



Prudent Precautions: Disaster Training Guide for Youth

Christine Cecil, Ed.D.

**A prudent person foresees danger
and takes precautions.
The simpleton goes blindly on
and suffers the consequences.
Proverbs 22:3**



© 2018 Christine Cecil, Ed.D.

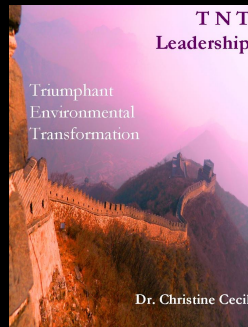
Section One: Foundation

Before instructing students, “physician, heal thy self”. Any student when fully taught will look like their teacher. If you are unsure about your own capacity for high task, high trust, high truth leadership, which is crucial during a crisis, that process is outlined in the recommended book “TNT Leadership”.

Likewise, prior to instruction, please understand each student’s love language and learning style. These interpersonal and educational insights are secondary only to foundational Biblical principles.

If you are not in the habit of reading scriptures at least an hour daily, with no commitment to habitual personal prayer, if you don’t fellowship regularly, or tithe, it is my recommendation that you forego instructing young people.

If you faint
in the day
of adversity,
your strength
is small.
Proverbs 24:10



Section Two: Wild Beasts & Snakes

The best way to calm your heart and others, in any situation, is to pray without ceasing. This verse is especially helpful even before a disaster occurs.

“If my people, over whom My Name is called, humble themselves and pray and seek My face and turn from their evil ways, then I will hear from heaven and will forgive their sin and will heal their land.”

2 Chronicles 7:14

Animals are sensitive to impending disaster. Your dogs will often bark before an earthquake. Rising water may flush out all kinds of creatures. Be aware and alert. Wild animals are clearly one of the four judgements of God.





If someone is bitten by a snake or animal, and it is safe to do so, snap a picture of the creature so the species can be identified.

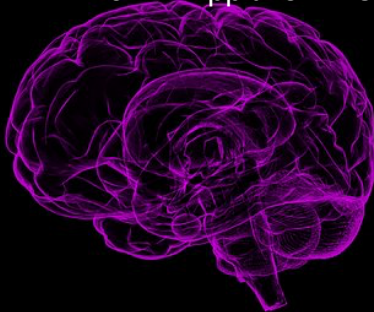
- Get out of REACH of the animal.
- REASSURE the victim.
- RAISE the victim up so the bite is below the heart
- REMOVE jewelry and remove shoes if the fingers, leg, or foot was bitten
- Call 911



Leadership in high stress situations demands clear thinking. In emergencies, your brain pulls the blood from the frontal cortex to the deep parts of your brain. This loss of blood hampers your decision making. Deep breaths are crucial. Also, reframing emotions will stop brain fog. Out of control thoughts such as “I don’t know what to do” can be shifted to “I have the mind of Christ.”

Praying and reciting this verse and others like it will actually keep blood flowing so you can creatively problem solve in an emergency. Isaiah 26:3 promises perfect peace to those who fix their mind on Messiah.

I can do all things through Messiah who strengthens me. Philippians 4:13



Behold, I have given you authority to trample upon serpents and scorpions, and over all the power of the enemy; nothing will harm you. Luke 10:19

Whatever precautions you take, do not discount the power of the Almighty.

Note this compelling verse:

“However, Paul shook the snake off into the fire and suffered no harm.”

Acts 28:5

Toxic situations can traumatize a psyche and leave soul wounds. Dr. Mike Hutchings developed a healing prayer to address post-traumatic stress. Young people can pray and make a tremendous difference during and after a situation.

1. Ask the person to briefly state the trauma
2. Explain what you will do and receive permission while keeping eye contact.
3. Declare the forgiveness of God over them.
4. Welcome the Holy Spirit.
5. Cancel every assignment of the enemy against them
6. Declare healing according to Psalm 91
7. Disconnect the five senses that would bring back memories of the trauma.
8. Speak healing over every bodily system: LLMEIN lymphatic, limbic, muscular, endocrine, immune, nervous.
9. Identify them as a child of the King.



Lessons in Personal Prudence

We came home late. Dark descended on our ranch house except for one porch light near the front door.

My younger, sleepy-eyed sister, began to stumble through that door. Dumb-founded, I watched from behind as my mother hit my sister with her purse to catapult my sister through the front door. Then, my mother struck me in the chest and shoved me away from the light.

A large snake, seeking heat on a cold dark night, twined itself toward the light, It blocked the entrance to our home and threatened to strike.

That Mojave Green is among the deadliest reptiles in the world. We recalled desert stories of people dying within 45 minutes of a bite while my father attacked it with a shovel and then buried the head.

I learned that night
to be prudent around
wild animals of any kind.
I also learned to prepare.



Section Three: Earthquakes

DROP, COVER AND HOLD ON!

Stay indoors until the shaking stops.

Stay away from windows.

If you're in bed, hold on and stay there, cover your head

If trapped, do not light a match. Do not move around.

Cover your mouth with a handkerchief or clothing.

Tap on a pipe or wall so rescuers can locate you.

Shout as a last resort because you could inhale dust.

If you're outdoors, find a clear spot drop to the ground.

If you're in a car, slow down and drive to a safe place.

This phrase, “Yet once more,” indicates the removal of things that are shaken—that is, things that have been made—in order that the things that cannot be shaken may remain.

Hebrews 12:27



Theology of Disaster

When disaster strikes, the goodness and severity of our Maker is often questioned. Still, He clearly states His purpose:

For when Your judgments are in the earth, the inhabitants of the world will learn righteousness.

Isaiah 26:9

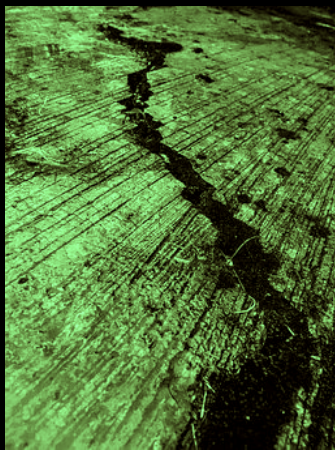
Stating these truths will not always be easy. Yet, we are told to “proclaim the Word! Be ready when it is convenient or inconvenient. Confront, rebuke, encourage—with complete patience and instruction.” 2 Timothy 4:2

This is especially difficult if loved ones are lost. We can take heart and share this verse. “ Good people pass away; the godly often die before their time. But no one seems to care or wonder why. No one seems to understand that God is protecting them from the evil to come.” Isaiah 57:1



Lessons in Personal Prudence

I live in California. I stood in a dormitory doorway while the Downey quake rocked Los Angeles. I drove the San Francisco freeways while the Bay Bridge collapsed. I slept only a few miles away when the Yucca Valley Bowling Alley caved in. I jolted from my chair when an Easter quake pounded San Diego. And, God only knows how many minor tremors interrupted my sleep. I cannot urge you enough to prepare. I keep a bag in my car with sturdy shoes and a blanket. I keep water. I keep in prayer.



Section Four: Economic Collapse

Venezuela, the richest country in South America, plunged into financial ruin. This country has the world's richest oil reserves and 3/4 of its citizens report involuntary weight loss of 19 pounds per person per year. Russia, Greece, Argentina, and even our own Great Depression where half the banks failed attest to the potential for collapse.

A collapse of the dollar will impact every country in the world. Shortages of food and medicine, civil unrest,, bank closures — all are expected.

Understand the Problem: For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Ephesians 6:12 Appreciate one solution:

The silver is mine, and the gold is mine,
says the LORD of Heaven's Armies.

Haggai 2:8



Lessons in Personal Prudence

My father lived through the Great Depression. He experienced the bank closures, the hunger, people out of work, fortunes destroyed, fear. Because of that, he kept money in jars. He buried cash in the ground. He knew the value of the stash.

For years, I did the same. I kept cash under the mattress, in the freezer, and cookie jar. Then, I thought that hoarding finances showed a complete lack of faith. I felt that I must not be trusting God, so I stopped.

Then, one weekend, on a women's church retreat, a bunch of beautiful goodies were left over. The leader invited us to take whatever food we wanted.

I said a quick prayer and asked the Lord to show me what He wanted me to enjoy. A woman came over to me and instead of handing me food, she handed me nice, new socks. "I think the Lord wants you to have these." She smiled and walked away leaving me with the socks.

"Thanks a lot, Lord." I mumbled ungratefully. "What do you expect me to do with these?"

"Sock it away. After you tithe, save cash.

Sock it away."

Ever since then, that's how I build my savings.

It's not in a bank.

I just sock it away.





Section Five: Famine

Famine is promised as one of the four key judgments of God.

When he opened the third seal, I heard the third living creature say, “Come!” And I looked, and behold, a black horse! And its rider had a pair of scales in his hand. And I heard what seemed to be a voice in the midst of the four living creatures, saying, “A quart of wheat for a denarius, and three quarts of barley for a denarius, and do not harm the oil and wine!” When he opened the fourth seal, I heard the voice of the fourth living creature say, “Come!” And I looked, and behold, a pale horse!

And its rider's name was Death, and Hades followed him. And they were given authority over a fourth of the earth, to kill with sword and with famine and with pestilence and by wild beasts of the earth. Revelation 6:5-8

Prudent Preparations for Famine

PRAYER And the peace of God, which transcends all understanding, will guard your hearts and your minds in Messiah. Philippians 4:7

PRAISE: Though the fig tree does not blossom, and there is no yield on the vines, Though the olive crop fail, and the fields produce no food, the flock is cut off from the fold, and there is no cattle in the stalls. Yet will I triumph in Adonai, I will rejoice in the God of my salvation! Habbakuk 3:17-18

PEACE:The Lord is good. He is a refuge in times of trouble. He cares for those who trust in him. Nahum 1:7

PRACTICAL: If the Bible tells you that a cup of wheat will be worth a day's wage, perhaps you should secure some. Wheat berries are affordable at less than \$1 a pound at your local health store. If properly processed, wheat berries last a lifetime.

PRACTICE: Many people also stockpile heirloom seeds. This seems a waste unless you practice gardening and growing now. Share what you have with seven or eight others, because you never know when disaster may strike. Ecclesiastes 11:2



Lessons in Personal Prudence

About the closest most of us have come to famine is eating packaged noodles and potatoes in college. But, when I was growing up, lack of food was real.

We made biscuits, ate popcorn, and potato soup. We used everything — thankful for what we got.

My grandmother hated throwing food away. To this day, I ask forgiveness when I do.

When I think of how little food my British ancestors lived on during the war, I am shocked. Sadly, most people around the world live on less. We just don't seem to notice how thin the supply chain really is or how precarious our food stability might become.

Everything in our home comes on a truck. When Israel went to war over the Suez Canal, it took only days for there to be a U.S. fuel shortage. That's just one more reason to pray for the peace of Jerusalem and stock peanut butter.



Section Six: Fires

You already learned to stop, drop, and roll.

You know not to open a hot door.

You can army crawl on the floor to flee.

You may even practice with a fire extinguisher

PULL, AIM, SQUEEZE, SWEEP.

But, when you eat out or stay in a hotel,
do you take note of the fire exits?

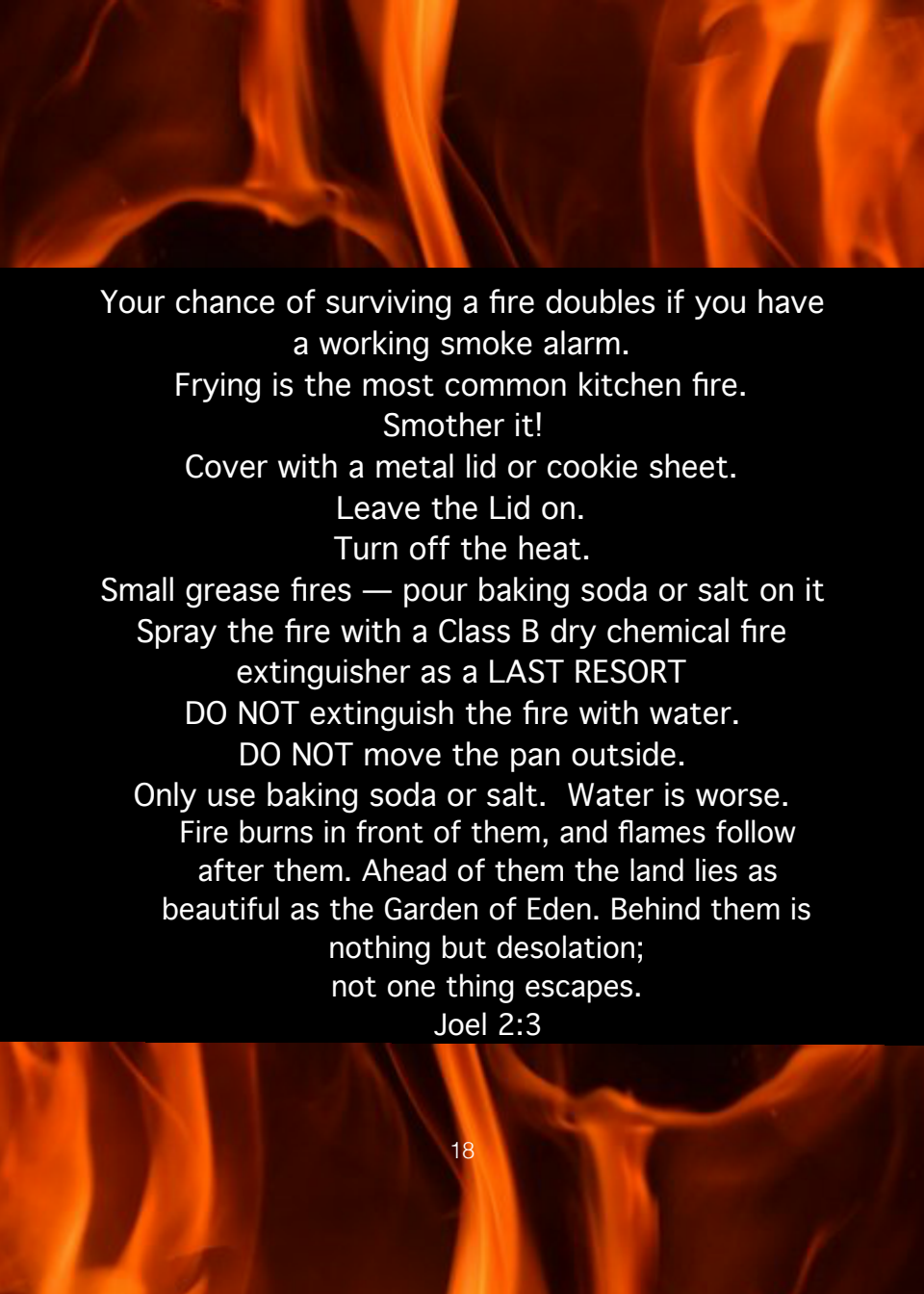
Did you practice a home evacuation plan and pack a
bug out bag if your whole neighborhood is
engulfed?

What is your decision-making process to stay and
fight the fire or evacuate?

Do you walk and regularly pray for your city?

What is your disciplined pattern of diligence to cut
back trees for a safety zone around your house?



The background of the entire page is a close-up, high-contrast image of bright orange and yellow flames, likely from a fire. The flames are dynamic and appear to be rising and spreading, creating a sense of heat and danger.

Your chance of surviving a fire doubles if you have
a working smoke alarm.

Frying is the most common kitchen fire.

Smother it!

Cover with a metal lid or cookie sheet.

Leave the Lid on.

Turn off the heat.

Small grease fires — pour baking soda or salt on it

Spray the fire with a Class B dry chemical fire
extinguisher as a LAST RESORT

DO NOT extinguish the fire with water.

DO NOT move the pan outside.

Only use baking soda or salt. Water is worse.

Fire burns in front of them, and flames follow
after them. Ahead of them the land lies as
beautiful as the Garden of Eden. Behind them is
nothing but desolation;
not one thing escapes.

Joel 2:3

Courage Under Fire

If you want to train young people to be courageous and psychologically resilient, prepare them according to the prescription of the Most High. Give them excellent testimonies to experience.

Youth with a Mission publishes an outstanding series that details the difficulties that our brothers and sisters overcame. Encourage your children to write letters to the persecuted believers. Voice of the Martyrs has an excellent website. When we understand that others have faced severe difficulties and triumphed, we can take courage for our own trials.

Many of you are addicted to technology. When a disaster hits, you may experience symptoms of withdrawal. Addiction impairs your responses.

- Behavioral: agitation, crying, excitability.
 - Psychological: delirium, depression, paranoia.
 - Sleep: insomnia, nightmares, sleepiness
 - Cognitive: disorientation, mental confusion.
 - Mood: bored, nervous, detached, loss of interest
- Fast from technology. Pray. Read your Bible

They overcame by the blood of the lamb and the words of their testimony.

Revelation 12:11

Lessons in Personal Prudence

We left our family's country cabin. Shortly after, the entire cabin burned due to an electrical fire.

So, the family re-built.

Years later, as an adult, I attempted to light the pilot on the gas heater. Flames shot up to my elbow and the stench of smoldering body hair filled the cabin. I learned how to handle a burn.

In San Diego, we are no stranger to fires. I remember one year when grey ash filled the skies and covered everything with soot. We were torn between evacuating or staying put.

The fires forced my friend to evacuate her new, unfinished custom built home. She drove away with a broken heart. Little did she know the protection ordained for her property. The Planning Department forced her to pour a 10,000 square foot concrete slab. Frustrations flooded into thankfulness when she discovered that concrete pad compelled fire fighters to use her new home as a base to fight a wild fire that engulfed thousands of acres.



Section Seven: Floods

Always keep gas in your car,
or in any disaster
you won't go far.

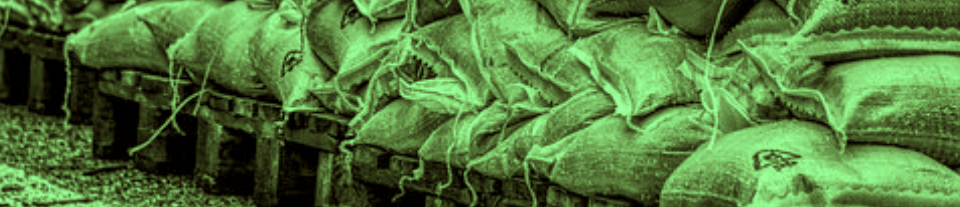


Most people don't know what a flood can do.
Just six inches of water can grab you.
Maybe you already knew
Your car can be swept away in 2 feet too.

So, turn around. Don't drown.
Stay away from a power line.
Have a plan. Get as high as you can.

If you get caught, grab onto something quick
— a log, a branch, or stick.
Point your tows down stream.
Wave your arms so you can be seen.

So shall they fear the name of the Lord from the west,
and his glory from the rising of the sun. When the
enemy shall come in like a flood, the Spirit of the Lord
shall lift up a standard against him. Isaiah 59:19



After a Flood is Dangerous

Throw away medicine or any food that got wet.

Even canned goods go bad I bet.

Boil water for at least 10.

Open windows and doors to bring in fresh air again.

Check and dry all electrical items or things with wire.

Clean and disinfect everything before you retire.

So sorry, beloved girls and boys,
you must toss those damaged toys.



Section Eight: Hurricane or Typhoon

"I would hasten to my place of refuge From the stormy wind and tempest." Psalm 55:8

Water: Fill your bathtubs with water and gather 1 gallon per person per day for a 14 day supply.

Wellness: Gather prescription medications, comfort, and communication items. If your pantry isn't stocked, consider a 14 day food supply.

Weather: Bring lightweight objects inside. Close storm shutters and cover windows with plywood. Turn your refrigerator or freezer to the coldest setting. Open it only when necessary. Listen for radio updates.



Lessons in Personal Prudence

Irma is her name. She is the worst storm ever to manifest in the Atlantic. She is a category five hurricane. She had already destroyed 95% of Barbuda before I met her. Lean closer so you can hear me before Irma's winds begin to howl. I will tell you how I found myself here with peanut butter, bottled water, and a Bible.

Our family loves the Bible. That's why we home school. In sunny San Diego, California, public schools are dark. Sharia Law Compliance is in full force. Children are being taught that the prophet Muhammed liberated women. They are making room for Muslim prayer and being forced to submit if they offend a Muslim. We do not teach our children the futile concept of submitting to "Allah's Will". We teach our children about freedom from fear, certainty of eternal destiny, and the truth that God's son is the only way and no one comes to the Father but by Him. We teach about Emmanuel who is God with us.

That freedom in Messiah is manifested in many ways. One of them is our family tradition; we make the first day of each school year memorable.

The Bible says to give the first of everything to God, so our first day of school, that year, involved a field trip to Salvation Mountain.



Salvation Mountain is a man-made monument to scripture. For 28 years, one man built a structure and then covered it with Biblical truth. My son and I marveled at his commitment, although the oppressive 100 degree desert heat detracted from our appreciation of his work.

On the drive home we made plans for the summer's reward. If my children read 50 books each summer, they get to go to a special homeschool day at a local amusement park. How sad we felt upon discovering that the homeschool event got cancelled this year. So, I jokingly said, "We'll just go to see that mouse in Orlando."

Now, you have to understand that I had no reason to look for plane flights from San Diego to Florida. But somehow, the deal came across my desk and we found \$50 round trip tickets. One thing led to another and we rented a condominium for under \$300 for the week. Then, we enlisted our most solid and trusted prayer warrior and my son's closest friend and his mother who just happens to be a Calvary Chapel Pastor's wife. At the last minute, she added her daughter and we became the San Diego Six.

Then, I made a few calls and found the opportunity to speak in Orlando. I am passionate for the return of the Jewish people to Israel and to the heart of God. Jeremiah 32:41 says "God longs with all His heart and soul to plant them in the land." So, I felt thrilled to be taking off to Florida, where so many beloved Jewish people reside.

Our flight from San Diego flew by. We scrunched into an SUV and arrived at our three bedroom, three bath, two kitchen, two living room, giant condominium.

This marked the first of many blessings, our Heavenly Father showered us with tender care as we spread Isaiah 53 everywhere.

We got to pray over a sick lady on the Disney Tram. We met a parking attendant who is moving to San Diego and gave her our contact information. We played in the pool. We frolicked in the water parks.

Then, reality set in as Florida's governor called for Miami to evacuate and issued a state of emergency. We started to look for flights out. There were gobs of seats that cost from \$800 to \$1400 one way.

We began to fear for our safety. We drove to Wal Mart in the middle of the night and fought long lines only to find almost empty pallets with very little water. So, we bought what we could plus apple juice and peanut butter.

We wondered where we could stay. Our condominium could be rented. It would only cost us \$350 a night.

Our week went by with days of fun and nights of fear. The gas station ran out of fuel. We searched every night for flights to no avail. We debated which of us would go first. We pondered if our sons could fly alone while they fought to be the last men out.

One of our team finally booked her flight for almost \$600 just to ensure she would evade Irma.

My family grew furious with me while my daughter, who is training to be a flight attendant, worked feverishly. "Mom! I can see there are seats available. Get out of there now." But, when I called, every seat was booked.

We did the only thing we could do, we kept our schedule of fun and fought the fear. We hopped into the car and headed to Tampa. Everywhere we went, we shared Isaiah 53 bookmarks. We encouraged people to stay close to the Lord.

Soon, affluent homes and the lovely restaurant where we shared so much truth would soon be surged with 120 mile an hour winds and 15 feet of surf.

Then, with only 48 hours remaining before Irma's impending arrival, friends started praying. We watched God move.

A reservation agent at Alaska Airlines befriended us. She said, "I just couldn't let you go". "When I found out you were sisters in Christ, I had to help you." She looked for flights to Portland, to Seattle — anywhere that would get us out of harms way. She found one flight at over \$400 each for at least two of us to get out, and we almost jumped on it. Then a miracle happened around midnight.

"I can't believe it!" she shouted. "Give me your names quick!" She plugged us into the computer and got us all on the same flight for just \$98 one way. Inexplicably, those seats materialized.

In just 12 hours, she would have us on a plane. It would not only be the last plane of the day; she put us on the last plane Alaska Airlines would fly before the entire airport shut down for good.

We packed in a hurry. Then, I looked at all the supplies. I wondered if I should just return the peanut butter, apple juice, and the bottled water to the store. No way.

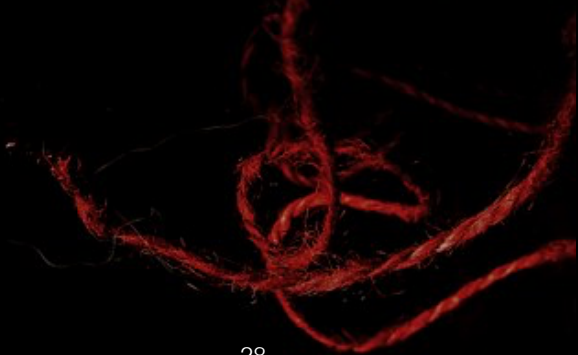
With my love for the Jewish people, whom I owe a debt of salvation (I have read Romans 11 and 14), I headed to the nearest synagogue on my GPS. When I arrived, instead of a synagogue I found a humble apartment. I knocked on the door.

An elderly African lady answered in a language I could not understand. Then, a teenage boy came out. I explained we wanted to give them our water and peanut butter (I had pop-tarts too). In his pride, he refused. Then, the father stepped forward.

From his broken English, I learned he is a worship leader and loves the Lord. When we finished unloading, there must have been ten little kids in that house who waived and smiled at me. I gave them prayer cards for Israel and drove away crying.

The San Diego Six made it. We made it through the Orlando Airport where the whole scene looked like Armageddon. We made it on the plane. We made it out of the path of a category five hurricane, the largest storm in the history of the Atlantic. We made it home to San Diego where I had already been scheduled to teach a year long class on disaster preparedness to home schooled youth so they could be confident ministers in crisis.

And, we made it out of the greatest disaster. We are safe for eternity. We are saved by a thread — a thread of precious people who prayed for us, a thread of faithful saints who went before us, a thread of witnesses who surround us, and a scarlet thread woven throughout scripture that is the blood of the lamb over the door, the scarlet rope over Rahab's house, and the blood of Messiah when He nailed our sins to the cross. It is the precious salvation from the Jews. It is Good News.





Section: Nine Invasions

First! Pray for your leaders. 1 Timothy 2:1-6 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. This is good, and it is pleasing in the sight of God our Savior, who desires all people to be saved and to come to the knowledge of the truth. For there is one God, and there is one mediator between God and men, the man Christ Jesus, ...

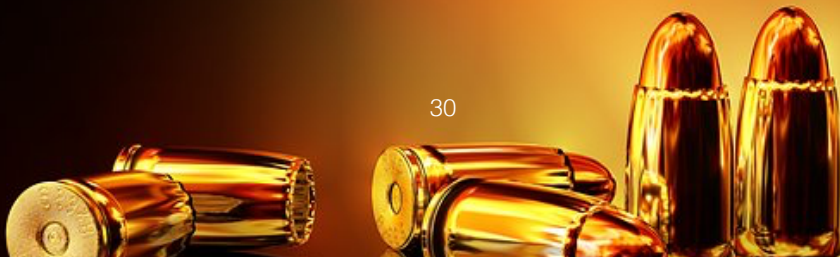
Second, understand that any change in authority is from God. (Romans 13:1-3) Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.



Wars and Rumors of Wars

Third, ask God what you should do Psalm 32:6-7 Therefore, let everyone who is godly pray to You in a time when You may be found; Surely in a flood of great waters they will not reach him. You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance. Selah. I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you....

Fourth Flight is a viable option. Zechariah 14 states ...On that day his feet shall stand on the Mount of Olives that lies before Jerusalem on the east, and the Mount of Olives shall be split in two from east to west by a very wide valley, so that one half of the Mount shall move northward, and the other half southward. And you shall flee to the valley of my mountains, for the valley of the mountains shall reach to Azal. And you shall flee as you fled from the earthquake in the days of Uzziah king of Judah. Then the Lord my God will come, and all the holy ones with him.



In Israel, individual homes have sealed safe rooms. Prepare your home as much as possible.

In the U.S., first strikes are unexpected. Cyber and grid attacks are likely. Consider a Trojan Horse option such as cargo ships, commercial air, foreign exchange students, and standing armies already here.

Anticipate Martial Law, FEMA camps, and rationing. Follow the Lord's leading and don't wait too long to evacuate.

During an invasion, women of all ages are vulnerable to personal attack.

In Mosul, when ISIS fighters captured a compound filled with school girls, the girls prayed then literally hid under blankets while the ISIS fighters sat on them, but never discovered them.

Young women should disappear into hiding.



Lessons in Personal Prudence

I would like to say that I have always had a cool head under pressure. It isn't true. I've been in the middle of two riots. In the first, I just ran for safety. I suppose that demonstrated some intelligence, but I should have run home.

In the second case, I had just been on the Temple Mount in Jerusalem on the Day of Pentecost. The Jewish people call it Shavuot. It is one of the Feasts of the Lord called the Feast of Weeks in Exodus 34:22. It is a volatile time in Israel because the Arab Muslims tend to demonstrate. These angry protestors looked at our family and started yelling "Not from here! Not from here!"

I responded completely ineffectively by opening my purple umbrella as if to hide myself from angry eyes. My husband responded much more appropriately. He yelled, "RUN!" So, we did.

We ran for our lives through the Old City. My lessons learned were valuable: don't freeze and purple umbrellas are no match for invaders or angry mobs.





Section Ten: Tsunami

Get at least 2 miles out from the shore.
Get at least 100 feet up which is about 9 stories.

When You Feel An Earthquake:

Protect yourself - drop, cover, hold until the earthquake is over.

Grab your three-day emergency kit.

Move quickly inland to high ground and away from low-lying coastal areas.

Evacuate on foot if at all possible because of potential road damage and traffic jams.

Do not wait for an official warning.

Do not delay.

Do not return to shore.

Listen to NOAA Weather Radio or your local radio station for information on shelter locations and emergency broadcasts.

Be alert for aftershocks.

For I am the LORD your God, who stirs up the sea, causing its waves to roar. My name is the LORD of Heaven's Armies.

Isaiah 51:15

Section Eleven: Pestilence



**Wash Your Hands.
Because that's about all you can do.**

According to the National Institute of Health, if there is an outbreak, medical counter measures will be largely ineffective. With current technology, it takes at least 6 months to produce a vaccine. There is no guarantee it will work.

Public health measures could range from monitoring the disease, hygienic measures, social distancing such as closing public events, travel restrictions, quarantine, and case isolation. There is a likelihood that a government response to disease could be coercive and severely curtail liberty and access to resources. The movie "Facing the Darkness" details a physician's battle with ebola.

And this shall be the plague wherewith the Lord will smite all the people that have fought against Jerusalem; Their flesh shall consume away while they stand upon their feet, and their eyes shall consume away in their holes, and their tongue shall consume away in their mouth.
Zechariah 14:12



Section Twelve: Nuclear Fallout

Three keys to surviving a nuclear scenario are distance, shielding and time.

A greater distance from the blast zone increases chances of survival.

Shelter in concrete building or basement.
Wooden shelters are a last resort.

Radiation decreases intensity quick; the first two weeks are deadly. So find a place to shelter .



Items to consider for your nuclear kit:

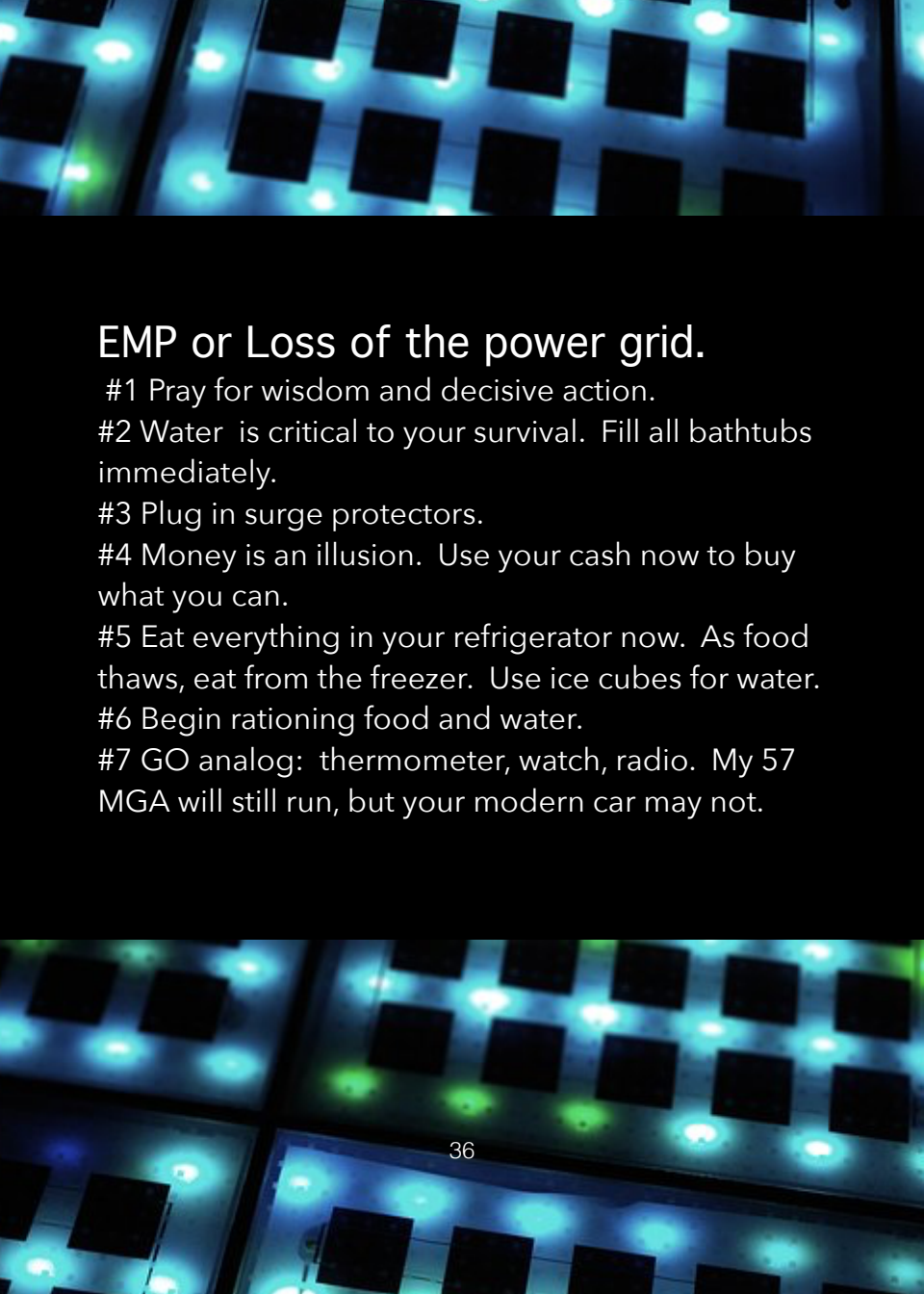
Potassium Iodine Tablets

Radiation Water Filters

Bentonite Clay

Read Ezekiel 38 and 39 and Zechariah 14.

Understand that war is foretold and the Almighty will judge those who come against Jerusalem and the Jewish people.



EMP or Loss of the power grid.

- #1 Pray for wisdom and decisive action.
- #2 Water is critical to your survival. Fill all bathtubs immediately.
- #3 Plug in surge protectors.
- #4 Money is an illusion. Use your cash now to buy what you can.
- #5 Eat everything in your refrigerator now. As food thaws, eat from the freezer. Use ice cubes for water.
- #6 Begin rationing food and water.
- #7 GO analog: thermometer, watch, radio. My 57 MGA will still run, but your modern car may not.



Lessons in Personal Prudence

A few years ago, in California, we lost power for about three days. The authorities claimed a workman in Arizona accidentally took down the whole grid with one flip of a switch.

Now, I understand that in other parts of the world, three days without power is nothing. But in the West, it felt like an eternity.

A few people engaged in looting but not many. Most people held a barbecue. I used my lovely glass kerosene lanterns. Still, I can't imagine what our town would be like after a month long power outage.

Earthquake!

Mudslides!

Fires!

We are Californians.

We Face Disaster in Shorts.



Section Thirteen: Solar Disturbances

We can expect solar disturbances. "And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring." Luke 21:25

The impact of a solar disturbance is similar to an EMP – power loss, airline flights cancelled, communication loss, and loss of satellite and Global Positioning Systems. If GPS ceases, food production and oil production may be affected and result in shortages.

Our job is to take heart. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18

We are also to rely on His faithfulness. "Thus says the LORD, Who gives the sun for light by day And the fixed order of the moon and the stars for light by night, Who stirs up the sea so that its waves roar; The LORD of hosts is His name: "If this fixed order departs From before Me," declares the Almighty, "Then the offspring of Israel also will cease from being a nation before Me forever." Jeremiah 31:35-36



Lightning

- If you can hear thunder, you may be in danger of a lightning strike.
- If there is a lightning storm, do not lie on the ground. Get to shelter immediately.
- Being underneath trees is the second leading cause for lightning deaths.
- Open vehicles (such as convertibles, golf-carts, and motorcycles) and open structures (such as porches, gazebos, baseball dugouts, and sports arenas) are NOT safe during a lightning storm.
- Lightning can travel through plumbing. It is best to avoid all water during a lightning storm. Do not shower, bathe, wash dishes, or wash your hands.
- People struck by lightning are not electrically charged. You can give first aid.
- Cell phones and cordless phones are safe to use during a lightning storm as long as they are not connected to an outlet through a charger. Do not use corded phones. (Center for Disease Control)

He fills his hands with lightning bolts
and hurls each at its target. Job 36:32

Section Fourteen: Active Shooter

RUN

- Make a habit. Look for the two nearest exits anywhere you go. Have an escape path in mind & identify hiding places.
- Leave your belongings behind
- Help others escape, if possible, but evacuate even if they don't follow. Keep your hands visible
- Warn and prevent individuals from entering an area where the active shooter may be.
- Call 911 - describe shooter, location, & weapons.

HIDE

- Get out of the shooter's view and stay very quiet.
- Silence all electronic devices .
- Lock and block doors, close blinds, and turn off lights.
- Don't hide in groups- spread out along walls or hide separately to make it more difficult for the shooter.
- Contact police silently or put a sign in the window.
- Stay in place until law enforcement calls all clear.

FIGHT NOT FREEZE

- Fight only when your life is in imminent danger.
- Attempt to incapacitate the shooter.
- Improvise weapons & use everything you've got.
- A team approach is best with at least 2 other people. The instructions go something like this: "I'll go first and try to take his gun. You follow me immediately and wrap up his arms or hit him in the head. You follow him and tackle at knee level."
- Once you get the attacker on the ground, beat him in the face with any hard object you can find or use multiple people to sit on him while using shoe laces to immobilize him. Most attackers have multiple weapons.

Section Fifteen: Hostage Situation/ Kidnapping



First moments are crucial. Flee or fight. If you can't run, then fight hard and fight dirty. Yell FIRE! People are more likely to come. Curl up on the ground so it is difficult to be forced into a car. If trapped in a vehicle, try to get out of the car. If you are caught, take mental notes to prepare for escape.

The first 24 hours are key. At this stage, fully comply and fully submit so your captors see no need for extra restraints. If escape is possible do it in these early hours when you have food and water. Learn how to defeat zip ties. Pray and ask the Father to guide you and to guard you.

If 24 hours pass and you cannot escape, your next job is to bond with your captors. Turn on the charm. Comply but do not submit. Your job is to relate to decrease the likelihood they will harm you. And PLAN YOUR ESCAPE.

Be vigilant. Make mental notes of your surroundings, & captors routines. Try to discover the reason for their act. Keep your wits about you. Talk to God. Recall verses.

The rescue is a dangerous time. If you are being rescued, put your hands over your head. HIT THE FLOOR.

Section Sixteen: Child Disaster Shelter

The goal is to use one suitcase to build a child disaster shelter wherever you find yourself. This suitcase can be kept in a car or with your bug out bag. These materials are simple and found in most homes.



Cordon off a safe area with rope or other objects such as bins or cots. Then establish "stations" where children can come and engage. Each station is designed to support them emotionally and spiritually. Use blankets to cushion the floor.

- 1) Art Station: Assemble crayons, coloring books, paints and wipes. Wrap your supplies in a shower curtain that can be used to cover the floor. Drawings literally draw out the emotions of children and help them talk.
 - 2) Music Station: Rain sticks, drums, tambourines.
 - 3) Reading Station: Simple books and Bibles
 - 4) Dress Up: Hats, sunglasses, old shoes or jewelry can all spark the imagination
 - 5) Snack: Small cups, napkins, and snacks can change any disaster into a tea party.
 - 6) Free Play: Blocks, cars, cards, dinosaurs, dolls are all good.
 - 7) Puppet Station: Socks decorated and filled with rice make great dramatic play to release feelings and negative emotions.
- If you have these types of materials in a shelter, you will be a support to parents and have opportunities for ministry and healing prayer. Pack everything in your suitcase and be ready.

But Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven."

Matthew 19:14

Section Seventeen: Travel Emergencies

Know the closest embassy. Know how to get there.

Choose “Safe Havens” where you are visiting — fire stations, hospitals, schools, and police stations. Print out maps of these locations and give copies to everyone in the family.

As a young person, if you lose a passport outside your home nation, you must have an original birth certificate and written permission from both parents to receive a new passport. These are documents easy to bring along, but difficult to obtain once stranded.





Travel at a Good Clip

There may come a time when travelers need your safety and protection and hospitality. Perhaps you will one day need theirs.

The idea of secret symbols for safe transport is American. The Underground Railroad transported slaves to freedom using quilts for secret signaling.

Throughout history, individuals decided they would hide and safeguard Jewish souls. During the Great War, in Denmark, for example, they refused to surrender their Jews. The simple paper clip symbolized their resistance.

Scripture clearly state that salvation is from the Jews (John 4:22). Our Messiah is Jewish. He ministered in Jewish lands, born to a Jewish mother, buried in a Jewish tomb, and will return to the Mount of Olives to reclaim His Jewish throne (Psalm 122:5). I pray that, if you are given the opportunity, you would repay a debt of love to those who gave us the law, the prophets, and our King. Jesus said, "Whatever you have done to the least of the my brethren, you have done to me." (Matthew 25:40)



Lessons in Personal Prudence

We experienced a lost passport for a minor teen. We endured a difficult and time consuming process to replace it. However, the Father used that loss as an important training and family time. And, we learned how to prepare in future.

On a separate occasion, our family flew for a month consecutively while home schooling. Before we began the trip, the Father told me to get CPR training for myself and the children. My family felt none too pleased and grumbled through the process. Frankly, they thought I'd gone crazy.

Fast forward a week into our trip, we waited in line at the Chicago airport. BAM! A man slammed down on the floor in the TSA line. We cared for and prayed for him. My children felt stunned.

But, it didn't stop. That same day, as we flew to New York, another woman went down in the back of the plane and we cared for her.

The Father uses every mess to create a message. Surely the Lord GOD will do nothing, but he reveals his secret unto his servants the prophets. Amos 3:7

Spiritual Disaster

The scriptures are clear that we can expect a great falling away and a time of spiritual adultery and apostasy.

Pray for prudence:

Who is wise?

Let him understand these things.

Who is prudent?

Let him know them.

For the ways of the Lord are right;

The righteous walk in them,

But transgressors stumble in them. Hosea 14:9

And such as do wickedly against the covenant shall he corrupt by flatteries: but the people that do know their God shall be strong, and do exploits. And they that understand among the people shall instruct many: yet they shall fall by the sword, and by flame, by captivity, and by spoil, many days. Now when they shall fall, they shall be helped with a little help: but many shall cleave to them with flatteries. And some of them of understanding shall fall, to try them, and to purge, and to make them white, even to the time of the end: because it is yet for a time appointed.

Daniel 11: 32-35

During dangerous times, beware of flattery. Instruct faithfully. Remember, those who turn many to righteousness shall shine like the brightness of the firmament forever.

Personal Note



What is the worst possible disaster? Is it losing everything in a fire? Perhaps it is a plague or famine. For me, the worst disaster is a life without truth. "The time is surely coming," says the Almighty, "when I will send a famine on the land--not a famine of bread or water but of hearing the words of the Most High. Amos 8:11

Years ago, I participated in child disaster preparedness training. I completed everything except the contract which prohibited sharing the truth while operating under that particular organization. I walked out.

Since then, I have been close to a lot of disasters — fire, hurricane, riots, earthquakes. I continue to grasp the power of scripture. Whatever skills I possess, however I can build relationships, the single most important gift in life is truth. When scripture is spoken into a life, it never returns void.

Only the most cruel and unloving person will withhold the truth in times of crisis. If you do suffer a disaster, I pray you will love and lead well. I pray you will be high task, high trust, and most importantly, high truth. For, there are only two eternal entities — people and the Word of the One who made them. Love Him for your eternity. Love His people for theirs.



And of the children of Issachar,
which were men that had
understanding of the times, to
know what Israel ought to do;
the heads of them were two
hundred; and all their brethren
were at their commandment.

1 Chronicles 12:32

