



Biblical Self-Sufficiency Guide

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Let's Pray

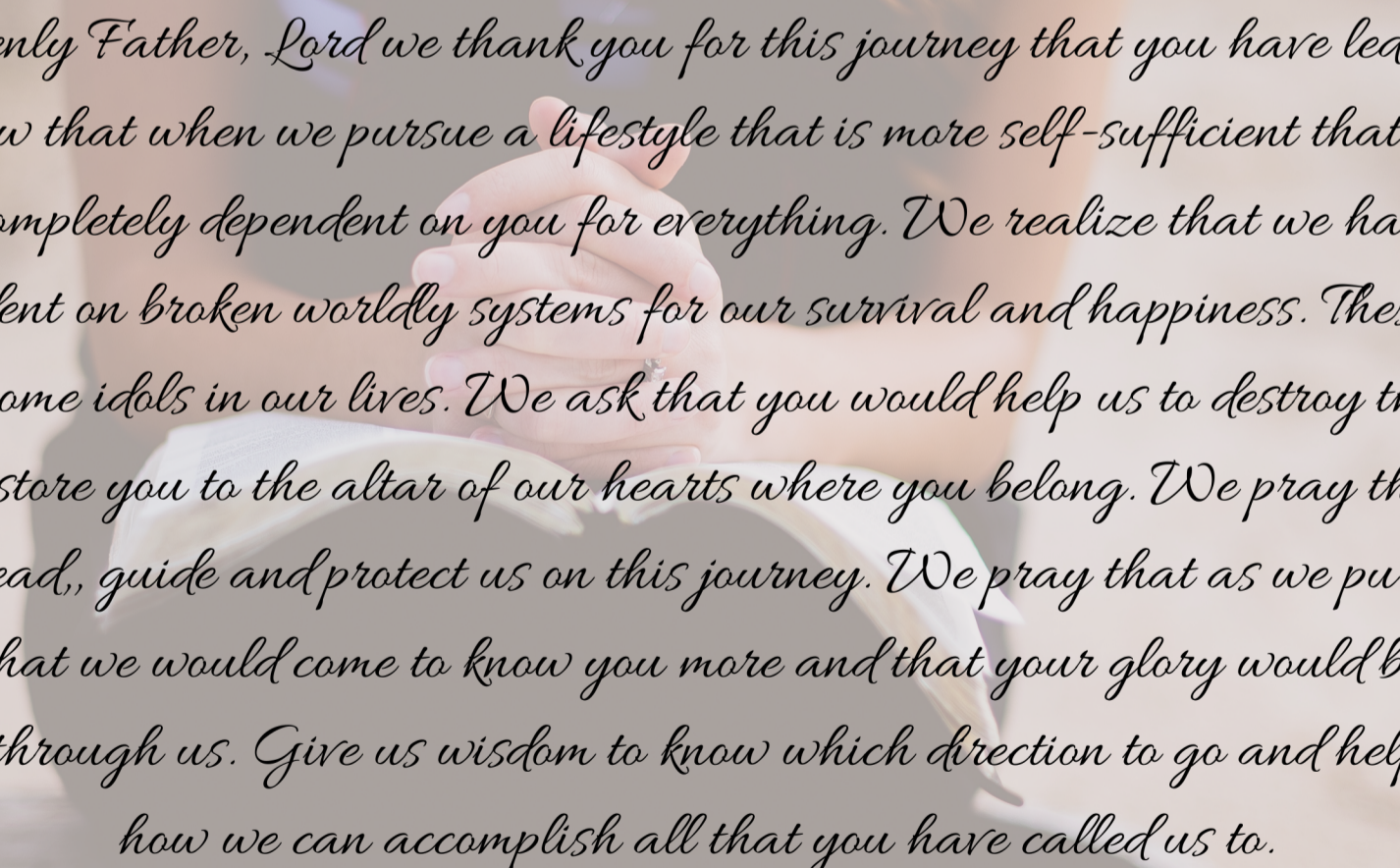
Self-sufficiency is a broad topic that encompasses many areas of our lives. As a result, when we think about becoming more self-sufficient, we often need help finding a starting point. This guide is meant to be that starting point for you.

Pray!

The first thing that we want to do before we get started on this journey to self-sufficiency is to pray. When I first discovered that I wanted to teach about self-sufficiency, I questioned whether or not it was Biblical and whether it was something that I even should pursue. I prayed about it and God revealed to me that it most certainly was Biblical.

You see, self-sufficiency isn't about thinking that you have to do everything on your own. It certainly doesn't mean that we are doing anything without God. Without Him we are nothing, we have nothing and we can do nothing. We need to always remember to keep our focus on the Lord as we travel this journey.

Here is a sample prayer for you to get you started.



Heavenly Father, Lord we thank you for this journey that you have led us to. We know that when we pursue a lifestyle that is more self-sufficient that we must remain completely dependent on you for everything. We realize that we have become so dependent on broken worldly systems for our survival and happiness. These systems have become idols in our lives. We ask that you would help us to destroy these idols and restore you to the altar of our hearts where you belong. We pray that you would lead, guide and protect us on this journey. We pray that as we pursue this lifestyle that we would come to know you more and that your glory would be revealed to others through us. Give us wisdom to know which direction to go and help us to see how we can accomplish all that you have called us to.

We ask these things in the mighty name of Jesus.

Amen!

Ideas to Get Started



- Grow a garden
- Raise chickens for eggs
- Make your own medicine
- Cook from scratch
- Food preservation
- Making your own cleaning supplies
- Making soap and other personal care products



- Learn to forage
- Build your food storage
- Raising animals for meat
(chicken, beef, pork, goat etc)
- Sewing
- Crochet
- Knitting

The 1% Rule

Have you ever heard of the 1% rule? This is a concept that Dave Brailsford referred to as “aggregation of marginal gains.” The idea is that when you make tiny 1% improvements in different areas of your life, those little improvements add up to huge results!

Many times we look at becoming more self-sufficient and we think that means we need to move to a huge piece of land, go off-grid and never associate with modern society again. For some, this might seem like a dream but this actually isn't the goal for most of us and it's definitely not super practical.

But, what we can do is to make those tiny 1% shifts in our daily habits that over time will add up to huge improvements. So, I want you to look at the top 3 priorities and think about what that 1% shift might look like for today.

It might look like just changing your mindset about a thing. Just changing the way we think about something can be huge. Or maybe it's spending some time researching a certain topic instead of scrolling through social media. It could even look like buying a couple of extra cans of food while you're doing your grocery shopping, ordering some seeds, or throw out a bottle of those toxic cleaning chemicals.

Now, just keep making these 1% shifts in your daily life and before you know it, you will turn around and your life will look remarkably different.



Find Support!



I hope this Biblical Self-Sufficiency Guide has been helpful for you. I pray that you have some clarity and focus for your journey.

It's really important in any new journey to have support from other like-minded people and to have a mentor who can help guide you along the way. I would love to be that support for you!

Please feel free to reach out if I can help you in any way!

Love & Blessings!

Tracy McGee

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