friends to personally thank them for their generosity.


Those conversations often move beyond a simple thank you. "I always offer prayer and Bible studies to people," Duane says. "One lady started crying right away. 'I was just diagnosed with cancer,' she said. She was so thankful for the prayers."

Many new friends share stories with him about how their lives have been touched by Amazing Facts' ministry. "God is moving in the hearts of so many people," Duane says. "Many have questions about the things they are learning, and they are so happy that someone called to talk with them. I answer their questions and connect them with our Bible School."

Duane is uniquely prepared for this work. He and his wife, Cathy, attended the Amazing Facts Center of Evangelism (AFCOE) in 2017. Then they worked as Bible workers with a church plant in Folsom, California. Today, Cathy supervises the Bible School, and Duane volunteers in donor relations. Both continue to give Bible studies regularly.



Jeremy Klopfenstein, our donor relations supervisor, says, "Duane is a vital part of Amazing Facts' ministry to partners who are not yet Sabbath-keepers. He brings the love and encouragement of Christ in his interactions and has a special gift for relating to people and making them feel a part of the Amazing Facts family."

Do you want to be a part of spreading the gospel? If you live locally and have a burden for souls, we invite you to join Duane as an Amazing Facts volunteer. "This is a wonderful way to contribute to God's work," Duane says. Please call 916-209-7201 to learn about the available volunteer positions. 

Put on the ARMOR AND SMILE!



By Laurie Lyon

Have you ever seen a play at school or church—or maybe you took part in one—where the actors wear costumes? What if you were in a play about the birth of Jesus? You might wear a tunic like a shepherd or a soft head covering and robe, kneeling beside the manger, like Mary. The colorful costumes help us step into the story.

Even though life isn't a play, what we "wear" still matters—especially if we love Jesus. We can wear things like kindness and a smile that show His love. When people see that, they might wonder why we're so happy. That gives us a chance to tell them about Jesus and how much He loves them.

And there's something else we're invited to wear every day: the armor of God. What? Armor like knights and soldiers wear? That's right! Even though you can't see this armor, it is very real. The Bible tells us about it in Ephesians 6. It's the armor that God can put inside us to help us be loyal to Jesus, be kind to others, and do what's right.

Temptations to do wrong are all around us every day, but God wants to protect us from doing anything that will hurt us or others. He loves us and wants to take us to heaven to live with Him forever. That's why He offers us protective armor—so we can be ready to go home with Jesus when He comes back.

SOLVE THE PUZZLE to discover the six pieces of armor that God wants you to have. Circle every third letter below and write the circled letters in the blank spaces. All the letters are in the correct order. The first letter of each word is circled for you.

N T **(B)** I R E U O L V E T M A **(B)** P R R X U E I T A B Z S I W T
 O L P M I L Y B A O W T G H E S W **(G)** M T O R U S W E P
 M T E B U L C N **(S)** O R H M U I W P E Y D L I N D O E **(H)** B
 R E V Q L P I M O N E B W T R C **(S)** V P W Y I O C T R U L D

The _ _ _ _ of **TRUTH**.

(This wraps around to help keep you safe and secure.)

The _ _ _ _ _ _ _ _ _ _ of **RIGHTEOUSNESS**.

(This protects your heart.)

The _ _ _ _ _ of **PEACE**.

(This is the good news about Jesus and His love for you.)

The _ _ _ _ _ of **FAITH**.

(You hold this in front to protect yourself.)


The _ _ _ _ _ of **SALVATION**.

(This covers your head securely.)

The _ _ _ _ _ of the **SPIRIT**.

(You can use this to defend yourself with Bible truth.)



Do you want to be a shining knight—and a shining light—for Jesus? Then ask Him to help you put on all the pieces of armor that you need to be faithful to Him. This comes from learning more about Jesus, talking to Him, and reading His message to you: the Bible. Ask Him to make you strong to resist temptation and help you find ways you can show His love to others. Jesus will hear your prayer, and He will do it! 

Answers: Belt, Breastplate, Gospel, Shield, Helmet, Sword

Bible Answers

with Pastor Doug Batchelor



Does Ezekiel 16 support the wearing of jewelry?



Let's first take a look at the passage in question:

I adorned you with ornaments, put bracelets on your wrists, and a chain on your neck. And I put a jewel in your nose, earrings in your ears, and a beautiful crown on your head. Thus you were adorned with gold and silver, and your clothing was of fine linen, silk, and embroidered cloth. You ate pastry of fine flour, honey, and oil. You were exceedingly beautiful, and succeeded to royalty (vv. 11–13).

The context of this passage is not whether God's people should or should not wear jewelry in their everyday lives. It serves as a figurative picture of God redeeming His people from slavery. The people of God are likened to a bride who has been given many gifts. It draws the attention of Israel back to the Exodus, when the Lord instructed them to take jewels of silver and gold from their neighbors (Exodus 11:2, 3). These gifts were then used not to adorn themselves, but to create the beautiful wilderness sanctuary (Exodus 25:1–8).


The message of Ezekiel 16 is that Israel "played the harlot" by removing her jewels and creating pagan idols. This occurred when the nation formed alliances with compromised foreign powers, which led it away from worshipping the true Creator God. Actually, on one occasion,

when the Israelites were commanded to prepare themselves before God, they were to remove their jewelry (Exodus 33:4–6).

When we look at Bible verses that specifically address the adornment of Christians, the guidelines are quite straightforward:

Do not let your adornment be merely outward—arranging the hair, wearing gold, or putting on fine apparel—rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit (1 Peter 3:3, 4).

In like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, but, which is proper for women professing godliness, with good works (1 Timothy 2:9, 10).

The jewelry that God wishes to place on His people is not of outward adornment. The Lord values the pure jewels of modesty that draw people to look at Jesus, not at oneself. 



Tune in to **Bible Answers Live**, Amazing Facts' live, nationwide call-in radio program, and listen to Pastor Doug give biblical, straightforward answers to difficult Bible questions. To get times and stations in your area or to listen to answers online, visit amazingfacts.org.



Read Pastor Doug's book *Jewelry: How Much Is Too Much?*

Want to learn more about this topic?



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