



BOOK OF MORMON EVIDENCE

April 2023

.ORG

Finding A Balance Between Spiritual and Temporal Preparation

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ApproachingReady.com

Finding A Balance Between Spiritual and Temporal Preparation



PREPARATION & SELF- RELIANCE IN THE LAST-DAYS

Statements of Prophets and Apostles – Church of Jesus Christ of Latter-day Saints

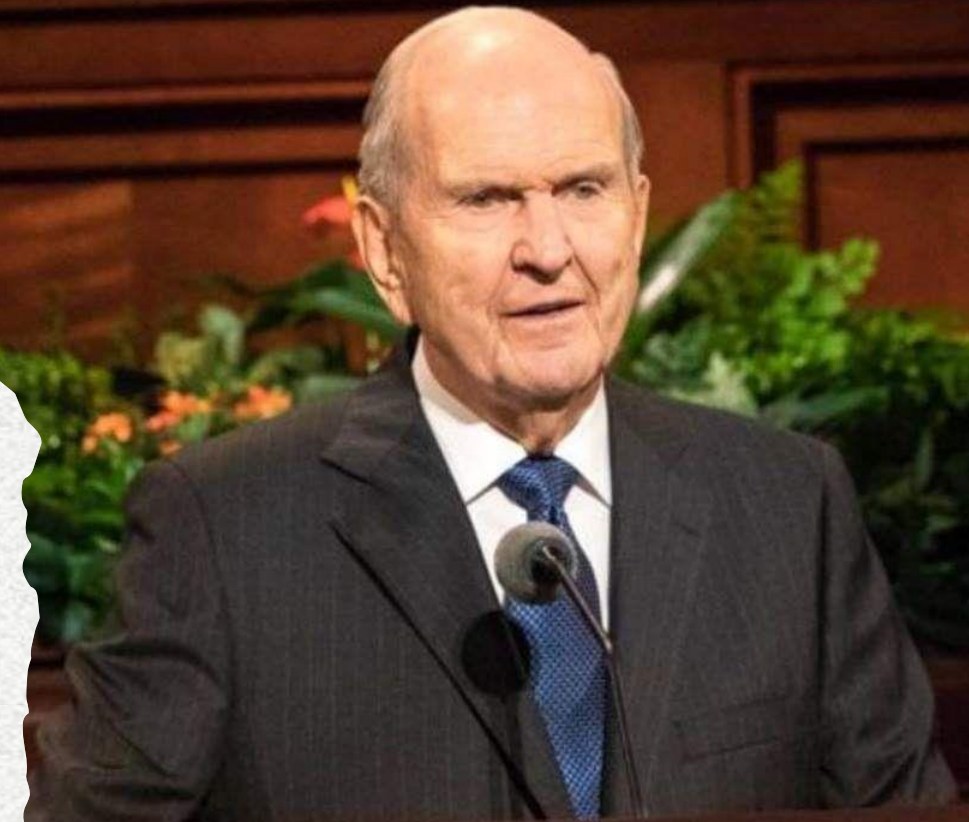


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**"PLEASE, DO IT NOW. TIME IS RUNNING OUT." -
PRESIDENT NELSON**

Do you feel a
Tangible Sense
of Urgency?

Are you noticing the state of
decline and despair around us?





Revelation for the Church, Revelation for Our Lives

By President Russell M. Nelson |
President of the Church

*“In coming days, it will
not be possible to
survive spiritually
without the guiding,
directing, comforting,
and constant influence
of the Holy Ghost.”*



“Each of us, wherever we are, knows that we live in increasingly perilous times.... Anyone with eyes to see the signs of the times and ears to hear the words of prophets knows that is true.”

“Steady in the Storms,” President Henry B. Eyring, April 2022.

The Principle of Preparation

As members of the Church, we know that it is our responsibility to provide for ourselves and our families both in good times and in bad. Part of fulfilling that obligation is making preparations now to face whatever challenges may come our way.

President Spencer W. Kimball taught that we must be “anxiously engaged in a positive program of preparation.” It is not enough to hope for the best; we must prepare for it.

He explained, “The Lord will not translate one’s good hopes and desires and intentions into works. Each of us must do that for himself” (*The Miracle of Forgiveness* [1969], 8).



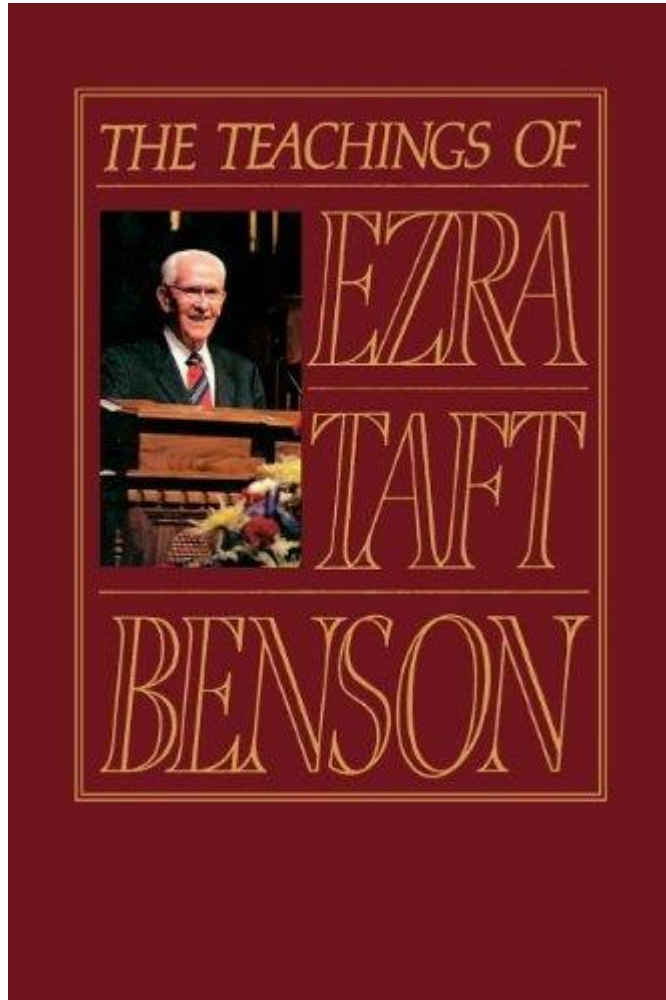
Prepare for the Days of Tribulation

By President Ezra Taft Benson
Of the Quorum of the Twelve Apostles

October 1980
General Conference

Too often we bask in our comfortable complacency and rationalize that the ravages of war, economic disaster, famine, and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord, or they do not believe them. Those who smugly think these calamities will not happen, that they somehow will be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion.

The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His servants, on how we can be prepared for these difficult times. Have we heeded His counsel?



President Benson said, “Should the Lord decide at this time to cleanse the Church—and the need for that cleansing seems to be increasing—a famine in this land of one year’s duration could wipe out a large percentage of slothful members, including some ward and stake officers. Yet we cannot say we have not been warned. (*Teachings of Ezra Taft Benson*, p.265, 266)



“If you knew what I knew, you would pile it up (referring to food storage) in the middle of the floor, throw a cloth over it and walk around it!”

Attributed to President Harold B. Lee

Blessings of Self-Reliance

The Importance of Preparation

By Michael R. Morris
Church Magazines



The COVID-19 pandemic has reminded Latter-day Saints how blessed they are to be led by prophets and apostles who have taught the importance of preparation and self-reliance.

Church leaders recognize, however, the limitations and restrictions some Church members may face as they try to follow prophetic counsel to prepare. Bishop W. Christopher Waddell, First Counselor in the Presiding Bishopric, offered encouragement:

“Being temporally prepared and self-reliant means ‘believing that through the grace, or enabling power, of Jesus Christ and our own effort, we are able to obtain all the spiritual and temporal necessities of life we require for ourselves and our families’ [Personal Finances for Self-Reliance (2017), 4].

“Additional aspects of a spiritual foundation for temporal preparedness include acting ‘in wisdom and order’ [Mosiah 4:27], which implies a gradual buildup of food storage and savings over time, as well as embracing ‘small and simple’ means [Alma 37:6], which is a demonstration of faith that the Lord will magnify our small but consistent efforts.” [Bishop Christopher Waddell, “There Was Bread,” Ensign, Nov. 2020]

Elder David A. Bednar

“Some Church members opine that emergency plans and supplies, food storage, and 72-hour kits must not be important anymore because the Brethren have not spoken recently and extensively about these and related topics in general conference. But repeated admonitions to prepare have been proclaimed by leaders of the Church for decades. The consistency of prophetic counsel over time creates a powerful concert of clarity and a warning volume far louder than solo performances can ever produce.”

- “We Will Prove Them Herewith,” David A Bednar, October 2020





Emergency Preparedness

Overview

Members of the Church have been counseled for many years to be prepared for adversity. Preparation, both spiritual and temporal, can dispel fear (see [Doctrine and Covenants 38:30](#)).

Elder L. Tom Perry taught, “The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear” (“[If Ye Are Prepared Ye Shall Not Fear](#),” *Ensign*, Nov. 1995, 36).

Doctrine and Covenants 38:30

Doctrine and Covenants

30 I tell you these things because of your prayers; wherefore, treasure up wisdom in your bosoms, lest the wickedness of men reveal these things unto you by their wickedness, in a manner which shall speak in your ears with a voice louder than that which shall shake the earth; but if ye are prepared ye shall not fear.

Temporal Preparedness

Doctrinal Overview

Eternal families strive to make Jesus Christ their focus in temporal as well as spiritual matters. In this dispensation the Lord directed His Church to “organize yourselves; prepare every needful thing” (D&C 88:119). To obey this commandment we need to prepare to provide temporally for our future families.

Temporal Preparedness

Doctrinal Overview

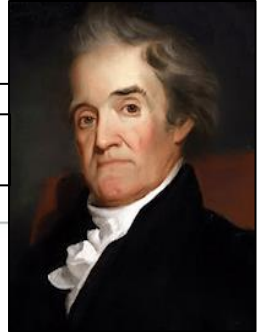
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Doctrine and Covenants 109

8 Organize yourselves; ^aprepare every needful thing, and establish a house, even a ^bhouse of prayer, a ^chouse of fasting, a house of faith, a house of learning, a house of glory, a house of ^eorder, a ^dhouse of God;

Organize

Noah Webster 1828 Dictionary



OR'GANIZE, *verb transitive*

1. To form with suitable organs; to construct so that one part may cooperate with another.
3. To distribute ~~into~~ suitable parts and appoint proper officers, that the whole may act as one body; as, to *organize* an army. So we say, to *organize* the house of representatives, which is done by the appointment of officers and verification of the powers of the several members. So we say, a club, a party or a faction is organized, when it takes a systemized form.

“Without self-reliance one cannot exercise these innate desires to serve. How can we give if there is nothing there?” Food for the hungry cannot come from empty shelves. Money to assist the needy cannot come from an empty purse. Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most important of all, spiritual guidance cannot come from the spiritually weak.”

Marion G. Romney, “The Celestial Nature of Self-Reliance,” *Ensign*, Nov. 1982, 93

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family. As members become self-reliant, they are also better able to serve and care for others.”

Handbook 2: Administering the Church (2010), 6.1.1

“Only when we are self-reliant can we truly emulate the Savior in serving and blessing others” (“A gospel Vision of Welfare: Faith in Action,” in *Basic Principles of Welfare and Self-Reliance* [booklet, 2009]).

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🏠 / PERSONAL FINANCES FOR SELF-RELIANCE / MY FOUNDATION: SELF-RELIANCE IS A PRINCIPLE OF SALVATION

< PREVIOUS NEXT >

My Foundation: Self-Reliance Is a Principle of Salvation— Maximum Time: 20 Minutes

"My Foundation: Self-Reliance Is a Principle of Salvation," *Personal Finances for Self-Reliance* (2017), 4-5

Q: How does God 'provide a way'?

Q: How does he "provide for my saints?"

DOCTRINAL PRINCIPLES OF SELF-RELIANCE	
1. Self-reliance is a commandment.	"The Church and its members are commanded by the Lord to be self-reliant and independent" (<i>Teachings of Presidents of the Church: Spencer W. Kimball</i> [2006], 116).
2. God can and will provide a way for His righteous children to become self-reliant.	"And it is my purpose to provide for my saints, for all things are mine" (D&C 104:15).
3. The temporal and spiritual are one to God.	"Wherefore, verily I say unto you that all things unto me are spiritual" (D&C 29:34).

What does it mean to be prepared?

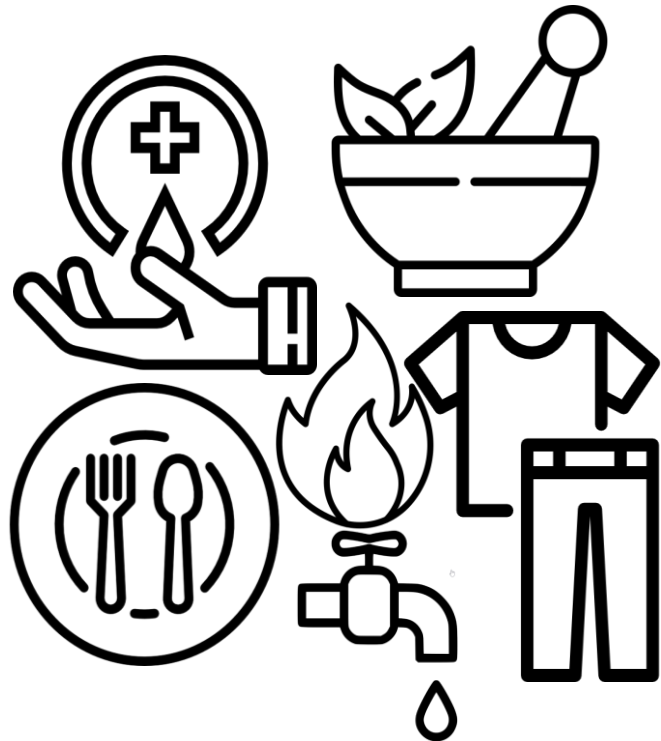
Temporal Preparation

- Food
- Water
- Financial
- Energy
- Health
- Sanitation

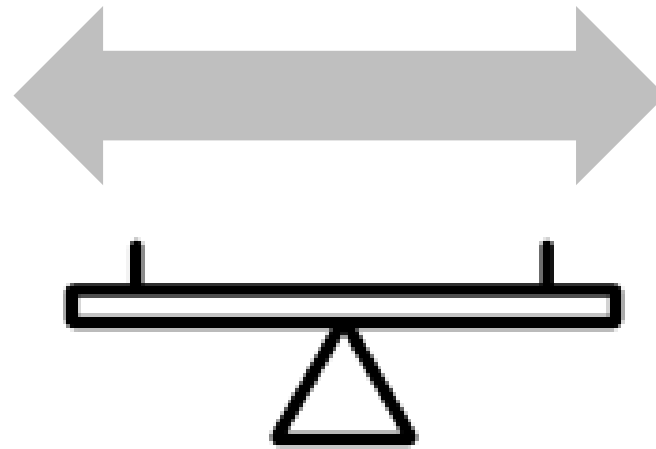
Spiritual Preparation

- Scriptures
- Prayer
- Church Active
 - Callings
 - Ministering / Service
- Temple Active
- Tithes & Offerings

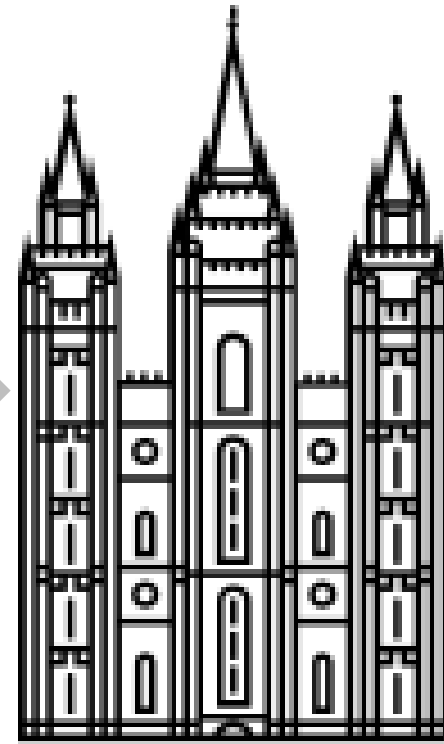
119 ^aOrganize yourselves; prepare every needful thing; and establish a ^bhouse, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God;



Temporal



8 Organize yourselves; ^aprepare every needful thing, and establish a house, even a ^bhouse of prayer, a ^chouse of fasting, a house of faith, a house of learning, a house of glory, a house of ^dorder, a ^ehouse of God;



Spiritual

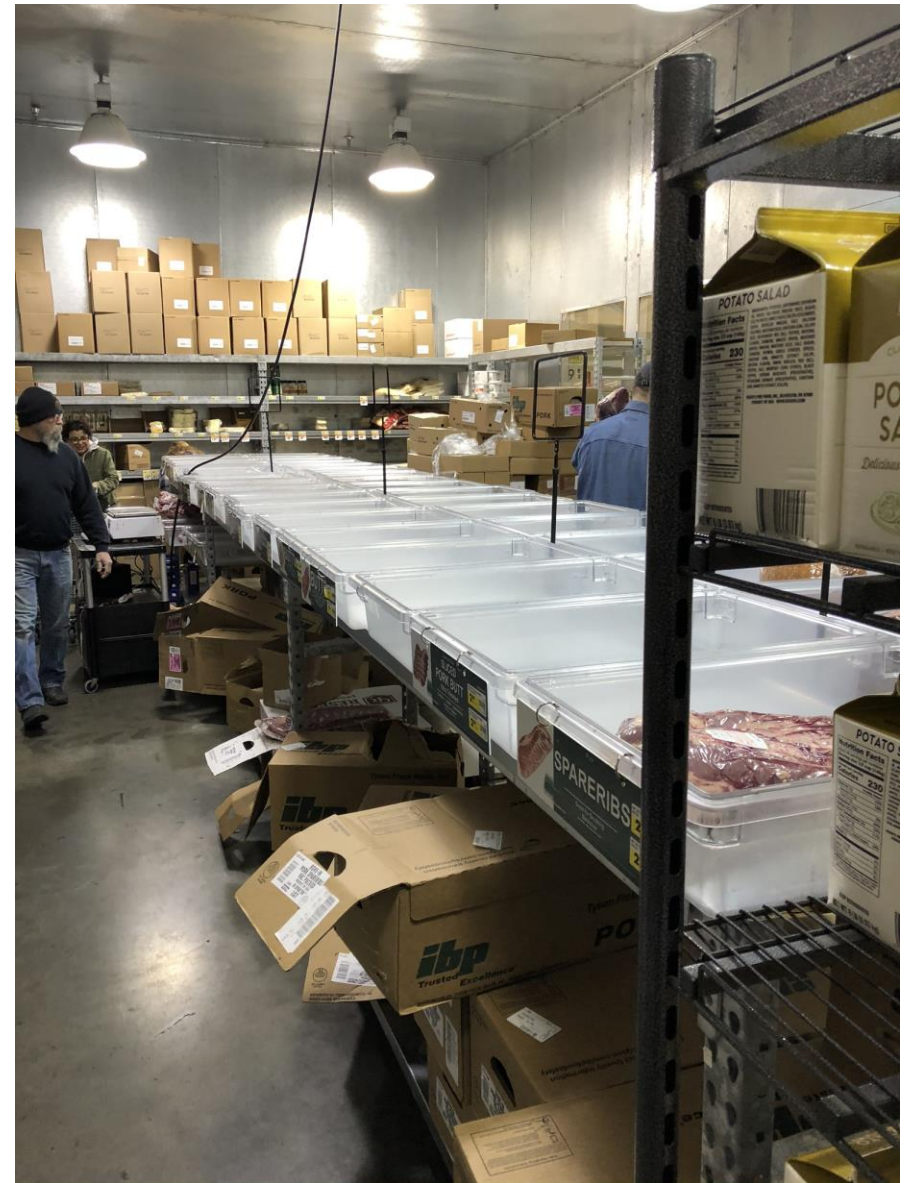
Prepare for the
Days of
Tribulation



More than ever before, we need to learn and apply the principles of economic self-reliance. We do not know when the crisis involving sickness or unemployment may affect our own circumstances. We do know that the Lord has decreed global calamities for the future and has warned and forewarned us to be prepared. For this reason the Brethren have repeatedly stressed a “back to basics” program for temporal and spiritual welfare.

“What if...?”

Today, I emphasize a most basic principle: home production and storage. Have you ever paused to realize what would happen to your community or nation if transportation were paralyzed or if we had a war or depression? How would you and your neighbors obtain food? How long would the corner grocery store—or supermarket—sustain the needs of the community?



IF TRUCKS STOPPED:

24 HOURS

DELIVERY OF MEDICAL SUPPLIES TO THE AFFECTED AREA WILL CEASE. HOSPITALS WILL RUN OUT OF BASIC SUPPLIES. SERVICE STATIONS WILL BEGIN TO RUN OUT OF FUEL. MANUFACTURERS USING JUST-IN-TIME MANUFACTURING WILL DEVELOP COMPONENT SHORTAGES. U.S. MAIL AND OTHER PACKAGE DELIVERY WILL CEASE. WITHIN ONE DAY, FOOD SHORTAGES WILL BEGIN TO DEVELOP. AUTOMOBILE FUEL AVAILABILITY AND DELIVERY WILL DWINDLE, LEADING TO SKYROCKETING PRICES AND LONG LINES AT GAS PUMPS.



2-3 DAYS

FOOD SHORTAGES WILL ESCALATE, ESPECIALLY IN THE FACE OF HORDING AND CONSUMER PANIC. SUPPLIES OF ESSENTIALS, SUCH AS BOTTLED WATER, POWDERED MILK, AND CANNED MEAT AT MAJOR RETAILERS WILL DISAPPEAR. ATMS WILL RUN OUT OF CASH AND BANKS WILL BE UNABLE TO PROCESS TRANSACTIONS. SERVICE STATIONS WILL COMPLETELY RUN OUT OF FUEL. GARBAGE WILL START PILING UP IN URBAN AND SUBURBAN AREAS. CONTAINER SHIPS WILL SIT IDLE IN PORTS AND RAIL TRANSPORT WILL BE DISRUPTED, EVENTUALLY COMING TO A STANDSTILL.



1ST WEEK

AUTOMOBILE TRAVEL WILL CEASE DUE TO THE LACK OF FUEL. HOSPITALS WILL BEGIN TO EXHAUST OXYGEN SUPPLIES.



2ND WEEK

CLEAN WATER SUPPLY WILL BEGIN TO RUN DRY.



4TH WEEK

THE NATION'S CLEAN WATER SUPPLY WILL BE EXHAUSTED.



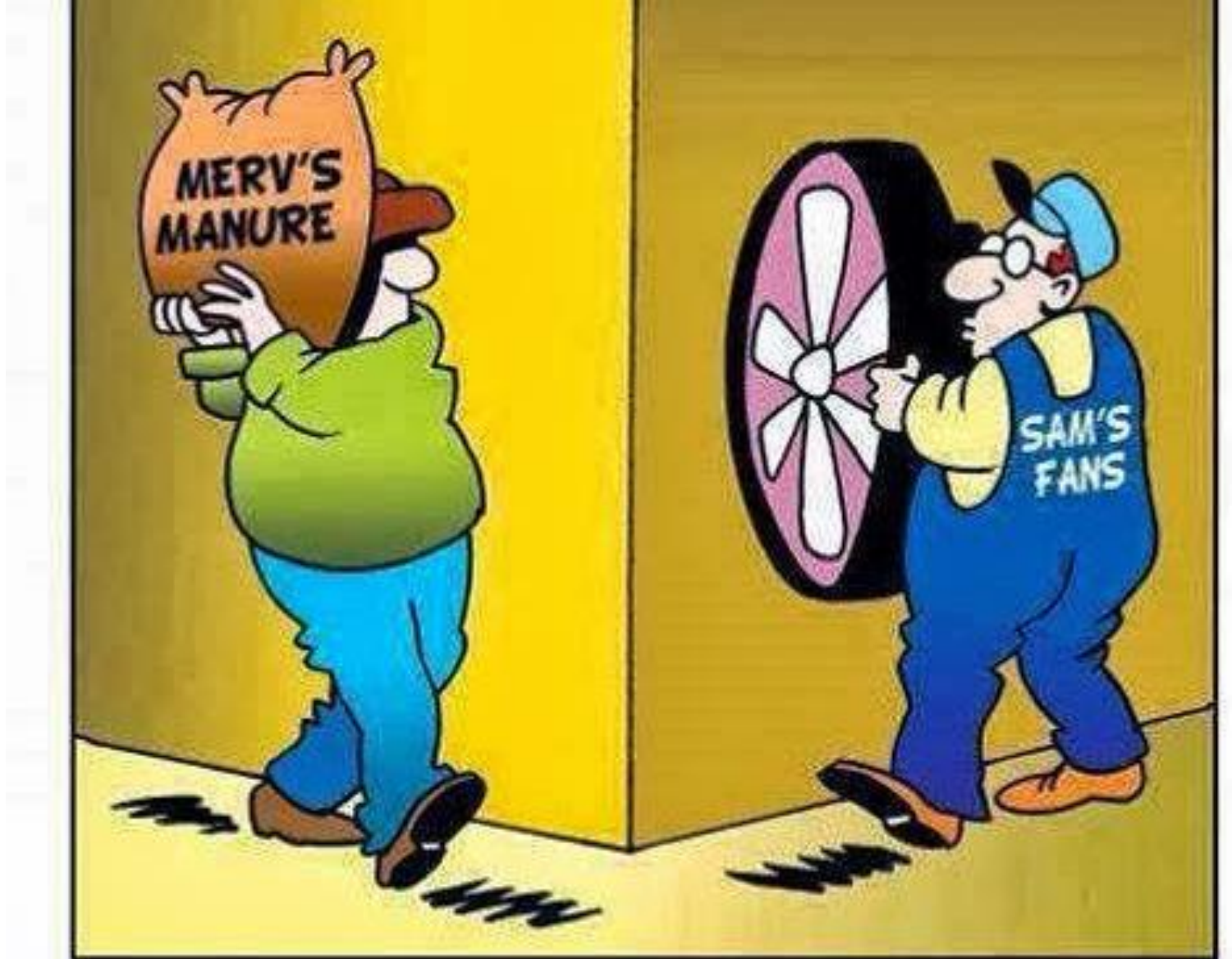
TRUCKINGINFO.COM REPORTS MORE THAN 6.8 MILLION PEOPLE WORK IN THE TRUCKING INDUSTRY ACCORDING TO A 2006 AMERICAN TRANSPORTATION ASSOCIATION STUDY. MORE THAN 70% OR \$571 BILLION WORTH OF OUR GOODS ARE TRANSPORTED BY TRUCKS. REALERT.COM COMPILED THE RTA'S INFORMATION TO CREATE THIS LIST.



GRANDMA SURVIVED THE GREAT DEPRESSION

BECAUSE HER SUPPLY CHAIN WAS LOCAL AND SHE KNEW HOW TO DO STUFF.

Prepper Press



Do You Have A Plan?

If your someone asked, “do you have a plan?” – what would be your response?

Could you say or show it to them?

How can I prepare for an emergency?

Church members are encouraged to make an emergency plan and update it regularly.

Elder L. Tom Perry instructed, “Start now to create a plan if you don’t already have one, or update your present plan. ...

The instability in the world today makes it imperative that we take heed of the counsel and prepare for the future” (“If Ye Are Prepared Ye Shall Not Fear,” *Ensign*, Nov. 1995, 37).

<https://www.churchofjesuschrist.org/study/manual/gospel-topics/emergency-preparedness?lang=eng>

If you have a plan, what does it look like? Are you working it? Do your activities and entertainment over the last six months reflect that you think this is important?


Food Storage

Overview

“We encourage members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings. We ask that you be wise, and do not go to extremes. With careful planning, you can, over time, establish a home storage supply and a financial reserve.” (See *All Is Safely Gathered In.*)

What am I supposed to have in my food storage?

There are three main components of food storage:

- Food supply (three-month and long-term)
- Water supply
- Financial reserve 

Key Elements of Temporal Preparedness

Finances

- Pay tithes and offerings
- Avoid debt
- Live within a budget
- Save for the future
- Obtain an appropriate education

Home Storage

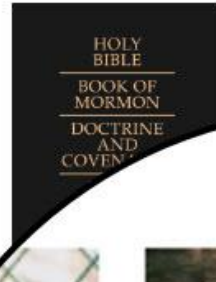
- Food
- Water
- Other necessities

Members increase their financial preparedness by:

- Paying tithes and offerings (see Malachi 3:8–12).
- Eliminating and avoiding debt to the extent possible.
- Preparing and living within a budget.
- Saving for the future.
- Obtaining an appropriate education to help them provide for themselves and their families (see General Handbook: 22.3.3).



Jesus Christ



Music



Handbooks and Callings



Magazines



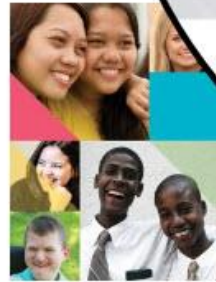
Gospel Topics



Buildings and Images



Children



Youth



Adults



Life Help



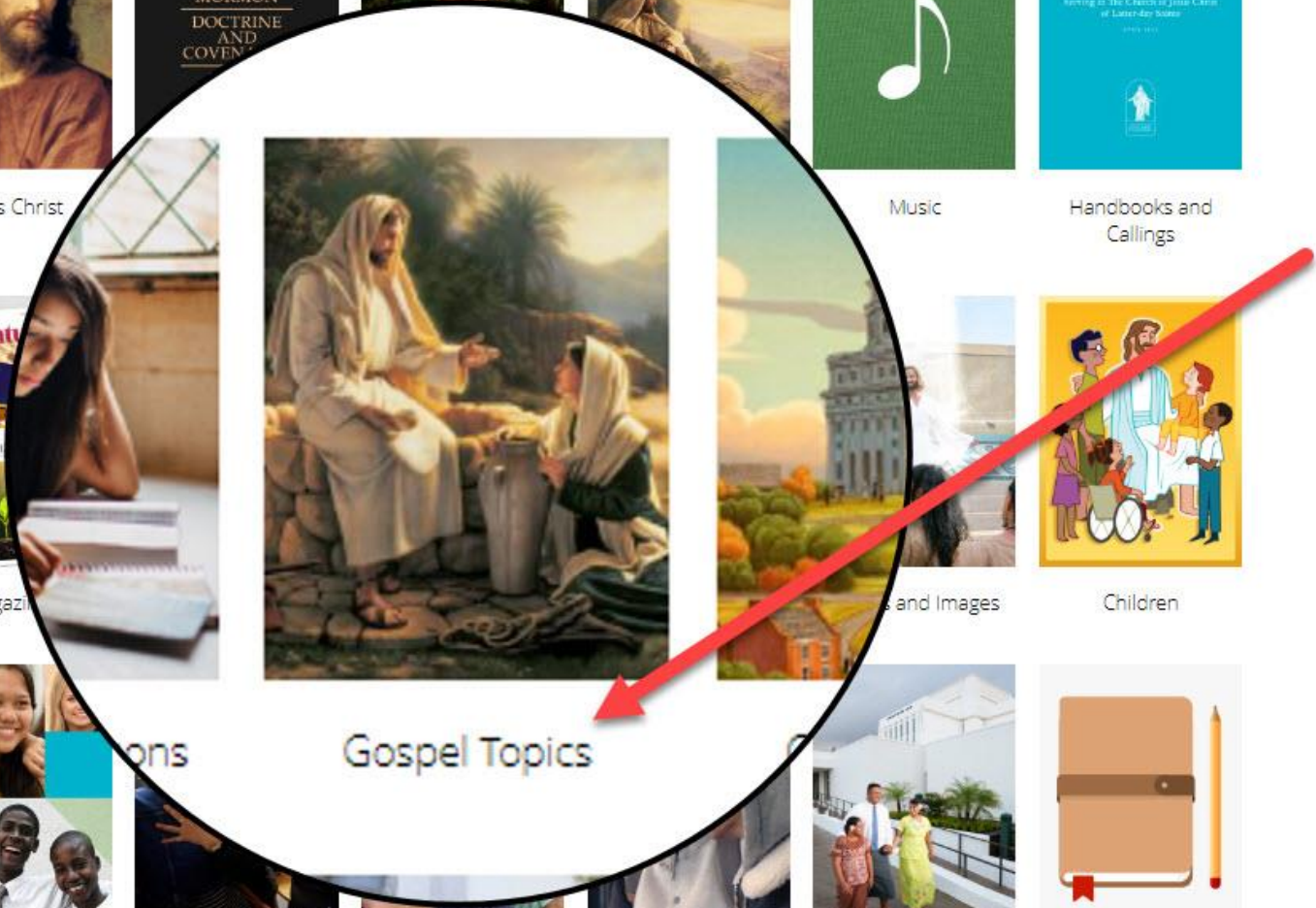
Sharing the Gospel



Temple and Family History



Notes



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Self-Reliance

Overview

The purpose of becoming spiritually and temporally self-reliant is to become better able to serve the Lord and care for others (see [John 15:8](#)). The Savior invites us all to act, to stand independent, and to become as He is. He will help us. He has promised: “It is my purpose to provide for my saints, for all things are mine. But it must needs be done in mine own way” ([Doctrine and Covenants 104:15–16](#)). His way includes learning and living the principles of self-reliance—“the ability, commitment, and effort to provide the necessities of life for self and family” (*Providing in the Lord’s Way: Summary of a Leader’s Guide to Welfare* [2009]).

Accepting and living the following principles of self-reliance will help us receive the spiritual and temporal blessings promised by the Lord.



Self-Reliance

Overview

The purpose of becoming spiritually and temporally self-reliant is to become better able to serve the Lord and care for others (see [John 15:8](#)). The Savior invites us all to act, to stand independent, and to become as He is. He will help us. He has promised: “It is my purpose to provide for my saints, for all things are mine. But it must needs be done in mine own way” ([Doctrine and Covenants 104:15–16](#)). His way includes learning and living the principles of self-reliance—“the ability, commitment, and effort to provide the necessities of life for self and family” (*Providing in the Lord’s Way: Summary of a Leader’s Guide to Welfare* [2009]).

Accepting and living the following principles of self-reliance will help us receive the spiritual and temporal blessings promised by the Lord.

1. **Exercise Faith in Jesus Christ.** The Lord has all power. He can and will work great tender mercies among those who trust Him in all things. As we exercise faith in Jesus Christ, He can do miracles.
2. **Be Obedient.** Obedience to God’s laws, principles, and promptings leads to spiritual and temporal blessings.
3. **Act.** Individual accountability and action activate blessings.
4. **Serve and be united.** Service and unity build Zion—this is the way of the Lord. Elder Robert D. Hales of the Quorum of the Twelve Apostles said, “Only when we are self-reliant can we truly emulate the Savior in serving and blessing others” (“[A Gospel Vision of Welfare: Faith in Action](#),” in *Basic Principles of Welfare and Self-Reliance* [booklet, 2009], 2).

family members. As you do so, your life will be blessed. You will learn how to act on your path toward greater self-reliance. You will be blessed with greater hope, peace, and progress.

“Please be assured that you are a child of our Father in Heaven. He loves you and will never forsake you. He knows you and is ready to extend to you the spiritual and temporal blessings of self-reliance” (*First Presidency letter, in My Foundation: Principles, Skills, Habits* [2014], 2).

Related Topics

[Debt](#)

[Education](#)

[Employment](#)

[Family Finances](#)

[Food Storage](#)

[Gardening](#)

[Health](#)

Scriptures

Scripture References

[Matthew 28:18](#)

[1 Nephi 18:1–2](#)

[Doctrine and Covenants 10:1–3](#)



financial security. Avoid debt, with the exception of buying a modest home or paying for education or other vital needs. If you are in debt, pay it off as quickly as possible.

15 financial calculators:

- [How soon could I pay off all my debts?](#)
- [How much should I save for emergencies?](#)
- [Where is my money going?](#)
- [Would spending a little less and saving a little more make a difference?](#)
- [How long will it take to pay off my credit card?](#)
- [When will my loan be paid off?](#)

[Additional Financial Calculators](#)

How can paying tithing and fast offerings help me manage my finances?

Successful family finances begin



2

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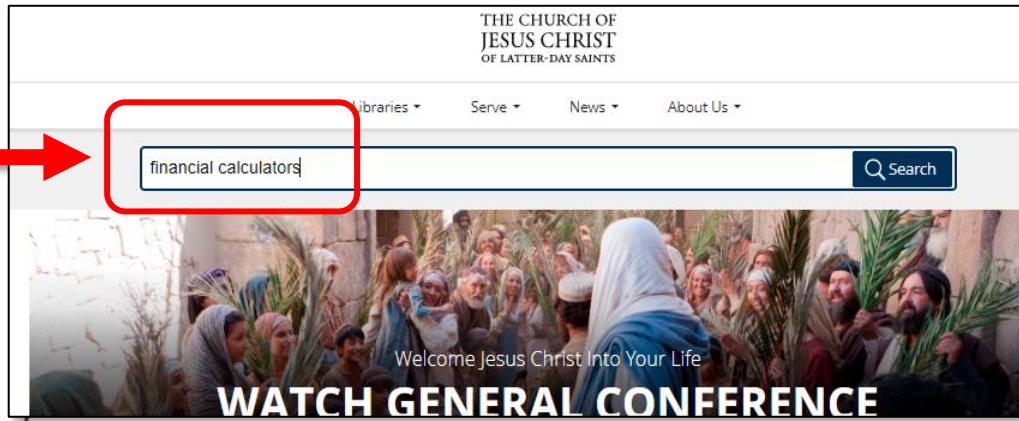
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Welfare.lds.org



HOME / SELF-RELIANCE / FINANCES

Financial Calculators

"We have been counseled again and again concerning self-reliance, concerning debt, concerning thrift. So many of our people are heavily in debt for things that are not entirely necessary. . . . I urge you as members of this Church to get free of debt where possible and to have a little laid aside against a rainy day" (Gordon B. Hinckley, "The Times in Which We Live," Ensign, Nov. 2001, 73).

With careful planning and the guidance of the Spirit, you and your family will be able to enjoy a more secure financial future.



A number of calculators are available to help you make wise financial decisions. Consider the questions below and use the calculators provided to help you in your financial planning:

How soon could I pay off all my debts?

How much should I save for emergencies?

Where is my money going?

Would spending a little less and saving a little more make a difference?

How long will it take to pay off my credit card?

When will my loan be paid off?

What if I pay a little extra each month on my loan?

What would my payment be if I borrowed?

Should I refinance my home mortgage?

What would be my monthly payment on a new home?

How much should I save for retirement?

Are my current retirement savings adequate?

How much retirement income will I have if I save regularly?

How much should I save to reach my goal?

How much could I have if I saved regularly?

Are my current retirement savings adequate?

One method of retirement planning is to project what you are currently saving and have accumulated to date and see if you will have enough to meet your retirement objectives. Use this calculator to determine when or if the money will run out during retirement and if additional savings will be needed.

Income/Savings

Your current age (1 to 120)

Current annual income (\$)


Spouse's annual income (if applicable) (\$)

Current retirement savings balance (\$)

Current annual savings amount (\$ or percent of income)

Current annual savings increases (0% to 10%)

Assumptions

Expected inflation (0% to 10%) 

Desired retirement age (1 to 120)

Number of years of retirement income (1 to 40)

Income replacement at retirement (0% to 300%)

Pre-retirement investment return (-12% to 12%) 

Post-retirement investment return (-12% to 12%) 

Pension


Annual pension benefit at retirement (\$)

Pension increases with inflation?

Social Security

Include Social Security benefits?

Marital status

Social Security override amount (monthly amount in today's dollars) (\$) 

Calculate

Tips for Creating a Website for Your Small Business

A well-designed, easy-to-find website can be a valuable tool for starting and growing a successful business. Before you create a website, you should think about how you will use it to communicate with your customers. This decision will affect the kind of website you create. After making this decision, you will need to register a domain name, choose a web hosting service, and build the website. Once your website is complete, you will want to make it easy for potential customers to find. The following tips will guide you through the process of creating a website.

1. Define the Purpose of Your Website

Think carefully about the purpose of your website and write down the specific objectives that you want it to achieve. For example, would you like potential customers to buy something on your website? Email you? Call you? Do you want them to learn more about your service or product? These objectives should influence the design and messaging of your website. Some businesses have websites that feature specific services or products. Other businesses have websites that focus on e-commerce. Your website should be professional, interactive, and easy to navigate. It should clearly reflect and communicate the brand message of your business.

2. Register a Domain Name for Your Website

Your domain name is the address that potential customers will use to find your business website. You can begin by going to a domain registration website (many companies offer this service online) and registering for a domain name. It's best if you choose a domain name that is short, memorable, and easy to spell. To make it easier for potential customers to find your website, you may want to choose a domain name that matches the name of your business or your main product.

If you have a desired domain name in mind, you will need to check that someone else hasn't already purchased it. Your domain name will require an extension such as .com (recommended), .net, or one that is commonly used by businesses in your country.

3. Choose a Web Hosting Service

After you have registered your domain name, you will need to select a web hosting service. A web hosting service

Developing a Brand for Your Small Business

Developing a brand for your business is important to your success. Your brand is much more than simply your logo on your business card. It's the perception or feeling your customers have when they interact with your business or as they use your service or product. It's also the reputation your business develops based on the cumulative experiences customers have with it over time.

When you develop an effective brand, you establish a positive emotional connection between your business and your customers. And when your customers feel connected to your business, they show loyalty and support. They purchase your service or product not simply because you are filling a need, but because they value what your brand offers.

Creating a strong brand for your business can produce many long-term benefits. Your brand should be intentionally designed to differentiate your business. It should be memorable and emphasize your business's strengths and competitive advantages. Your brand should serve as a reminder of what your business values most.

Everything your business does should contribute to your brand. This includes the people you choose to hire, the customer service you provide, the way in which you resolve customer concerns, and the overall experience your customers have with your business.

Developing a brand for your business is an ongoing campaign that requires consistency and persistence. To begin developing your brand, you can think about the following questions:

- **Purpose:** Why does my business exist? What mission is my business attempting to accomplish?
- **Approach:** How is my business different? What makes my service or product better or unique?
- **Customer:** Who is my customer? What type of lifestyle does my business encourage and promote?
- **Values:** What words or phrases best describe my business and its culture?

Your answers to these questions will help you create an essence or "personality" for your business. The next step is to communicate this "personality" with your customers. An important part of this is creating a set of concise visual elements, including:



[Download PDF](#)

Marketing Resources

- [Developing a Brand for Your Small Business](#)
- [Tips for Creating a Website for Your Small Business](#)

www.churchofjesuschrist.org/self-reliance/marketing-resources?lang=eng

www.churchofjesuschrist.org/self-reliance/course-materials/starting-and-growing-my-business?lang=eng

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Associated Press Describes Mormon Practice of Food Storage

MORMONNEWSROOM.ORG

... The Newsroom. Blog. Associated Press Describes Mormon Practice of **Food Storage**. 2 JANUARY 2014 - POSTED BY Samuel B. Hislop. ...

Based on that counsel to care for ourselves and our families in the routine or extenuating circumstances of life, Latter-day Saints store and use food and water in their homes that would sustain them in the event of weather-related catastrophes, illness or economic challenges. (See the Church's *All Is Safely Gathered In: Family Finances* pamphlet for more information.)

Occasionally this storage guideline is publicly misconstrued and emphasis is placed on gathering an abundant cache of foodstuffs to stave off unexpected disasters. Such a response is unusual in Mormon culture, where a simple guideline suggesting the accumulation of a three-month food and water supply falls into the overall Church welfare philosophy of preparedness in every aspect of life.

"The Church has created a strong culture of preparedness among its members," said Gail McGovern, president and CEO of the American Red Cross. "I believe it can be a model for

www.lds.org

How much food storage do I need?

How much [food storage](#) do I need?

Take the amount of food you would need to purchase to feed your [family](#) for a day and multiply that by 7. That is how much food you would need for a one-week supply. Once you have a week's supply, you can gradually expand it to a month, and eventually three months.

For longer-term needs, and where permitted, gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans. A portion of these items may be rotated in your three-month supply. (See *All is Safely Gathered In.*)

www.lds.org/topics/food-storage?lang=eng

providentliving.lds.org

What is Food Storage?

Short Term Supply

To build a three-month food supply, begin by storing enough food to feed your family for one day. Store food that is part of your normal diet. Multiply that amount of food by 7 to build a one-week supply. Once you have a week's supply, you can gradually expand it to a month, and eventually to three months. Rotate these items regularly to avoid spoilage. You should also have a short-term supply of medications, hygiene items, and any other necessities for your family.

Long Term Supply

Where permitted, gradually build a one-year supply of food that can last for a long period of time. Focus on foods such as wheat, rice, pasta, oats, beans, and potatoes that can last 30 years or more when properly packaged and stored in a cool, dry place. [Learn more about a long-term food supply.](#)

providentliving.lds.org/food-storage/what-is-food-storage?lang=eng



**"I know that
good inspiration
is based upon
good information."**

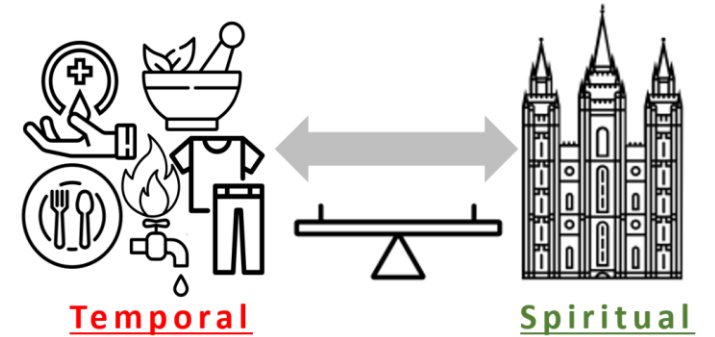
President Russell M. Nelson

How to Start

- **Know Your Why**
- **Lists**
 - Make a list with categories & sub-categories.
 - Work your lists
 - Don't forget to include skills
- **Prioritize**
 - Pray, think, get promptings – use common sense.
 - Sort your list, review & update - have it always in mind
 - Identify the important and urgent
 - Parallel process - multitask
- **Learn & Get Involved**
 - Skills training (books, internet, blogs, YouTube, etc.)
 - Community and church groups – like-minded people

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Becoming Better

Downloads

Preparation List Master (docx)

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LDS Church Overview & Recommendations (pdf)

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Food Storage Supplies and Resources (docx)

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Meal-in-a-Bag Recipes - Master (pdf)

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An Approach to Longer Term Food Storage (pdf)

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72-Hour-Kit-Summary-Handout-with-Sources (pdf)

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EMP Seminar Handout (pdf)

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Water Handout 01 (pdf)

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PREPARATION LIST - MASTER

Categories / Subcategories

- Basic
- Books & Documents
- Clothing
- Energy & Lighting
- Kitchen & Cooking
- Medical
- Medicine
- Personal
- Sanitation / Hygiene
- Security / Hunting
- Shelter & Sleeping
- Tools & Materials – (Mechanic, Garden, Construction, Outdoor)
- Transportation
- Water / Purification
- Recreation
- Skills - Various

IMPORTANT INSTRUCTIONS – Read First: How to use a Master List to create a Working List

Adjust and change categories name/type and add or delete items as you see fit. Assign or think about how important each item is in a relative sense (compared to any/all other items) and based on budget priorities. Some items are more important than others! With the list created and in-mind you will be primed as you find items for sale at thrift shops, yard sales, swap meets, etc. that you can acquire for 'pennies on the dollar'. Inventory what you have and check off items when acquired. Review, update, add, delete, and modify frequently. Include skills you want/need to learn.

This is a dynamic, fluid and on-going exercise – always changing and updating as you learn more, receive promptings, etc. Personalize this document – add rows/columns and make it yours. What one-person thinks is important won't necessarily be what others think are important – but it will give you ideas to consider. Some people's skill-sets will require different supplies and materials than yours. That's okay. **Follow guidance and counsel received from wise leaders and prioritize the basics first, using the strategy of what would be most helpful in earlier stages of need. Begin with the basics first and acquire items based upon budget and need priorities. This means not going into debt, not going to extremes, and progressing gradually in an organized and thoughtful manner – without fear, frenzy, or panic.**

Frequently read through the list and re-order, add/delete, and refresh your memory. Consider extended needs related to extended family & neighbors. Begin with short-term time frames such as a three-month supply, then longer-term needs. After considering all needs and where you are at, seek inspiration to know which items to begin with and begin in a calculated and careful manner. You may decide to multi-purpose, or parallel process multiple items on your list – many of which you may already have in your home and garage.

The totality of items on this Master List represent a composite of 'A to Z' items that 'thinkers' and strategists have suggested may be of value across a multitude of situations. Not all situations apply to everyone! Certainly you will think of items you want that are not on this beginning list. But this list is a place to start. Pare the list down (i.e. prioritize) to a manageable size working list and work on the few items that make sense to start with.

To repeat, this is a **MASTER List** and as such may look or feel overwhelming. Not everyone needs to acquire a scythe, hunting rifle, surgical kit, dental instruments, or deep-cycle batteries – if at all. But some do and will - and they're on the list for a reason! Focus on YOUR higher-priority items that YOU feel apply to your situation and skill-set – following the guidelines suggested above.

Tip: Beginners should focus on "order-of-need" given abrupt changes/threats to your way of living. For example, as outlined at www.providentliving.org, the following priorities should be considered first: water, food, sanitation, shelter, etc. The good news is that YOU decide – and with YOUR list developed you will be aware, learning and inspired.

1

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PREPARATION LIST - MASTER

Category	Item	Priority	Complete	Quantity on Hand
Basic	72 hr Kit			
Basic	Activated Charcoal			
Basic	Air Pump; Battery & Manual			
Basic	Aluminum Foil			
Basic	Ant Traps			
Basic	Baby Pacifier Clips			
Basic	Baby Pacifiers / Bottles			
Basic	Backpack/ Ig and Sm			
Basic	Barge Cement			
Basic	Barometer			
Basic	Bicycle Tire Pump			
Basic	Binoculars – Field Glasses			
Basic	Boot Scraper			
Basic	Broom			
Basic	Bucket Lid Opener			
Basic	Buckets			
Basic	Bungees			
Basic	Camera			
Basic	Cash / Coin / Gold / Silver			
Basic	Cell phone & Chargers			
Basic	Chicken Wire Fencing			
Basic	Clocks, Watches (Battery & Manual)			
Basic	Clothes Lines			
Basic	Clothes Pins			
Basic	Compass and Navigation System			
Basic	Container / Tubs			
Basic	Deer Cart			
Basic	Diatomaceous Earth			
Basic	Dryer Lint			
Basic	Drying Rack – Clothes			
Basic	Duffel bag			
Basic	Dustpan			
Basic	Fabric			
Basic	Fanny Pack			
Basic	Faraday Cage			
Basic	Ferrocium Rod Fire Starter			
Basic	Fertilizer			
Basic	Field Glasses / Spotting Scope			
Basic	Fire / Smoke Alarm			
Basic	Fire Extinguisher			

2

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Guidance for Preparing

What am I supposed to have in my food storage?

There are three main components of food storage:

- Food supply (three-month and long-term)
- Water supply
- Financial reserve

Store foods that are a part of your normal diet in your three-month supply. As you develop a longer-term storage, focus on food staples such as wheat, rice, pasta, oats, beans, and potatoes that can last 30 years or more. [Learn more about a long-term food supply.](#)

www.lds.org/topics/food-storage?lang=eng#learning-resources

Guidance for Preparing

1. Don't go to extremes - "looking beyond the mark"*
 - a) Don't go into debt (prepare on a budget)
 - b) Develop gradually – use plans and prioritized lists
 - c) Home production, garden, thrift stores, yard sales, group-buys, on-sale, skills training, etc.
2. Focus on the basics first - LDS.org, Providentliving.org
 - a) Start with 3-month supply: pantry, basics, ready-to-eat, off-the-shelf, etc.
 - b) Long-term food storage
 - c) Other: clothing, energy, shelter, medications, etc.
3. Become spiritually prepared
 - a) Scripture, church activity, temple, FHE, Sabbath day, etc.
 - b) Live the Word of Wisdom (improve health, spiritual strength)
4. Do not panic

* Quinten L. Cook, Oct 2016, "Looking beyond the mark ... expensive preparations for end-of-days scenarios"
www.lds.org/topics/food-storage?lang=eng

Where to Start

How to Approach Preparation

- Follow the Spirit (common sense) & Holy Ghost's promptings
- Follow counsel, but realize the Lord/Church doesn't "command in all things". They teach principles and respect agency
- Spiritual & Temporal Preparation
 - "If you are doing your temporal preparation without the Spirit, all you are is a doomsday prepper!"
 - You can't be spiritually prepared without temporal preparation.
- Become familiar with what the prophets have told us
- Consider various sources of information
- Ask "what if" questions
 - "What will I do if/when _____?"
 - "How will I deal with -----?"



Where to Start

“What ifs” - scenario planning

- No electricity – grid down
- Stores empty / not open
- No transportation
- No communication
- Cook / heat w/o electricity
- Water source / purification
- Sanitation & hygiene
- Seasonal – winter, summer
- Bug-in / Bug-out
- Natural disaster
- Family / community dynamics
- Protection & safety
- Food beyond 3 months
- Share with neighbors
- Entertainment / education
- Shelter – tents, sleeping
- Healthcare – Rx, herbal
- First aid & emergency
- Gardening and food production
- _____

Preparation includes everything, not just food!

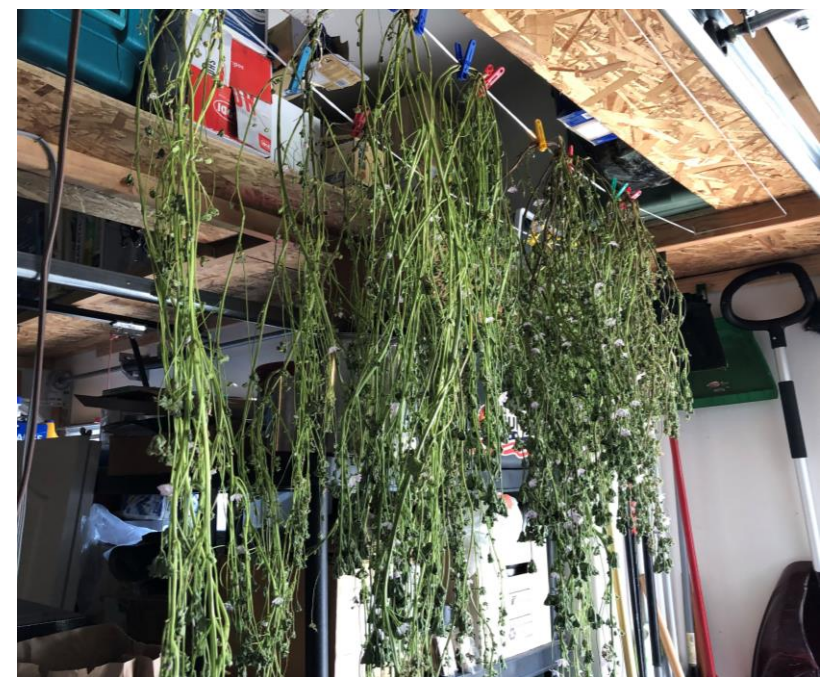
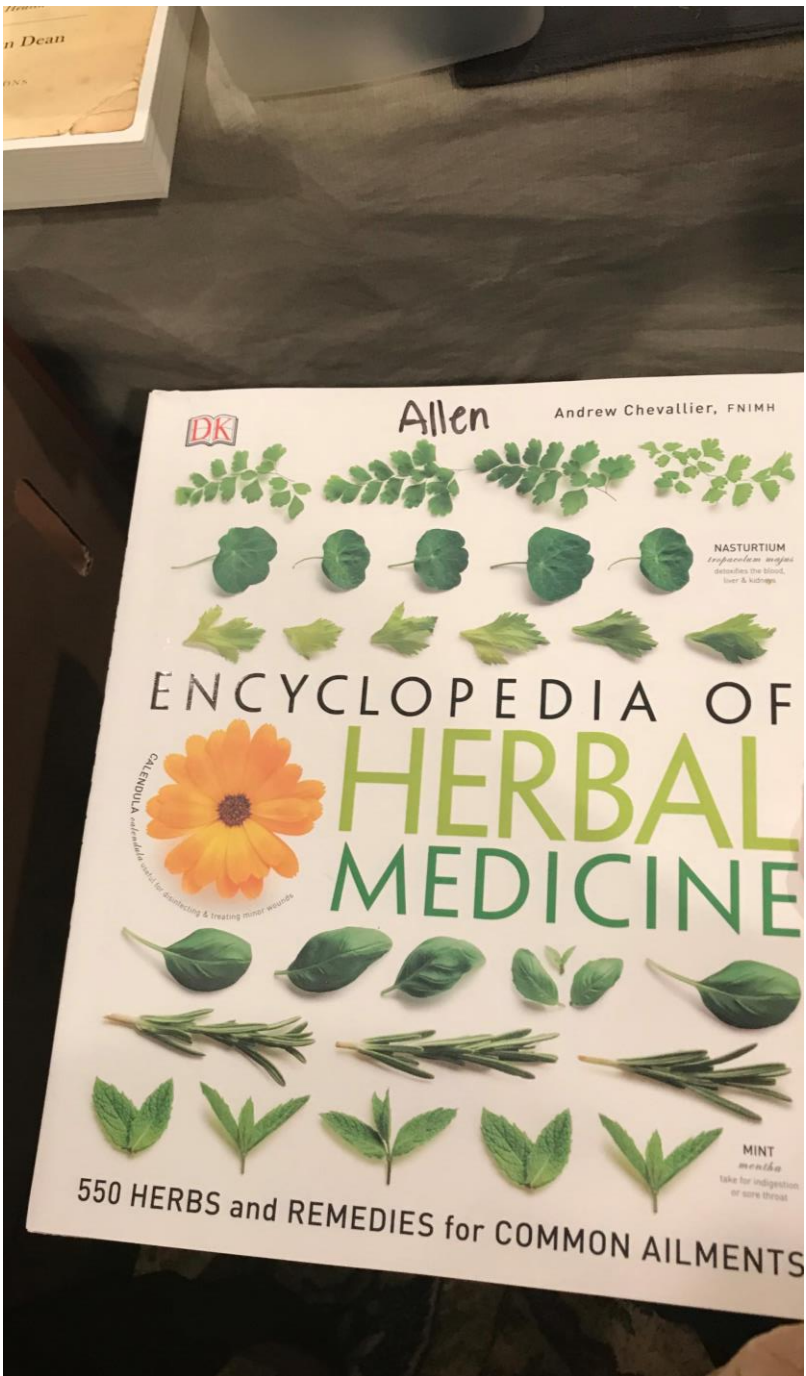
- ✓ Food
- ✓ Skills
- ✓ Energy
- ✓ Cooking
- ✓ Shelter & Sleep
- ✓ Health, medications
- ✓ Sanitation
- ✓ Emergency preparation
- ✓ 72-hr kit
- ✓ Food 3 months / 1 years
- ✓ Protection & safety
- ✓ Communications

**The list is endless.
Don't become overwhelmed!
Start where you're at!**











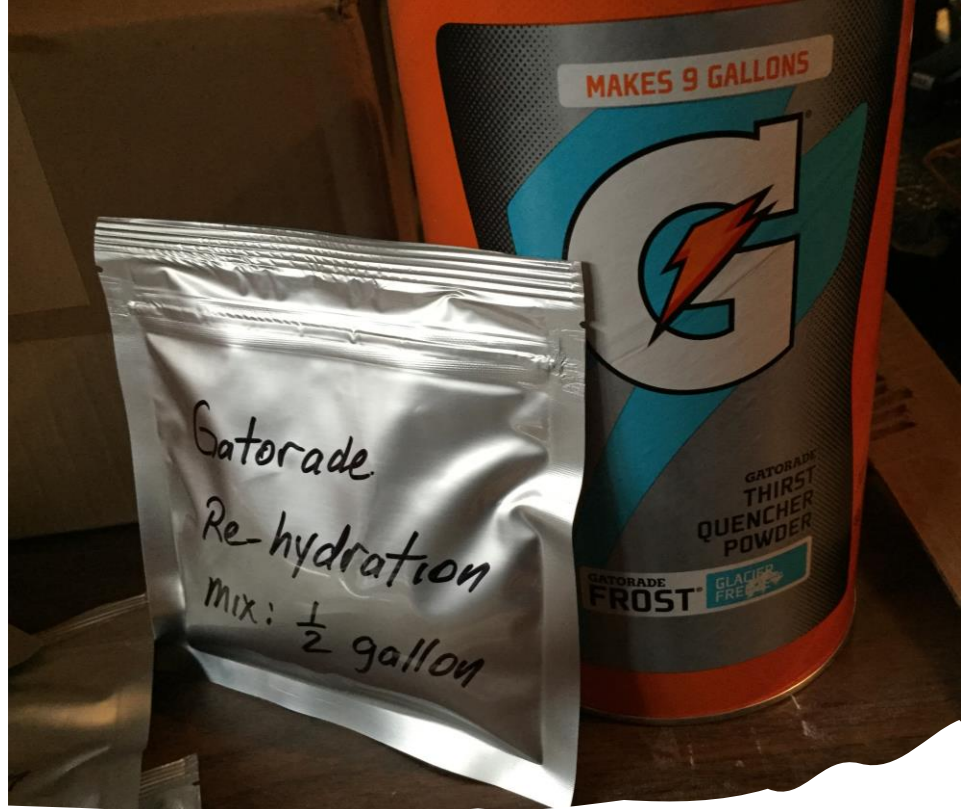
Fire Starters, Tuna Can Stoves





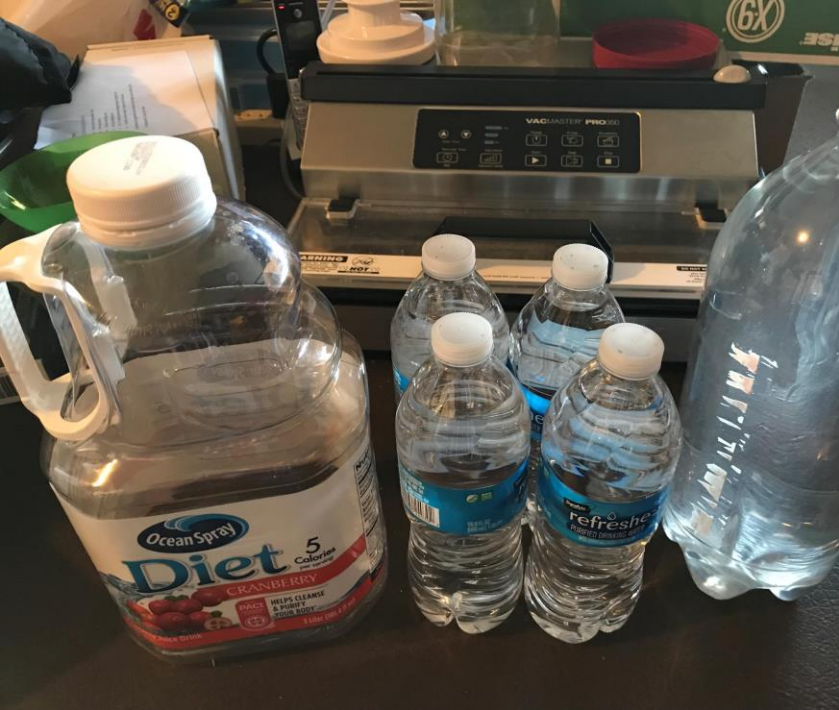


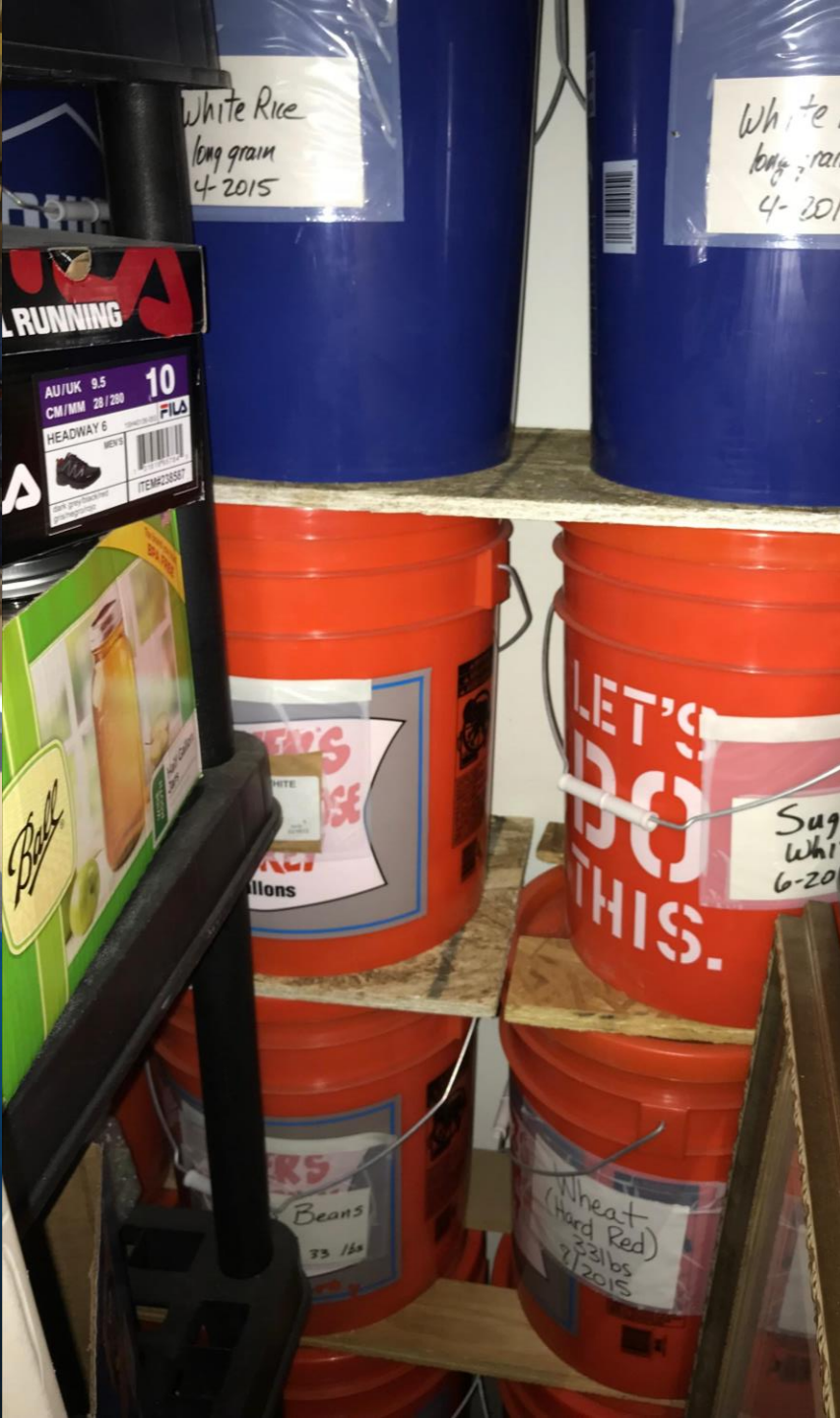
Sanitation, Rehydration

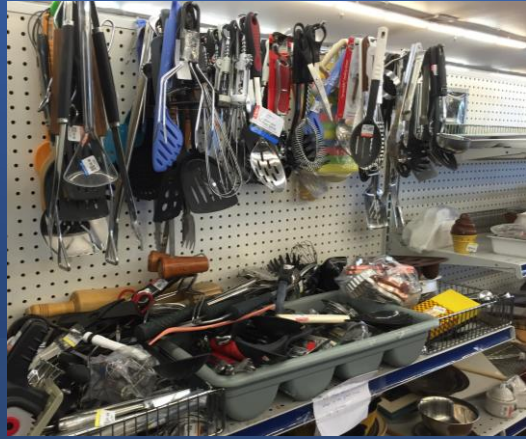


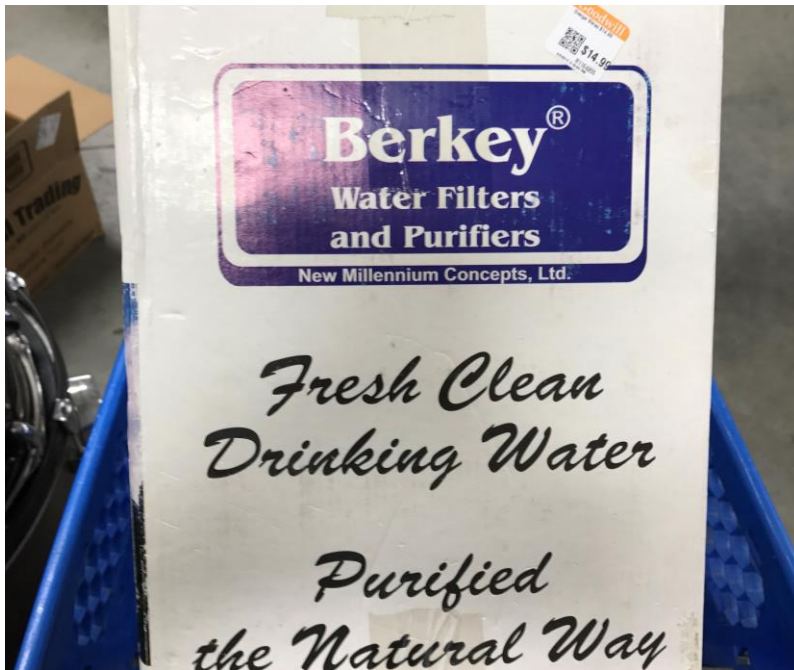
Medical & Rehydration



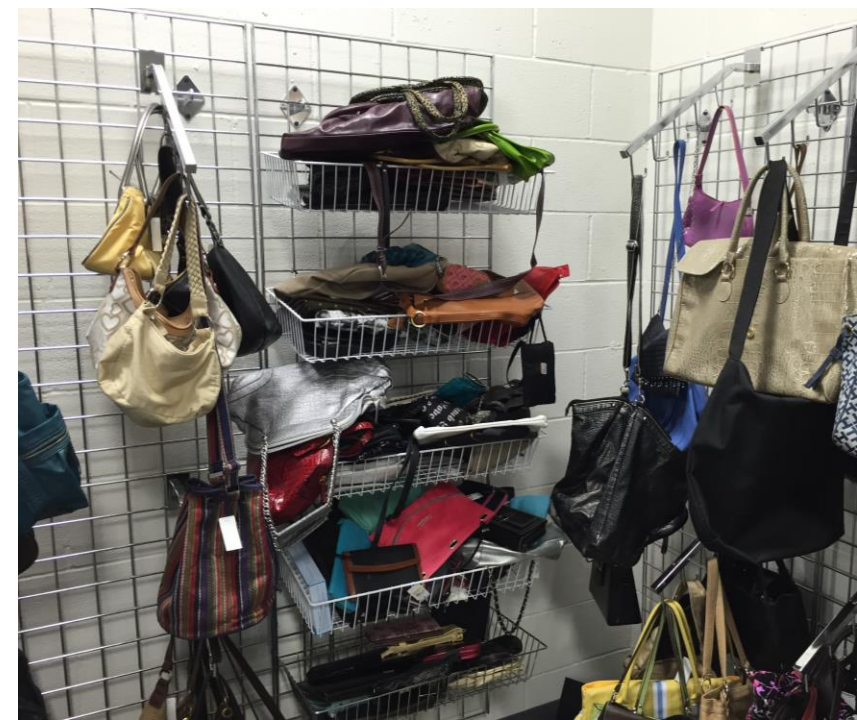
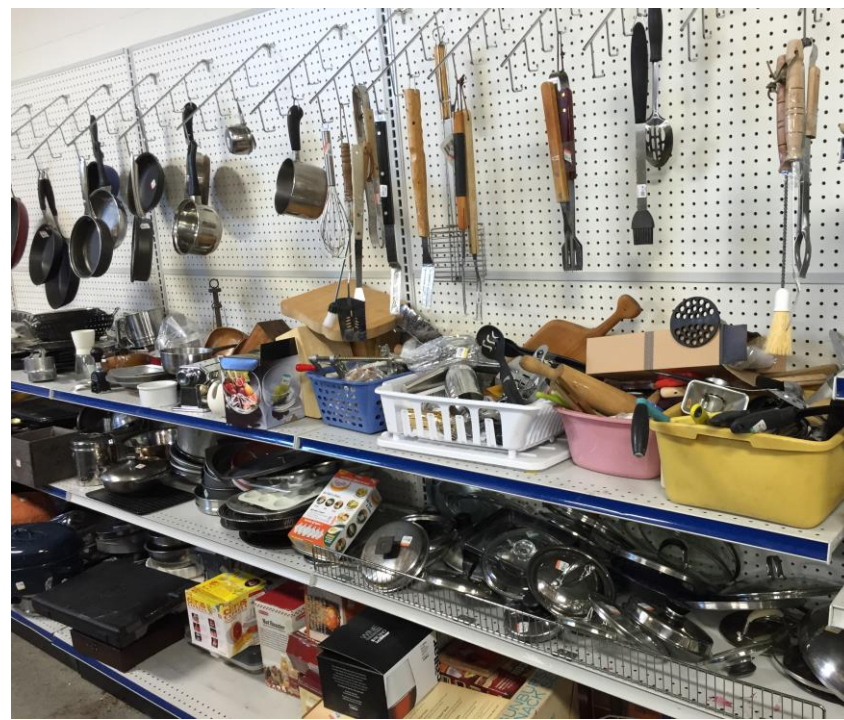


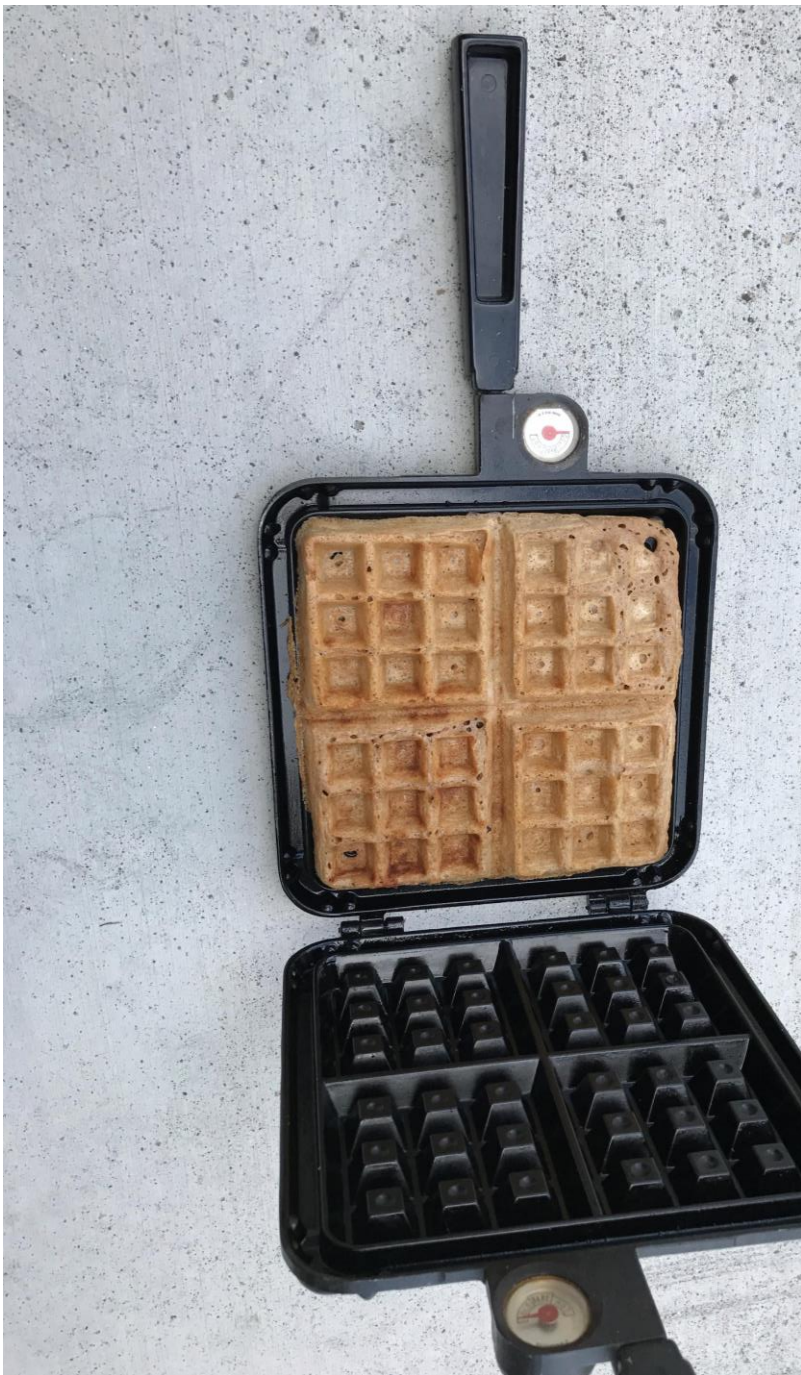


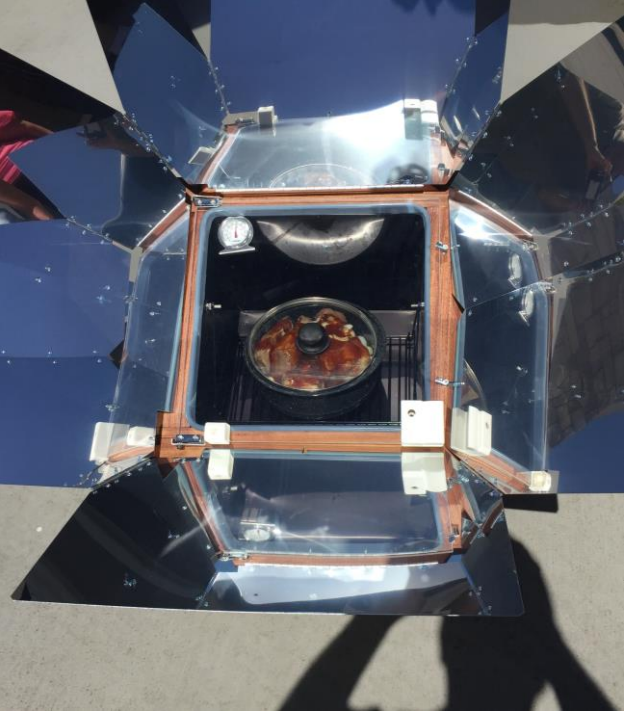












Sun Ovens & Retained Thermal Cooking



Meal-In-A-Bag: Beef Broth / Scotch Broth / Bean Soup

Instructions at: ApprochingReady.com

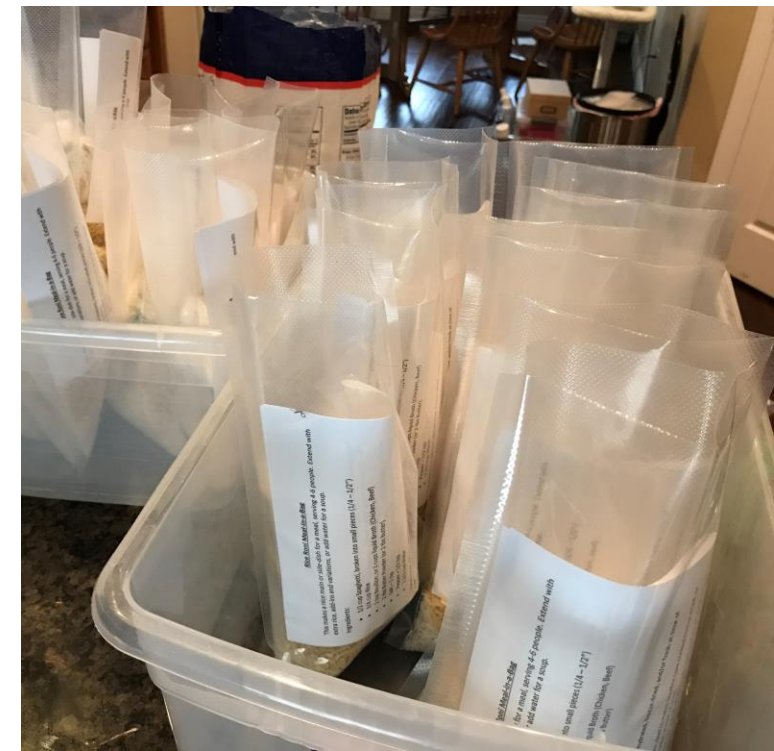
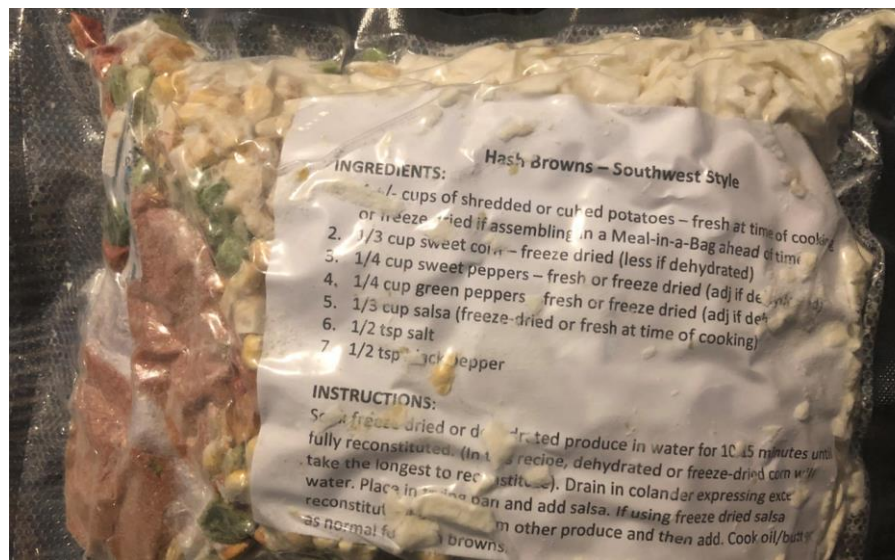
Meal-In-A-Bag: Chili

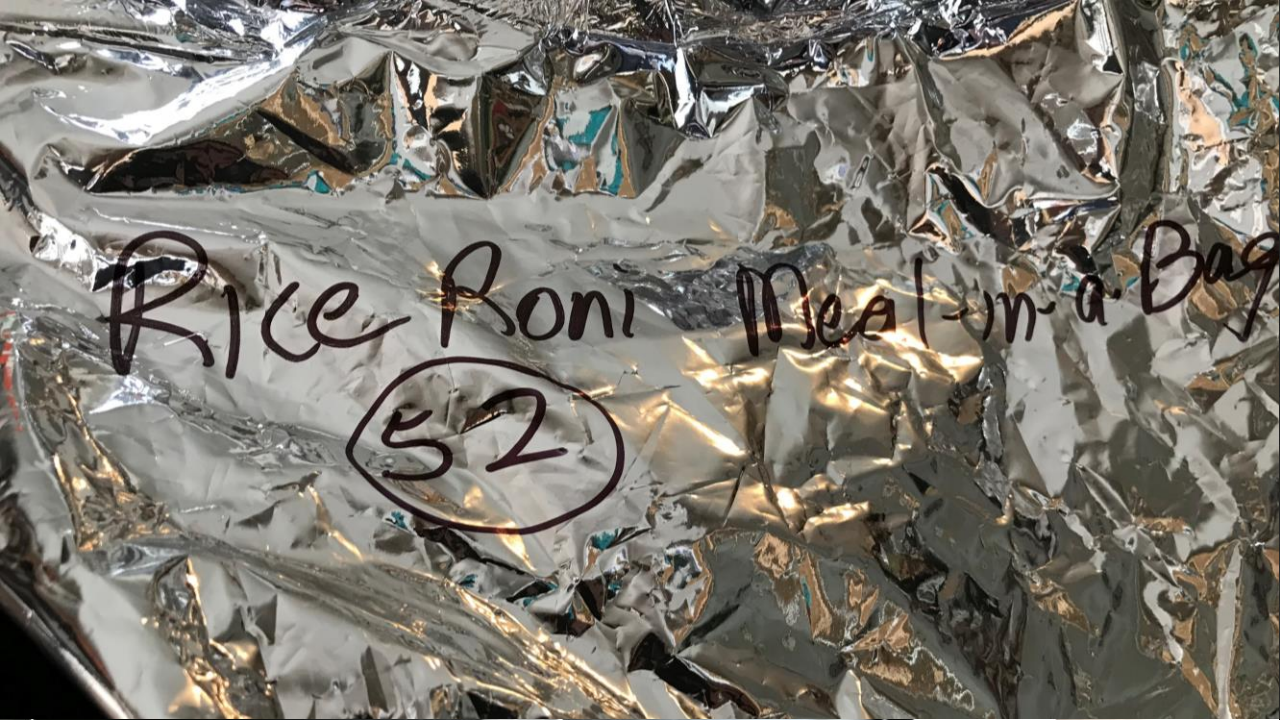




Meal-In-A-Bag: Hash Browns & Rice Roni

Recipes at:
ApproachingReady.com

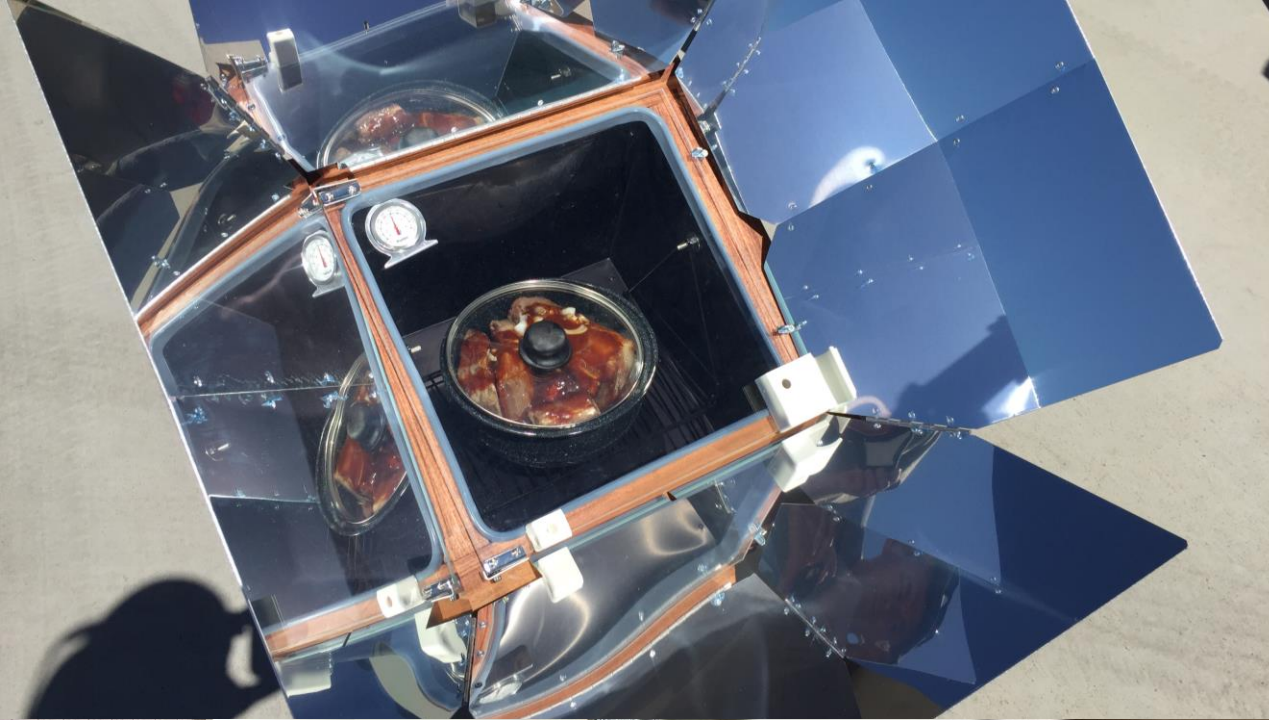




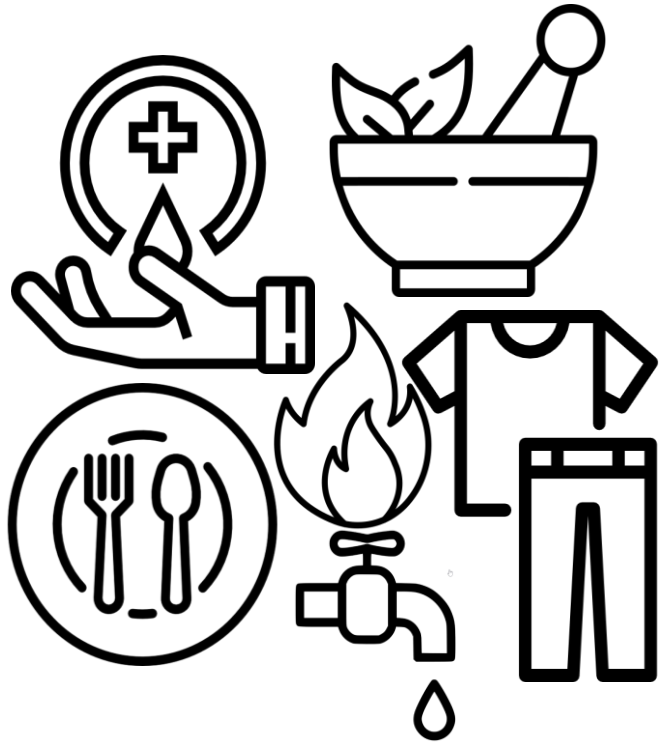




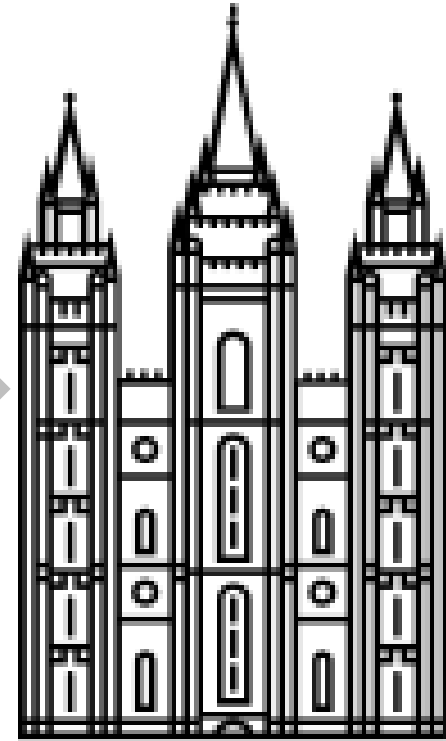
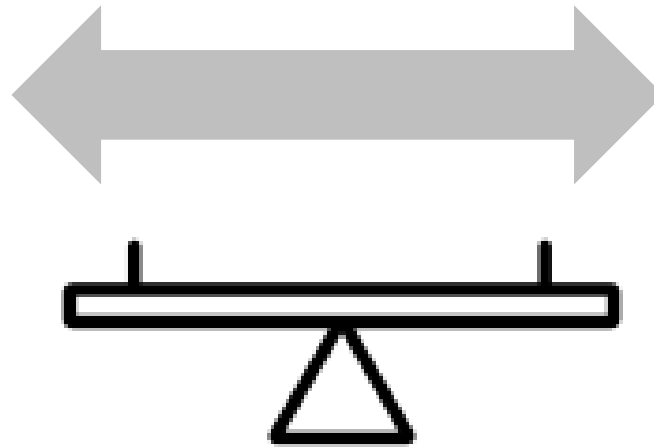
Community & Family Preparation Activities







Temporal

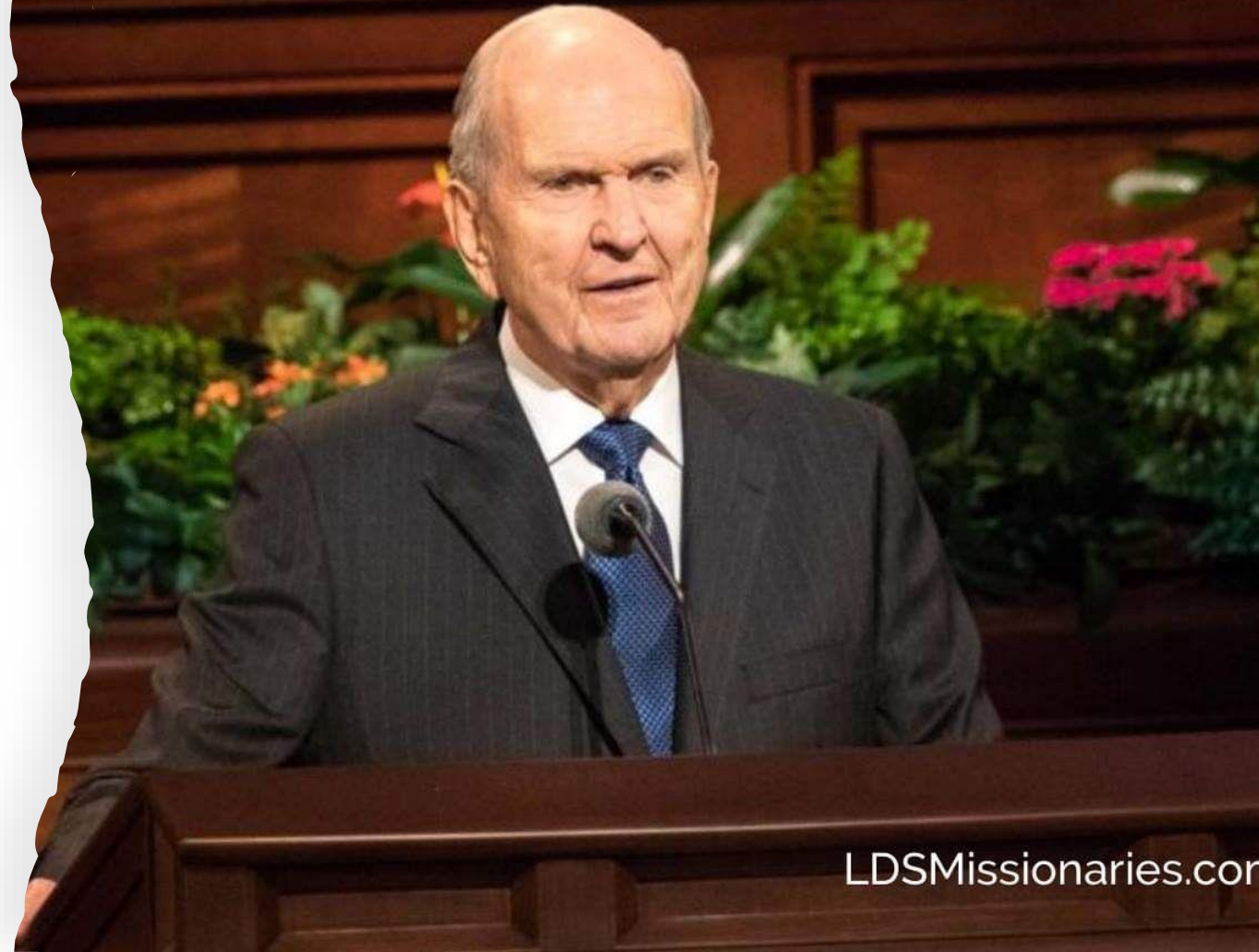


Spiritual

**"PLEASE, DO IT NOW. TIME IS RUNNING OUT." -
PRESIDENT NELSON**

What is the balance
between spiritual and
temporal
preparedness?

Are You Awake Yet?





BOOK OF MORMON EVIDENCE

April 2023

.ORG

Finding A Balance Between Spiritual and Temporal Preparation

Lee Ostler

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ApproachingReady.com



Water Safety

- Tap water isn't drinkable
 - The only safe water is purified by you or is bottled water
- E. Coli, Giardia, Cryptosporidium
- Bathing, hygiene, teeth brushing
- Cooking, dish washing
- Laundry
- Pets



Household Rules for a “Boil Notice”

- Do not drink or use water from any faucet
- Brush teeth with bottled or treated water
- Use hand sanitizer in place of soap and water
- Sponge baths
- Combination water treatment
 - Bleach AND Boiling

Household Tips – Boil Notice

- Tape up or disable faucets – make kid-proof
- Use no-rinse bathing wipes
- Store one case bottled water per day for each day of a possible boil notice
- Fill empty containers, jugs, bleach bottles
- Have supply of paper plates, cups, utensils

Water Conservation

- Sanitation
 - no-rinse bath towels/wipes & baby wipes
 - hand sanitizer
- Toilet
 - bag in bucket & toilet
 - outdoor use or latrine
 - absorbent kitty litter, etc.)
- Showers/baths
 - sponge baths & wipe-downs
- Cooking
 - canned meals
- Gray water re-purposing
 - flush toilet, filter disinfect and reuse, plants
- Disposables
 - diapers & pull-ups, paper plates, utensils, towels, napkins, etc.
- Laundry
 - Minimize laundry needs with underwear liners, body odor control
- Reduce activity levels and stay cool; limit hot daytime activity
- Avoid beverages that dehydrate (caffeine or alcohol)
- Don't ration water unless authorities order

Drinking Water Guidelines



Print

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Water Storage

Commercially bottled water in PETE (or PET) plastic containers may be purchased. Follow the container's "best if used by" dates as a rotation guideline. Avoid plastic containers that are not PETE plastic.

If you choose to package water yourself, consider the following guidelines:

Containers

Use only food-grade containers. Smaller containers made of PETE plastic or heavier plastic buckets or drums work well.



Water Storage

- How much?
 - FEMA
 - 1 gallon/person for 3 days - minimum
 - Crisis Preparedness Handbook
 - 20-30 gal/person for 2-3 weeks

Source:

www.ready.gov/water

Containers & Storage

- Don't use containers previously used for non-food products
- Use food-grade containers
- Rotated – periodically emptied and refilled
- Protect from light, heat, freezing
- Don't use plastic milk jugs
- Use potable water hoses for large tank filling



Containers & Storage

- Survival Pouch
- 5 gal Bottle
- 5 gal Box
- Waterbrick
- 5 gal Stackable
- 55 gal Barrel
- 250 gal 'Super Tankertank
- 250 gal Water Bladder
- 750 gal Tank



Containers & Storage



Containers

- Bottled water
- Soda bottles
- Mason jars
- PETE bottles
- Bathtubs, sinks, buckets
 - WaterBob, AquaPod
- Garbage can / trash bag
- Rain barrels





Contaminants

Agents

- Hexavalent Chromium
- Fluoride
- Arsenic
- Lead
- Bad Bacteria
- Viruses
- Parasitic Protozoa
- Parasitic Worms
- Chemicals & Pharmaceuticals

Natural Contaminants

- Toxic Plants, Algae
- Dead Animals
- Animal Feces
- Minerals
- Turbidity

Preparing Water

- Filter
 - Distill, Reverse Osmosis, Gravity filter (Berkey, ceramic, biologic), Lifestraw, etc.
- Chemical Tx
 - Chlorine bleach (8 drops/gal); chlorine granules
 - Iodine drops
- Heat
 - Boil for 3 min
 - Can in water bath canner or pressure canner

Water Treatment

- Clarify - Filtration
 - Cloudy/dirty water
 - Remove debris and particulates
 - Filter (filter paper, cloth, 3-stage biologic filter, etc.)
- Disinfect – Purification
 - Objective: remove microorganisms, toxic chemicals, heavy metals
 - Boiling
 - Chemical (chlorine, iodine)
 - Microfiltration
- Storage
 - PETE food-grade containers – cleaned and sanitized (no milk jugs)
 - Rotated and refreshed periodically
 - Away from heat & light; protect from freezing
 - 8 drops liquid chlorine bleach per one gallon water

It is best to combine methods and have redundancies when dealing with water filtration, purification & storage.

Purification & Filtration

Purification

- Boiling - heat
 - Does not neutralize chemicals or radioactive particles
- Chemical Tx: Drops / Tablets
- Activated Charcoal Filters
- Ultraviolet Light
- Pumps / MicroFilters (Lifestraw, etc.)
- Distillation

Filtration

- Debris
- Sediment & particulates
- Biologic – bacteria, protozoa, viruses

It is best to combine methods and have redundancies when dealing with water filtration, purification & storage.

Liquid Chlorine Bleach

- Kills bacteria and viruses. Not effective against all protozoa
- 2 drops of bleach per quart / 8 drops per gallon. Double for cloudy water.
- Use unscented Clorox or store brand
- Does not neutralize harmful chemicals or radioactive particles
- Shorter shelf life (than dry bleach granules)

Dry Chlorine Bleach / Granules



- Shock treatment used in swimming pools
- Kills bacteria and viruses, not effective against all protozoa
- Does not neutralize harmful chemicals or radioactive particles
- $1/96^{\text{th}}$ of an ounce (pinch between thumb and finger) of 68% calcium hypochlorite granules per 1 gallon; wait one hour, smell faint chlorine, if no smell repeat
- Dissolve one ounce of 68% granules in one-pint of water - makes 5.25 liquid bleach solution
- Shelf life of granules is up to 5 years if protected from moisture and humidity

Berkey Water Filters



Light

Crown

Imperial

Royal

Big

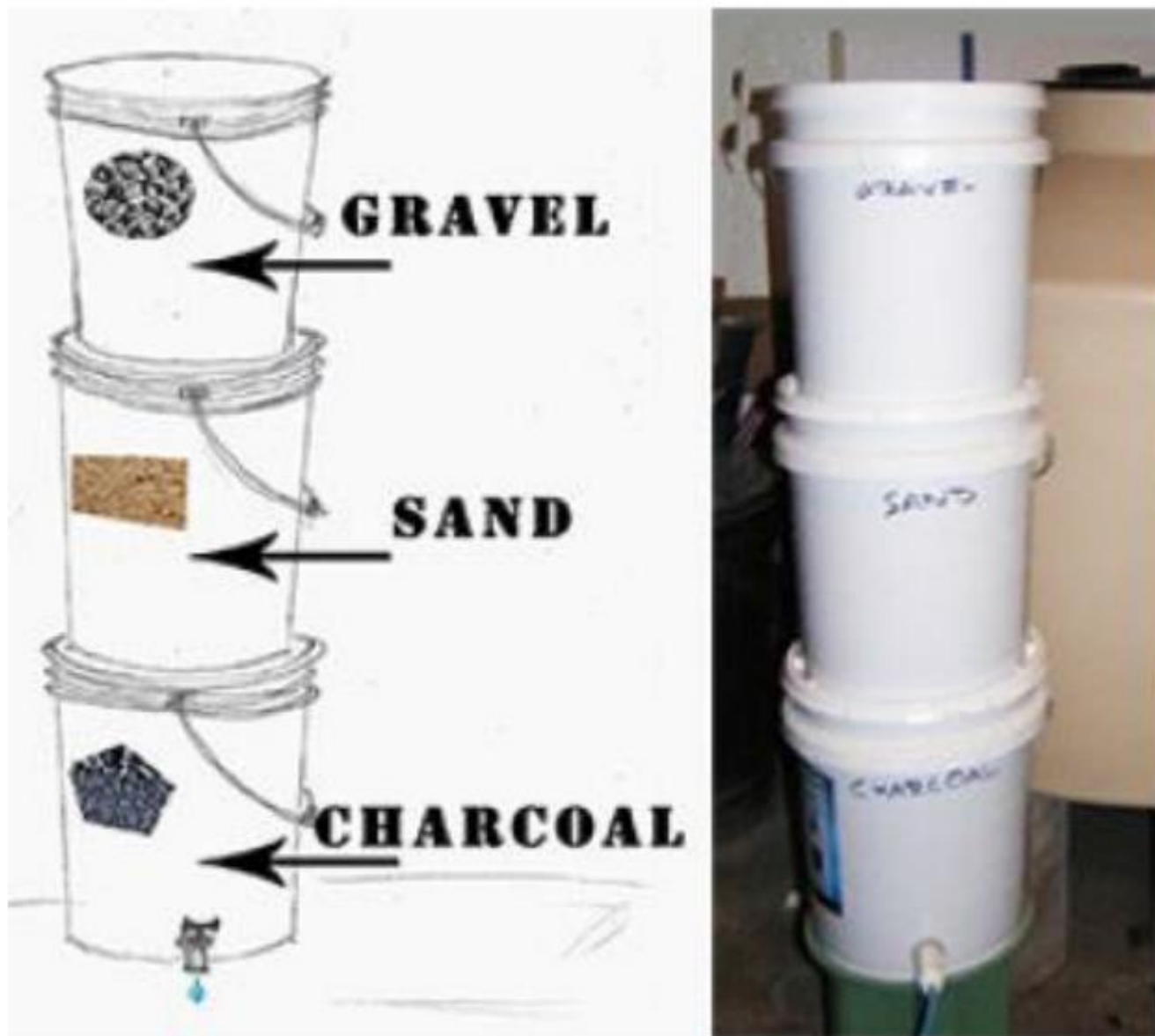
Travel

Go

Gravity Filter - Homemade



Bio-Filter



The most likely disaster is a personal financial money crisis.

Can I afford to prep?

What if I lose my job or source of income?

What if my savings become depleted?

What if my investment accounts crash or lose significant value?

What if I have a life-changing illness, accident, or _____

What will I do in the event of a disaster?

Hasten accelerate your financial preparations Side hustle

If you truly think you will be okay, then why do you behave oppositely?

Why do you continue to pay for insurance you do not need?

- Homeowners
- Disability
- Life
- Health
- Auto
- Income

If you have all these insurances, why do you not have income insurance?

When you or your spouse have a heart attack, stroke, accident, job loss, and you drawdown your savings, what will you do then? It took you 20-30 years to make that happen. Do you have another 30 years?

Let's do a little experiment.

72/r

Years2dbl x 2

Current age plus two doubling