

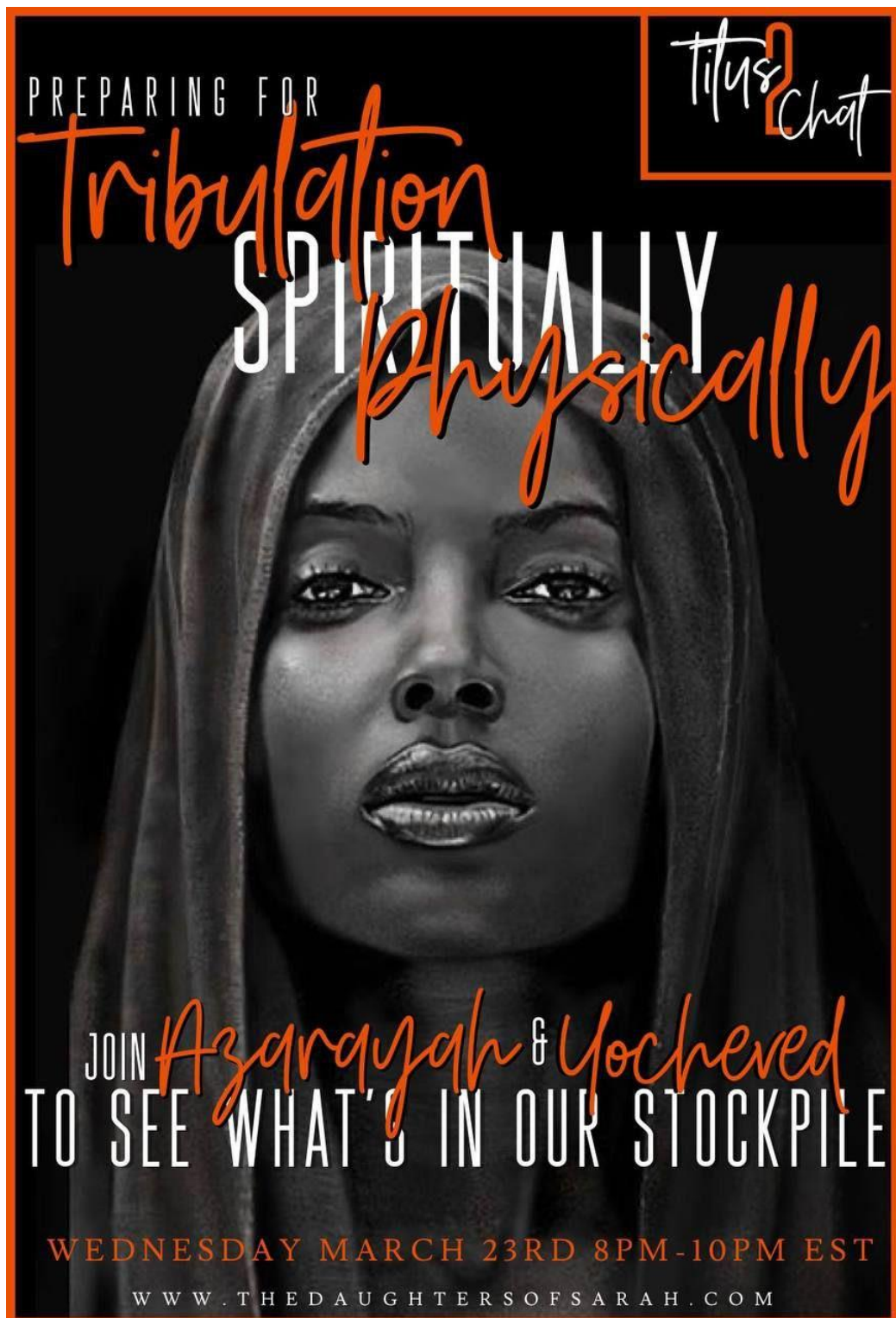
Sarah

Event: Titus 2

Topic: Preparing for Tribulation Spiritually Physically

Hostess: Sister Azarayah & Sister Yocheved

Date: March 23, 2022



PREPARING FOR
Tribulation
SPIRITUALLY
Physically

Titus 2 Chat

JOIN *Azarayah & Yocheved*
TO SEE WHAT'S IN OUR STOCKPILE

WEDNESDAY MARCH 23RD 8PM-10PM EST

WWW.THEDAUGHTERSOFSARAH.COM

Sister Azarayah

Acts 14:22 (KJV) Confirming the souls of the disciples, *and* exhorting them to continue in the faith, and that we must through much tribulation enter into the kingdom of God.

- Through much tribulation will we get the kingdom.
- He has to prove us; prove that we are worthy.
 - Our marriages
 - When we are hungry and thirsty
 - Our faith will be tested

A major hurdle that we will deal with is accepting our role as women. We are wives first; everything else is secondary.

- We can't allow our dreams and aspirations to take precedence in our lives.

Ecclesiasticus 26:16 (Apocrypha) As the sun when it ariseth in the high heaven; so is the beauty of a good wife in the ordering of her house.

- It is beautiful when a wife has her house in order; it is cleaned, organized and everyone has what they need.

STOCK PLENTY OF WATER

- Prepare 1 Gallon per household member for as long as you can.
- Water purification tablets
- Water filtration system
- https://www.amazon.com/dp/B089QWJ06B/?coliid=I2E4XKHSKQSS&colid=1HK3AXO4TS0WR&psc=1&ref=lv_ov_lig_dp_it
- Bleach
- Portable food grade containers for storing water
- Rainwater reservoir collection barrel



- Our role is to keep track of the things in the house.

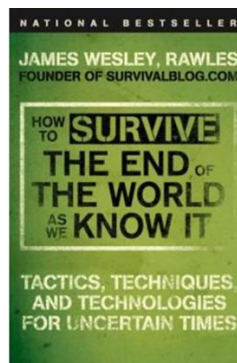
Perilous times are coming.

2 Esdras 16:70-78 (Apocrypha) For there shall be in every place, and in the next cities, a great insurrection upon those that fear the Lord. [71] They shall be like mad men, sparing none, but still spoiling and destroying those that fear the Lord. [72] For they shall waste and take away their goods, and cast them out of their houses. [73] Then shall they be known, who are my chosen; and they shall be tried as the gold in the fire. [74] Hear, O ye my beloved, saith the Lord: behold, the days of trouble are at hand, but I will deliver you from the same. [75] Be ye not afraid neither doubt; for God is your guide,

[76] And the guide of them who keep my commandments and precepts, saith the Lord God: let not your sins weigh you down, and let not your iniquities lift up themselves. [77] Woe be unto them that are bound with their sins, and covered with their iniquities like as a field is covered over with bushes, and the path thereof covered with thorns, that no man may travel through! [78] It is left undressed, and is cast into the fire to be consumed therewith.

- [70] Insurrection is like the government. They are coming against us.
- [71] It is going to be mayhem (destruction).
- [72] They are going to take our food and we will be cast out of our houses.
 - We may not have heat or A/C, nor can we go to the refrigerator to get something to eat.
- [73] The Lord is refining us, separating the believers from the non-believers.
- [75] This is talking about faith.
 - It will be a scary, dreadful day.
- [76] It is time to get yourselves together; get in order.
 - Get rid of those secret sins.
 - Envy
 - Jealousy
 - Hatred
 - Disrespecting your lord and children
 - Examine yourself
- [77] It is going to be really scary to those that are bound with sins.
- [78] You going to be cast into the fire.

Book: How to Survive the End of the World As We Know it
By: James Wesley Rawles



Book: Preppers Medical Handbook

- In the event we get into a situation where we are off the grid, no hospitals and doctors available.
- This is the time to stock on gardening books, canning books, homeopathic medicine books, etc.
 - In case there is no internet we can have references.



Through martial law, they can come and confiscate our food.

Reminds me of the story of our foremother, Abigail and her husband, Nabal. This can be read in 1 Samuel chapter 25.

- David could have taken from Nabal, instead he asked.
- Nabal said, No.

We are doing all this prepping, but it could be taken away by the government.

- Don't waiver.
- Get closer to God.

Deuteronomy 31:6 (KJV) Be strong and of a good courage, fear not, nor be afraid of them: for the LORD thy God, he *it is* that doth go with thee; he will not fail thee, nor forsake thee.

- He will not forsake us nor has he in the past.

Psalms 23:4 (KJV) Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou *art* with me; thy rod and thy staff they comfort me.

- The fear here is talking about faith.

Story time: The ant and the grasshopper

- Summary: the ant was preparing for winter and all summer long, the grasshopper played.

We are living it right now, winter is coming.

Proverbs 6:6-8 (KJV) Go to the ant, thou sluggard; consider her ways, and be wise: [7] Which having no guide, overseer, or ruler, [8] Provideth her meat in the summer, *and* gathereth her food in the harvest.

- You have to prepare by stocking up food.
- Do not be lazy.
 - Leadership is telling us to stock up your pantries and donate some to the school.
- It is not too late, start now.
- Prepping must be a lifestyle.



5 TIPS TO GET US THROUGH THIS FAMINE

1. Listen to your husband.
 - a. We may have to make haste. Remember Lot's wife.
2. Stay faithful.
 - a. Draw closer to God.
 - b. Study, Pray, Apply – meditate in the scriptures.
 - c. Apply the scriptures.
3. Control your emotions.
 - a. Don't let your emotions dictate your behavior.
 - b. You're like a city without walls when you lose control.
 - c. Be like the woman with the seven sons in 2 Maccabees 7.
4. You may have to listen to a senior sister or someone who knows or is an expert.
 - a. You will have to follow.
 - b. You will have to listen.
5. Teamwork is important. Do not hide when the going gets tough.
 - a. You may have to lead or follow.
6. Prepare your children.
 - a. Tell them about what is going on.

Matthew 10:34-38 (KJV) Think not that I am come to send peace on earth: I came not to send peace, but a sword. [35] For I am come to set a man at variance against his father, and the daughter against her mother, and the daughter in law against her mother in law. [36] And a man's foes *shall be* they of his own household. [37] He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me. [38] And he that taketh not his cross, and followeth after me, is not worthy of me.

- Sometimes the teenagers want to leave.
- Keep the teenagers busy.
- Monitor what they do all the time.
- For iPhone/Android users, set limitations on their phones.

Being a mom means scarifies.

FOOD STORAGE AND PRESERVATION

- Dried foods (rice, beans, whole wheat (not flour) invest in a food grinder. 20-30 year storage
- Oats 3-7 year storage
- Corn 8-12 years
- Seasonings (never truly expire, they just lose their potency, flavor, and color)
- Salt
- Sugar
- Honey
- <https://morningchores.com/bu-rial-food-preservation/>
- Earthen pots
- <https://bandanapottery.com/oggi>
- Canned food (rotate and don't store more than what you would use in 2 years) pg. 82
- Freeze dried foods
- Heirloom seeds
- Fats : oil ghee



Stockpiling Food

- Can foods last only a few years; purchase dried foods
- Rice, dried beans, whole foods, seasonings (never expire), salt
- Salt is an important season
 - Cleans wounds and bug bites
 - Deodorizes
 - Soothes sore throats
 - Puts out fires
 - Protect gardens from vermin
 - Cleans and preserves meat ([Ezekiel 6:1](#))
- Honey
- Sugar
- Stock up on Pedialyte and Gatorade.
- Bucketing: sealing food, using oxygen absorbers, and concealing food from theft.
- Watch for rodents
 - Check your buckets and packages that they don't chew through your storage.
- Buy freeze dried food/meats
- Heirloom seeds
 - Purchase on Amazon: Augason Farms
 - Vegetable Garden Seeds
- Oil and ghee

Stockpiling Bulk Foods

- Use the label from the food to label the bins from Restaurant Depot
- Mylar bags
- Oxygen absorbers extend the life of dried goods
- Flour – I learned using whole grain wheat is better; grind it yourself and last longer – shelf life approximately 25 years.
- Readywise Food Supply has leaven in it – be careful.

Sarah

BULK FOODS



COOKING ESSENTIALS

Canned Food and Pantry

- It is important to rotate your stock – use FIFO (first in first out).
- Keep a tea collection.
- 2-3 years for canned food storage.
- Chicken broth powder
- Seasonings – they do not expire but will lose potency, some flavor, and color.


CANNED FOOD



Other Supplies to Stockpile

- Stock things to organize your stockpile.
- Hand crank radio – so important – be discreet

OTHER SUPPLIES

- Batteries
 - Stock up on lighters
 - Batteries (stored last 10 years)
 - Rechargeable batteries
 - Solar battery chargers 2 at least
 - Flash lights and battery powered lamps
- 
- Candles
 - Propane tanks
 - Generators
 - Gas can
 - Communication
 - Ham vs CB radio
 - <https://www.radio4all.org/cb-radio-vs-ham/>
 - Walkie-talkies

Childbirth Supplies

CHILDBIRTH

- Sterilized cord clamp
 - Betadine solution
 - A bulb syringe
 - Bed liners (like those made for the disabled, available at medical-supply houses)
- For your newborn:
- Plan on breastfeeding, but as a backup consider stocking up on canned infant formula (check for leavening)
 - Lanolin nursing cream
 - Diaper-rash preventives
 - Diapers and diaper covers
 - Multiple "onesies," sleepers, or gowns
- Medications/supplies: baby tylenol, pedialyte, nail clippers, thermometer



- Purchase cloth diapers
- Prepare for birthing at home
 - Birthing pool
 - Tubing to syphon out water
 - Electric blower

Miscellaneous Supplies

- Mega warmers
- Elderberries, Rose Hip, Nettle leaf, Ginger root, Lemongrass, Burdock root
- Food saver vacuum sealer + bags
- Emergency weather radio – solar powered + charger
- Sanitary pads – comes in cloth
- Vinegars, dish soap, oils
- Battery operated candles

MISCELLANEOUS SUPPLIES



Hygiene and Sanitation

HYGIENE AND SANITATION

- Soap
- Baby wipes
- Cloth pads
- Diapers cloth/disposable
- Menstruation cup
- Toothpaste
- Tooth brushes



- Floss
- 5 gallon bucket with toilet seat
- Toilet paper
- Alcohol
- Hand sanitizers
- Disinfectant wipes
- Disinfectant sprays



HYGIENE AND SANITATION



Be Charitable

BE CHARITABLE

- Be prepared to cook for large groups
- Buy large cast iron pots that can withstand open fire cooking
- Genesis 41:53-57
- Store more than enough
- Be willing to barter



Home and Self Defense

- Have a plan
- Run drills

HOME AND SELF DEFENSE

- Have a plan
- Run drills
- Take self defense classes
- Classes on how to operate weapons properly



Raise Your Immune Response

RAISE YOUR IMMUNE RESPONSE

- "Best medicine is prevention, so what every well prepared individual should do is stay in shape." pg. 149
- Eat nutrient dense foods
- Don't drink your calories soda, store bought juice, etc.
- Stop smoking
- Get rest
- Take vitamins
- Get your weight down



First Aid

FIRST AID

- Splint
- Suturing/surgical kit
- Lidocaine
- CPR mask (learn CPR)
- Choking device
- Instant cold pack
- Bandages, gauze, tape
- Tincture of Benzoin (antiseptic.)
- Steri strips (wound closure without stitches)
- Gloves
- Medications: baby aspirin, triple antibiotic ointment, Benadryl, Ibuprofen, and Imodium tablets



Sister Yocheved

STOCKPILE MEDICINES

Ecclesiasticus 38:4 (Apocrypha) The Lord hath created medicines out of the earth; and he that is wise will not abhor them.

- You are going to need nutrients in your body.

Stockpile Pharmacy

- How to store vitamins long-term and whether they will go bad or not.
- The best storage methods for them.

Chose vitamins that are in tablet form, liquids will go bad quicker.

- Get vitamins tablets in dark colored preferably glass bottles.
 - If stored in plastic bottles, place plastic bottles in a mylar bag.
- Store them in a cool place.
- Do not open vitamins you want to store.
 - Put them in mylar bags; they will be good for two years past their best buy date (they could be potent for approximately 15 years if unopened).

Do vitamins go bad?

- They are safe to use but they can lose potency.
- For emergency preparedness, a less potent vitamin is better than none at all.
- Try to buy vitamins with a best buy date.
 - Vitamins without a best buy date will remain potent for 2 years after the manufacture date.

TIP: When given western medicine from the doctor, stockpile that medicine.



- Research was done: military stockpiled medicine, tested them for 15 years after and found they were potent.
- This test was done on medication not vitamins.
- Examples of Western medicine is like Tylenol and Ibuprofen.

Storing medicine

- Protect them from light, heat, humidity and oxygen.
- Oxygen absorbers go in the mylar bag with the medicine still in the bottle unopened.
- Do not refrigerate or freeze vitamins.

***Important pharmacy vitamins and things to add to your stockpile (*these recommendations are not from a doctor)**

- Vitamin A
- Vitamin B6, B12
- Vitamin C (powdered form is better)
- Vitamin D (check gel tablets for gelatin – should be bovine gelatin)
- Vitamin E
- Vitamin K
- Multivitamin and Prenatal
- Omega 3 (make sure it's clean)
- Selenium
- Calcium, Zinc, Magnesium (powdered)
- Iron
- Vinegar
- Potassium iodine (in case they put something in the air) it flushes out toxins
- Probiotic (make your own by fermenting your food – like kimchi)
- Fiber (powder), psyllium husk
- Ginger (ginger crystals)
- Folate
- Benadryl tablets
- Yerba mate-unsmoked tea (appetite suppressant)
- Pine needle tea
- Dramamine
- EpiPen's
- White willow bark (make aspirin out this)
- Tamiflu (made from star anise)
- Cloves (a powerhouse)
- Basil, Thyme, Rosemary, Sage, Peppermint, oil of Oregano (another powerhouse)
- Neem
- Lemon Balm (good for fever)
- Chamomile



- Tea Tree oil (get some essential oils)
- Mullein Leaf
- Powdered laxative
- Osha Root (very strong, use a bark over and over - good for upper respiratory)
- Vaseline (petroleum jelly – buy on Amazon for cheap)
- Visine
- Alcohol
- Breathing machine (used for lung issues)
- Mineral blend (Shilajit is the brand it is a resin)
 - Use a rice size amount, put it in hot water and drink it like a tea.
- Thermometers (old school – digital ones need batteries)
- Gut cleanse (buy from Cocoa Fresh)
- DIY elderberry syrup (from Cocoa Fresh)
- Wormwood
- Vodka (can make tinctures out of the herbs)
- Tai Zi Shen
- Stinging Nettle (you can eat this)
- Quian (sounds like Kina – can buy it in bark form and make tinctures)
- Spirulina

Get a binder for your important documents: your passport, birth certificate and such.

Thank you

Most High in Christ Bless