

# Preparing For A Pandemic, or other Emergency P.1 of 10

Sun. 03-01-20

In the past few years, we held a number of workshops over a few weeks, right here at Refuge Assembly learning the skills we would need, in the event of an emergency. We're doing it again, by request in this condensed version.

## The Initial List

There are six big things that all people need to be thinking about...

**1. Food** – Enough for at least one month, or more.

*Talk about Gardening, Fishing...*

**2. Water** – None of us can live without water more than three days.

Of course we would all use a lot less during an emergency situation... Collecting water off your roof is an excellent source, then bring to a boil, then strain through cloth...

**3. Shelter** – Make sure your windows can open, with screens for Summer and they keep out the cold, for Winter.

**4. Alternative Power** – If the electricity goes off and stays off for an extended period of time, how will people stay warm, how will you cook food, or boil water and how will your community function without any artificial light whatsoever? Having an alternative source of power for your home is very important. Start with a few flashlights and plenty of batteries, learn how to make and tend a fire to boil water, cook and stay warm...

**5. Medication** - Try to get at least a month, or two ahead on your important medications. (Heart, Diabetic, etc...)

**6. Security** – It is great if you have everything that you and your community will need, but if you have no way to protect it, you can end up losing it all very quickly.

Sun. 03-01-20

**(Prepper Scripture Prov. 27:12) NLT**

12A prudent person foresees the danger ahead and takes precautions. The simpleton goes blindly on and suffers the consequences.

## **1. Fire and Water**

### **Lets talk about Fire first.**

**1. Heat** - You've got to stay warm- No Hypothermia- ***Just Minutes***

**2. Sanitizing Water**- One can normally go **3 days** without water

**3. Cooking**- One can normally go **3 weeks** without food.

### **Tools Needed:**

**Matches, Bic Lighter, Magnesium Fire Starter, or other...**

**All Materials should be dry! (Show Examples):**

***Tinder:*** dry, flammable material, such as straw, paper, Cotton Balls dipped in vaseline, Dryer lint...

***Kindling:*** easily combustible small sticks or twigs...

***Small Splits:*** Small split logs...

***Logs:*** Start with smaller ones...

Sun. 03-01-20

# 1. Fire and Water

## Water Sanitizing.

1. **Drinking**, Taking meds by the way  
(do you have an extra 1 months most important meds on hand)
2. **Cleansing**: (Brushing Teeth, Bathing)
3. **Cooking**: (Rice, Dry Beans, Pasta, Oatmeal...)
4. **Washing**: Clothes and Towels

### **Tools Needed:**

Fire, or Stove, Porcelain, Cast Iron, or Stainless Pot.  
Cloth for straining, and or Coffee filters.

**Always boil water, unless you know the source is clean:**

**Rain water** off house gutters is a great first choice source. Rain Barrels are great for this. We can fill a fifty gallon barrel in less than one hour of a good rain. Still boil the water, there may be bird droppings, or bugs. Then strain it.

**River water** is always better than stagnant water.

**Berkey Filtration System Info. [www.berkeyfilters.com](http://www.berkeyfilters.com)**

Sun. 03-01-20

## The Basic Necessities, after Fire and Water,

in an emergency type of event. We will have 4 different Stations, with Lists, Instructions and demonstrations.

**(Script. #1 Gen. 41:53-54 )KJV**

*53And the seven years of plenteousness, that was in the land of Egypt, were ended. 54And the seven years of dearth began to come, according as Joseph had said: and the dearth was in all lands; **but in all the land of Egypt there was bread.***

I hope that there are more Churches in this area preparing for emergencies, but we will certainly be **one of the wise churches.**

### So Far, we have learned :

**1. How to start and maintain a good Fire and the Materials needed.**

**1.Tinder:** dry, flammable material, such as straw, paper, \*Cotton Balls dipped in \*vaseline, Dryer lint...

**2.Kindling:** easily combustible small sticks or twigs...

**3.Small Splits:** Small split logs...

**4.Logs:** Start with smaller ones...

---

### 2. Water Purifying.

**1. Drinking,** Taking meds (Have extra 1 month supply on hand)

**2. Cleansing:** (Brushing Teeth, Bathing)

**3. Cooking:** (Rice, Dry Beans, Pasta, Oatmeal...)

**4. Washing:** Clothes and Towels

**Tools Needed:** Fire, or Stove, Porcelain, Cast Iron, or Stainless Pot. Cloth for straining, and or Coffee filters.

Sun. 03-01-20

## 2 Weeks of Food and Essentials Shopping List for One Person, double this for two people:

In Past emergencies, the first things to leave the shelves at Walmart are Bottled Water, Food, Toilet Paper and Batteries.

So, guess what we need to get first...

Buy at least **4 gallons of Bottled Water** and we can refill those here as needed with the Berkey System and/ or Boiling.

**Flashlights:** do make sure you have more than enough Batteries for Flashlights any other appliances you must have. (Medical)

**Toilet Paper. 3 Rolls a week per person,** or 16 Rolls for a month would be a good start. Have 2 months on hand, if possible.

**Extra** Tooth Paste, Bath Soap, Dish washing Soap and Soap for Hand washing Clothes, in case of Loss Of Power.

**And I Know I've said this before, but we love you. 1 Month ahead on your must have Meds.**

***-----Keep Your Gas Tanks Full, if Possible-- Florida Hurricane?***

### Old Fashioned Can Openers

2 Jars of Peanut Butter and 2-3 Boxes of Crackers, 1lbs Pasta  
4-6 Small Cans of Juice, 4-6 Cans of Fish, or Meat, 1 Mac & Cheese  
4-6 Cans of Soup, or Stew, 2 Boxes of Cereal, or Quick Oats  
4-6 Cans of Fruits and Veggies, 4-6 Cans of Beans, one bag Rice  
Just add Hot Water Meals like Ramen Noodles are good to have.

# Preparing For A Pandemic, or other Emergency P.6 of 10

Sun. 03-01-20

## Tools and Skills:

### A. For your Emergency Kit.

1. Small Pad and Pencil
2. Matches, Bic Lighter, Magnesium Fire Starter
3. Piece of cloth, Like a dishtowel for straining water
4. Sewing Kit
5. Roll of Duct Tape
6. Multi-Tool
7. Flashlight and extra batteries
8. Bible
9. Pair of Work Gloves
10. Paracord, or rope

### B. For your home.

1. Hammer, Crowbar
2. Flashlight and extra batteries
3. Wood Saw
3. Axe, or Hatchet
4. Shovel
5. Heavy Rope
6. Bungee cords
7. Tarp
8. Adjustable wrench, or assorted tools for repairs
9. Some assorted Nails and screws
10. WD-40
11. Vaseline
12. Band Aids
13. Super Glue
14. Candles

# Preparing For A Pandemic, or other Emergency P.7 of 10

Sun. 03-01-20

## Remember:

*Any Emergency Supplies you get will help in an Emergency*

### Emergency Medical Supplies

First Aid Manual, or Medical Books (*hard copy only*)

Aspirin

Antacid

Non-Aspirin Pain Reliever

Antihistamine (Benadryl)

Cold/ Flu Medicine

Stool Softeners

Anti-Diarrea Medicine

Kleenex

Disposable Alcohol Pads,

Band-aids

Antibiotic Ointment (Neosporin)

Extra \*Childcare Items?

Antibacterial Soap

Hot and Cold Packs

1 Month ahead of Meds

Extra Pair of Reading Glasses

Vaseline

Insect Repellent

Calamine Lotion

Bandages

Medical Tape

Celox -(Blood Clotting Granules)

Tourniquet

Sun. 03-01-20

## Essential Scriptures for Praying for Others

### Preparing Spiritually Excellent Salvation Scriptures:

**(John 3:16-17) NKJV**

16 For God so loved the world that He gave His only begotten Son, that **whoever believes in Him should not perish but have everlasting life.**

17 For God did not send His Son into the world to condemn the world, but **that the world through Him might be saved.**

**(John 3:3) NLT**

3 Jesus replied, "I tell you the truth, **unless you are born again, you cannot see the Kingdom of God.**"

**(John 14:6) NLT**

6 Jesus told him, "I am the way, the truth, and the life. **No one can come to the Father except through me.**

-----**The Roman Road**-----

**(Romans 3:23) NKJV**

23 **for all have sinned** and fall short of the glory of God,

**(Romans 6:23) NKJV**

23 For the wages of sin is death, but **the gift of God is eternal life in Christ Jesus our Lord.**

-----  
**(Acts 16:31) NKJV**

31 So they said, "**Believe on the Lord Jesus Christ, and you will be saved, you and your household.**"

**(1 John 1:9) NKJV**

9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.



Sun. 03-01-20

## Preparing Spiritually

### (Rev. 3:20) NKJV

20 **Behold, I stand at the door and knock.** If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

-----

## Praying For The Sick: Healing Scriptures:

### (Isaiah 53:5) KJV

5 But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and **with his stripes we are healed.**

### (1 Pet. 2:24) KJV

24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: **by whose stripes ye were healed.**

### (Psalm 103:2-5) KJV

2 Bless the LORD, O my soul, and forget not all his benefits:

3 Who forgiveth all thine iniquities; **who healeth all thy diseases;**

4 Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

5 **Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.**

### (Matt 9:35) KJV

35 Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and **healing every sickness and every disease among the people.**

# Preparing For A Pandemic, or other Emergency P.10 of10

Sun. 03-01-20

## Preparing Spiritually: Praying For The Sick Healing Scriptures Continued:

### (Mark 16:17-18) KJV

17 And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;

18 They shall take up *(or be immune to)* serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

### (Matt. 10:8) NKJV

8 Heal the sick, cleanse the lepers, raise the dead, cast out demons. Freely you have received, freely give.

## — — — — — Gifts Of The Spirit — — — — —

### (1 Cor. 12:8-10) NKJV(9 Gifts of the Spirit)

8 for to one is given **the word of wisdom** through the Spirit, to another **the word of knowledge** through the same Spirit,

9 to another **faith** (*Supernatural*) by the same Spirit, to another **gifts of healings** by the same Spirit,

10 to another the **working of miracles**, to another **prophecy**, to another **discerning of spirits**, to another **different kinds of tongues**, to another the **interpretation of tongues**.

### (Mark 16:20) KJV

20 And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following. Amen.