



# WHY ME? WHY PREPARE?

## SESSION ONE





# SESSION 1 SUMMARY

**T**he fact that you are here states that you know you need to be prepared or that, at least, someone has convinced you to get prepared. Or maybe you have so much experience and knowledge on this topic that you should be telling **us** why it's time to get prepared. Either way, it is prudent and brilliant to have your home and family prepared for any personal crises that may occur as well as the large-scale, regional, and national disasters we see on the rise.

Most people have experienced personal crisis – a power outage, car wreck, a health emergency, flooding, ice storms, or fire – at some time in their life. Have you? Were you prepared? Do you wish that you had been more prepared? Are there ways that you can now see that forethought and planning could have eased the situation?

There are those of you that have been involved in larger scale disasters – hurricanes, tornadoes, earthquakes, or forced evacuation of some sort. Anyone with personal or secondary experience has certainly gleaned insights in the process. There are benefits in every disaster scenario for having a plan that your whole family knows about and has practiced. *There is a peace that comes in being prepared.*

Furthermore, natural disasters are ripping through cities and nations. “In the U.S., there were more tornadoes in April 2011 than in any month in history.” (Rice) Seismologists predict major American fault lines to shake in the near future. “The fact is most states are at risk of

major earthquakes, with 39 of the 50 states in moderate to high risk areas for seismic activity.” (Kanalley)

The economics of the world look shaky as well – including Japan, the Middle East, Europe, and the United States. In the United States specifically, consider the current unemployment rate, inflation, housing crashes, and the recent increase in gas and food prices.

So why is it that our grandparents were better prepared than we are?

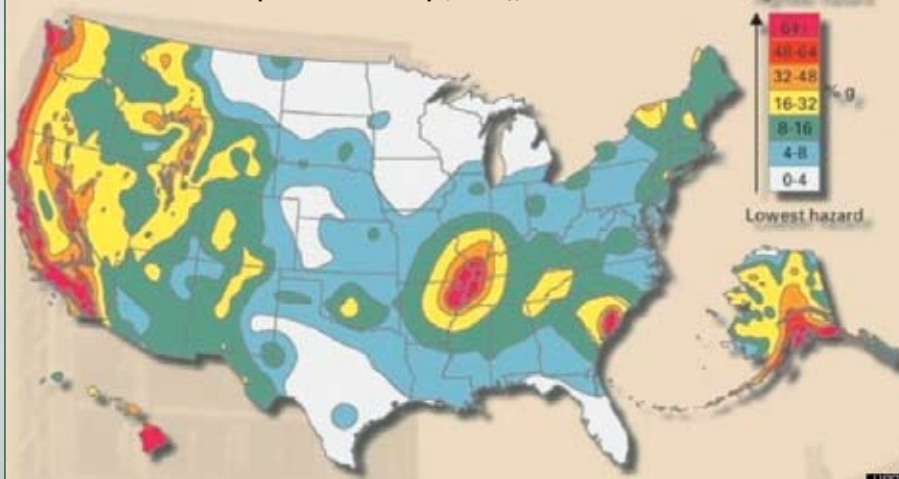
It is not common practice to have much – if anything – stored away for a rainy day. Why would we store it when we can go to the store and pick up whatever we need? In our defense, preparation skills – gardening, canning, farming, storing, and planning – are not something that most of us grew up with or have learned from our families (with the exception of a few). However, the complex supply system we rely on is only several hours deep. This system is only able to supply if all elements of transport, communication, and availability are in

place, manned, and working. If you pull out one of these components then the fragility of our system is clearly revealed.

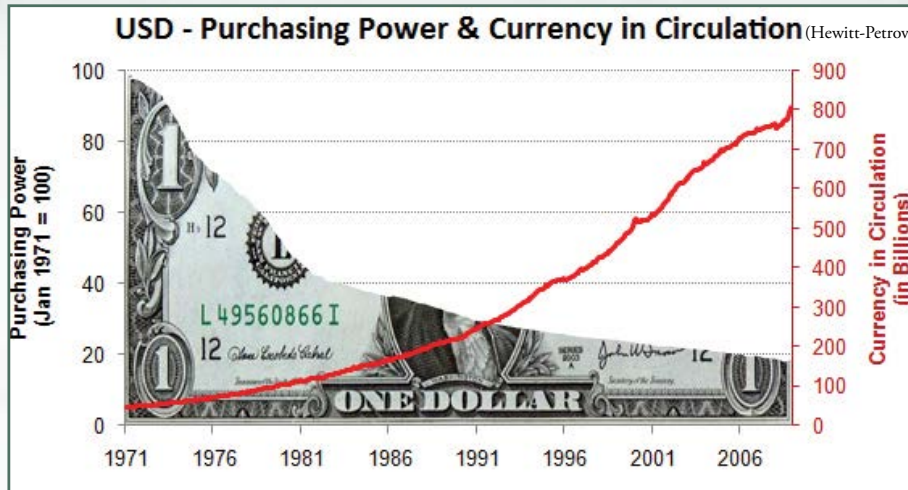
In the event of a city or statewide disaster, history proves that grocery store shelves can empty in as few as 24 hours. Water for purchase is certainly a limited supply and gas stations would have lines circling the block and eventually run out – given they had the power to pump it.

Our culture has created this thin veneer of safety, stability, and security.

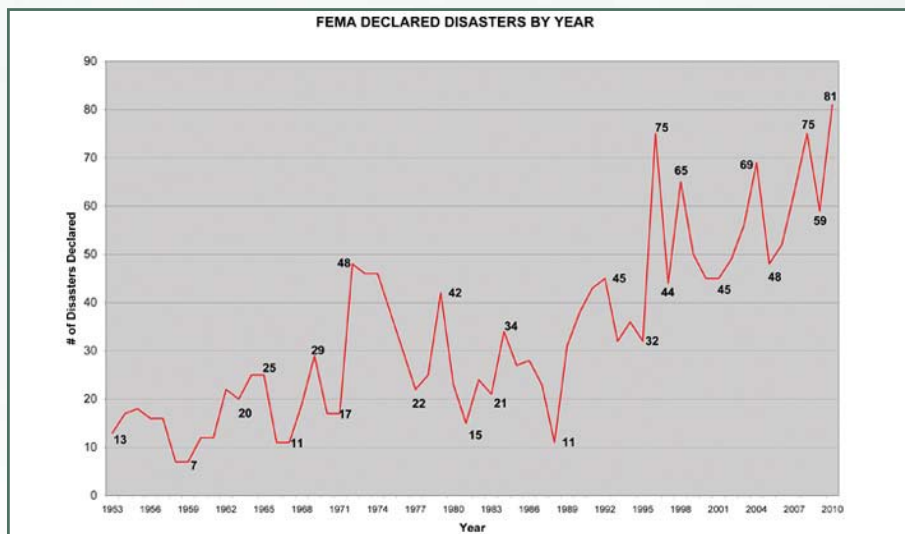
**U.S. Fault Lines: Earthquake Hazard Map (Kanalley)**



*Many populated areas in the U.S. have a high probability of earthquakes.*



*As more U.S. currency is put into circulation the value of the dollar declines.*



*The number of FEMA declared emergencies has continued to increase over the past 50 years.*

In our culture we are used to convenience and immediate gratification. One could find almost anything they need with a click of the button, a roll up to the drive-thru, or one of many other methods invented to give you what you want when you want it. Even in Scripture, some people thought they could buy oil at the last minute when they needed it (Matthew 25:1-13). This – as we see in the parable of the ten virgins – is not always true and it is not true for us today – both in the physical realm and in the spiritual realm.

**Preparing now – storing necessary items, making detailed plans, pursuing Jesus daily – is the key to Preparedness Peace.**

**You and your family will have a foundation of security and confidence that you can stand on and move forward with in times of crisis.** As you progress on the preparedness journey, you will learn that there are many more people preparing today than you would have ever thought. Enjoy walking this out with other like-minded people pursuing preparedness and pursuing Jesus. Preparedness Peace is meant to give you tools, resources, and accountability so that you can build a foundation of preparedness that will allow you to care for your family, serve others, and partner with the Lord in any way that He leads. We desire that through this course you will develop a lifestyle of preparedness both physically and spiritually.



## Small Group Interaction

*The small group that you are working with during this course IS your team. You don't have to be best friends, but you do need to learn to work together, and acknowledge each other's gifts and the things that each person brings to the team. There are many facets of preparedness and people are created uniquely to serve the body in specific ways (1 Corinthians 12). Dig for the treasures in your teammates and call them forth, hold each other accountable to the task you have committed to so that you may work and grow together during this course.*

**\* Recommended discussion questions**

1.)\* Why are you here? What is motivating you to this preparedness lifestyle?

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2.)\* Based on what you know about the course and its requirements so far, what are your first questions, thoughts, concerns, ideas?

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3.) On a scale of 1 to 10, (1 being the lowest, you have canned foods in pantry, 10 being self-sustained for three months) how prepared are you right now?

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Prepared for \_\_\_\_\_ days and for \_\_\_\_\_ people.

4.) What personal skills do you bring to the team that offer strength in preparedness and crisis? Medical, canning, home schooling, administration, military experience, camping, hunting, intercession and security are just a few of the many valuable attributes for preparedness.

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5.) What are your three biggest fears about disaster or times of crisis? While this course encompasses basic preparedness, we need to consider preparedness for greater disasters such as famine, civil unrest, separation during crisis, and long-term emergencies. Does fear creep in when you consider a shortage of water? Starvation? Death? Violence?

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6.)\* What is your favorite thing about God and why? [For example, Kynada's favorite thing about God is His faithfulness. Regardless of my full faith or lack of faithfulness in different seasons of life, and also through really hard seasons – miscarriage, dad's death – the Lord has revealed Himself as so faithful. I trust Him to show up. This is one of the things I love about God.]

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7.) What is your perspective of God in times of personal crisis, localized crisis, or national crisis? How do you **feel** about Him when hard times happen to you and to others?

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## Biblical Focus and Discussion

Preview and discuss the verses to be studied during the week. Read each scripture aloud as a group and discuss first impressions, any current or past revelation on that verse, and pray together that God would speak to you as you study His Scripture this week.

### SESSION ONE | DAY ONE

**Matthew 7:24-25** *“Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.”*

### SESSION ONE | DAY TWO

**Matthew 6:33** *“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

### SESSION ONE | DAY THREE

**Matthew 6:25** *“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”*

### SESSION ONE | DAY FOUR

**Genesis 6:9, 13-15** *“...Noah was a righteous man, blameless among the people of his time, and he walked with God. So God said to Noah, “I am going to put an end to all people, for the earth is filled with violence because of them. I am surely going to destroy both them and the earth. So make yourself an ark of cypress wood; make rooms in it and coat it with pitch inside and out. This is how you are to build it...”*

### SESSION ONE | DAY FIVE

Prayer Focus: \_\_\_\_\_

Praying for someone or something is the most effective way to gain God's heart for that person or situation. Spend this time praying for the situation your class has decided upon. Ask God to speak to you about specific people or details in this situation. What moves your heart as you pray? Do you find yourself praying in a more specific direction? Stick with this and ask the Lord to reveal MORE to you today. Share with your group what God is highlighting to you about this topic in your prayer time.



# Preparedness Plan: Take Action

1.) Choose an accountability partner or couple from within your small group. Call them once during each week of the course to check on progress. **Stop and choose your buddy now.**

Name: \_\_\_\_\_ Phone # \_\_\_\_\_ Email \_\_\_\_\_

2.) Make time in your schedule – three to five hours – each week to accomplish the homework assigned for each session. (It **will** require **this** much time to accomplish the tasks for each session). Write the days and times that you will designate for these tasks.

Monday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Friday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Saturday: \_\_\_\_\_

3.) Using the Prep Step Inventory List provided – which includes all items from the Home Emergency Supplies, Car Kit, and Grab and Go Bag lists – **inventory** what you **have** already in your home and identify what you will need to do, purchase, and procure in the coming weeks. Bring the inventory results with you to the next session.

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4.) Find two examples of record breaking disasters in the last year and write them here: \_\_\_\_\_

5.) Complete the Personal Awareness Quiz handout located in the Lists section. If it is too much for one session, spread the questions between sessions. Always bring your completed responses to class the next session.

I have completed the Personal Awareness Quiz.

6.) Accept your invitation to the Prepare to Share Facebook page, read some articles that interest you, and make an introduction post.

I made a post on Prepare to Share

I am not on Facebook

7.) Read and respond to this session's daily devotionals on the following pages.



**YouTube:** History Channel, After Armageddon, Sessions 1-2

**Resources:** [www.americanpreppersnetwork.blogspot.com](http://www.americanpreppersnetwork.blogspot.com)

**Websites:** [www.ZebGear.com](http://www.ZebGear.com)  
[www.KellyMactiernan.ShelfReliance.com](http://www.KellyMactiernan.ShelfReliance.com)

**Scripture:** Matthew 25:1-13; John 10:27-30



— Session One —  
*Day One Devotional*

***The Wisdom of Hearing and Obeying the Lord***

Read Matthew 7:24-27; Psalm 25:12

The first passage makes it clear that our protection is directly related to listening and obeying the Lord's instructions. We see that the rains (troubles, disaster) came against both the house of the wise man and the foolish man. The lesson of the foolish man is that there are negative consequences for the man (or woman) who hears the words of the Lord and does not put them into practice.

1.) Both the wise and foolish man heard the words of the Lord, but only one chose to obey. Do you agree that your protection is directly related to listening and obeying the Lord's instructions? How do you put that into practice in your everyday life? Ask the Lord to clearly speak to you during this course and make a commitment to obey Him when He speaks to you.

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2.) Do you recognize there are negative consequences for individuals who decide not to obey the Lord? Reflect on situations in your past where you did not obey the Lord. Were you able to see the consequences? How will you use that information in light of your Preparedness Peace (and life) journey?

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3.) We know that the storms of life *are* coming and our choice in preparing for them and in the midst of them is whether we choose to trust the voice of the Lord. Scripture is clear, God speaks to us, His children. Do you believe you can hear His voice in these important areas of your life? What are some ways in your past where the Lord has proven His faithfulness and trustworthiness to you?

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4.) Psalm 25:12 is an incredible promise for those who fear Him! The Lord has promised to instruct us about decisions for our lives. We encourage you to have faith in His promise and to ask Him to instruct you each day about specific decisions you need to make in your preparedness journey.

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— Session One —  
*Day Two Devotional*

***Seek First the Kingdom of God***

Read Matthew 6:25-34

This is *so much* more than a passage commanding us not to worry about our own personal needs, although that is true. It is full of *hope* for each one of us, for the Lord tells us that He already knows what we need. The Lord also tells us how willing He is to provide us with all that we need, as we are of such great value to Him. The *key* to the whole passage is found in this quote: “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” All these things refer to *all* of your preparedness needs for not only three days, but your entire life. The goal in preparedness and in every other area of your life must be to seek the Lord, allow Him to speak to you about each area of your life and then obey what He has to say and trust Him to do the rest. That will bring you true Preparedness Peace. The truth is that the Lord is the only One who knows what will be coming on the earth, even to your neighborhood, and what you need to be prepared for. Not only that, He has promised if you put Him first and seek Him, He will show you what you need and provide it for you.

1.) The KEY to the whole passage is found in this quote: “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” In what areas of your life do you currently seek the Lord? In what areas of your life could you be seeking Him more? Are there areas in your life that you find you do not seek the Lord about?

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2.) Set your heart to obey this passage and to truly “...seek first his kingdom and his righteousness...” What would this look like in your daily life?

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3.) We know that all we need in the area of preparedness will be provided as we seek Him first. Ask Him what that looks like in crisis. Lord, how do I seek you first in crisis?

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— Session One —  
*Day Three Devotional*

***Do Not Worry***

Read Matthew 6:25-34

1.) Most of us have worried about our personal needs in the past in one area or another. What are the areas that most concern you in your life now? Are there areas in your life that you have not surrendered your worry over to the Lord? Talk to the Lord about these areas and ask Him for insight on how to trust Him to provide all that you need.

2.) In verses 26 and 28 it literally says “look” at the birds of the air and “see” how the lilies grow. Go outside or position yourself in a place where you can actively observe nature. Record seven observations or insights you gain from this time.

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3.) Do you truly understand how much the Lord values you? Not for what you do, but for who you are. Think about the examples used in this passage: birds, flowers, and grass. Reflect on your time observing God in nature. Do you believe that the Lord values you more than these things? Reflect on your value to the Lord – ask the Holy Spirit to speak to you and reveal to you how much the Lord values you.

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— Session One —  
*Day Four Devotional*

***Noah is Prepared through the Lord's Instruction***

Read Genesis 6:9, 13-22

**I love this picture of the heart of the Lord. He cares enough to not only tell Noah about the disaster coming on the earth, but provided Noah with detailed instructions about how he could save himself and his family long before the disaster struck.** In this hour the Lord desires to do the same with us – Lord, give us ears to hear and a heart to obey. My favorite part of this passage is the very end where it says “Noah did everything just as God commanded him.” My desire is that the Lord would be able to say the same for me and you! As you can see from this passage, the Lord did not leave it to chance, but instead gave Noah very specific instructions about how to build the ark.

As you go through this course and fill your pantry, your grab and go bag, and car kit with supplies, ***know*** that the Lord will guide you so that you will have all that you need when the time comes.

**The Lord gave specific instructions about how to build his shelter, what animals to bring with him and also specified that Noah was “...to take every kind of food that is to be eaten and store**

**it away as food for you and for them [the animals].” The Lord cares about the details of our preparation.** Noah believed God and built a *boat* when it had not yet *ever* rained on the earth before. We can see the troubles and disaster on the Earth – it requires much less faith from us to believe we need to prepare. **The key to being prepared is to listen for the Lord’s voice and then heed what you hear.**

1.) Think about your relationship with the Lord and how you would respond if He asked you to do something like He asked Noah to do. One present-day example might be to move to a far away place that you have never been to. What would you do? How easy or difficult would it be to obey Him? How about if the Lord spoke to you about ways that you need to be prepared that you were not planning?

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2.) The beginning of this passage makes it clear that Noah was one who “...walked with God.” Verse 13 begins with “So God said to Noah...” and He shares with Noah what He is about to do on the earth. There seems to be a direct correlation between Noah’s walk with the Lord and what the Lord reveals to him. Reflect on this and ask the Lord to reveal more to you about what He is doing on the Earth – or in your city – and specifically how to achieve basic preparedness in the next six sessions.

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3.) Hearing and obeying the Lord throughout our preparedness journey gives us confidence about our preparations. The Lord gave instructions to Noah to make provision not only for him, but for his family to be protected in the midst of the destruction of the whole earth. Who does the Lord want you to make provision for – in the short-term and in the long-term? Ask the Lord with whom He would have you to share Preparedness Peace. Consider leading a future small group for your family, your church, or your neighbors.

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— Session One —  
*Day Five Prayer Topic*

Pray for \_\_\_\_\_

*Spend this time praying for the situation your class has decided upon. Ask God to speak to you about specific people or details in this situation. What moves your heart as you pray? Do you find yourself praying in a more specific direction? Stick with this and ask the Lord to reveal **more** to you today.*

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