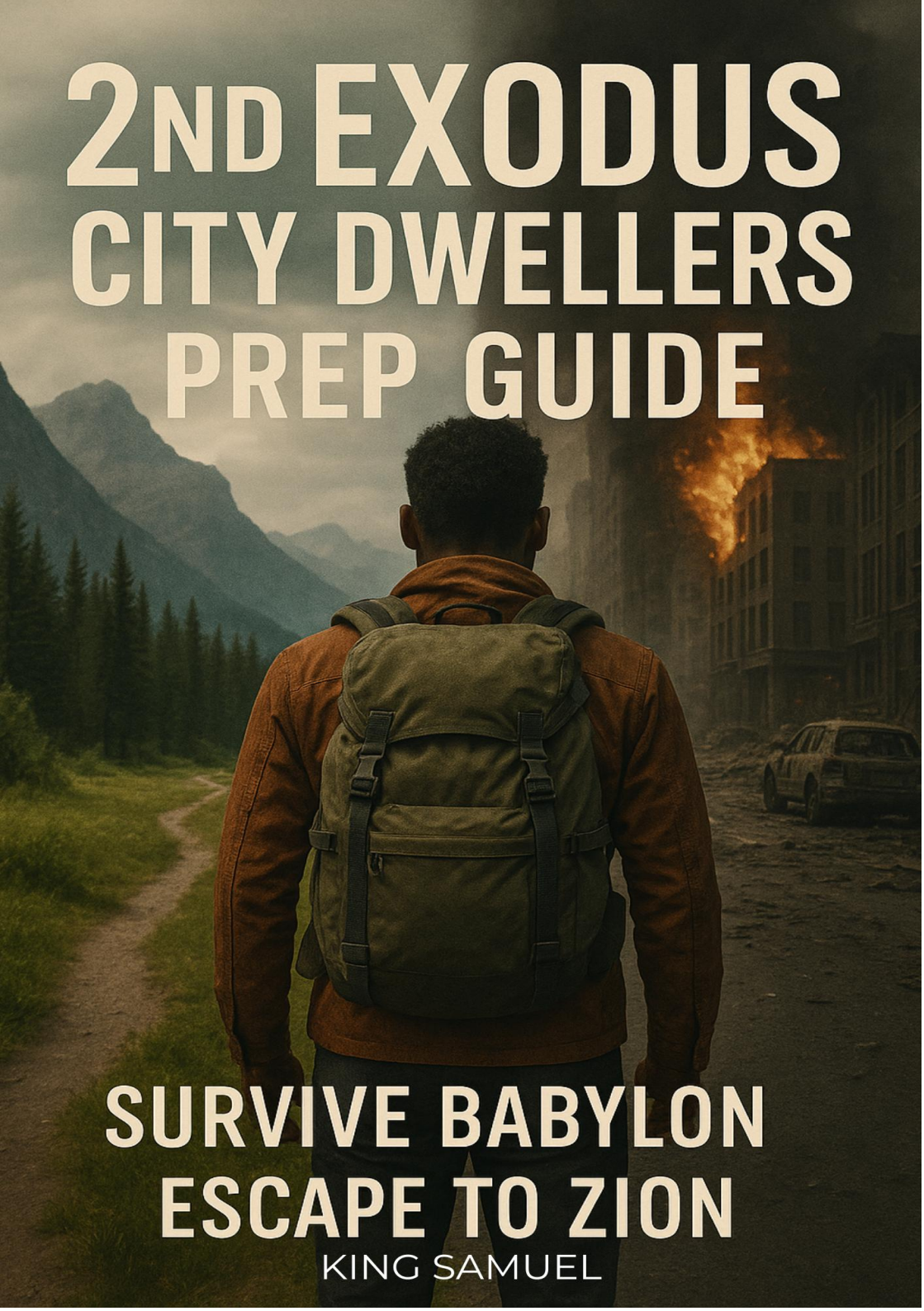
2ND EXODUS CITY DWELLERS PREP GUIDE



SURVIVE BABYLON ESCAPE TO ZION

KING SAMUEL

Absolute Essentials: 2nd Exodus Urban Prep List

⚠️ This is your minimum survival kit — enough to protect, nourish, and sanctify your space in the early stages of crisis or chaos.

🔋 1. Light Source (Non-Electric)

- 🔦 Crank or solar torch with red light mode

Light is life in a blackout. Red light keeps you hidden.

💧 2. Water & Purification

- 💧 12L bottled water (minimum)
- 🧪 Filter straw (e.g. LifeStraw) or unscented bleach

One week of water. Purify anything you collect.

🍽️ 3. Torah-Clean Food (No Fridge Needed)

- 🐟 Tinned fish (mackerel/sardines)

- 🥣 Oats
- 🍯 Honey or dried fruit

Clean, ready-to-eat, and spiritually acceptable.

🔐 4. Home Security & Light Discipline

- 🪟 Blackout material (curtains, foil, tape)
- 🚪 Door brace or bar (for flat or maisonette doors)

Your home must look unoccupied — and be harder to enter.

📖 5. Printed Word of Yah

- 📘 Compact Bible or printed Torah portions

When everything fails, the Word stands. Read it aloud.

🧼 6. Basic Hygiene + Emergency Toilet

- 🪣 5L bucket + thick liners (DIY toilet)
- 🧼 Fragrance-free soap

- 🧂 Vinegar or baking soda

Clean hands, clean spirit, clean home — even in the dark.

🎒 7. Bug-Out Bag (Even Basic)

- 🎒 Backpack with water, food, hygiene kit, ID copy, torch

If Yah says go — you must be ready to move in seconds.

🕊️ 8. Anointing Oil & Home Cleansing Verses

- 🫗 Olive oil
- ✝️ Printout of Psalm 91, Isaiah 26:20, and Leviticus 25:10

Spiritual covering is not optional. Speak life daily.

🔌 9. Charging + Radio Comms (Minimum)

- 🔋 Solar power bank
- 📻 Crank or solar AM/FM radio

To stay connected without being connected.

🛏️ 10. Silent Room Setup

- 🛌 Blankets, Scripture, water, torch

If things turn, you retreat into peace — not panic.

Contents

Absolute Essentials: 2nd Exodus Urban Prep List 2

📖 Welcome & Purpose of the Guide 8

🏠 Section 1: Why This Guide Exists 10

🔐 Section 2: Home as a Fortress 12

🎒 Section 3: Bug-Out Preparedness 21

🏠 Section 4: Household Readiness & Temperance 26

🍴 Section 5 - Torah-Based Food Storage & Preservation 33

📗 Section 6: Skills, Resources & Staying Ready 38

🔋 Section 7: Power Alternatives & Energy Readiness 43

🧼 Section 8: Sanitation & Hygiene in Grid-Down Life 47

🔥 Section 9: Off-Grid Cooking & Torah Meal Planning 51

🧱 Section 10: Hidden Storage & Caching 54

🛡️ Section 11: Conflict Avoidance & Soft Defence 59

🌍 Section 12: Regional & Climate-Based Adaptations 65

🤝 Section 13: Building a Community Prep Network 71

🔥 Section 14: Spiritual Unity & Crisis Discipleship 76

🎺 A Final Charge to the Remnant 81

2ND EXODUS CITY DWELLER PREP GUIDE

📖 Welcome & Purpose of the Guide

By King Samuel
Scottish Highlands, 2025

Shalom family.

My name is King Samuel, and I currently live in the Scottish Highlands with my wife and our two daughters. But before the hills and the quiet countryside, I was born and raised in Brixton, South London—specifically Angell Town, a place many of you know was nicknamed "Baghdad" for a reason.

So when I speak about urban life, I'm not speaking from theory—I've lived it. I know what it means to grow up in a concrete jungle. I know what it feels like to live under constant pressure: noise, surveillance, sirens, chaos, temptation, confusion, and fear. I know the spiritual weight of the city. And I know the practical vulnerabilities families face when things start to fall apart.

I didn't always walk in Torah. In 2019, when I moved my young family out of the city, I was following the Seventh-

day Adventist call to country living, under the teachings of Ellen G. White. Her instructions were clear—get out of the cities while you still can. At the time, my daughters were under five years old. We didn't know everything, but we knew the city was no longer safe.

Once I got to the country, everything changed. The noise faded. The fog lifted. And the Most High began to speak clearly. Over time, He revealed my true identity. That I am not just a man trying to survive—but a Hebrew, a Torah keeper, and a son of Zion. That revelation didn't come through the noise of Babylon. It came through the silence of obedience.

🏠 Section 1: Why This Guide Exists

Now that we're settled, I've spent years encouraging others—especially city dwellers—to prepare. To think ahead. To listen for Yah's instruction. I've helped families map out their exit plans, secure their homes, and build their faith.

This guide is a culmination of everything I've taught and lived.
It's not about fear.
It's about wisdom.
It's about understanding what time we are in and what Yah expects of His people.

Whether you're in Birmingham, Brooklyn, Lagos, or London—if you're in the city and you believe in the Most High, this guide is for you. I understand the threats. I understand the limitations. But I also understand what's possible when you prepare with purpose and walk by the Spirit.

> "
> ***This guide is for families, single parents, elders, and city-dwelling saints who know something's coming—and refuse to be caught off guard. It's also for those who may not yet have the money or means to***

> ***leave the city, but who are willing to see the danger afar off and prepare, just as Proverbs counsels the wise to do.***
> ***"***

Let me be clear:
Your preparation will not save you.
Only Yah will.
But obedience is still required.

> ***"***
> ***"A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished." — Proverbs 22:3***
> ***"***

Section 2: Home as a Fortress

Making Your City Dwelling a Set-Apart Place of Safety

Why This Matters — Spiritually & Practically

When chaos breaks out in the cities, most people will panic. But panic is the child of unpreparedness. For those of us who understand the times, Yah is not calling us to be frantic — He's calling us to be faithful.

Your home, however small or temporary, must become a place of peace, order, and readiness.

Even if you can't flee the city yet, Yah can set you apart right where you are. That's what Goshen was — not a new country, but a protected pocket within a nation under judgment. If you're walking in Torah, your dwelling can become that kind of pocket.

> "
> ***"My people shall dwell in a peaceable habitation, and in sure dwellings, and in quiet resting places." — Isaiah 32:18***
> "

This section will show you how to:

- Prepare mentally and spiritually to lead your household through crisis

- Physically secure your home from chaos, threat, or intrusion
- Build a space that honours Yah and resists fear

Spiritual Authority Over Your Space

Once your doors are locked and your supplies are in place, there is a deeper level of security you must engage—the spiritual atmosphere of your home. A fortified house without the presence of Yah is just a shell.

Yah is not looking for perfect homes. He is looking for obedient households.

This section is about reclaiming your space, removing spiritual access points, and making your home a dwelling for peace, prayer, and praise—even while Babylon collapses outside.

> "
> ***"Except Yahuah build the house, they labour in vain that build it." — Psalm 127:1***
> "

---

1. Cleanse Your Home

Go through every room and remove:

- Pagan items, false religious symbols, New Age tools
- Objects tied to sin, rebellion, past relationships, or former bondage

- Entertainment or literature that welcomes spiritual confusion or rebellion

Then walk through your home—room by room—reading aloud Scriptures of protection and praise. Anoint your doors if led. Say clearly: “This home belongs to Yahuah. No unclean spirit may dwell here.”

> "
> ***"And ye shall hallow the fiftieth year, and proclaim liberty throughout all the land unto all the inhabitants thereof." — Leviticus 25:10***
> "

📖 2. Establish Daily Shalom

Don’t just react to fear. Build a daily rhythm of peace:

- Morning and evening Scripture reading
- Personal and family prayer sessions
- Singing Psalms, Tehillim, or playing praise music
- Reciting key verses together (Psalm 91, 27, 121)

Speak faith out loud. Your children should hear you bless your home, call on Yah for covering, and declare His goodness even when shelves are empty.

> "
> ***"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." —***

Isaiah 26:3
"

📣 3. Speak Life in Crisis

In a crisis, your voice matters more than ever. Speak Scripture over:

- Your children's beds
- Your stored food and water
- Your front door and windows
- Your spouse's hands and your own mind

Do not allow fear to sit in your atmosphere. Rebuke it. Replace it with truth.

"
"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof." — Proverbs 18:21
"

Even if you are alone, speak the Word aloud daily. The walls need to hear it. The spiritual realm needs to hear it. Yah's Word is your defence.

Once this spiritual foundation is firm, then your physical preparations can rest on something eternal.

These are just the outer walls of your preparation.

🧱 Physical Security in Urban Spaces

Start simple, and start now. Don't wait for the military, the news, or the neighbours to tell you it's time to act.

The goal here is deterrence and delay — you want to make your home harder to break into, harder to monitor, and harder to identify as a target. No security method is perfect, but every layer gives you more time and peace. And we do this not in fear, but because Yah expects wisdom, stewardship, and readiness.

🔑 1. Lock Down Entry Points (by Home Type)

For Blocks of Flats:

- Replace your inner flat door with a solid core security door if possible (metal or composite)
- Add a door brace, chain lock, and peephole viewer
- Keep the communal entry buzzers disabled if you have internal entry control

For Maisonettes (with external doors):

- Double-bolt both top and bottom doors
- Use a door jammer or portable barricade bar when inside
- Place cameras (even dummy ones) for deterrence

For Semi-detached or Detached Houses:

- Reinforce front and back doors with long screws and strike plates
- Use anti-lift devices on sliding doors or large windows

- Add gates and lockable bins to limit access from rear alleys

For All Home Types — Protect Your Windows:

- Apply clear safety/security film to windows — ideally on the inside of the glass (or both sides where possible)
- This helps to hold the glass together even if it's broken or smashed, slowing down entry and reducing flying shards
- Especially useful for ground-floor windows, kitchens, and any vulnerable glass panels

Important:
Avoid installing external lights, motion-activated systems, or privacy window films that look obvious or suspicious from outside. When this situation transpires, your goal is invisibility. Your home should look silent, empty, and unremarkable. Black out all windows from the inside. At night, ensure no light escapes.

Think layers:

- First layer: Locks, barriers, and bolting devices
- Second layer: Camouflage and concealment
- Third layer: Sound, scent, and light discipline

Each layer is meant to slow down intrusion, reduce temptation, and give your family time to breathe, pray, and hear Yah clearly before taking any action.

"

"Through wisdom is an house builded; and by understanding it is established." — Proverbs 24:3

"

🛏 2. Create "Silent Rooms" or "Inner Chambers"

Choose one or two rooms in your home that:

- Have minimal street exposure (avoid rooms facing main roads)
- Can be easily darkened (blackout curtains, blankets, bin bags + tape)
- Are not immediately visible from the outside

What to store here:

- Core supplies: water, dry food, emergency toilet setup
- Blankets, candles, torches, printed Scripture
- Sleeping gear and quiet entertainment for children

This becomes your inner place of shalom if the outer world descends into noise, search parties, drones, or blackout. Think of it as your Goshen within your home.

Train your family that this room is where we listen, where we pray, where we stay still and covered under the wings of the Most High.

"

"Come, my people, enter your

chambers, and shut your doors behind you..." — Isaiah 26:20
"

🔕 3. Practice Noise & Light Discipline

- At night, cover windows entirely using blackout film, foil, or layered blankets
- Avoid using torches or lanterns directly near windows
- Use red light (less visible externally)
- After dark, keep talking, music, and movement low

Train your household in controlled silence. Have set "quiet hours" every evening — not from fear, but from discipline. Practice stillness. Learn how to move in silence. Whisper, gesture, and create hand signs or phrases your children understand.

Why this matters: If there's no power or systems break down, people will look for light and sound to find food or shelter. Light attracts. Noise gives away your location. This is how you make your home appear empty, even when it's full of life.

Bonus tip:
Smells travel too. Avoid cooking strong foods late at night. Have cold meal options if necessary. What seems normal to you could alert the desperate.

"
"Wisdom is better than weapons of

war." — Ecclesiastes 9:18
"

We are not afraid. We are sober, aware, and trusting in Yah.

Let's now turn to the very practical matter of what to eat when the store shelves are bare: Torah-Based Food Storage.

🎒 Section 3: Bug-Out Preparedness

When Yah Says Go: Leaving Babylon in Obedience, Not Fear

There may come a time where your dwelling is no longer safe. Not because you've done something wrong—but because Yah is calling you out. Just like He did with our ancestors in Egypt, the call to move is His, not ours.

This section will help you:

- Understand the spiritual principles behind bugging out
- Prepare a complete, Torah-aligned Bug-Out Bag (BOB)
- Train your family for movement without panic
- Plan your routes and responses in alignment with Yah's timing

> "
> ***"And the people took their dough before it was leavened, their kneading troughs being bound up in their clothes upon their shoulders."***
> ***— Exodus 12:34***
> "

We do not leave our homes in fear.
We leave when Yah opens the door and says, "Come out of her, My people."

When to Bug Out

If you are elderly, start praying and planning now to unify with trusted family members, young couples, or willing youth who have the strength, courage, and spirit-led readiness to assist you when the time comes. You are not forgotten. Yah is raising up others to stand with you.

You do NOT bug out just because the world is loud.
You bug out when:

- Yah speaks clearly to you through His Spirit
- You've received an invitation from trusted, like-minded believers
- It becomes clear that your current location is under judgment and your escape has been confirmed

This will never be a decision based on fear or pressure. This is a decision that requires prayer, fasting, and readiness. If you move without Yah, you expose yourself. If you wait on Him, He will cover you.

> "
> ***"My sheep hear my voice, and I know them, and they follow me." — John 10:27***
> "

Bug-Out Bag (BOB) — Essentials List

Your first priority is the actual rucksack itself. Do not overlook it.

Choosing the Right Bug-Out Bag:

- Durability: Military-style or hiking-grade bags are best (500D nylon or above)
- Colour: Neutral, earth tones — avoid camo or tactical gear that draws attention
- Comfort: Padded straps, hip support, and adjustable chest straps
- Compartments: Multiple pockets help with weight distribution and access
- Water-resistant: Or pack a rain cover separately

This is your wilderness companion. It must be ready to take a hit, endure the rain, and stay on your back for long periods without failing.

Once your bag is secured, start packing what matters:

Your Bug-Out Bag is not a luxury item. It's your Exodus sack. It should be packed, ready, and easy to carry at a moment's notice.

Pack items based on your household's real needs. Keep weight down, but don't leave out what matters.

Core Items:

- Compact Bible (or printed Torah portions)
- Lightweight blanket or sleeping bag
- Water filtration straw + 2L water bottle
- Dried Torah-compliant food (e.g. fruit, nuts, grain cakes, tinned fish)

- Basic hygiene kit (toothbrush, soap, sanitary pads, tissue, reusable nappies)
- Small first aid kit with natural remedies
- ID copies + emergency contacts (laminated)
- Headlamp or torch (red light preferable)
- Foldable knife or multitool
- Fire-making kit
- Wool socks and thermal underlayer
- Firestarter + emergency foil blanket
- Currency for exchange (gold, silver)

> "
> ***"Be ye therefore ready also: for the Son of man cometh at an hour when ye think not." — Luke 12:40***
> "

👣 Training for Movement

In a moment of chaos, fear will want to lead. So we train now—while it's calm.

Family Bug-Out Drills:

- Practice silent exits: grab bag, move to door, no words
- Choose 2 routes and walk them regularly
- Train children with hand signs or whispered phrases
- Teach "pack light, move fast" and build stamina through walks

Teach mindset:

- "We move when Yah says, not when fear says."
- "If we get split, we regroup at X location."
- "Nothing in Babylon is worth dying for."

> "
> ***"Let not your heart be troubled: ye believe in Elohim, believe also in me." — John 14:1***
> "

🗺️ Route Planning + Rendezvous

You must know:

- One main exit route
- One backup route
- One safe meet-up location (known by all)

Avoid major highways. Stay off main roads. Move quietly. Keep a paper map in your bag.

If you're not yet invited to a country refuge or fellowship location, don't worry. Yah knows your steps. Stay put and pray—but stay ready to move.

Coming up next: Bug-In Storage Planning — for when the call hasn't come, and you're ordered to stay in place for weeks or months.

🏠 Section 4: Household Readiness & Temperance

Building Inner Strength Before Outer Movement

This section is about preparing the heart, the household, and the daily habits to remain steady in the face of instability. This is where we learn to be temperate, ordered, and spiritually alert.

Before we bug out. Before we stockpile. We train the soul.

> "
> ***"He that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city."***
> ***— Proverbs 16:32***
> "

🛏️ 1. Household Roles & Leadership in Crisis

When pressure rises, confusion can destroy even the best-prepared home. But if every person knows their role, their voice, and their purpose—order will remain.

This is not the time to be passive. This is the time to walk in function, not just faith. Every person matters. Every voice has weight. But we must know our assignments.

👨 Counsel to Fathers

You are the watchman. You are the gatekeeper. You are the covering.

If you are a father or husband, you must carry the burden of order and direction without crushing your family with fear or pressure. Your presence and posture will shape how your household survives this time.

Your voice should bring comfort even in correction. Your movements should speak of faith, not fear. Your leadership is the shadow your family will walk in—so make it one that reflects the character of Yah.

In times of trouble, your household will turn their heads to you. Not just for food or answers, but for signs that everything is still under control. Even if you don't feel ready, trust that Yah has placed you in this position for such a time as this. Pray aloud. Read Scripture aloud. Walk the perimeter of your home speaking blessings and protections. Let your house hear your strength—and your submission to Yah.

This is not the time for silence or emotional withdrawal. Your family doesn't need a superhero—they need a humble, present, Spirit-led man.

- Stay calm under stress. Your children will model what you show.
- Speak with clarity, not volume. Let your yes be yes.
- Guard the spiritual gate: what enters your home, who gets influence.
- Prioritise discipline, not domination. Lead by consistency and example.
- Teach Torah in your home. Set aside time to instruct.

"

"He that ruleth over men must be just, ruling in the fear of Elohim." — 2 Samuel 23:3

"

Counsel to Mothers

You are the keeper of the atmosphere. You set the rhythm and regulate the emotional climate.

If you are a mother or wife, your nurturing is not just emotional—it is strategic. You hold the heart of the house in your hands. Your calm is a covering.

Your hands will do more than pack bags and sweep floors. They will lay hands in prayer. They will wipe tears. They will break bread with thanksgiving and bind up scraped knees. This is holy work.

When chaos knocks, your gentleness and order will determine how the house responds. The tone of your voice is warfare. Your prayers are atmosphere shifters. Your discipline is not punishment—it is protection.

You are also allowed to be human. Yah is not asking you to be superwoman. Take your rest. Eat what nourishes. Breathe deeply and cry if you must. Then stand again, because your children will draw courage from your endurance. Your husband will find strength in your peace. And Yah will meet you in the quiet places and refill you.

You are not invisible. You are not small. You are a pillar in the midst of the storm.

- Keep the home clean, warm, and spiritually charged.
- Encourage calm. Be the reminder of promises when fear tries to speak.
- Watch the children's behaviour and emotional state closely.
- Prepare food and daily tasks as acts of worship.
- Pray in the corners. Anoint beds and doorframes when needed.

> "
> ***"She opens her mouth with wisdom; and in her tongue is the law of kindness." — Proverbs 31:26***
> "

Counsel to the Individual

If you are walking this path alone—single, widowed, divorced, or on your own—you are not without purpose.

Don't let your solitude make you think you are unprotected. You are not a second-class survivor. You are chosen for this moment, and Yah will give you what you need.

Speak aloud to your space. Take ownership. Anoint your walls. Declare your home a sanctuary. Establish order with your own hands. Make small goals each day and celebrate progress.

You do not need to compete with families or communities. You are building something real. Something strong. Your testimony will be unique, and your provision will be miraculous.

And when discouragement whispers, speak back: “I am not alone. I walk with the Most High.”

- Ask Yah to strengthen your hands for the task.
- Create systems that work for your capacity.
- Don’t carry guilt. Carry clarity.
- Stay consistent in prayer and planning, even when it's quiet.

> "
> ***"Blessed is the man that trusteth in Yahuah, and whose hope Yahuah is."***
> ***— Jeremiah 17:7***
> "

⚖️ 2. Practising Temperance

Temperance is the quiet muscle of survival. It keeps you from burning through resources, losing your peace, or reacting in panic.

Teach and practise:

- Food temperance: Portion control, gratitude, eating mindfully
- Speech temperance: Slow to speak, watchful of tone

- Digital temperance: Limit scrolling, reduce reliance on outside noise
- Emotional temperance: Guard your mood. Pray before reacting.

Create a home culture of balance and boundaries—before the shaking begins.

> "
> ***"And every man that striveth for the mastery is temperate in all things."***
> ***— 1 Corinthians 9:25***
> "

🗓️ 3. Establish Daily Rhythm

In crisis, rhythm protects the mind. Don't let chaos outside dictate your hours.

Build a simple home rhythm:

- Morning prayer, Scripture, stillness
- Midday food, review, rest
- Evening praise, journaling, early sleep

Mark Sabbath as a holy reset every week. If you fall off rhythm, reset. The goal isn't perfection—it's peace with order.

> "
> ***"To everything there is a season, and a time to every purpose under the***

heaven." — Ecclesiastes 3:1
"

🧺 4. Assign Responsibilities

Everyone should have a duty—even the youngest. Survival is a team effort.

- Water warden: Monitors water usage and alerts on low supply
- Food tracker: Logs what's eaten and what's left
- Security sweeper: Checks all locks and light levels daily
- Prayer captain: Leads prayer rotations or keeps the worship playlist going

This builds unity, purpose, and shared vision.

"
"Two are better than one… For if they fall, the one will lift up his fellow." — Ecclesiastes 4:9–10
"

🍴 Section 5 - Torah-Based Food Storage & Preservation

Introduction

Storing food for six months is an act of obedience and faith, not fear. Whether you live alone or have a large household, building your pantry and prepping your supplies is a Torah-aligned act of stewardship and love for your household. In this section, you'll learn what to store, how much to store, and how to store it properly. Yah is our source — and He has promised that in the time of famine, His people shall be satisfied.

Even if you cannot get everything listed here, do not be discouraged. Yah has promised us that our bread and our water shall be sure.

> "
> ***"They shall not be ashamed in the evil time: and in the days of famine they shall be satisfied." — Psalm 37:19***
> "

🧬 Righteous Preparation Without Panic

Storing food is not just about survival — it's about stewardship, foresight, and obedience. The Torah shows us that during times of plenty, Yah's people prepare for times of scarcity. We do not hoard. We store. We do not

panic. We provide. We do not trust in our barns — we trust in Yah, but we still fill the barns.

> "
> *"Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest." — Proverbs 6:6–8*
> "

These charts provide an estimate for what to store based on your household size. Adjust based on your needs, dietary restrictions, and local availability.

Frozen/Refrigerated Foods

Item	Individual Estimate	Family of 4	Family of 6
Butter	26 blocks	104 blocks	156 blocks
Cheese	6–9 kg	24–36 kg	36–54 kg
Frozen Fruit	10–12 kg	40–50 kg	60–70 kg
Bread	20 loaves	80 loaves	120 loaves
Eggs	144 eggs	576 eggs	864 eggs
Yoghurt	12–18 tubs (1L)	48–72 tubs	72–108 tubs
Fish/Meat/Liver etc	18–25 kg	75–100 kg	100–135 kg

Jarred and Tinned Goods

Item	Individual Estimate	Family of 4	Family of 6
Tinned Vegetables	30–36 cans	120–144 cans	180–216 cans
Tinned Fish (e.g. sardines, mackerel)	20–25 cans	80–100 cans	120–150 cans
Tinned Fruit	15–18 cans	60–72 cans	90–108 cans
Jarred Sauces (e.g. tomato, curry)	12–15 jars	48–60 jars	72–90 jars
Tinned Beans (e.g. baked, kidney)	20–25 cans	80–100 cans	120–150 cans
Shelf-Stable Plant Milk	12–15 cartons	48–60 cartons	72–90 cartons

Bottled and Boxed Goods

Item	Individual Estimate	Family of 4	Family of 6
Bottled Water	360L	1,440L	2,160L
Boxed Nut/Grain Milks	24–30 cartons	96–120 cartons	144–180 cartons
Boxed Juices (long-life)	24–30 cartons	96–120 cartons	144–180 cartons
Bottled Cooking Oils	12–15L	48–60L	72–90L

Vinegar (Apple Cider/White)	6–8L	24–32L	36–48L
Bottled Herbs & Seasonings	12–18 bottles	48–72 bottles	72–108 bottles

Dry Goods, Grains & Legumes

Item	Individual Estimate	Family of 4	Family of 6
Rice	20–25 kg	80–100 kg	120–150 kg
Lentils	15–18 kg	60–72 kg	90–108 kg
Black Beans	15–18 kg	60–72 kg	90–108 kg
Chickpeas	15–18 kg	60–72 kg	90–108 kg
Oats	20–25 kg	80–100 kg	120–150 kg
Pasta	20–25 kg	80–100 kg	120–150 kg
Flour	25–30 kg	100–120 kg	150–180 kg
Sugar (or honey)	12–15 kg or 6L	48–60 kg or 24L	72–90 kg or 36L
Salt	6–8 kg	24–32 kg	36–48 kg
Spices	Small jars (10–15 total)	Med jars (20–30)	Bulk refill packs
Wheat Berries	20–25 kg	80–100 kg	120–150 kg
Ghee	6–8 kg	24–32 kg	36–48 kg

Things You Need to Store Food Properly

You cannot store wisely if you don't have the right tools. Think ahead about space, pests, preservation, and safety.

Yah is not the author of confusion — store with order and intention.

Tool / Equipment	Purpose
Chest Freezer	Stores frozen meat, butter, fruit, and pre-cooked meals long-term
Mylar Bags with Oxygen Absorbers	For storing grains, beans, flour long-term (5-25 years when sealed)
Food-Grade Buckets	Stackable dry storage with gamma lids for bulk items
Vacuum Sealer	Keeps meat, cheese, and dry goods airtight and freezer burn-free
Shelving Units	Maintain organised access to stored goods
Canning Jars (Mason)	Essential for long-term shelf-stable preservation of cooked goods
Manual Can Opener	Do not rely on electric; ensure access to tinned goods
Labelling Supplies	Label dates clearly; rotate older stock forward
Blackout Curtains or Storage Bins	Keep supplies discreet and protected from light

Section 6: Skills, Resources & Staying Ready

> "
> ***"The wise man foresees the evil and hides himself: but the simple pass on, and are punished." — Proverbs 27:12***
> "

This section helps you stay ready, not reactive. We want our households to live with discipline, not disorder — preparedness is not a one-time task. It is a Torah-driven lifestyle of faith, skill, stewardship, and peace.

1. Essential Skills to Learn

Prepare your hands for the work. Knowing how to use tools, grow food, and mend broken things gives you confidence and reduces your dependency on fragile systems. The skills listed here are things we often take for granted as we have emergency services and law enforcement operating. Most of us have also never had a power cut that's lasted longer than 1 week, and some of us have had the blessing of not growing up in the more intensely dangerous parts of town where situational awareness is a must. Some of us become used to delivery services for our food or have a cook or just plain never gone on a camping trip.

Skill Area	Why It's Important
First Aid & Trauma Care	Treat injuries without immediate outside help
Water Purification	Secure safe drinking water from uncertain sources
Bushcraft & Firemaking	Survive if displaced or without power
Sewing & Repair	Patch clothes, fix gear, preserve modesty & resources
Urban Gardening	Grow food indoors or in tight spaces
Home Canning/Preserving	Stretch seasonal produce long-term
Cooking from Scratch	Use your stores creatively, without modern tools
Situational Awareness	Recognise threats early and respond wisely
Self-defence (non-lethal)	Protect yourself/family with restraint & wisdom
Scripture Memorisation	Fortify your mind and lead with spiritual authority

📖 2. Books & Resources Worth Having

Don't rely on the internet. Print matters. Phones and power may not always be with you.

Survival & Prepping (From Our Own People):

- Preparedness Resource Manual — Watchman Reports (House of Israel)
- Faith-Fueled Prepping and Living Off-Grid — Hebrew Perspective Ministries (hebrewperspectiveministries.org) (Print or PDF)
- City Dwellers Prep Archive — www.kingsamuel.com (Your go-to for free downloads, checklists, and urban Torah-based prep resources)
- Kingdom Prepper Survival Library — www.kingdompreppers.org
- Hebrew Homestead QuickStart Guide — www.hebrewhomestead.org (PDF/Print)
- Basic First Aid Manual for Hebrew Homes — www.hishidingplace.com
- Children's Prep Workbook: Torah-Based Learning — www.younghebrewprep.org

Torah-based Inspiration & Discipleship (Negro Authors):

- The Scriptures (Restored Names) — Institute for Scripture Research
- Reclaiming the True Hebrews — Author: Moreh Yashar'el
- Create a family devotional based on the Psalms, Proverbs, and Torah portions

Be sure to print resources and store them in water-resistant folders. Highlight the voices of our own people who speak directly to the heritage, prophetic warnings, and real-world experience of being a Hebrew city-dweller and survivor.

🧱 3. Building Local Community with Other Torah Keepers

No man is an island — especially in crisis. Yah didn't call a lone man; He called a nation.

- Share resources (if led) and rotate skills or services
- Communicate bug-out support plans with nearby believers
- Create a shared prepper prayer calendar — covering each family monthly
- Raise your children to value the community, not just the prep

> "
> ***"They that feared Yahuah spake often one to another: and Yahuah hearkened…" — Malachi 3:16***
> "

🗓️ 4. Ongoing Monthly Readiness Checklist

Consistency beats intensity. Use this guide to stay sharp without burning out:

Monthly Action	Why It Helps
Inspect and rotate food/water stores	Avoid spoilage and stay current
Top-up supplies (bit-by-bit)	Budget-friendly and builds confidence
Run one emergency drill or power cut simulation	Helps your family move calmly in real scenarios
Check in with local believers	Stay spiritually and logistically aligned
Memorise 1 verse and 1 new skill	Grows faith and ability together

👨‍👩‍👧‍👦 5. Teach Your Children Through Action

We don't raise fearful children — we raise faithful, wise children. Involve them:

- Let them help pack the emergency bags
- Show them how to use a flashlight, cook, and store water
- Sing songs of Yah's protection and stories of deliverance
- Have them journal what Yah has provided
- Let them see you trust Yah when money is low, or chaos is high

> *"*
>
> ***"We will not hide them from their children… shewing to the generation***

to come the praises of Yahuah." — Psalm 78:4
"

Section 7: Power Alternatives & Energy Readiness

Keeping the Light On: Staying Powered Without the Grid

When the grid goes down, the spiritually grounded must stay practically powered. In a time of darkness, your home can still be a beacon of wisdom, discipline, and calm. Yah's people are not left without solutions—we are given the wisdom to prepare. Every flicker of light becomes a testimony. Every charged device is a bridge of communication and clarity.

"
"The spirit of man is the candle of Yahuah, searching all the inward parts of the belly." — Proverbs 20:27
"

This section will help you:

- Choose power solutions that align with urban, Torah-based living
- Keep light, communication, and essential devices running

- Train your household to conserve power with intention and shalom

🔦 1. Light in Darkness

Prepare your home with a layered lighting strategy, not just to illuminate, but to maintain calm and readiness in every corner.

- Solar lanterns — place on windowsills to charge during daylight; rotate daily
- Headlamps and torches — assign one per person with labelled straps
- Crank torches — keep one near the front door, one in the silent room, and one by the food storage
- Red light filters — for night movement and protecting your night vision; children can use these safely too

Candle Considerations: Use only in stable holders and away from drapes or prep materials. Assign a watcher when in use.

Important: Keep lights low, indirect, and interior-facing. Avoid lighting windows or creating shadows that give away movement. Your lighting is both function and signal. Maintain what Yah has called kodesh—set-apart—by letting your light shine with discipline.

> *"*
>
> ***"Ye are the light of the world. A city that is set on an hill cannot be hid."***

— Matthew 5:14
"

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2. Charging Solutions

Your power plan must focus on lightweight, layered solutions that require no external grid.

- Solar power banks — aim for 20,000–40,000 mAh with 2–3 USB outputs
- Crank-chargers — train each child or teen how to operate one
- Car battery inverter — safely connect during daylight; avoid overuse
- Rechargeable AA/AAA batteries — colour-code for devices (e.g., red for torches, blue for radios)

Train your household to rotate usage:

- Charge during daylight only — use peak sun hours wisely
- Use torches in rotation — avoid draining all units simultaneously
- Shut off devices when not in use — enforce a "night mode" for all power-based items

Create a visual charge log. Let your family SEE how long things last. Assign a child to track power cycles—it builds stewardship.

"
"He giveth power to the faint; and to

them that have no might he increaseth strength." — Isaiah 40:29 "

📻 3. Power & Communication

In a world without Wi-Fi or mobile networks, your radio becomes a lifeline—a gatekeeper of information, warnings, and calm.

Have at least one solar or hand-crank AM/FM radio:

- Select a model with NOAA access (especially in the US)
- Store written frequency lists for Torah communities, local emergency updates, and spiritual encouragement stations
- Include headphones to reduce noise during night hours

Daily Drill Suggestion:

- At 9AM and 9PM, check and log transmissions
- Journal what you hear—who, where, what topics, Scripture read aloud, etc.
- Pray after listening: "Father, give us discernment to know what is true."

Suggested brands:

- Kaito Voyager Pro (crank/solar/USB)
- Eton Emergency Radios
- FosPower Emergency Radio

Let your household practice silence and attentiveness during these radio windows. Train ears to pick up truth amid noise.

🧼 Section 8: Sanitation & Hygiene in Grid-Down Life

Clean Hands, Clean Spirit: Maintaining Holiness Through Hygiene

Even in chaos, we serve a clean Elohim. Sanitation isn't just about disease prevention—it's about spiritual order. Yah gave us laws of separation, washing, and cleanliness for our health and holiness. Don't let a blackout become an outbreak. Teach your home: cleanliness is an act of covenant.

> *"*
> ***"And Yahuah spake unto Moshe… command the children of Israel… that they put out of the camp every leper… that they defile not their camps, in the midst whereof I dwell."***
> ***— Numbers 5:1–3***
> *"*

This section will help you:

- Prepare basic toilet, wash, and disposal systems
- Store alternatives to commercial hygiene products

- Maintain honour and modesty when water is scarce

1. Emergency Toilet Setup

When toilets stop flushing, faith must flow. Dignity matters.

How to build a bucket toilet:

- 20L (5-gallon) heavy-duty bucket
- Snap-on or wooden seat for comfort and safety
- Thick black trash bag liner (double-layered, odour barrier)
- Add sawdust, shredded paper, or cat litter after EACH use

Odour control:

- Sprinkle baking soda and essential oil (lavender, tea tree) after every use
- Keep a lid sealed tightly when not in use

Rotation tip: Store 90+ trash bags per person for a 3-month crisis. Keep gloves and a dedicated handwashing bowl next to the toilet area.

If possible, prepare a secondary outdoor waste pit: dig 2–3 feet deep and cover each addition with ash or soil.

Assign daily rotation and cleanliness checks.

🧴 2. Personal Hygiene Without the Shops

Without shops, we return to simplicity—but not to neglect. Yah's people should smell of humility and preparation.

Stockpile alternatives:

- Bar soap — fragrance-free, hard-milled lasts longer
- Vinegar — general disinfectant, hair rinse, multi-surface spray
- Baking soda — teeth cleaning, deodorant, scrubbing agent
- Menstrual care — reusable cloth pads, menstrual cups (boil weekly)
- Tooth care — toothpowder mix: baking soda + charcoal + clove powder

Handwashing discipline:

- Bowl + spout jug
- Add soap BEFORE pouring water
- Wash from clean to dirty: hands, then arms, then nails

Create hygiene stations:

- One indoor, one outdoor
- Label bowls and hang cloths to dry

Let even the small act of washing be worship.

3. Waste Discipline

Unmanaged waste becomes a plague. Yah's people are not just clean—they are orderly.

Set up waste systems:

- Human waste bucket — sealed, lined, rotated daily
- Compost bin — food peels, paper, leftover grains (no meat or oil)
- Recyclables — tins, jars, containers for reuse or trade

Burnables:

- Dry paper, wood scraps, and leaves can be safely burned in outdoor fire pits
- Never burn plastic indoors; store or bury it securely

Designate a waste monitor daily. Let children participate—they'll learn what "serving the home" looks like.

> *"*
>
> ***"Let all things be done decently and in order." — 1 Corinthians 14:40***
>
> *"*

Section 9: Off-Grid Cooking & Torah Meal Planning

Bread in the Wilderness: How to Eat Without the System

In Egypt, the ovens were hot—but so was the oppression. Now, as we prepare to exit Babylon, our kitchens must shift too. Cooking off-grid isn't about gourmet—it's about grit, gratitude, and creativity. Yah will provide—but we must steward what we have wisely.

This section will help you:

- Cook basic meals without electricity or gas
- Build safe outdoor or indoor cooking alternatives
- Keep Torah in your ingredients and rhythms

> "
> ***"And he humbled thee, and suffered thee to hunger, and fed thee with manna… that he might make thee know that man doth not live by bread only…" — Deuteronomy 8:3***
> "

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1. Off-Grid Cooking Options

Create cooking stations:

Indoor:

- Rocket stove in a well-ventilated room or window space
- Chafing dish burners with gel fuel (hotel-style setup)
- Wonderbag or haybox cooker — slow-cooks while wrapped
- Clay pot over tealight heaters for low-heat stews

Outdoor:

- Brick or stone firepit (cover when not in use)
- Solar oven (cardboard + foil + glass plate model)
- DIY tin-can hobo stove (soup can + ventilation holes)

Tools Checklist:

- Cast iron pot (retain heat, non-toxic)
- Steel kettle
- Fireproof gloves
- Long matches, waterproof lighters
- Silicone pot holders or towels

Prepare each Sabbath meal a day in advance, teaching children how to rotate food safely and how to cook under supervision.

🥯 2. Cooking Without Refrigeration

Without refrigeration, you must return to biblical preservation.

Meal rotation:

- Day 1: Eat fresh (fruit, bread, cooked meat)

- Day 2–4: Use dry or pickled foods
- Day 5–7: Use sprouted grains, lentils, tinned items

Fridge-free proteins:

- Salted fish
- Tinned mackerel or sardines
- Jerky (store-bought or homemade)
- Dried legumes — sprout for extra nutrition

Preserve leftovers:

- Vinegar brining
- Oil submersion
- Reheat daily and consume within 24 hours

Teach: "Waste is not a sign of abundance—it's a sign of rebellion against provision."

3. Torah-Clean Creativity

Every meal is a moment of obedience.

Shabbat prep:

- Pre-cook stews or roasted veggies Friday afternoon
- Wrap hot pots in towels and blankets to retain heat
- Set the table before sundown
- Use this time to recite Scriptures about provision and deliverance

Creative mixes:

- Porridge: oats + raisins + cinnamon + honey
- Flatbread: flour + water + salt (bake on stone or pan)
- One-pot meals: lentils, spices, dehydrated veg + water

Even your diet can teach righteousness.

> "
> ***"Taste and see that Yahuah is good: blessed is the man that trusteth in him." — Psalm 34:8***
> "

🧱 Section 10: Hidden Storage & Caching

Preserve What's Sacred: How to Store Wisely in Uncertain Times

If Pharaoh had known where the Hebrews hid their hope, he would have taken it. In times of scarcity, those who prepare must also conceal. Your food, tools, Scripture, and records are not just provisions—they're legacies. They must be stored with intention, wisdom, and invisibility.

> ***"A prudent man concealeth knowledge: but the heart of fools proclaimeth foolishness." — Proverbs 12:23***

This section will help you:

Hide your supplies in plain sight

Create multiple layers of protection for your household

Avoid attention from neighbours, looters, or enforcement

1. Storage Within the Walls

Your home already has hiding places—if you learn to see them.

Best indoor cache spots:

Behind false panels in closets or kitchen units

Inside empty food boxes or laundry baskets

Under floorboards or loose tiles

Inside couch linings or behind drawers

Use opaque containers or sealable bags. Label them as "Seasonal Clothes" or "Craft Supplies" to divert curiosity.

Rule: If someone broke in for 5 minutes, your valuables should not be found.

Faith-Based Tip: Store a small jar of anointing oil or Scripture scroll in every cache. Make Yah's presence part of your provisions.

2. Outdoor & Off-Site Caches

If your home becomes compromised, you'll need a secondary supply hidden off-site. This could be buried, stashed in a nearby structure, or stored with a trusted believer.

Burying a cache:

Use heavy-duty waterproof containers (PVC pipe, ammo tins, Mylar bags)

Wrap contents in plastic and fabric to reduce corrosion

Dig 2–3 feet deep, away from landmarks or trees that might be removed

Mark the spot with something subtle: a broken tile, specific rock pattern

Check these caches quarterly. Ensure nothing has leaked, spoiled, or been uncovered by animals.

> ***"The wise man's eyes are in his head; but the fool walketh in darkness." — Ecclesiastes 2:14***

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3. Layered Diversion Strategy

Don't just hide what matters. Create distractions.

Fake pantry: Place a few tins of expired food near the front of your shelf. Leave visible items that look like all you've got.

Decoy bag: Pack a small bag with low-value supplies in a visible corner of your closet. If searched, let this be what they find.

Cash & coin strategy: Keep minor cash near your ID, but hide your real silver and currency deep.

Diversion reduces aggression. If someone feels they've already "found it," they stop digging.

4. Preserving Sacred Information

In the digital age, print is your lifeline. Your notes, Scripture, training manuals, recipes, and prayers should exist on paper.

How to store them:

Print documents and place in plastic sleeves or zip bags

Use mini photo albums to store verses and instructional documentation

Laminate key Scriptures

Keep copies in multiple caches—home, bag, and off-site

Protect what Yah has taught you. In famine of the Word, you'll have plenty.

> ***"Bind them upon thy fingers, write them upon the table of thine heart."***
> ***— Proverbs 7:3***

5. Discretion in Conversation

What you store is one thing. Who you tell is another.

Be slow to speak about your preparedness—even with well-meaning believers. Let your testimony be shown through wisdom, not disclosure.

Even those close to you may panic when pressure hits. Protect your household by limiting what you share.

Teach your children:

Not every blessing is for display

How to speak in code if needed

That silence is a form of protection

> ***"Keep thy mouth with a bridle, while the wicked is before thee." — Psalm 39:1***

🌓 Section 11: Conflict Avoidance & Soft Defence

Wise as Serpents, Harmless as Doves: Staying Covered in Chaotic Times

Not every fight is your fight. In the Last Days, conflict will rise: man against neighbour, looters against the vulnerable, enforcement against the unyielding. But Torah doesn't call us to provoke or panic, it calls us to walk in discernment. Our defence must be wise, humble, hidden, and Spirit-led. Soft defence is not cowardice, it's spiritual strategy.

> ***"Behold, I send you forth as sheep in the midst of wolves: be ye therefore wise as serpents, and harmless as doves." — Matthew 10:16***

This section is not just about avoiding physical conflict. It's about embodying the posture of Messiah—firm but peaceful, discerning but unprovoking, observant but unseen. These principles will help you and your household remain preserved, not just protected.

👓 1. Grey Man Theory: The Art of Invisibility

In prepper culture, the term "grey man" refers to someone who blends into their environment—neither rich nor

poor-looking, neither a threat nor a target. This is not a mindset of fear, but of strategy. In spiritual terms, it means not casting your pearls before swine, not drawing attention when Yah hasn't called you to speak.

Dressing in neutral, dull colours that don't attract attention is a start, but more than clothing, it's about behavioural neutrality. Avoid excessive emotion, loud responses, and dramatic gestures. When everyone is panicking, you remain calm—but not so calm you look suspicious. You mirror the environment while quietly moving according to Yah's command.

Use ordinary bags for carrying resources. Don't signal preparedness with military packs, carabiners, or tactical clothing. When walking, keep a steady pace—not hurried, not slow. Look like you belong without becoming visible.

The goal is invisibility with purpose; to preserve what Yah has given you so it can be used at the right time, with the right people.

> ***"He hid himself, and went out of the temple, going through the midst of them, and so passed by." — John 8:59***

🧠 2. Verbal De-escalation & Body Language

Your mouth can be a weapon—or a door of escape. During moments of confrontation or suspicion, what you say and how you carry yourself can either draw in danger or deflect it.

Practice calm, neutral body language. Keep your hands open and visible. Lower your shoulders. Don't raise your voice—even when accused or questioned. You are not responsible for educating everyone you meet. You are responsible for the safety of your household.

When someone is hostile, responding with short, non-committal phrases allows you to exit without adding fuel:

“Sorry, I can’t help you.”

“I don’t know.”

“We’re on our way somewhere.”

“I’m not from around here.”

Never offer more than what’s needed. Let your children practice these responses too. It’s not lying—it’s discretion.

> ***"A soft answer turneth away wrath: but grievous words stir up anger." — Proverbs 15:1***

3. Silent Readiness

Not every warning needs words. The best-prepared households have already established non-verbal systems of alert. In times of surveillance or nearby danger, silence becomes a weapon of order.

Teach your family basic hand signals: one for “stop,” one for “get down,” one for “go silent.” Choose a single word or phrase that means “go to the safe room now.” Rehearse this in calm times so it becomes second nature.

Practise whole-home silence drills. No phones. No movement. Just stillness. Let the children understand that silence is not a punishment—it’s a covering. In the absence of power, when voices and footsteps carry easily, your silence becomes your barrier.

> ***"In returning and rest shall ye be saved; in quietness and in confidence shall be your strength…" — Isaiah 30:15***

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4. Avoid Predictable Patterns

The enemy studies habits. So should you. If you always leave your home at 7am, you become traceable. If you always visit the same family member or garden at 2pm, your movement becomes predictable. The wise preserve their path.

Avoid routines that someone could track or anticipate. Vary your clothing, change your path, switch up the time you step outside. Teach your family to avoid patterns that could be noticed.

Even during normal times, begin this practice. It disciplines the mind for movement under pressure.

Being invisible means being unpredictable. But unpredictability must be rooted in wisdom—not in fear.

> ***"Watch ye, stand fast in the faith, quit you like men, be strong." — 1 Corinthians 16:13***

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5. When to Walk Away

Pride has killed many in moments when silence would have saved them. You are not weak for refusing to argue. You are wise. Walking away doesn't mean you were afraid. It means you were guided.

Teach your family:

Not every insult is worth your answer

Not every loud neighbour is a threat to engage

Not every patrol or authority figure is a conversation worth having

Yahusha withdrew from confrontation when His hour had not come. You must learn the same.

There will be moments where provocation comes intentionally. Prepare your soul to respond with strength through withdrawal—not surrender. To walk away is to value your assignment over your ego.

"He that passeth by, and meddleth with strife belonging not to him, is like one that taketh a dog by the ears." — Proverbs 26:17

🌍 Section 12: Regional & Climate-Based Adaptations

Where Yah Has Planted You: Prepping Across Environments

Every region carries its own blessings and its own tests. Whether you dwell in the wet hills of Scotland, the dry plains of Texas, the crowded streets of Lagos, or the tropical coasts of the Caribbean—prepping must align with your location. Yah doesn't give one-size-fits-all instructions. He gives principles, and expects wisdom.

> ***"To every thing there is a season, and a time to every purpose under the heaven." — Ecclesiastes 3:1***

This section will help you:

Adjust food storage, clothing, and gear to your region

Account for water needs, pests, and seasonal extremes

Make wise choices if you're considering relocation

🌡️ 1. Climate Considerations

Cold/Wet Climates (e.g., UK, Canada, Northern US)

Focus on insulation: seal windows, add wool layers, and store hand/foot warmers

Stock high-calorie shelf-stable foods (oats, nuts, dense grains)

Prioritise waterproof storage bins and weather-proof bags

Prepare for seasonal depression: include praise music, journaling tools, vitamin D

Hot/Dry Climates (e.g., Arizona, Botswana, Northern Africa)

Water storage is king: increase by 50% above your normal target

Shade-making tools: tarps, blackout cloths, and hats

Dehydration prevention: ORS sachets, dried fruit with salt, herbal teas

Limit meat storage; prioritise dried legumes and grain cakes

Tropical/High-Humidity Areas (e.g., Caribbean, Brazil, Southeast Asia)

Protect against mould and moisture: silica packs, rotation every 3 months

Use plastic bins instead of cardboard

Freeze dried over canned if power allows

Pest control: citronella, neem oil, mesh coverings for food and beds

🚿 2. Water Source and Purification

Water needs vary, but purification principles are constant. Store what you can. Harvest what you must.

Rain-heavy regions:

Install rain barrels or tarp collection into buckets

Use cloth or sand filters if purification tablets are low

Dry regions:

Bury jugs underground to stay cool and hidden

Learn to locate dew, plant moisture, and dig wells (if feasible)

Universal:

Keep multiple methods: filter straw, charcoal filter, bleach drops, boiling pot

Teach every child how to purify water and identify unsafe sources

> ***"He maketh me to lie down in green pastures: he leadeth me beside the still waters." — Psalm 23:2***

🧢 3. Region-Specific Clothing & Shelter

Clothing is your first line of insulation—and your primary comfort. But obey Torah what the world says we can wear is not the same Yah endorses and blesses.

Hot zones:

Natural fibres only (cotton, linen)

Loose-fitting, light colours

Include headwraps or scarves to protect from sun

Cold zones:

Layer: base layer (wool), mid layer (wool), outer layer (Hemp)

Dry socks save lives—store multiple pairs

Thermal blankets and hot water bottles make a big difference at night

Shelter adaptation:

Use mylar insulation inside curtains in winter

Elevate sleeping areas in flood-prone or damp zones

Reflective tarps for shade in sun-exposed shelters

🪴 4. Local Foods, Gardens & Trade

Prepping doesn't mean only storing—it means growing, trading, and adapting.

Cold areas:

Focus on root vegetables (carrots, beets, potatoes)

Indoor sprouts (alfalfa, lentils)

Canning and dehydrating are essential

Hot areas:

Short-cycle crops (amaranth, okra, sweet potato leaves)

Plant in shade or semi-shade to prevent scorching

Use mulch heavily to retain moisture

Tropical:

Plantain, cassava, coconut, moringa (fast and high yield, high nutrition)

Grow in containers to reduce pest invasions

Consider what is locally grown and bartered. Know the edible weeds in your region. Learn to forage according to Torah—nothing unclean.

🗺️ 5. If You're Relocating

If you're planning to move to another country or region, preparation must begin in prayer.

Ask:

Has Yah called me here?

Do I know the local threats (natural, political, social)?

Can I secure land or refuge nearby?

What food grows here? What pests dominate? What are the laws of the land?

Do:

Visit the area in advance

Meet local Torah keepers or find fellowship

Prepare your documents, skills, and language basics

Don't just escape Babylon—walk into Goshen. That means understanding where you are, who is around you, and how Yah wants you to function.

> ***"The steps of a good man are ordered by Yahuah: and he delighteth in his way." — Psalm 37:23***

🤝 Section 13: Building a Community Prep Network

No One Preps Alone: Strengthening the Nation One Household at a Time

The Exodus wasn't an individual event—it was national. Families moved in unity. Tribes crossed together. The cloud covered all who followed. While individual readiness is important, Yah's vision has always been about community. A nation of priests, not scattered souls.

In chaotic times, isolation is not just unwise—it's dangerous. The adversary seeks whom he may devour, and lone sheep are easy prey. But a flock led by the Shepherd, walking in rhythm and righteousness, is not easily moved.

> ***"And all the congregation of the children of Israel journeyed... according to the commandment of Yahuah." — Numbers 9:18***

This section will help you:

Identify and build trusted community relationships

Share skills and resources without compromising safety

Organise spiritually and practically for mutual survival

🏠 1. Who is in Your Goshen?

You may live in a city apartment, but Yah has already planted others around you. Look again.

Start identifying:

Fellow Torah-keepers nearby

Elders with wisdom

Young families with energy

Single brethren with time or specific skills

Form prayer partnerships first. Let unity begin in the spirit. Out of spiritual agreement flows strategic alignment.

Pray this prayer:

"Father, show me who belongs to this exodus journey. Reveal those I am to stand with in obedience and peace."

🛠️ 2. Share Skills Before You Share Supplies

Build community trust through action, not assumption. Skills reveal more about a person's reliability than words ever will.

Start a rotation:

One month, teach first aid basics

Next month, someone leads urban gardening

The next, emergency drill simulations for families

As this rhythm builds, trust naturally grows. You'll know who finishes what they start. You'll see who prepares in spirit and who only talks. Discernment flows through community rhythm.

> ***"By their fruits ye shall know them."***
> ***— Matthew 7:20***

🧺 3. Resource Rotation & Community Caches

Not every family can afford full prepping. But every family can contribute something.

Suggestions:

One household stores bulk dry goods

Another focuses on first aid and healing herbs

One holds physical copies of Scripture, manuals, and maps

One trains in defensive awareness and first responder drills

Create a community cache plan:

Secure location agreed by all

Each household contributes what they can

Rotation schedule to check and replace supplies

"And all that believed were together, and had all things common." — Acts 2:44

🗓️ 4. Monthly Community Drills

Practice makes peace. Don't wait for the emergency to begin rehearsing.

Drill Ideas:

Evacuation timing: who grabs what and how quickly

Silent Sabbath drill: a full day of no speech or sound

Home lockdown: lights out, window cover, meal prep under low visibility

First aid challenge: respond to a mock injury or illness

Assign roles:

Communication lead

Spiritual intercessor

Youth activity manager

Map and transport coordinator

Each member of the body has a purpose. Let the drills reveal them.

> ***"The whole body fitly joined together and compacted by that which every joint supplieth..." — Ephesians 4:16***

🛰️ 5. Discretion, Not Secrecy

While we must move in wisdom, Yah hasn't called us to operate in fear. Don't idolise secrecy. Prioritise discernment.

Keep details of your prep plan within the community. Don't broadcast locations, names, or contents. But also don't move so secretly that no one knows who to call when trouble comes.

Teach your children:

Who we share with and who we don't

How to describe their group in ways that don't give away everything

That community is a covering, not a cage

"He that walketh with wise men shall be wise." — Proverbs 13:20

Section 14: Spiritual Unity & Crisis Discipleship

Holding the Line: Discipleship Under Pressure

When the systems collapse, and the comforts fall away, all that remains is the character you built in secret. This is where discipleship becomes survival. Not just prepping with others—but being accountable in the Ruach. The strength of your community is not in the number of cans on the shelf, but in the depth of the faith in the people around you.

> ***"Iron sharpeneth iron; so a man sharpeneth the countenance of his friend." — Proverbs 27:17***

This section will help you:

Create Torah-based accountability partnerships

Maintain spiritual discipline even in chaos

Lead and support others through fear, doubt, and weariness

1. Households That Minister

Every home must become a tabernacle. A place of worship, teaching, and healing. When gatherings are outlawed or impossible, your kitchen table becomes your pulpit. Your living room becomes your sanctuary.

Assign time weekly for discipleship:

Study Torah portions together

Have family members teach one another

Memorise Scriptures and pray aloud

Anoint one another with oil when sick or afraid

Let your children see you war in worship. Let your spouse hear you intercede. Let your guests feel Yah's peace.

> ***"And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children…" — Deuteronomy 6:6–7***

🧱 2. Spiritual Endurance Training

Discipleship is not just study—it's grit in the spirit. During persecution, weariness, or famine, your endurance will be tested.

Start training now:

Fast regularly—not just for spiritual power but for physical adjustment

Pray at inconvenient times—midnight or early morning watches

Practice joy even when supplies are low

Declare Yah's promises out loud during simulated crisis drills

Teach your children:

That we don't complain when uncomfortable

That we praise even with little

That gratitude is strength

> ***"But he that shall endure unto the end, the same shall be saved." — Matthew 24:13***

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3. Shepherding the Vulnerable

In every prepper group, there are weak ones: the elderly, single mothers, new believers, trauma survivors, or chronically ill.

Discipleship means looking after them—not out of pity, but from honour.

Set up care rotations:

Assign someone to check on them weekly

Pair them with a prayer partner

Involve them in community decisions where possible

Remind them: they are vital. Their wisdom, prayers, and perspective may be what sustains others when panic strikes.

> ***"Bear ye one another's burdens, and so fulfil the law of Messiah." — Galatians 6:2***

🧭 4. Teaching Through Trouble

Every crisis becomes a classroom. Discipleship in tribulation is about interpreting the chaos through covenant eyes.

Lead your home and community to:

Recognise prophetic patterns

Interpret dreams and visions wisely

Connect current events to Scripture

Avoid gossip, false doctrine, and division

Let elders speak. Let children ask hard questions. Let answers come through study and fasting.

> ***"And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever." — Daniel 12:3***

🕯️ 5. Disciple Unto Death, Not Just Discomfort

Real discipleship prepares you for sacrifice. Even unto death.

Yahusha didn't call us to stockpile in fear, but to live and die in faith. If your food runs out, your body is broken, or your name is on a list, your faith must still speak.

Teach:

That being counted worthy to suffer is honour

That some will be delivered miraculously, and others through martyrdom

That Yah is good—no matter the outcome

Let your prepping be a platform for righteous endurance, not just carnal survival.

> ***"And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death." — Revelation 12:11***

A Final Charge to the Remnant

Stand. Shine. Stay Ready.

If you've read this far, it's because you know—you are not ordinary. You are part of a remnant. A chosen seed. A people not forgotten, though scattered. A city not forsaken, though surrounded.

The world will not understand your preparation. They will laugh until they cry. They will mock until they beg. But you were not called to be understood by Babylon—you were called to be obedient to Yah.

> ***"For many are called, but few are chosen." — Matthew 22:14***

This final section is not for information—it is for activation. To stir your soul. To help you hold the line. To remind you that the same Elohim who brought us out of Egypt by His mighty hand, will do so again.

1. This is a Prophetic Preparation

You are not storing rice—you are storing righteousness. Every jar, every jar lid, every moment of discipline, is a spiritual act.

We are preparing not just for war, famine, pestilence, and persecution—we are preparing for the gathering of Yah's people. For the Second Exodus. For the return to the

wilderness, the refining of the Bride, and the revealing of the sons and daughters of Zion.

Let this truth fuel you:

> ***"Therefore, behold, the days come, saith Yahuah, that it shall no more be said, Yahuah liveth, that brought up the children of Israel out of the land of Egypt; But, Yahuah liveth, that brought up the children of Israel from the land of the north, and from all the lands whither he had driven them..." — Jeremiah 16:14–15***

🧭 2. Stay Where He Places You—Until He Moves You

Just like Israel stayed in Goshen until the right moment, you must be rooted until Yah says move.

Don't let fear dictate your decisions. Let obedience direct your steps. Until the cloud lifts, you stay planted. Keep watch. Stay ready. Be found faithful.

Prepare every day as if you're moving tomorrow. Pray every night as if the trumpet is near.

"Stand still, and see the salvation of Yahuah..." — Exodus 14:13

3. Move in Spirit, Not Just Strategy

The Ruach must lead your prepping. Not YouTube. Not panic. Not the crowd.

If He says store five loaves—do it. If He says teach the children how to pray—do it. If He says fast this week instead of stockpile—do it.

This journey is spiritual before it's physical. Let Yah write your blueprint. Let Him shake your habits. Let Him sanctify your bug-out bag.

"Not by might, nor by power, but by my spirit, saith Yahuah of hosts." — Zechariah 4:6

4. Strengthen the Weak Hands

If you're strong—help someone who isn't. If you're seasoned…mentor someone just awakening. If you have plenty…share with wisdom. If you're full of faith…pray for the weary.

We don't leave anyone behind who desires to follow. We make room in the camp for the trembling. We anoint the heads of those doubting. We walk slower so the elderly can keep up. We wait on each other—as Yah has waited on us.

> ***"Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are of a fearful heart, Be strong, fear not…" — Isaiah 35:3–4***

💧 5. Remain Holy in the Hidden Place

What you do when no one is watching matters most.

Worship when the shelves are full. Praise when the water flows. Repent when pride rises. Apologise quickly. Serve joyfully. Be holy in private.

This is how we wait for Him.

The exodus is not just a relocation, it's a sanctification. A stripping. A proving. The wilderness will reveal what Egypt tried to hide.

Stay ready. Stay holy. Stay low. And when the trumpet sounds—you will be found among the faithful.

> ***"And they shall be mine, saith Yahuah of hosts, in that day when I make up my jewels; and I will spare them, as a man spareth his own son that serveth him." — Malachi 3:17***

To the remnant: prepare like there is fire. Your veins. Wait with reverence. And walk like those who know they are about to see Yahuah move again.

For ongoing resources, updates, and downloads, visit:
🔗 www.exodusprepper.com