



PASS THIS ALONG TO AS MANY PEOPLE AND FAMILIES AS POSSIBLE.

We are living in perilous times, and many prophetic voices have issued warnings. This guide was created to help you prepare your home and family for unexpected emergencies whether power outages, food shortages, or water disruptions. Before war or famine, the Lord always prepares His people. This list is budget-friendly, simple, and designed for anyone with access to a basic grocery store or small garden space.

“Do not be afraid of sudden terror, Nor of trouble from the wicked when it comes; For the Lord will be your confidence, And will keep your foot from being caught.”
— **Proverbs 3:25–26 (NKJV)**

Top 10 Easy-to-Grow Seeds Everyone Should Have:

1. Green Beans – Fast-growing, high-yield, and low maintenance
2. Lettuce or Mixed Greens – Grows quickly, even in small containers
3. Tomatoes (Cherry or Roma) – Perfect for backyard gardens and high in vitamins
4. Zucchini or Yellow Squash – Grows fast and produces a LOT
5. Carrots – Great for cooler soil and don’t take up much space
6. Radishes – One of the quickest crops (harvest in 30 days!)

7. Cucumbers – Easy to trellis and grow vertically
8. Peppers (Bell or Jalapeño) – Do well in pots or garden beds
9. Herbs (Basil, Cilantro, Mint, Oregano) – Grow in pots, windowsills, or ground
10. Sunflowers or Pumpkins – For seeds and seasonal food (bonus: great pollinators)

Top 10 Budget-Friendly Non-Perishable Foods to Stock Up On:

1. Dried beans – Cheap, protein-packed, and last forever
2. White rice – Fills you up and stores well
3. Rolled oats – Great for breakfast or baking
4. Canned tuna or chicken – Affordable protein source
5. Peanut butter – Long shelf life, good fats, and filling
6. Shelf-stable milk (like oat or almond) – No fridge needed
7. Pasta – Easy to make and super versatile
8. Canned tomatoes & veggies – Use in soups, stews, and sauces
9. Ramen noodles or instant meals – Emergency backup meals
10. Salt, sugar, and basic spices – Flavor your meals and help preserve food

Top 10 Emergency Items for Power Outages

1. Flashlights + Extra Batteries – Safer than candles and easy to grab
2. Portable Power Bank – Keeps phones and small devices charged
3. Battery-Operated Lanterns – For lighting up whole rooms
4. Manual Can Opener – Essential if you're relying on canned food
5. First Aid Kit – For unexpected injuries or health needs
6. Drinking Water (1 gallon per person per day) – Minimum 3-day supply
7. Battery-Powered or Hand-Crank Radio – For emergency news and weather updates
8. Non-Perishable Food – Enough for at least 3 days per person
9. Blankets & Warm Clothing – Especially critical in winter
10. Cash – ATMs and card readers might be down

Smart Add-Ons to Your Emergency Power Outage Kit:

11. Solar-Powered or Rechargeable Lantern – Saves batteries over time and can last for hours.
12. Water Filtration System (like LifeStraw or Berkey) – In case clean water access is disrupted longer than expected.

13. Cooler + Ice Packs – Helps preserve refrigerated food if you don't have a generator.
14. Wet Wipes & Hygiene Supplies – For basic cleaning when water is limited.
15. Important Documents Folder (ID, insurance, medical) – Keep in a waterproof bag for quick access.
16. Multi-tool or Swiss Army Knife – Handy for unexpected fixes or safety tasks.
17. Duct Tape – Can fix just about anything in a pinch.
18. Trash Bags – Useful for sanitation, storage, or even makeshift rain protection.
19. Headlamp – Hands-free light source, especially helpful for moms or multitaskers.
20. Emergency Contact List (written) – In case your phone dies and you can't access saved numbers.

General Emergency Preparedness Resources

1. [Ready.gov \(FEMA\)](#)
Government site with step-by-step guides for power outages, food/water storage, communication plans, and printable checklists.
 2. [The Provident Prepper](#)
A faith-based prepper couple with simple how-to videos and family-first tips (food storage, seed starting, water purification, etc.).
 3. [Be Ready Utah \(LDS Emergency Prep\)](#)
While not exclusively Christian, this site offers excellent visual guides on 72-hour kits, home storage, and disaster prep for beginners.
 4. [City Prepping \(YouTube\)](#)
One of the best YouTube channels for practical, calm, non-fear-based prepping—great for urban and suburban families.
 5. [PreparednessMama.com](#)
A simple blog with homegrown, faith-friendly tips for seed saving, pantry stocking, and long-term survival gardening.
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Faith-Based Emergency Kit Resources

1. [Joseph's Kitchen](#)
A Christian-owned site based on the story of Joseph in Egypt—offering grain mills, wheat berries, and baking kits for long-term food sustainability.
 2. [My Patriot Supply](#)
One of the most trusted emergency food suppliers. Although not Christian-run, many believers use their supplies for 25+ year storage.
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Low-Cost DIY Tools & Tutorials

1. **Budget Bug-Out Bag Checklist (PDF)**
Downloadable government checklist for basic survival gear.
2. [YouTube: Homesteading Family](#)
Christian family channel with garden prepping, water systems, and off-grid tips for families with kids.
3. [Canva Template: Emergency Contact Sheet](#)
Make a printed or digital emergency contact list for your home using Canva.

During these times, it's really important to remember that **this is exactly what the Bible said would happen** not to stir up fear, but to prepare our hearts. We have families. We have children. And of course, we want everyone to be safe. But more than anything, we need to **stay alert, vigilant, and prayerful** so that we can **intercede on behalf of our regions, our country, and the nations**.

“But know this, that in the last days perilous times will come.”

2 Timothy 3:1 (NKJV)

In the days of Noah, he was building an ark and warning everyone that the rain was coming. But no one listened. And when the flood came, they were unprepared. **We have the opportunity to not be like those who got caught off guard**—to listen, to prepare, and to respond in faith.

“But as the days of Noah were, so also will the coming of the Son of Man be.” Matthew 24:37 (NKJV)

“By faith Noah, being divinely warned of things not yet seen, moved with godly fear, prepared an ark...”

Hebrews 11:7a (NKJV)

This is a time to **seek the Lord, read the Word, pray, fast, and stay connected** to those who are teaching and discipling with truth. Don't get caught up in legalism or busying yourself with activities that don't matter.

"Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass..."

Luke 21:36 (NKJV)

"Seek the Lord while He may be found, Call upon Him while He is near." Isaiah 55:6 (NKJV)

"Man shall not live by bread alone, but by every word that proceeds from the mouth of God."Matthew 4:4 (NKJV)

I pray this list helps you and your family. We don't know exactly when things will happenbut **being prepared is always better than being caught without anything at all.**

"A prudent man foresees evil and hides himself; The simple pass on and are punished."Proverbs 27:12 (NKJV)

May the Lord keep you, bless you, and protect you. In Jesus' name, Amen.

"The Lord will be your confidence, And will keep your foot from being caught."—Proverbs 3:26 (NKJV)