

# THE REMNANT'S HANDBOOK

*Practical Preparation for the Days Ahead*



TRUTH CARRIERS MINISTRY

# THE REMNANT'S HANDBOOK

Complete Practical Guide for End Times Living

Book 7 of the End Times Master Series

How to prepare spiritually, educate your children, protect your health, secure your finances, achieve self-sufficiency, build community, and stand firm when persecution comes

—

"Go to the ant, thou sluggard; consider her ways, and be wise: Which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest."

—Proverbs 6:6-8

By Blake Carter Truth Carriers Ministry 2025

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## **INTRODUCTION: THE ANT'S WISDOM**

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

If you have read the first four books of this series, you know:

This book is different.

This is not theology. This is not prophecy. This is not history.

This is the HANDBOOK.

This is the practical, step-by-step, detailed guide to surviving and thriving in the final years before Yahusha's return. This is how you actually DO the things the other books told you to do.

### **Why the Ant?**

The ant has no king, no boss, no overseer. Yet she prepares her food in summer and gathers in harvest. She works without being commanded. She plans ahead without being told.

The ant understands three principles:

You, dear reader, must be like the ant.

Winter is coming. Persecution is coming. Sunday law is coming. The time when you cannot buy or sell is coming (Revelation

13:17).

Will you be ready?

## **What This Book Covers**

This handbook is organized into seven parts, covering every aspect of practical preparation:

Part 1: Spiritual Foundation— Building the inner life that sustains you when everything else fails

Part 2: Family and Education— Protecting and discipling your children in an anti-Messiah world

Part 3: Health and Wellness— Natural medicine, biblical diet, physical fitness for trials

Part 4: Financial Preparation— Escaping debt slavery, avoiding the mark system, barter economy

Part 5: Self-Sufficiency— Food, water, energy, shelter — becoming independent from the Beast system

Part 6: Community and Fellowship— Finding and building remnant fellowships that will stand together

Part 7: When Persecution Comes— What to do when Sunday law arrives and you must choose

Each chapter contains:

## **Who This Book Is For**

This handbook is for:

## **How to Use This Book**



Option 1: Read straight through— If you're new to all of this, read from beginning to end to get the full picture.

Option 2: Jump to your weakest area— If you're strong spiritually but have no food storage, go straight to Part 5. If you're financially unprepared, start with Part 4.

Option 3: Use as ongoing reference— Keep this handbook accessible. Return to specific chapters as you implement each area.

## **A Word About Balance**

### **■■ WARNING: Do Not Become a Prepper Cult**

Some people become so obsessed with physical preparation (food, guns, bunkers) that they neglect spiritual preparation. Others become so "spiritual" they ignore practical wisdom and expect Yahuah to rain down manna while they do nothing.

The balance: "Faith without works is dead" (James 2:17). Trust Yahuah completely AND work diligently. Pray fervently AND store food wisely. The ant doesn't wait for Elohim to fill her storehouse — she gathers while she can. But she also trusts that He designed the seasons and provides the harvest.

## **The Ultimate Goal**

The goal of this handbook is not merely survival.

The goal is to stand firm when the test comes.

"Here is the patience of the saints: here are they that keep the commandments of Yahuah, and the faith of Yahusha." (Revelation 14:12)

When Sunday law is enforced, you will face a choice:

If you have not prepared — spiritually, mentally, physically, financially — you will not be able to stand.

If you have no food stored, you'll compromise to feed your children.

If you have massive debt, you'll compromise to keep your house.

If you have no fellowship, you'll compromise out of isolation and fear.

If you have weak faith, you'll compromise when threatened.

This handbook exists to prevent compromise.

It exists to prepare a remnant who will say, like Shadrach, Meshach, and Abednego:

"O Nebuchadnezzar, we are not careful to answer thee in this matter. If it be so, our Elohim whom we serve is able to deliver us from the burning fiery furnace, and he will deliver us out of thine hand, O king. But if not, be it known unto thee, O king, that we will not serve thy gods, nor worship the golden image which thou hast set up." (Daniel 3:16-18)

That is the remnant spirit.

That is what this handbook will help you build.

Now let us begin.

## **PART 1: SPIRITUAL FOUNDATION**

"But seek ye first the kingdom of Elohim, and his righteousness; and all these things shall be added unto you." (Matthew 6:33)

# **CHAPTER 1: THE REMNANT MINDSET — THINKING DIFFERENTLY**

Before you stockpile food, before you homeschool your children, before you move to the country — you must change how you think.

The remnant thinks differently than the world. Differently than mainstream Christianity. Differently than even many "truth-seekers."

## **The World's Mindset vs. The Remnant Mindset**

### **Five Pillars of Remnant Thinking**

#### **1. You Are a Sojourner, Not a Citizen**

"These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth." (Hebrews 11:13)

What this means practically:

#### **2. The Majority Is Always Wrong on Spiritual Matters**

"Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it." (Matthew 7:13-14)

What this means practically:

### **3. Suffering Is Not a Sign of Yahuah's Displeasure**

"Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: But rejoice, inasmuch as ye are partakers of Messiah's sufferings..." (1 Peter 4:12-13)

What this means practically:

### **4. You Cannot Serve Two Masters**

"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve Elohim and mammon." (Matthew 6:24)

What this means practically:

### **5. Death Is Not the Worst Thing**

"And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell." (Matthew 10:28)

What this means practically:

### **Renewing Your Mind Daily**

"And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of Elohim." (Romans 12:2)

Daily Practices to Build Remnant Mindset:

1. Morning Scripture (Before Checking Phone)

Read 1-3 chapters before looking at news, email, or social media. Let Yahuah's Word frame your thinking for the day, not the world's chaos.

## 2. Daily Proclamation

Speak aloud each morning: "I am a sojourner. My citizenship is in heaven. I serve Yahuah alone. I will not compromise. I will endure to the end."

## 3. Evening Reflection

Before bed, ask yourself: "Did I compromise today? Did I fear man more than Yahuah? Where did I fail? Where did I stand firm?"

## 4. Weekly Fasting

Fast one day per week to discipline the flesh and sharpen spiritual focus. (More in Chapter 4.)

## 5. Sabbath Reset

Use the Sabbath to recalibrate. Disconnect from the world's system completely for 24 hours. Focus only on Yahuah, Scripture, fellowship.

# Common Mental Battles

## Battle #1: "Am I Being Too Extreme?"

The Lie: "Surely Yahuah doesn't expect me to lose my job / leave my family / sell everything. That's too radical."

The Truth: Yahusha said, "If any man come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own life also, he cannot be my disciple" (Luke 14:26). He also said, "Whosoever he be of you that

forsaketh not all that he hath, he cannot be my disciple" (Luke 14:33).

The Response: You're not being extreme enough. Messiah demands everything. Holding back is compromise.

## **Battle #2: "What If I'm Wrong About All This?"**

The Lie: "What if the Sabbath doesn't really matter? What if Christmas is fine? What if I'm just being deceived?"

The Truth: Scripture is clear. The 4th commandment says "Remember the sabbath day" (Exodus 20:8). Rome admits Sunday is their mark of authority. Christmas is provably pagan (Saturnalia, Dec 25 = Sol Invictus birthday). You're not wrong; you're just lonely because few walk the narrow path.

The Response: Doubts come from isolation and enemy attack. Return to Scripture. Surround yourself with other remnant believers. Stand on the Word, not feelings.

## **Battle #3: "I Can't Do This Alone"**

The Lie: "I'm the only one keeping Sabbath in my family / workplace / town. I can't sustain this."

The Truth: You are not alone. Eliyahu (Elijah) thought he was the only one left, but Yahuah said, "I have reserved to myself seven thousand men, who have not bowed the knee to Baal" (Romans 11:4). The remnant exists; you must find them.

The Response: Seek fellowship (Part 6). Join online groups. Attend Sabbath-keeping congregations. Build community. And remember: even if you are the only one in your area, Yahuah is with you (Hebrews 13:5).

## **Action Steps**

This Week:

This Month:

## **CHAPTER 2: BUILDING YOUR PRAYER LIFE**

Prayer is not a ritual. Prayer is not a formula. Prayer is not something you do for five minutes before bed.

Prayer is constant communion with Yahuah.

"Pray without ceasing." (1 Thessalonians 5:17)

If you do not have a strong prayer life NOW, you will not endure when persecution comes. When you're hiding in the wilderness, unable to buy food, facing arrest for refusing Sunday law — your only lifeline will be prayer.

### **Why Most Christians Don't Pray**

Reason #1: They don't believe it works— They've prayed before and "nothing happened," so they give up.

Reason #2: They're too busy— Work, entertainment, social media crowd out time with Yahuah.

Reason #3: They don't know what to say— They think prayer requires eloquent words or specific formulas.

Reason #4: Sin— Unconfessed, unrepented sin blocks communion with Yahuah (Isaiah 59:2).

### **The Biblical Model: Yahusha's Prayer Life**

If Yahusha — the sinless Son of Yahuah — needed to pray constantly, how much more do we?

Mark 1:35:"And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed."

Luke 6:12:"And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to Elohim."

Luke 5:16:"And he withdrew himself into the wilderness, and prayed."

Observations:

## **Building a Daily Prayer Rhythm**

### **Morning Prayer (30-60 minutes)**

When: Before looking at phone, before breakfast, before work

Where: Private place (bedroom, closet, porch, yard — wherever you won't be interrupted)

What to Pray:

### **Mid-Day Prayer (5-10 minutes)**

Daniel prayed three times daily (Daniel 6:10). Take a break mid-day to re-center on Yahuah.

### **Evening Prayer (15-30 minutes)**

When: Before bed (not in bed — you'll fall asleep)

What to Pray:

### **Sabbath Prayer (Extended)**



Use the Sabbath for extended prayer and fasting (if led). Spend 2-3 hours in prayer, worship, Scripture meditation.

## **Praying Without Ceasing**

How do you pray "without ceasing" while working, driving, cooking?

Ongoing Conversation: Treat Yahuah as a constant companion. Talk to Him throughout the day:

This is not formal prayer — it's relationship. You talk to Yahuah like you would talk to a close friend walking beside you.

## **Fasting and Prayer**

"Howbeit this kind goeth not out but by prayer and fasting."  
(Matthew 17:21)

Some spiritual breakthroughs require fasting combined with prayer. (More detail in Chapter 4.)

When to fast and pray:

## **Common Prayer Mistakes**

### **Mistake #1: Vain Repetitions**

"But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking."  
(Matthew 6:7)

Examples of vain repetition:

Solution: Pray from the heart. Be specific. Mean what you say.

### **Mistake #2: Public Performance**

"And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men..." (Matthew 6:5)

Examples:

Solution: Most prayer should be private. When praying publicly, keep it simple and sincere.

## **Mistake #3: Praying to Be Heard**

Prayer is not twisting Yahuah's arm. It's aligning your will with His.

"And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us." (1 John 5:14)

Wrong approach: "Yahuah, I demand you give me this job / heal this person / change this situation."

Right approach: "Yahuah, I desire this, but Your will be done. If it's not Your will, change my heart."

## **What to Do When Yahuah Seems Silent**

You pray and pray, and hear nothing. You ask for guidance, and get no answer. What's happening?

Possible Reasons:

## **Prayer Lists and Journals**

Keep a Prayer Journal:

Organize by Categories:

## **Praying Scripture**

One of the most powerful prayer methods is praying Scripture back to Yahuah.

Example: Instead of "Yahuah, help me overcome this sin," pray Psalm 51:

"Create in me a clean heart, O Elohim; and renew a right spirit within me. Cast me not away from thy presence; and take not thy Set-Apart Spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit." (Psalm 51:10-12)

Benefits:

## **Action Steps**

This Week:

This Month:

## **CHAPTER 3: SCRIPTURE MEMORY AND STUDY**

When they take your Bible, what will you have left?

When you're in a prison cell with no books, no internet, no resources — what will sustain you?

When you're fleeing persecution and can only carry what's in your mind — what will guide you?

What is hidden in your heart.

"Thy word have I hid in mine heart, that I might not sin against thee." (Psalm 119:11)

Scripture memory is not optional for the remnant. It is survival.

## **Why Scripture Memory Matters**

## 1. Bibles Will Be Confiscated

During the Inquisition, possessing a Bible was a crime punishable by death. William Tyndale was burned at the stake for translating it. When Sunday law comes, Bibles will be banned as "extremist literature." What's in your mind, they cannot take.

## 2. The Internet Will Be Censored

You cannot rely on online Bibles, apps, or websites. They can be shut down, altered, or restricted. Physical books can be seized. Your memory is the only uncensored storage.

## 3. Spiritual Warfare Requires the Sword

"And take the helmet of salvation, and the sword of the Spirit, which is the word of Elohim." (Ephesians 6:17)

When Yahusha was tempted by Satan, He responded with memorized Scripture: "It is written..." (Matthew 4:4, 7, 10). He didn't say, "Hold on, let me check my scroll." The Word was ready in His mind.

## 4. Comfort in Trials

When you're suffering, you won't have the mental energy to search for verses. But if they're memorized, the Set-Apart Spirit will bring them to your remembrance (John 14:26) exactly when you need them.

# What to Memorize First

You cannot memorize the entire Bible (though some have). Start with what's most critical for end-times survival.

## Priority Level 1: Absolutely Essential (Memorize First)

**Priority Level 2: Highly Important  
(Memorize Soon)**

**Priority Level 3: Valuable for Ministry**

**How to Memorize Scripture Effectively**

**Method 1: Daily Repetition (Best for  
Short Passages)**

Step 1: Choose one verse or passage (5-10 verses max)

Step 2: Read it aloud 10 times every morning for 7 days

Step 3: On day 8, try reciting from memory; check accuracy

Step 4: Repeat daily until you can recite perfectly 3 days in a row

Step 5: Review weekly for a month, then monthly, to retain long-term

**Method 2: Write It Out (Best for  
Kinesthetic Learners)**

**Method 3: Audio Loop (Best for Auditory  
Learners)**

**Method 4: Chunking (Best for Long  
Passages)**

To memorize entire chapters (Psalm 119, Matthew 5-7):

**Method 5: Visual Anchors (Best for  
Visual Learners)**

## **Scripture Study: Going Deeper**

Memorization without understanding is incomplete. You must study to rightly divide the Word.

"Study to shew thyself approved unto Elohim, a workman that needeth not to be ashamed, rightly dividing the word of truth." (2 Timothy 2:15)

## **Daily Study Plan**

Minimum: 1 Chapter Per Day

Recommended: 3-5 Chapters Per Day

Advanced: 10+ Chapters Per Day

## **Reading Plan Suggestions**

Option 1: Straight Through (Genesis to Revelation)

Option 2: Old + New Testament Simultaneously

Option 3: Thematic Study

Option 4: Priority Books First

## **Tools for Study**

### **Essential Tools**

1. Strong's Concordance— Look up Hebrew/Greek meanings of words
2. Interlinear Bible— See original Hebrew/Greek with English translation below

3. Bible Dictionary— Understand cultural context, customs, places

4. Cross-Reference Bible— Find related verses on same topic

## **Study Bible Recommendations**

Best for Accuracy:

Avoid:

## **Study Techniques**

### **Technique 1: Verse-by-Verse Analysis**

Take one verse and dissect it:

### **Technique 2: Book Overview**

Before diving into a book, understand its purpose:

### **Technique 3: Topical Study**

Choose a topic (Sabbath, faith, end times) and search every verse on that topic. Compile them into a study document. This builds comprehensive understanding.

## **Common Study Mistakes**

### **Mistake #1: Proof-Texting**

What it is: Taking verses out of context to "prove" a doctrine.

Example: Using Philippians 4:13 ("I can do all things through Messiah") to claim you can win the lottery or become a millionaire. Context shows Paul is talking about contentment in trials, not unlimited power.

Solution: Always read context — at minimum 5 verses before and after.

## **Mistake #2: Eisegesis (Reading Into Scripture)**

What it is: Forcing your beliefs onto Scripture instead of letting Scripture shape your beliefs.

Example: Believing Sunday is okay, so when you read "Yahuah's day" (Revelation 1:10), you assume it means Sunday — when Scripture never defines this phrase as Sunday.

Solution: Ask, "What does this verse actually say?" not "How can I make this verse support what I already believe?"

## **Mistake #3: Ignoring Difficult Passages**

Many avoid Leviticus, Numbers, Ezekiel, Revelation because they're "too hard."

Solution: All Scripture is profitable (2 Timothy 3:16). If it's hard, study harder. Use commentaries and tools, but don't skip it.

## **Action Steps**

This Week:

This Month:

This Year:

## **CHAPTER 4: FASTING FOR SPIRITUAL STRENGTH**

"Howbeit this kind goeth not out but by prayer and fasting."  
(Matthew 17:21)



There are spiritual battles you cannot win through prayer alone. There are breakthroughs that require fasting combined with prayer. There are levels of spiritual power and clarity you will never reach without denying your flesh.

Fasting is not about impressing Yahuah with your suffering. It's about:

## **Biblical Examples of Fasting**

### **Types of Fasts**

#### **1. Complete Fast (Water Only)**

What it is: No food, only water for 1-40 days

Difficulty: Advanced

When to use: Major spiritual warfare, critical decisions, deep repentance

Cautions: Do not exceed 3 days without medical knowledge; consult doctor if you have health conditions

#### **2. Partial Fast (Daniel Fast)**

What it is: Only vegetables, fruits, water (no meat, bread, wine) — based on Daniel 10:2-3

Difficulty: Moderate

Duration: Typically 21 days (following Daniel's pattern)

When to use: Extended fasts, beginners, those who cannot do complete fasts

#### **3. Intermittent Fast (Sunrise to Sunset)**

What it is: No food from sunrise to sunset; eat after dark

Difficulty: Easy to moderate

Duration: 1 day to several weeks

When to use: Regular spiritual discipline, weekly fasting practice

## **4. One-Meal Fast**

What it is: Skip breakfast and lunch; eat dinner only

Difficulty: Easy

When to use: Beginners, regular weekly fasting

## **How to Fast Properly**

### **Before the Fast**

### **During the Fast**

### **Breaking the Fast**

■■ CRITICAL: How you break a fast is as important as the fast itself

NEVER gorge immediately after fasting. Your stomach has shrunk; your digestive system is sensitive. Start with small, light meals:

Longer fasts (7+ days) require even slower re-feeding. Breaking a long fast improperly can cause serious health issues.

## **What to Pray For During Fasts**

Fasting for Breakthrough:

Fasting for Direction:

Fasting for Repentance:

Fasting for Spiritual Power:

## **Common Fasting Mistakes**

### **Mistake #1: Fasting to Earn Yahuah's Favor**

Fasting does not manipulate Yahuah into giving you what you want. It aligns YOU with HIS will. If you're fasting to force Yahuah's hand, you're fasting in pride.

### **Mistake #2: Fasting for Show**

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward." (Matthew 6:16)

Don't post on social media "Day 3 of my fast!" Don't tell everyone you're fasting. Keep it between you and Yahuah (unless fasting corporately with a group for specific purpose).

### **Mistake #3: Fasting Without Prayer**

Fasting without prayer is just starvation. The point is to replace physical food with spiritual food (prayer, Scripture, worship). If you're just skipping meals but not praying more, you've missed the point.

### **Mistake #4: Quitting Too Soon**

The breakthrough often comes at the END of the fast, not the beginning. Don't quit on day 2 of a 7-day fast because "nothing's

happening." Press through. Daniel fasted 21 days before the angel appeared (Daniel 10:12-13).

## **Suggested Fasting Schedule for Remnant**

Weekly Discipline:

Monthly Extended Fast:

Quarterly Daniel Fast:

Annual 40-Day Fast:

## **Action Steps**

This Week:

This Month:

## **CHAPTER 5: OVERCOMING BESETTING SINS**

"Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us." (Hebrews 12:1)

A "besetting sin" is the sin that keeps coming back. The sin you've repented of a hundred times but still struggle with. The thorn in your flesh that won't go away.

For some, it's pornography. For others, anger, gossip, gluttony, laziness, fear, bitterness, pride.

Whatever your besetting sin is, it **MUST** be overcome before persecution comes. Why? Because when trials hit, your weaknesses will be exposed and exploited. The Enemy knows

your vulnerabilities and will attack them viciously when you're under pressure.

## **Why Sin Still Ensnares Believers**

Reason #1: We don't truly hate it

We hate the consequences of sin (guilt, shame, broken relationships), but we still love the sin itself. We want to stop feeling bad about it, but we don't actually want to stop doing it.

Reason #2: We don't cut off the source

"And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell."  
(Matthew 5:29)

If you struggle with pornography but keep your smartphone with unrestricted internet access, you're not serious about quitting. If you struggle with gluttony but keep junk food in the house, you're playing games.

Reason #3: We're trying to overcome in our own strength

You cannot defeat besetting sin through willpower alone. You need the Set-Apart Spirit's power (Romans 8:13).

Reason #4: We haven't identified the root

Pornography isn't the root — it's a symptom. The root might be loneliness, rejection, or lust. Anger isn't the root — it's a symptom of pride, fear, or bitterness. You must dig deeper.

## **Step-by-Step Process to Overcome Besetting Sin**

### **Step 1: Identify the Sin Specifically**

Don't be vague. "I struggle with lust" is too broad. Be specific:

Write it down. Confession to yourself (and Yahuah) is the first step.

## **Step 2: Identify the Triggers**

When does the sin happen? What circumstances lead to it?

Common Triggers:

Action: Journal for one week. Every time you sin (or are tempted), write down: time, location, what you were doing, how you felt, who you were with. Patterns will emerge.

## **Step 3: Cut Off the Source (Radical Amputation)**

"Wherefore if thy hand or thy foot offend thee, cut them off, and cast them from thee: it is better for thee to enter into life halt or maimed, rather than having two hands or two feet to be cast into everlasting fire." (Matthew 18:8)

Yahusha uses extreme language because sin is that serious. Whatever is causing you to sin must be eliminated — no matter how drastic.

Examples of Radical Amputation:

## **Step 4: Replace the Sin with Righteousness**

You cannot just stop sinning and leave a void. You must replace the sin with something righteous.

"When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none. Then he saith, I will return into my house from whence I came out; and

when he is come, he findeth it empty, swept, and garnished. Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first." (Matthew 12:43-45)

The Replacement Principle:

## **Step 5: Confess to Someone**

"Confess your faults one to another, and pray one for another, that ye may be healed." (James 5:16)

Secret sin thrives in darkness. When you confess to a trusted believer, you bring it into the light.

Who to confess to:

What to say: Be specific. "I struggle with sin" is useless. "I viewed pornography last night and have been doing so weekly for six months. I need help" is honest and actionable.

## **Step 6: Build Accountability**

After confession, establish ongoing accountability:

## **Step 7: Fast and Pray for Breakthrough**

Some sins are demonic strongholds that require fasting (Matthew 17:21). If you've tried everything and still can't break free, combine prayer with multi-day fasting.

## **Dealing with Relapse**

You will fall. Everyone does. The question is: what do you do AFTER you fall?

■ The Enemy's Lies After Relapse:

The Truth: Conviction comes from Yahuah and leads to repentance. Condemnation comes from Satan and leads to despair. If you feel condemned and want to give up, that's the Enemy. If you feel grieved and want to repent, that's the Spirit.

What to Do Immediately After Relapse:

## **The Role of the Spirit vs. Your Effort**

There's a balance between relying on Yahuah's power and your own responsibility.

"Work out your own salvation with fear and trembling. For it is Elohim which worketh in you both to will and to do of his good pleasure." (Philippians 2:12-13)

You must work: Cut off sources of temptation, build accountability, memorize Scripture, fast, pray

Yahuah works IN you: Gives you the desire to change, the power to resist, the strength to endure

Don't be passive ("Yahuah will deliver me when He's ready"). Don't be self-reliant ("I can beat this on my own"). Partner with the Spirit.

## **Action Steps**

This Week:

This Month:

End of Part 1: Spiritual Foundation

## **PART 2: FAMILY AND EDUCATION**

"Train up a child in the way he should go: and when he is old, he will not depart from it." (Proverbs 22:6)



## **CHAPTER 6: BIBLICAL MARRIAGE AND HEADSHIP**

The family is under attack. The world teaches equality means sameness. Feminism has infiltrated the assembly. Men abdicate leadership. Women usurp authority. Children rebel because there's no structure.

The remnant family must return to Scripture.

### **The Biblical Order**

"But I would have you know, that the head of every man is Messiah; and the head of the woman is the man; and the head of Messiah is Elohim." (1 Corinthians 11:3)

The chain of authority:

This is not oppression — it's order. Yahusha submits to the Father, yet He is not inferior. The wife submits to the husband, yet she is not inferior. Submission is about role and function, not value.

### **The Husband's Role: Loving Leader**

"Husbands, love your wives, even as Messiah also loved the assembly, and gave himself for it." (Ephesians 5:25)

The husband must:

### **The Wife's Role: Respectful Helper**

"Wives, submit yourselves unto your own husbands, as unto Yahuah. For the husband is the head of the wife, even as Messiah is the head of the assembly..." (Ephesians 5:22-23)

The wife must:

# What Submission Does NOT Mean

■ Clarifications on Wifely Submission:

## Raising Children in Truth

The remnant must raise children who will stand firm when persecution comes. This requires intentional, counter-cultural parenting.

## Key Principles

### 1. Teach Them Scripture From Birth

"And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." (Deuteronomy 6:6-7)

### 2. Train Them to Obey Immediately

### 3. Protect Them From the World's Indoctrination

### 4. Give Them a Vision for Suffering

## Action Steps

This Week (for Husbands):

This Week (for Wives):

This Month (for Parents):

# CHAPTER 7: RAISING CHILDREN IN TRUTH

Your children will either be remnant or rebels. There's no neutral ground. The world is aggressively recruiting them. You must aggressively disciple them.

"And, ye fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of Yahuah." (Ephesians 6:4)

## **Age-Appropriate Discipleship**

### **Ages 0-5: Foundation Years**

Focus: Obedience, Scripture exposure, character

### **Ages 6-12: Doctrine and Habit Formation**

Focus: Scripture memory, doctrine, work ethic

### **Ages 13-18: Worldview and Ownership**

Focus: Why we believe what we believe; preparing to stand alone

## **Teaching Them to Think Biblically**

Don't just tell them WHAT to believe — teach them HOW to think from Scripture.

Example: Sabbath

Don't say: "We keep Sabbath because I said so."

Instead:

Now they own it. They didn't just obey you — they reasoned from Scripture.

## **Common Parenting Mistakes**

## **Mistake #1: Provoking to Wrath**

"Fathers, provoke not your children to anger, lest they be discouraged." (Colossians 3:21)

How parents provoke children:

Solution: Be consistent, age-appropriate, fair, encouraging, and authentic.

## **Mistake #2: Neglecting Discipline**

"He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes." (Proverbs 13:24)

Modern culture says spanking is abuse. Scripture says refusing to spank is hatred.

Biblical discipline:

## **Mistake #3: Prioritizing Academics Over Character**

Better to have a child who can't do calculus but loves Yahuah than a Harvard graduate who rejects Him.

Focus:

## **Dealing with Rebellious Children**

If your older child rejects the faith:

## **Action Steps**

This Week:

This Month:

## **CHAPTER 8: HOMESCHOOLING — WHY AND HOW**

Public school is not neutral. It is actively hostile to Yahuah.

Your children are taught:

Even "Christian schools" often teach Sunday worship, Christmas, the Trinity doctrine, and refuse to return to Torah.

The remnant must homeschool.

### **Biblical Mandate for Parents to Educate**

"And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." (Deuteronomy 6:7)

Yahuah commands PARENTS to teach children — not the state, not the assembly, not strangers.

You are responsible for your child's education. You cannot delegate discipleship to a secular system and expect godly results.

### **Common Objections to Homeschooling**

#### **Objection #1: "I'm not qualified to teach"**

Response: You don't need a teaching degree to homeschool. If you can read, you can teach. Most homeschool curricula include teacher guides with lesson plans, answer keys, and instructions.

Plus, you teach them life skills the school never will: cooking, budgeting, home repair, gardening, Scripture.

## **Objection #2: "What about socialization?"**

Response:Public school "socialization" = peer pressure, bullying, sexual immorality, and rebellion. That's not healthy socialization.

Homeschooled children socialize through:

They learn to relate to adults, younger children, and peers — not just age-segregated classrooms.

## **Objection #3: "We can't afford it — we need two incomes"**

Response:Homeschooling costs \$300-\$1,000/year per child (curriculum). Public school is "free" tuition but costs in:

Can you afford NOT to homeschool?

Financial solutions:

## **Objection #4: "I don't have patience"**

Response:Neither did you have patience for diapers, sleepless nights, or toddler tantrums — but you did it because you're the parent.

Homeschooling is hard. Parenting is hard. But Yahuah commands it, and He will equip you.

## **How to Start Homeschooling**

### **Step 1: Check Your State's Homeschool Laws**

Requirements vary by state:

Research: HSLDA.org (Home School Legal Defense Association) has state-by-state guides.

## **Step 2: Withdraw Children from Public School**

Submit written notice to school:

"Dear [School Name],

I am writing to inform you that my child, [Child's Name], will be withdrawn from [School Name] effective [Date]. We will be homeschooling under [State's Homeschool Law].

Please send any final paperwork to the address on file.

Sincerely,[Your Name]"

Keep a copy for your records.

## **Step 3: Choose Curriculum**

See Appendix C for full curriculum recommendations. Here are starting points:

## **Step 4: Create a Schedule**

Sample Daily Schedule (Elementary Age):

Note:Homeschool "school hours" are shorter (3-4 hours) because there's no classroom management, transitions, or busywork. One-on-one instruction is far more efficient.

## **Homeschooling with Multiple Ages**

Option 1: Teach subjects together (combined ages)

Option 2: Rotate one-on-one time

Option 3: Use older children as tutors

## **Dealing with Hard Days**

Some days you'll want to quit. The kids won't focus. You'll be exhausted. You'll doubt yourself.

When you're discouraged:

## **Action Steps**

This Week:

This Month:

## **CHAPTER 9: TEACHING BIBLICAL WORLDVIEW**

The world has a story. The enemy has a story. Yahuah has a story.

Your children will believe one of these stories. The question is: which one will you teach them?

## **What Is a Biblical Worldview?**

A worldview is the lens through which you interpret reality. It answers:

The world teaches the opposite:

If your children absorb the world's story, they will not stand in the end times.

## **Why This Matters for the Remnant**

The Beast system operates on a false worldview:



If your children don't understand why these things matter—if they don't have a Torah-centered, Yahuah-exalting worldview—they will drift into Babylon the moment they face social pressure.

"Train up a child in the way he should go: and when he is old, he will not depart from it." (Proverbs 22:6)

## **Teaching Creation (Not Evolution)**

The World's Story:

Scripture's Story:

How to Teach It:

Ages 3-7:

Ages 8-12:

Ages 13+:

## **Teaching Absolute Truth (Not Relativism)**

The world says: "What's true for you may not be true for me."

Scripture says: "Thy word is truth" (John 17:17).

Relativism leads to:

How to Teach Absolute Truth:

## **Teaching the Problem Is Sin (Not Oppression)**

The world says the problem is:

Scripture says the problem is sin—rebellion against Yahua's Torah.

"For all have sinned, and come short of the glory of Elohim."  
(Romans 3:23)

If your children believe the world's diagnosis, they will accept the world's solution (government programs, social justice, revolution). They will not see their need for a Savior.

How to Teach It:

## **Teaching End Times Awareness**

Your children are living in the terminal generation ( $1947 + 80 = 2027$ ). They need to understand:

Age-appropriate teaching:

Ages 3-7:

Ages 8-12:

Ages 13+:

## **Countering Specific Worldly Lies**

Lie #1: "You can be whatever you want to be"

Lie #2: "Follow your heart"

Lie #3: "All religions lead to God"

Lie #4: "The Sabbath was nailed to the cross"

## **Action Steps**

This Week:

This Month:

## **CHAPTER 10: PROTECTING CHILDREN FROM THE SYSTEM**

The system wants your children.

Public schools, entertainment, social media, even "Christian" youth groups—they all serve the Beast system, whether knowingly or not.

Your job is to guard the gate.

"Keep thy heart with all diligence; for out of it are the issues of life." (Proverbs 4:23)

### **The Battle for Their Minds**

The Beast system uses four main entry points:

Each of these can be used for good—or can be a gateway to Babylon.

### **Public School: The Indoctrination System**

Public schools teach:

Your child spends 6-8 hours a day, 5 days a week, 9 months a year in this system. That's 1,000+ hours per year of worldview indoctrination.

You get them for 2 hours at dinner and maybe 1 hour on Sabbath. Do the math.

You cannot win this battle if your children are in public school.

Common Objection: "But my kids are strong. They can be a light in the darkness."

Answer: Would you send a 7-year-old into a bar to evangelize drunks? No. Why? Because they're not mature enough to withstand the environment.

Your children are not missionaries. They are disciples in training. Train them at home. Send them out when they're mature.

Solution: Homeschool (see Chapter 8).

## **Entertainment: The Trojan Horse**

Entertainment bypasses the logical mind and plants ideas directly into the subconscious.

A child watching a cartoon about evolution won't think, "This contradicts Genesis." They'll just absorb: "Dinosaurs lived millions of years ago."

A teenager watching a show with casual fornication won't think, "This violates Torah." They'll just absorb: "Everyone does it."

What to Avoid:

What to Choose Instead:

Rule of Thumb: If you wouldn't want your child imitating the characters, don't let them watch it.

## **Technology and Social Media: The Digital Trap**

Social media is designed to addict. Algorithms maximize engagement (= maximize time wasted). Endless scrolling, constant comparison, curated fake lives.

The Dangers:

Recommended Limits:

Ages 0-12:

Ages 13-17:

Ages 18+:

Alternate Option: Complete Tech Fast

Some remnant families choose to live without:

This is radical—but so is raising children who won't take the Mark.

## **Peer Pressure: Choose Friends Wisely**

"Be not deceived: evil communications corrupt good manners."  
(1 Corinthians 15:33)

Your child's friends will shape their values more than you think.

Bad company will:

How to Handle Friendships:

## **Youth Groups and "Christian" Activities**

Not all "Christian" environments are safe.

Most youth groups teach:

Your child may come home saying, "Pastor said we don't have to keep the Sabbath anymore."

Solution:

## **College: The Final Assault**

College is where many remnant-raised children fall away.

Why?

Alternatives to Traditional College:

If they MUST go to college:

## **Setting Boundaries Without Legalism**

Protecting your children does NOT mean:

It DOES mean:

"Fathers, provoke not your children to wrath: but bring them up in the nurture and admonition of the Master." (Ephesians 6:4)

## **When They Rebel Anyway**

Even the best parents can have prodigal children.

If your child rejects the faith:

Remember the parable of the prodigal son (Luke 15:11-32). The father let him go, waited, and welcomed him back when he returned.

## **Action Steps**

This Week:

This Month:

## **PART 3: HEALTH AND WELLNESS**

# **CHAPTER 11: BIBLICAL DIET — CLEAN AND UNCLEAN**

What you eat matters to Yahuah.

Not because He's trying to control you. Because He designed your body and knows what's best for it.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of Elohim." (1 Corinthians 10:31)

## **The Dietary Laws Are Still Binding**

Most Christians believe the dietary laws were "nailed to the cross." They quote Acts 10 (Peter's vision) and say, "We can eat anything now."

This is false.

Leviticus 11 and Deuteronomy 14 give clear instructions:

Why are these laws still binding?

Common Objection: "But Jesus declared all foods clean!" (Mark 7:19)

Answer: That's a mistranslation. The Greek text says Yahusha declared all foods clean—meaning clean foods (the ones already listed in Leviticus 11) don't become unclean by unwashed hands. He was not declaring pork or shellfish suddenly acceptable.

## **Health Benefits of Biblical Diet**

Yahuah's dietary laws aren't arbitrary. They protect your health.

Pigs:

Shellfish:

Scavenger birds (vultures, ravens):

Clean animals, by contrast:

## **Practical Application**

Step 1: Remove Unclean Foods from Your Home

Step 2: Replace with Clean Alternatives

Step 3: Dining Out

Step 4: Family Gatherings

This is where it gets hard. Thanksgiving ham. Christmas prime rib (clean) vs. honey-glazed pork.

Your options:

Expect pushback. Family will mock you. They'll say you're "legalistic" or "going back to the Old Testament."

Stand firm. You're obeying Yahuah, not pleasing men.

## **Beyond Clean and Unclean: Whole Foods**

Even among clean foods, quality matters.

Avoid:

Choose:

## **Fasting**

Fasting is a biblical practice that strengthens your spirit, disciplines your body, and sharpens your focus.



"When thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret." (Matthew 6:17-18)

Types of Fasts:

When to Fast:

Health Benefits:

## **Action Steps**

This Week:

This Month:

## **CHAPTER 12: NATURAL REMEDIES AND HERBAL MEDICINE**

Yahuah created plants with healing properties.

Before pharmaceutical companies, people relied on herbs, roots, and natural remedies. These work—and they don't come with a list of dangerous side effects.

"And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat, and the leaf thereof for medicine." (Ezekiel 47:12)

## **Why Natural Remedies?**

1. Pharmaceutical Industry Is Corrupt
2. Natural Remedies Work

### 3. Self-Sufficiency

## **Essential Herbs for the Remnant Medicine Cabinet**

1. Elderberry (*Sambucus nigra*)
2. Garlic (*Allium sativum*)
3. Echinacea
4. Turmeric (*Curcuma longa*)
5. Ginger
6. Peppermint
7. Chamomile
8. Yarrow
9. Plantain (*Plantago major*)
10. Mullein

## **Common Ailments and Natural Treatments**

Cold/Flu:

Headache:

Stomach Upset/Nausea:

Cuts/Wounds:

Insomnia:

Pain/Inflammation:

## **Building Your Herbal Medicine Kit**

Dried Herbs to Stock:

Essential Oils (therapeutic grade):

Tinctures (alcohol-based extracts):

Other Supplies:

## **Growing Your Own Medicine**

Many medicinal herbs are easy to grow:

Start small. Grow 3-5 herbs this year. Learn to make teas, tinctures, salves. Build your knowledge and your medicine cabinet.

## **When to Seek Medical Help**

Natural remedies are powerful, but they're not a replacement for emergency care.

Seek medical help for:

Use wisdom. Natural remedies are for everyday health, prevention, and mild-to-moderate ailments. Life-threatening emergencies require professional intervention.

## **Action Steps**

This Week:

This Month:

## **CHAPTER 13: AVOIDING PHARMACEUTICAL DEPENDENCE**

The pharmaceutical industry wants you dependent on their drugs for life.

Diabetes? Take insulin forever. High blood pressure? Take pills forever. Depression? Take antidepressants forever.

They don't cure. They manage symptoms. And they profit.

This chapter will help you reduce—and in some cases eliminate—dependence on pharmaceuticals.

**DISCLAIMER:** This chapter is for educational purposes. Do NOT stop taking prescribed medications without consulting a healthcare provider. Some medications (heart meds, blood thinners, etc.) require careful tapering. Use wisdom.

## **The Problem with Pharmaceuticals**

### **1. Side Effects**

Most drugs cause additional problems:

Then they prescribe more drugs to treat the side effects. It's a downward spiral.

### **2. They Don't Address Root Causes**

### **3. They Create Dependency**

Once you start, it's hard to stop. Your body adapts. Withdrawal symptoms are real. The industry profits from lifetime customers.

## **Common Medications and Natural Alternatives**

### **High Blood Pressure**

Pharmaceutical approach: ACE inhibitors, beta blockers

Natural approach:

Result: Many people can normalize blood pressure naturally within 3-6 months.

Type 2 Diabetes

Pharmaceutical approach: Metformin, insulin

Natural approach:

Result: Type 2 diabetes is reversible with diet and lifestyle changes. Many people come off insulin completely.

Acid Reflux / GERD

Pharmaceutical approach: Proton pump inhibitors (Prilosec, Nexium)

Natural approach:

Result: Most cases resolve with dietary changes alone.

Depression / Anxiety

Pharmaceutical approach: SSRIs (Prozac, Zoloft, Lexapro)

Natural approach:

Important: If you're on antidepressants, do NOT stop cold turkey. Work with a doctor to taper slowly.

High Cholesterol

Pharmaceutical approach: Statins (Lipitor, Crestor)

Natural approach:

Truth: Recent studies show statins are overused and may cause more harm than good.

# **The Vaccine Question**

This is controversial, but the remnant must face it.

Issues with the vaccine industry:

Biblical principle: Your body is the temple of the Ruach HaQodesh (1 Corinthians 6:19-20). You have the right—and responsibility—to decide what goes into it.

Practical considerations:

Many remnant families choose selective vaccination, delayed schedules, or complete avoidance. This is your decision, not the government's.

## **Building a First Aid Kit Without Pharmaceuticals**

Instead of Tylenol/Ibuprofen:

Instead of Neosporin:

Instead of Antihistamines (Benadryl, Claritin):

Instead of Sleep Aids:

## **When Pharmaceuticals Are Necessary**

Some situations require modern medicine:

The goal is not to reject all medicine. The goal is to avoid dependence on a corrupt system and trust Yahuah's design for health first.

## **Action Steps**

This Week:

This Month:

## **CHAPTER 14: PHYSICAL FITNESS FOR DIFFICULT TIMES**

Your body is a tool for serving Yahuah.

In the end times, you may need to:

If you're out of shape, you won't be able to do these things.

"Know ye not that ye are the temple of Elohim, and that the Spirit of Elohim dwelleth in you? If any man defile the temple of Elohim, him shall Elohim destroy; for the temple of Elohim is holy, which temple ye are." (1 Corinthians 3:16-17)

### **Why Physical Fitness Matters for the Remnant**

#### **1. Stewardship**

Your body is not your own—you were bought with a price (1 Corinthians 6:19-20). Taking care of your body honors Yahuah.

#### **2. Usefulness**

Yahuah may call you to physically demanding tasks. If you're too weak or sick, you can't serve effectively.

#### **3. Longevity**

You want to live long enough to see Yahusha return. Poor health shortens your life.

#### **4. Mental Clarity**

Exercise improves brain function, reduces stress, fights depression. You think more clearly when your body is healthy.

## 5. Resilience

Hard times require physical and mental toughness. Training your body trains your mind.

# The Remnant Fitness Program

You don't need a gym membership. You don't need expensive equipment. You need bodyweight exercises, walking, and functional strength.

The Big Four:

## 1. Walking

Walking is underrated. It's low-impact, free, and sustainable for life.

Goal: Walk 30-60 minutes daily, 5-6 days per week.

Benefits:

Tips:

## 2. Bodyweight Strength Training

You don't need weights. Your bodyweight is enough.

The Essential Five Exercises:

1. Push-Ups
2. Squats
3. Plank
4. Lunges
5. Pull-Ups or Rows



Sample Weekly Routine:

### **3. Functional Work**

The best exercise is usefulexercise.

Examples:

These activities build real-world strength and serve a purpose.

### **4. Fasting for Metabolic Health**

Fasting:

Start simple:

### **Nutrition for Performance**

You can't out-exercise a bad diet.

Fuel Your Body:

Avoid:

### **Rest and Recovery**

Training breaks your body down. Rest builds it back up stronger.

Sleep:7-9 hours per night. No screens 1 hour before bed.

Sabbath rest:One full day of rest per week (commanded by Yahuah).

Stretching:5-10 minutes daily to prevent injury and improve mobility.

### **Special Considerations**

Elderly or Disabled:

Pregnant Women:

## **Mental Toughness**

Fitness is 80% mental.

When you don't want to exercise, that's when it matters most.  
You're training your will.

"I can do all things through Messiah which strengtheneth me."  
(Philippians 4:13)

Push through discomfort. Do the reps. Finish the walk. This  
builds mental resilience that will serve you in persecution.

## **Action Steps**

This Week:

This Month:

End of Part 3: Health and Wellness

## **PART 4: FINANCIAL PREPARATION**

### **CHAPTER 15: GETTING OUT OF DEBT**

Debt is slavery.

"The rich ruleth over the poor, and the borrower is servant to the  
lender." (Proverbs 22:7)

If you owe money, you are not free. The bank owns your car.  
The mortgage company owns your house. Credit card  
companies own your paycheck.

In the end times, debt will be a chain around your neck. What happens when:

If you're drowning in debt, you can't flee. You can't make bold decisions. You're trapped.

This chapter will help you get free.

## **Biblical View of Debt**

Scripture does not forbid all debt, but it warns strongly against it.

Debt is discouraged:

"Owe no man any thing, but to love one another." (Romans 13:8)

Debt makes you a slave:

"The borrower is servant to the lender." (Proverbs 22:7)

Debt hinders your ability to serve Yahuah:

Debt limits your freedom to obey Yahuah.

## **Types of Debt (Ranked Worst to Best)**

1. Credit Card Debt (WORST)

Priority: Eliminate first.

2. Car Loans

Priority: Pay off, then drive it until it dies.

3. Student Loans

Priority: Pay off aggressively after credit cards.

#### 4. Mortgage (Least Bad)

Priority: Pay off last (or keep if interest is very low).

## **The Debt Snowball Method**

This is the most effective way to eliminate debt.

### Step 1: List All Debts

Write down:

### Step 2: Order Debts Smallest to Largest

Ignore interest rates. Order by total amount owed, smallest first.

Example:

### Step 3: Attack the Smallest Debt

When the smallest debt is gone, roll that payment into the next smallest. The payments snowball.

Why smallest first? Psychological wins. You see progress fast. Motivation builds.

## **Finding Extra Money to Pay Off Debt**

### 1. Cut Expenses

Cancel subscriptions:

Reduce grocery bill:

Lower bills:

Total potential savings: \$500-1,000/month

### 2. Sell Stuff

Look around your house. What do you own that you don't need?

Sell on Facebook Marketplace, Craigslist, or garage sale. Put 100% toward debt.

### 3. Increase Income

Temporary sacrifice = permanent freedom.

## Radical Moves

If you're buried in debt, you may need radical action:

### 1. Downsize Your House

If your mortgage is killing you, sell the house. Move to a smaller home or rent temporarily while you pay off other debts.

### 2. Sell the Fancy Car

Driving a \$40,000 SUV with a \$600/month payment while you're in debt is foolish. Sell it. Buy a \$5,000 used car with cash. Pocket the difference.

### 3. Move to a Lower Cost of Living Area

If you live in an expensive city, consider moving to a rural area where housing, food, and taxes are cheaper.

### 4. Live with Family Temporarily

Swallow your pride. Move in with parents or relatives for 6-12 months. Use the time to crush debt.

## Staying Out of Debt

Once you're free, never go back.

Rules to live by:

## What About a Mortgage?

Mortgages are the one debt that's somewhat acceptable—if you can afford it.

Guidelines:

Better option: Save and buy land/small house with cash. This takes longer but gives you true freedom.

## Dealing with Collections and Creditors

If you're behind on payments and creditors are calling:

1. Don't hide. Answer the phone. Explain your situation.
2. Negotiate. Many creditors will accept a lump sum payment for less than you owe (50-70% of balance).
3. Get it in writing. Before you pay, get the settlement agreement in writing.
4. Prioritize necessities. Pay for food, shelter, utilities, transportation first. Then work on debt.

## Action Steps

This Week:

This Month:

## CHAPTER 16: PRECIOUS METALS, CASH, AND BARTER

When the digital currency system arrives, you will need alternatives.

Cash. Silver. Gold. Barter-able goods.

This chapter prepares you for a world where your bank account is frozen, your credit cards don't work, and the only acceptable payment is the Mark.

## **The Coming Digital Currency System**

Central Bank Digital Currencies (CBDCs) are being rolled out globally.

What are CBDCs?

Why this matters for the remnant:

"And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had the mark." (Revelation 13:16-17)

The Mark system is a buy/sell control system. CBDCs make this possible.

If you refuse the Mark (Sunday worship, compliance with Beast system), they will:

You need alternatives now.

## **Physical Cash**

Cash is still king—for now.

Advantages:

Disadvantages:

How much cash to keep:

Storage:

## **Silver: The Poor Man's Gold**

Silver has been money for 5,000 years. It will be money when the dollar collapses.

Why silver?

What to buy:

1. Junk Silver (Best for Beginners)
2. Silver Rounds (1 oz)
3. Government Coins (American Silver Eagle, Canadian Maple Leaf)

How much silver to own:

Where to buy:

## **Gold: Wealth Preservation**

Gold is for storing large amounts of wealth in a small space.

Why gold?

Disadvantages:

What to buy:

Who should buy gold?

If you have extra money after stocking food, water, silver, and other preps. Gold is not for survival—it's for preserving wealth long-term.

## **Barter: The Oldest Economy**

When currency fails, people trade goods and services.

Top Barter Items to Stock:



1. Food (Shelf-Stable)
2. Water Filtration
3. Ammunition
4. Medical Supplies
5. Hygiene Items
6. Tools
7. Alcohol and Tobacco
8. Fuel

Skills as Barter:

What can you do that people need?

Your skills are portable wealth that can't be stolen.

## **Avoiding Digital Currency and the Mark**

Practical steps:

### **Action Steps**

This Week:

This Month:

## **CHAPTER 17: AVOIDING DIGITAL CURRENCY AND MARK SYSTEMS**

The Mark of the Beast is not just spiritual—it's economic.

"And that no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name."

(Revelation 13:17)

The Mark controls commerce. If you don't have it, you can't participate in the economy.

This chapter teaches you how to resist the system being built right now.

## **The Digital Control Grid**

Governments and corporations are building a total surveillance and control system:

1. Central Bank Digital Currencies (CBDCs)
2. Digital IDs
3. Social Credit Scores
4. Vaccine Passports / Health Passes

These systems are converging into one unified digital identity that controls your ability to buy, sell, work, travel, and participate in society.

This is the infrastructure for the Mark.

## **How to Resist (While You Still Can)**

1. Use Cash As Much As Possible

Every time you use a credit card, the transaction is tracked. Use cash to:

When businesses say "card only," ask for the manager. Explain you prefer cash. Vote with your wallet.

2. Avoid Biometric Systems

Don't voluntarily give away your biometric data:

Once they have your biometrics, you can't change them. Your face and fingerprints are permanent.

### 3. Minimize Digital Footprint

### 4. Bank Locally (Credit Unions, Community Banks)

Big banks (Chase, Bank of America, Wells Fargo) are partnering with governments to roll out CBDCs. They will comply with Mark mandates.

Smaller banks and credit unions may resist longer. Move your money there.

Better yet: Keep as little in the bank as possible. Withdraw regularly. Store cash and silver at home.

### 5. Build Alternative Networks

Connect with other remnant believers who are preparing. When the Mark system fully arrives, you will need:

## **What to Do When the Mark Becomes Mandatory**

Eventually, the system will require compliance. You will face a choice:

Option 1: Take the Mark and participate in the economy.

"If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of Elohim, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone." (Revelation 14:9-10)

This is not an option. Taking the Mark = eternal damnation.

Option 2: Refuse the Mark and trust Yahuah.

What this will mean:

How to survive:

## **The Test Is Economic**

Most people think the Mark will be a dramatic moment—soldiers forcing a chip into your hand.

It won't be.

It will be gradual. Convenient. Reasonable.

The progression:

By the time it's "mandatory," most people will have already accepted it voluntarily.

The remnant will stand out. We will be labeled dangerous, backwards, anti-social.

And we will be persecuted.

"Yea, and all that will live set-apart in Messiah Yahusha shall suffer persecution." (2 Timothy 3:12)

## **Don't Take the Mark—No Matter What**

They will offer you:

Don't believe it.

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36)

Better to lose your job, your house, your life—than to lose your soul.

## **Yahuah Will Provide**

When Elijah fled from Jezebel, Yahuah sent ravens to feed him (1 Kings 17:4-6).

When the Israelites wandered in the wilderness, Yahuah sent manna from heaven (Exodus 16).

When Yahusha fed 5,000 people, He multiplied five loaves and two fish (Matthew 14:15-21).

Yahuahwillprovide for those who refuse the Mark.

But He also expects you to prepare.

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

Store food. Store water. Learn skills. Build community. Trust Yahuah—and do your part.

## **Action Steps**

This Week:

This Month:

## **CHAPTER 18: BIBLICAL GIVING — TITHES, OFFERINGS, AND CHARITY**

Even in the end times, giving remains a command.

Butwhereyou give,howyou give, andwhyyou give matter.

## **What Is the Tithe?**

Tithe= 10% of your income, given to Yahuah.

"And all the tithe of the land, whether of the seed of the land, or of the fruit of the tree, is Yahuah's: it is holy unto Yahuah."  
(Leviticus 27:30)

The tithe is not a suggestion. It's a command.

Does the tithe apply to New Covenant believers?

Yes. The tithe predates the Law of Moses:

Yahusha affirmed tithing:

"Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithe of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone."  
(Matthew 23:23)

"These ought ye to have done" = Continue tithing.

## **Where Should You Tithe?**

This is where it gets controversial.

Traditional teaching:Tithe to your local church.

Problem:Most "churches" teach:

Should you fund a system that teaches Babylon's lies?

Answer: No.

Biblical principle:The tithe goes to those who teachtruth.

In the Old Testament, the tithe went to the Levites (priests who served Yahuah). Today, the tithe should go to:

If you can't find a worthy assembly, give to:

## **Offerings (Beyond the Tithe)**

The tithe is the minimum. Offerings are above and beyond.

When to give offerings:

How much? Whatever the Ruach HaQodesh leads you to give.

"Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for Elohim loveth a cheerful giver." (2 Corinthians 9:7)

## **Charity: Caring for the Poor**

Giving to the poor is not optional.

"If there be among you a poor man of one of thy brethren within any of thy gates in thy land which Yahuah thy Elohim giveth thee, thou shalt not harden thine heart, nor shut thine hand from thy poor brother: But thou shalt open thine hand wide unto him." (Deuteronomy 15:7-8)

Who should you help?

How to help:

## **Avoiding Charitable Scams**

Not all "ministries" are legitimate.

Red flags:

Good stewardship:

## **Giving in Hard Times**

What if you can't afford to tithe?

If you're in debt, unemployed, or barely making ends meet:

The widow gave two mites—all she had—and Yahusha honored her (Mark 12:42-44). Give what you can. Yahuah sees your heart.

## **Giving Without Recognition**

"But when thou doest alms, let not thy left hand know what thy right hand doeth: That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly." (Matthew 6:3-4)

Don't give for applause. Don't post on social media. Don't expect plaques or recognition.

Give quietly. Yahuah sees.

## **Action Steps**

This Week:

This Month:

End of Part 4: Financial Preparation

## **Chapter 19 Food Storage — 6 Months to 1 Year Supply**

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

The ant stores food when it's abundant. She doesn't wait until winter to start gathering. She prepares before the crisis hits.



We're heading into a winter unlike any the world has ever seen. The Mark system is coming. Economic collapse is coming. Food shortages are coming.

Are you storing food like the ant? Or are you like the sluggard, waiting until it's too late?

## **Why Food Storage Matters**

When the Mark of the Beast system is fully implemented, you won't be able to buy or sell without it (Revelation 13:17). That means:

If you don't have the Mark, you won't eat—unless you've prepared.

■ This is not optional.

If you have no food storage and the Mark system locks you out, you will face three choices:

Don't put yourself in that position. Store food now.

## **How Much Food Should You Store?**

Minimum: 6 months

This gives you breathing room during initial disruptions, local shortages, or temporary economic chaos.

Ideal: 1 year or more

A full year of food allows you to survive extended persecution, prolonged supply chain collapse, or total exclusion from the economy.

Best: 2+ years plus gardening/livestock

This is full independence. You can survive indefinitely if you combine storage with food production (gardening, chickens, etc.).

## **The Basics: Shelf-Stable Staples**

Focus on calorie-dense, long-lasting foods. Don't buy gourmet freeze-dried meals. Buy bulk staples.

Core Staples (Buy in Bulk)

Why these?

## **Canned Goods**

Canned foods are easy to store and require no cooking (important if power is out).

What to Stock (Canned)

Shelf life: 2-5 years (check expiration dates, rotate stock)

## **Freeze-Dried and Dehydrated Foods**

These are lightweight, compact, and last 20-30 years. More expensive, but worth it for long-term storage.

Good options:

Brands to consider:

## **Protein Sources**

You need protein to survive. Don't neglect it.

Long-Term Protein Storage

## **Water for Food Preparation**

Many of these foods (rice, beans, oats, freeze-dried meals) require water to prepare. Make sure you have water stored or a reliable water source. (See Chapter 21 for water storage and purification.)

## **How to Store Food Properly**

Buying food isn't enough. You must store it correctly or it will spoil.

5 Enemies of Food Storage:

How to Protect Your Food

1. Use Food-Grade Buckets with Gamma Lids
2. Use Mylar Bags with Oxygen Absorbers

This method extends shelf life to 20-30 years.

3. Store in a Cool, Dark, Dry Place

## **Rotation System: First In, First Out (FIFO)**

Don't let food expire. Use and replace.

How it works:

This keeps your food fresh and ensures you're always prepared.

## **Sample 1-Year Food Storage Plan (Per Person)**

Here's a realistic breakdown for one person for one year:

Total: ~3,000 calories/day (enough to survive and maintain weight)

Estimated cost:\$800-1,200 per person for a full year

This is a survival baseline. Add variety with spices, canned meats, freeze-dried vegetables, and comfort foods.

## **Budget-Friendly Storage Tips**

You don't need \$10,000 to start. Build gradually.

Start Small

Week 1:Buy 20 lbs of rice, 10 lbs of beans (\$15-20)

Week 2:Buy 10 cans of vegetables, 10 cans of fruit (\$15)

Week 3:Buy 20 lbs of pasta, 5 lbs of sugar (\$10-15)

Week 4:Buy canned tuna, chicken, and beans (\$20)

In one month, you've built a 2-week supply for under \$100.

Keep going. In 6 months, you'll have 6 months of food.

## **Don't Forget Comfort Foods**

In a crisis, morale matters. Don't live on rice and beans alone.

Add a few treats:

These aren't necessities, but they make hard times more bearable.

## **Dietary Restrictions and Biblical Compliance**

If you keep a clean diet (Leviticus 11), avoid:

Stick with:

## **The Spiritual Side of Food Storage**

"A prudent man foreseeth the evil, and hideth himself: but the simple pass on, and are punished." (Proverbs 22:3)

Storing food is not a lack of faith. It's wisdom.

Joseph stored grain in Egypt for 7 years of famine (Genesis 41). Yahuah told him to prepare before the crisis. He didn't say, "Just trust Me and don't store anything."

Faith is not passivity. Faith is obedient action.

Store food. Trust Yahuah. Do both.

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 20 Gardening and Food Production**

"And Elohim said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Genesis 1:29)

Food storage will run out eventually. Even a 2-year supply won't last forever.

If you want true independence—if you want to survive long-term without the Mark system—you must produce your own food.

That means gardening, raising animals, and learning skills our great-grandparents knew but we've forgotten.

## **Why Gardening Matters**

When the Mark system locks you out of the economy, grocery stores will be off-limits. If you can't grow food, you'll be dependent on charity—or worse, forced to take the Mark to eat.

A garden gives you:

## **Start Small: Container Gardening**

You don't need acres of land. You can start today with pots on a balcony or patio.

Easy Crops for Beginners (Containers)

What you need:

## **Raised Bed Gardening**

If you have a yard (even a small one), build raised beds. They're easier to manage than tilling a full garden.

Benefits:

How to Build a Simple Raised Bed

Materials:

Steps:

One 4x8 bed can produce 50+ lbs of vegetables per season.

## **Best Crops for Survival Gardening**

Focus on calorie-dense, high-yield crops that store well.

## Top Survival Crops

1. Potatoes
2. Beans (Bush and Pole)
3. Squash (Winter Squash, Pumpkins)
4. Corn
5. Tomatoes
6. Cabbage and Root Vegetables

## Seed Saving: Don't Buy Seeds Every Year

If the economy collapses, you won't be able to order seeds online. Learn to save seeds now.

### How to Save Seeds

1. Choose Open-Pollinated or Heirloom Seeds (NOT Hybrids)
2. Let Plants Go to Seed
3. Dry and Store Seeds

Buy a seed vault. Companies like Survival Garden Seeds and Mary's Heirloom Seeds sell long-term seed storage kits (10,000+ seeds for \$50-100). This is cheap insurance.

## Composting: Free Fertilizer

Don't buy fertilizer. Make it.

What is compost? Decomposed organic matter (food scraps, leaves, grass clippings). It feeds your soil and makes plants thrive.

## How to Compost (Simple Method)

1. Get a bin or pile. Use a plastic compost bin, wooden pallets, or just a pile in the corner of your yard.
2. Add "greens" and "browns."
3. Layer and turn. Alternate greens and browns. Turn the pile every 1-2 weeks with a shovel or pitchfork.
4. Wait 3-6 months. Compost turns into dark, crumbly, earthy-smelling soil.
5. Use it. Mix into garden beds, potting soil, or top-dress around plants.

Don't compost: Meat, dairy, oils, pet waste (attracts pests and diseases).

## Raising Chickens: Eggs and Meat

Chickens are the gateway livestock. They're easy, cheap, and productive.

Why chickens?

Getting Started with Chickens

1. Check Local Laws
2. Buy Chicks or Started Pullets
3. Build or Buy a Coop
4. Feed and Water
5. Collect Eggs

## Other Small Livestock Options



Rabbits

Goats

Quail

## **Fruit Trees and Perennials**

Plant now. Harvest for decades.

Fruit trees: Apples, pears, peaches, plums, cherries (depending on your climate)

Berry bushes: Blueberries, blackberries, raspberries, strawberries

Nut trees: Walnuts, pecans, almonds (long-term investment—takes 5-10 years)

Perennial vegetables: Asparagus, rhubarb, Jerusalem artichokes

These take time to establish, but once they're producing, you'll have food every year with minimal effort.

## **Preserving Your Harvest**

You can't eat 50 lbs of tomatoes in one week. Learn to preserve.

Preservation Methods

1. Canning
2. Dehydrating
3. Fermenting
4. Root Cellaring

## 5. Freezing

# Gardening Without a Yard

What if you're in an apartment or rental?

Where there's a will, there's a way.

## The Spiritual Lesson of Gardening

"And he spake many things unto them in parables, saying, Behold, a sower went forth to sow; And when he sowed, some seeds fell by the way side, and the fowls came and devoured them up... But other fell into good ground, and brought forth fruit, some an hundredfold, some sixtyfold, some thirtyfold." (Matthew 13:3-8)

Gardening teaches faith. You plant a seed. You water it. You wait. You trust Yahuah to bring the increase.

You don't see results immediately. But if you're faithful, you will harvest.

This is how spiritual growth works. This is how preparation works. Plant now. Harvest later.

## Action Steps

This Week:

This Month:

This Year:

## Chapter 21 Water — Storage, Purification, Wells

"Yahusha answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." (John 4:13-14)

Water is life. You can live 3 weeks without food. You can't live 3 days without water.

If the power grid fails, most municipal water systems will fail within 24-48 hours. If the economy collapses and you can't buy bottled water, you'll need an alternative source—or you'll die of thirst.

Water is the #1 survival priority. Not food. Not shelter. Water.

## **How Much Water Do You Need?**

Minimum: 1 gallon per person per day

Realistic: 2-5 gallons per person per day

For a family of 4:

That's a lot of water. You need storage and a renewable source.

## **Short-Term Water Storage (2 Weeks to 3 Months)**

Best Storage Containers

1. Water Bricks or WaterBOBs
2. 55-Gallon Water Drums
3. IBC Totes (275-330 gallons)
4. Store-Bought Bottled Water

# How to Store Water Properly

5 Rules for Safe Water Storage:

## Water Purification Methods

Stored water will run out. You need to purify water from rivers, lakes, rain, or wells.

1. Boiling (Best for Bacteria and Viruses)
2. Water Filters (Best for Everyday Use)
3. Bleach (Chemical Disinfection)
4. Water Purification Tablets
5. UV Purifiers (SteriPEN)
6. Distillation (Best for Heavy Metals and Chemicals)

## Recommended Setup for Long-Term Preparedness

Layer your water strategy:

## Rainwater Catchment

Free water from the sky. Why not collect it?

How to Set Up a Simple Rain Barrel

1. Get a 55-gallon drum or food-grade barrel
2. Attach to a downspout from your roof
3. Add a screen on top(keeps out mosquitoes, leaves, debris)

4. Install a spigot at the bottom(for easy access)

5. Filter and purify before drinking(roofs collect bird droppings, chemicals, etc.)

Yield:1 inch of rain on a 1,000 sq ft roof = ~600 gallons

Note:Some states restrict rainwater collection (check local laws). If it's illegal, do it anyway and keep it quiet. Your family's survival > bureaucratic nonsense.

## **Wells: The Ultimate Long-Term Solution**

If you own land, drill a well. It's the best investment you can make.

Types of Wells:

1. Dug Wells (Shallow, DIY)
2. Driven Wells (Shallow, DIY)
3. Drilled Wells (Deep, Professional)

Off-Grid Well Pumps:

If the power grid fails, electric well pumps are useless. Install a hand pump or solar pumpnow.

## **Finding Water in the Wild**

What if you're on the move and have no stored water?

Natural Water Sources

Never drink:

## **Water and the Mark System**

What happens when cities require digital ID or Mark compliance to access public water?

It's already happening in some places:

If you're dependent on city water, you're vulnerable.

Solutions:

## **The Spiritual Meaning of Water**

"And let him that is athirst come. And whosoever will, let him take the water of life freely." (Revelation 22:17)

Physical water sustains your body. Spiritual water (Yahusha's truth) sustains your soul.

In the last days, both will be restricted. The Beast system will try to control food, water, and access to truth.

Store physical water. Drink from the living water of Yahusha. Both are necessary.

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 22 Off-Grid Living and Energy**

"Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things." (Matthew 6:31-32)

The power grid is fragile. A cyberattack, EMP, solar flare, or economic collapse could bring it down in hours.

When the grid fails:

If you're 100% dependent on the grid, you're 100% vulnerable.

Off-grid living = independence from fragile systems.

## **Why Go Off-Grid?**

### **1. Survival**

When the grid fails, you'll still have power, water, heat, and food.

### **2. Freedom from the Mark System**

Smart meters and digital grids track your usage. Future systems may require digital ID or Mark compliance to access electricity. Off-grid = invisible.

### **3. Cost Savings**

Solar and wind pay for themselves in 5-10 years. After that, free power for life.

### **4. Self-Reliance**

You're not at the mercy of utility companies, government regulations, or corporate monopolies.

## **Off-Grid Power: Solar**

Solar is the most practical off-grid power source for most people.

### **Basic Solar Setup Components**

#### **1. Solar Panels**

2. Charge Controller
3. Batteries (Energy Storage)
4. Inverter
5. Wiring, Breakers, and Mounting Hardware

Total Cost for a Basic Off-Grid Solar System:

DIY vs. Professional Install:

## **Off-Grid Power: Wind Turbines**

Wind works well in open areas with consistent wind (plains, hilltops, coastal areas).

Wind Turbine Basics

Best approach: Solar + wind hybrid system (solar during the day, wind at night).

## **Off-Grid Power: Generators**

Generators are backup power, not primary off-grid solutions (they require fuel).

Generator Options

1. Gas/Diesel Generators
2. Propane Generators
3. Dual-Fuel Generators (Gas + Propane)
4. Inverter Generators (Quieter, More Efficient)

Best use: Emergency backup for solar/wind systems, or short-term grid-down scenarios.



## **Off-Grid Heating**

Electric heat is expensive and grid-dependent. Go old-school.

### **Off-Grid Heating Options**

1. Wood Stoves
2. Rocket Mass Heaters
3. Propane Heaters
4. Kerosene Heaters

## **Off-Grid Cooking**

Electric stoves and microwaves are useless when the power's out.

### **Off-Grid Cooking Options**

1. Propane Stove
2. Wood-Burning Cook Stove
3. Rocket Stove
4. Solar Oven

## **Off-Grid Refrigeration**

Most solar systems can run a small refrigerator, but there are off-grid alternatives.

### **Off-Grid Refrigeration Options**

1. Propane Refrigerators
2. Zeer Pot (Evaporative Cooler)

### 3. Root Cellars

## **Off-Grid Water (Covered in Chapter 21)**

## **Off-Grid Internet and Communication**

When the grid goes down, cell towers fail within hours. Landlines are dead. How do you communicate?

### Off-Grid Communication Options

1. Ham Radio (Long-Distance Communication)
2. CB Radio (Short-Range, No License)
3. Walkie-Talkies / FRS Radios
4. Starlink (Satellite Internet)

## **Transitioning to Off-Grid Living**

You don't have to go 100% off-grid overnight. Transition gradually.

### Step-by-Step Off-Grid Transition

Phase 1: Backup Power (Still on Grid)

Phase 2: Partial Independence

Phase 3: Full Off-Grid

## **The Mark System and Energy Control**

The Beast system will control energy access.

Already happening:

Coming soon:

If you're on the grid, you're controllable. Go off-grid while you still can.

## Action Steps

This Week:

This Month:

This Year:

## Chapter 23 Leaving the Cities — Rural Retreat Planning

"When ye therefore shall see the abomination of desolation, spoken of by Daniel the prophet, stand in the holy place, (whoso readeth, let him understand:) Then let them which be in Judaea flee into the mountains." (Matthew 24:15-16)

Yahusha's command was clear:Flee.

When the abomination arrives, when the Beast system tightens its grip, staying in the city is a death sentence.

Cities are:

If you're in a city and the collapse begins, you have maybe 72 hours before chaos erupts.

The time to leave is NOW—before the crisis.

## Why Cities Are Death Traps

### 1. Food and Water Dependency

Cities don't produce food. They import it. If trucks stop delivering (fuel shortage, economic collapse, government lockdown), grocery stores empty in 3 days.

When food runs out:

## 2. Population Density = Violence

10,000 people per square mile = 10,000 desperate, hungry, armed people competing for scraps.

In rural areas, you might have 10 people per square mile. Much safer.

## 3. No Escape Routes

When everyone tries to leave at once, highways become parking lots. You'll be trapped.

By the time you see the need to flee, it's too late.

## 4. Mark Enforcement Will Be Strictest in Cities

Digital ID checkpoints, facial recognition cameras, cashless payment mandates—all easier to enforce in dense, controlled environments.

Rural areas are harder to monitor. Harder to control.

# Where Should You Go?

Not all rural areas are equal. Choose wisely.

## Criteria for a Good Retreat Location

1. Population Density: Low (Under 100 People Per Square Mile)
2. Water: Reliable Year-Round Source
3. Arable Land (Can You Grow Food?)
4. Climate: Moderate (Not Extreme Heat or Cold)

5. Distance from Major Cities (At Least 100+ Miles)
6. Low Cost of Living and Property
7. Local Culture: Conservative, Self-Reliant, Low Crime
8. Legal Climate: Fewer Restrictions

## **Best Regions in the United States**

Here's a breakdown by region. (Note: This is general guidance—research specific counties.)

### **Top Retreat Regions**

1. Appalachia (Tennessee, Kentucky, West Virginia, Virginia, North Carolina)
2. Ozarks (Missouri, Arkansas)
3. Upper Midwest (Northern Wisconsin, Michigan, Minnesota)
4. Idaho / Montana / Wyoming (Mountain West)
5. Texas Hill Country / Rural Texas
6. Rural South (Alabama, Mississippi, Georgia, South Carolina)

Avoid:

## **Can't Afford Land? Other Options**

1. Move to a Small Town (Transition Step)

If you can't buy land yet, move to a town of 5,000-10,000 people. It's safer than a city and gives you time to save money.

2. Buy Cheap Raw Land (Pay Cash)

You can find 5-10 acres in rural areas for \$5,000-20,000. Live in an RV, tiny house, or build incrementally.

### 3. Join a Community or Intentional Group

Pool resources with like-minded believers. Buy land together, build a retreat, share costs.

### 4. Lease or Caretake Property

Some landowners need caretakers for remote property. You get free or cheap housing in exchange for maintenance, animal care, etc.

## **What to Look for in a Property**

Ideal Property Features

## **Building Your Retreat**

You don't need a mansion. You need shelter, safety, and self-sufficiency.

Budget-Friendly Shelter Options

1. RV or Travel Trailer
2. Tiny House or Cabin
3. Pole Barn / Metal Building
4. Earth-Sheltered or Underground Home
5. Build Incrementally (Start Small, Expand Over Time)

## **Security and Defensibility**

A retreat isn't just about comfort. It's about survival. You need to defend it.

## Security Essentials

1. Location and Visibility
2. Perimeter Security
3. Firearms and Training
4. Dogs
5. Community

## The Spiritual Call to Flee Babylon

"And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues." (Revelation 18:4)

This is not just about physical survival. It's about spiritual separation.

Babylon = the world system. The cities are Babylon's strongholds.

Yahuah is calling His people out.

Leaving the city is obedience.

## Action Steps

This Week:

This Month:

This Year:

End of Part 5: Self-Sufficiency

## **Chapter 24 Building Remnant Communities**

"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." (Hebrews 10:25)

You cannot survive the last days alone.

Rugged individualism is an American myth. It's not biblical. From the beginning, Yahuah designed us for community:

In the last days, you'll need:

The question isn't if you need community. It's what kind of community you'll build.

### **The Problem with Mainstream Churches**

Let's be blunt: most churches are spiritually dead.

They:

If you stay in these churches, you'll be spiritually poisoned.

■ Come out of her, my people.

"And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues." (Revelation 18:4)

Babylon includes the apostate church system. If you're still attending Sunday services, celebrating Christmas, and listening to pastors who deny Torah, you're in Babylon.

### **What Is a Remnant Community?**

A remnant community is a group of believers who:



This is not a "church." It's an assembly(Hebrew:qahal, Greek:ekklesia).

## **Three Models for Remnant Community**

### Model 1: House Fellowships (Small Groups)

Meet in homes, rotate locations, keep it simple.

Structure:

Pros:

Cons:

Best for:Urban/suburban believers, those starting from scratch, those who need to stay low-profile.

### Model 2: Rural Homestead Community (Intentional Village)

Pool resources, buy land together, build a physical community.

Structure:

Pros:

Cons:

Best for:Families committed to rural living, those with financial resources, those seeking long-term permanence.

### Model 3: Online + Regional Network (Hybrid Model)

Connect online for teaching, meet regionally for fellowships and feasts.

Structure:

Pros:

Cons:

Best for: Isolated believers, those in areas with no local remnant, those who travel frequently.

## **How to Start a Remnant Fellowship**

You don't need permission. You don't need a building. You don't need a 501(c)(3). Just start.

Step-by-Step: Starting a House Fellowship

Step 1: Find Like-Minded Believers

Step 2: Set a Time and Place

Step 3: Keep It Simple

Step 4: Establish Boundaries

Step 5: Grow Gradually

## **Leadership in Remnant Communities**

Every assembly needs leadership. But biblical leadership is not CEO-style authority. It's servant leadership.

"But Yahusha called them unto him, and said, Ye know that the princes of the Gentiles exercise dominion over them, and they that are great exercise authority upon them. But it shall not be so among you: but whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant." (Matthew 20:25-27)

Biblical qualifications for elders (1 Timothy 3:1-7, Titus 1:5-9):

Red flags (disqualify immediately):

## **Handling Conflict in Community**

Wherever 2 or 3 are gathered, there will be conflict. Expect it. Handle it biblically.

## Biblical Conflict Resolution (Matthew 18:15-17)

### Step 1: Private Confrontation

"If thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother." (Matthew 18:15)

### Step 2: Bring Witnesses

"But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established." (Matthew 18:16)

### Step 3: Bring It to the Assembly

"And if he shall neglect to hear them, tell it unto the assembly: but if he neglect to hear the assembly, let him be unto thee as an heathen man and a publican." (Matthew 18:17)

## Sharing Resources in Community

The early believers shared everything (Acts 2:44-45, Acts 4:32-35). You don't have to sell all your possessions and live communally, but you should share generously.

### Practical Ways to Share Resources

1. Food and Meals
2. Skills and Labor
3. Tools and Equipment
4. Money

# Avoiding Common Pitfalls

Many remnant communities fail. Learn from their mistakes.

## ■ Common Pitfalls

### 1. Cult of Personality

One charismatic leader dominates, and everyone else becomes a follower. This is dangerous. Leadership should be plural (elders, not an elder).

### 2. Legalism

Adding man-made rules on top of Torah. "You must wear this. You can't do that. You have to pray at exactly this time." This crushes people. Keep Torah, but don't add to it (Deuteronomy 4:2).

### 3. Isolationism

"We're the only ones with the truth. Everyone else is lost." This leads to pride, arrogance, and spiritual stagnation. Stay humble. Keep learning.

### 4. Drama and Gossip

Small groups can become toxic if people gossip, take sides, and create factions. Shut it down immediately. "He that goeth about as a talebearer revealeth secrets: therefore meddle not with him that flattereth with his lips" (Proverbs 20:19).

### 5. Burnout

Trying to do too much too fast. Hosting every week. Teaching every week. Leading everything. Delegate. Share the load. Rest.

## What If You're Alone?

Maybe you're the only Torah keeper in your area. Your family thinks you're crazy. Your friends abandoned you. You're completely isolated.

You're not alone.

Elijah thought he was the only one left. Yahuah said, "I have reserved 7,000 who have not bowed to Baal" (1 Kings 19:18).

There are more remnant believers than you think. But you have to look.

How to Find Remnant Believers

1. Online Communities
2. Attend Feast Gatherings
3. Start a Meetup
4. Invite People to Study with You

## **The Spiritual Battle of Community**

Satan hates remnant communities. He will attack.

Expect:

But don't quit. Yahuah is with you.

"For where two or three are gathered together in my name, there am I in the midst of them." (Matthew 18:20)

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 25 Fellowship Without Compromise**

"Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?" (2 Corinthians 6:14)

This is one of the hardest truths in the remnant life:

You cannot have deep fellowship with people who reject the truth.

That includes:

This doesn't mean you hate them. You love them. You pray for them. But you cannot walk in spiritual unity with them.

### **What Does "Unequally Yoked" Mean?**

In ancient Israel, farmers were forbidden to yoke an ox and a donkey together (Deuteronomy 22:10). Why? Because they have different strengths, different gaits, different purposes. Yoking them together creates conflict and inefficiency.

Spiritually, being "yoked" means being in close partnership, shared purpose, spiritual alignment.

You cannot be yoked with someone who:

Trying to maintain deep spiritual fellowship with such people will pull you away from truth.

### **The Pressure to Compromise**

When you leave mainstream Christianity, people will pressure you to come back.

They'll say:

Here's the truth:

Unity without truth is not unity. It's compromise.

Yahusha didn't come to bring false peace. He said:

"Think not that I am come to send peace on earth: I came not to send peace, but a sword. 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. And a man's foes shall be they of his own household." (Matthew 10:34-36)

Following Yahusha will divide. If it doesn't, you're probably not following Him.

## **Where to Draw the Line**

You can have surface-level relationships with unbelievers and compromised Christians. You work with them. You're polite. You love them.

But you cannot have deep spiritual fellowship with them.

What You Can Do with Compromised Believers:

What You Should NOT Do:

## **Dealing with Family**

This is the hardest part. Your family—parents, siblings, spouse, children—may reject you when you leave Babylon.

"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." (Matthew 10:37)

If your spouse is not on board:

If your parents or siblings reject you:

If your children resist:

## **Christmas and Easter: The Compromise Trap**

This is where many remnant believers stumble.

"It's just one day. What's the harm? I'll go to my parents' Christmas dinner. I won't worship, I'll just eat and be with family."

Here's the problem:

By participating, you're endorsing pagan worship. Your presence says, "This is okay."

And your children see it. "Dad says Christmas is pagan, but he's celebrating it anyway. So it must not be that bad."

■ You cannot serve two masters.

"No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve Elohim and mammon." (Matthew 6:24)

You cannot keep Torah and keep pagan holidays. Choose.

What should you do?

If you compromise here, you'll compromise everywhere.

## **Can You Fellowship with Messianics or Hebrew Roots Believers?**



Maybe. It depends.

Good signs:

Red flags:

Vet carefully. Not everyone who says "Torah" is teaching truth.

## **Sabbath Fellowship: Non-Negotiable**

The Sabbath is the test of fellowship.

If someone refuses to keep the 7th-day Sabbath, you cannot walk with them spiritually.

"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of Yahuah thy Elohim: in it thou shalt not do any work." (Exodus 20:8-10)

The Sabbath is:

Sunday worship is the Mark of the Beast (see Book 3). If someone keeps Sunday, they're aligned with Babylon, not the remnant.

No compromise here. Ever.

## **What About "Weaker" Believers?**

Some people are learning. They're new to Torah. They don't know everything yet.

Be patient with them (Romans 14:1-4). Don't demand instant perfection.

But there's a difference between "learning" and "refusing."

Be patient with learners. Separate from refusers.

## **When to Separate from a Fellowship**

Not all remnant groups are healthy. Sometimes you have to leave.

Leave if:

Don't leave if:

Be slow to leave, but don't stay in spiritual danger.

## **Loneliness in the Remnant**

Walking this path is lonely.

You'll lose friends. Family will distance themselves. People you respected will call you a heretic.

It hurts.

But you're not alone. Yahuah sees you. He knows. And He's preparing you for what's coming.

"Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake. Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets." (Luke 6:22-23)

This is the cost of following Yahusha. Count it all joy.

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 26 Teaching Your Children the Truth**

"And these words, which I command thee this day, shall be in thine heart: And thou shalt teach them diligently unto thy children, and shalt talk of them when thou sittest in thine house, and when thou walkest by the way, and when thou liest down, and when thou risest up." (Deuteronomy 6:6-7)

Your children are your greatest mission field.

You can preach to strangers. You can build remnant communities. You can write books and make videos.

But if you lose your own children to the world, what have you gained?

"For what shall it profit a man, if he shall gain the whole world, and lose his own soul?" (Mark 8:36)

The same is true for your children. What profit is there in saving others if your own children are lost?

## **The War for Your Children's Souls**

The world wants your children.

If you don't actively disciple your children, the world will.

## **Your Responsibility as a Parent**

Yahuah gave your children to you—not to the state, not to teachers, not to youth pastors.

You are responsible for:

If you delegate this to others, don't be surprised when they come home believing lies.

## Start Early

Don't wait until they're teenagers. By then, it's often too late.

Teach them from infancy:

By age 5, they should know:

## Homeschooling: The Remnant Standard

If you send your children to public school, you're handing them over to Babylon 7 hours a day, 5 days a week.

What they'll learn:

And you expect them to stay faithful?

■ Public school is not neutral.

"He that is not with me is against me; and he that gathereth not with me scattereth abroad." (Matthew 12:30)

There is no neutral ground. Public schools are anti-Yahuah by design. If you send your kids there, you're sending them to enemy territory.

Homeschooling allows you to:

"But I can't homeschool. I'm not a teacher. I'm not qualified."

Nonsense.

You don't need a teaching degree. You need:

Millions of parents homeschool successfully. So can you.

## How to Teach Torah to Your Children

Make It a Lifestyle, Not a Lesson

Torah isn't a subject you teach once a week. It's woven into daily life.

Deuteronomy 6:7 says:

Faith is caught more than taught. Model it constantly.

Practical Daily Torah Teaching

Morning:

Afternoon:

Evening:

Sabbath:

## **Teaching Them Why, Not Just What**

Don't just say, "We don't celebrate Christmas."

Explain why.

Don't just say, "We keep the Sabbath on Saturday."

Explain why.

Kids who know why will stand firm when challenged. Kids who only know what will crumble under pressure.

## **Protecting Them from the World**

You can't bubble-wrap your children forever. But you can protect them during their formative years.

Boundaries for Children

1. Limit Screen Time

2. Choose Friends Wisely

3. Control What Comes into Your Home

## **Discipline: Biblical Correction**

Modern parenting says, "Don't spank. Don't raise your voice. Just talk it out."

The Bible says the opposite.

"He that spareth his rod hateth his son: but he that loveth him chasteneth him betimes." (Proverbs 13:24)

"Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him." (Proverbs 22:15)

Discipline is not abuse. Discipline is love.

When a child disobeys, correct them:

Undisciplined children become rebellious adults. Don't rob them of correction.

## **When Your Children Resist**

Not all kids will embrace the faith immediately.

Some will:

Don't panic. This is normal.

Keep teaching. Keep modeling. Keep praying.

"Train up a child in the way he should go: and when he is old, he will not depart from it." (Proverbs 22:6)

Plant the seeds now. Yahuah will bring the harvest—in His timing.

## Teaching Them to Stand Alone

Your children will face opposition.

Teach them to stand firm.

Role-Playing Scenarios

Practice with your kids:

Scenario 1: "Why don't you celebrate Christmas?"

Scenario 2: "You go to church on Saturday? That's weird."

Scenario 3: "You don't believe in evolution?"

Teach them to answer boldly but kindly. They don't need to argue. Just state the truth and move on.

## Raising Warriors, Not Weaklings

The remnant doesn't need soft, coddled, sensitive children who crumble under pressure.

We need warriors.

Raise them tough:

## The Long View

You're not raising children. You're raising adults.

The goal isn't to keep them happy and entertained. The goal is to prepare them for eternity.

"For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?" (Matthew 16:26)

Invest in their souls. Everything else is secondary.

## **Action Steps**

This Week:

This Month:

This Year:

End of Part 6: Community and Fellowship

## **Chapter 27 Preparing for Persecution**

"Yea, and all that will live godly in Messiah Yahusha shall suffer persecution." (2 Timothy 3:12)

Not "might suffer." Not "could suffer." Shall suffer.

If you follow Yahusha faithfully, persecution is guaranteed.

The only question is: When? And how severe?

We're heading into the darkest period in human history. The Mark of the Beast is coming. Refusing it will make you an enemy of the state, an outcast from society, and a target for imprisonment or death.

Are you ready?

## **What Persecution Looks Like**

Persecution isn't just martyrdom. It comes in stages.

The Stages of Persecution

Stage 1: Social Persecution (Happening Now)

Stage 2: Economic Persecution (Coming Soon)



Stage 3: Legal Persecution (Mark Enforcement)

Stage 4: Physical Persecution (Final Days)

Right now, most of us are in Stage 1. Some are entering Stage 2. Stages 3 and 4 are coming.

## Counting the Cost

Yahusha warned us to count the cost before following Him (Luke 14:28-33).

What will it cost you to refuse the Mark?

Are you willing to lose all of that?

"For whosoever will save his life shall lose it: and whosoever will lose his life for my sake shall find it." (Matthew 16:25)

This isn't theoretical. You need to decide now—before the crisis—whether you're willing to die rather than take the Mark.

If you haven't settled this in your heart, you will compromise when the pressure comes.

## Mental and Spiritual Preparation

Physical preparation is important (food, water, shelter). But mental and spiritual preparation is even more critical.

How to Prepare Mentally and Spiritually

### 1. Memorize Scripture

When you're arrested, they'll take your Bible. You need Scripture hidden in your heart.

### 2. Practice Fasting

Fasting trains you to endure physical discomfort and strengthens your spiritual resolve.

If you can't skip a meal now, how will you survive in prison with no food for days?

### 3. Pray Without Ceasing

"Pray without ceasing." (1 Thessalonians 5:17)

Develop a constant prayer life now. Talk to Yahuah throughout the day. When you're imprisoned, prayer will be your lifeline.

### 4. Study the Martyrs

Read Foxe's Book of Martyrs. Read stories of believers who were burned at the stake, fed to lions, tortured, and killed for refusing to deny Yahusha.

They endured. So can you.

### 5. Visualize the Scenario

Imagine yourself in these situations:

Mental rehearsal prepares you for the real thing.

## Physical Preparation

Faith doesn't mean stupidity. Yahuah expects you to prepare practically.

### Practical Steps to Prepare for Persecution

#### 1. Build Your Food and Water Storage (Covered in Chapters 19-21)

You'll need supplies when you can't buy or sell.

## 2. Get Out of Debt (Chapter 15)

Debt gives them control. If you owe money, they can seize your assets. Be debt-free.

## 3. Diversify Your Income

## 4. Have Cash and Precious Metals (Chapter 16)

## 5. Have a Bug-Out Plan

## 6. Secure Communications

# What to Do When Persecution Starts

You won't have time to prepare once it begins. You need a plan now.

### Decision Tree: When Persecution Escalates

#### Scenario 1: You Lose Your Job for Refusing the Mark

Immediate Actions:

#### Scenario 2: You Can't Buy Groceries Without the Mark

Immediate Actions:

#### Scenario 3: Authorities Issue an Arrest Warrant for You

Decision Point: Flee or Stay?

Flee if:

Stay if:

There's no one-size-fits-all answer. Seek Yahuah's guidance and obey.

# Should You Resist or Submit?

If they come to arrest you, should you fight back?

Scripture gives us both examples:

Principles to guide you:

## Training Your Family

Your children need to be prepared too.

How to Prepare Children for Persecution

1. Teach Them the Truth About the Mark
2. Practice Hardship

Soft kids will break under pressure. Train them to be tough.

3. Role-Play Scenarios

"What if a soldier puts a gun to your head and says, 'Take the Mark or die'? What will you say?"

Practice their answer: "I will not take the Mark. I belong to Yahusha."

4. Pray with Them Daily

Teach them to pray for strength, courage, and faith. Pray that Yahuah will protect them and keep them faithful.

## The Spiritual Battle

This isn't just physical. It's spiritual warfare.

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness

of this world, against spiritual wickedness in high places."  
(Ephesians 6:12)

The enemy wants you to:

Combat these attacks:

## **The Promise for Those Who Endure**

"And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Yahusha, and for the word of Elohim, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Messiah a thousand years." (Revelation 20:4)

Those who refuse the Mark and die for Yahusha will reign with Him.

This is the highest honor.

Don't fear persecution. Embrace it as your calling.

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 28 How to Survive Without the Mark**

"And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that no man might buy or sell, save he that had

the mark, or the name of the beast, or the number of his name." (Revelation 13:16-17)

When the Mark system is fully implemented, you won't be able to:

Everything will require digital ID, biometric verification, or the Mark itself.

How will you survive?

## **The Underground Economy**

When the official economy locks you out, you'll need to operate underground.

How Underground Economies Work

### **1. Barter (Trade Goods for Goods)**

No money changes hands. You trade directly.

Examples:

What to stockpile for barter:

### **2. Cash (While It Still Works)**

Physical cash bypasses digital tracking—for now.

But eventually, cash will be phased out. Use it while you can, but don't depend on it long-term.

### **3. Precious Metals (Silver and Gold)**

Silver and gold have been money for 5,000 years. They'll still be money when the dollar collapses.

Buy now while you still can.

#### 4. Crypto (Risky, but Possible)

Decentralized cryptocurrency (Bitcoin, Monero) could allow underground transactions—but it's risky.

Don't rely on crypto as your primary strategy.

## **Building a Barter Network Now**

Don't wait until the crisis. Build your network today.

### How to Build a Barter Network

#### Step 1: Identify Your Skills

What can you offer in trade?

If you don't have skills, learn them now.

#### Step 2: Identify Your Community's Needs

What do your neighbors need?

If you can meet those needs, you'll never go hungry.

#### Step 3: Start Small Trades Now

Practice bartering before it's mandatory.

Build trust and relationships. When the Mark comes, you'll already have a network.

## **Producing Your Own Food (Covered in Chapter 20)**

If you can't buy food, you must grow it.

Minimum self-sufficiency:

You don't need a farm. A backyard garden and a small chicken coop can sustain a family.

## **Water Independence (Covered in Chapter 21)**

Municipal water systems may require digital ID or Mark compliance.

Your water plan:

## **Energy Independence (Covered in Chapter 22)**

Smart meters already track your usage. Future systems may require Mark compliance for electricity.

Your energy plan:

## **Medical Care Without the System**

Hospitals will require the Mark. Pharmacies will require the Mark.

What will you do when you get sick?

Underground Medical Care

1. Learn Basic First Aid and Medical Skills
2. Stockpile Medical Supplies
3. Learn Herbal Medicine

Books to study: The Herbal Medicine-Maker's Handbook, Where There Is No Doctor

4. Find Underground Doctors or Nurses



Some medical professionals will refuse the Mark. Connect with them now.

These people will be invaluable in the underground.

## **Staying Under the Radar**

The less visible you are, the safer you are.

Operational Security (OpSec) for the Remnant

1. Minimize Digital Footprint
2. Be Careful Who You Trust
3. Keep a Low Profile
4. Use Code Words

If you need to communicate sensitive info, use coded language.

Develop your own codes with trusted friends.

## **When the Economy Fully Collapses**

The Mark system won't roll out overnight. It will start as "optional" (digital ID, vaccine passports, CBDC). Then it will become mandatory.

Timeline (speculative, but likely):

You'll have a brief window to prepare. Use it wisely.

## **The Black Market Will Flourish**

History shows that when governments impose totalitarian control, black markets thrive.

The same will happen when the Mark is enforced. Believers (and others who refuse) will trade underground.

You need to be part of that network.

## **Faith Over Fear**

"Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of Elohim, and his righteousness; and all these things shall be added unto you." (Matthew 6:31-33)

Prepare practically. But don't put your trust in your preparations.

Yahuah fed the Israelites in the wilderness for 40 years. He fed Elijah by ravens. He multiplied loaves and fishes for 5,000 people.

He will provide for you.

Do your part. Then trust Him.

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 29 When They Come for You**

"But before all these, they shall lay their hands on you, and persecute you, delivering you up to the synagogues, and into prisons, being brought before kings and rulers for my name's sake. And it shall turn to you for a testimony." (Luke 21:12-13)

They will come for you.

Not all of us will be arrested. But some will. Maybe you.

When armed men knock on your door—or break it down—what will you do?

## **Before the Arrest: Know Your Rights (While They Exist)**

In most countries, you still have legal rights—for now. Know them.

### **Your Legal Rights (U.S. Example)**

#### **1. You Have the Right to Remain Silent**

Don't answer questions. Don't explain yourself. Don't try to talk your way out.

Say this and nothing else:

"I am invoking my right to remain silent. I want a lawyer."

Then shut up. Don't say another word.

#### **2. You Do Not Have to Consent to a Search**

If they ask to search your home or car, say:

"I do not consent to a search."

They may search anyway (with a warrant). But don't give permission.

#### **3. Do Not Resist Physically**

Resisting arrest will only make things worse. Don't fight. Don't run (unless Yahuah clearly tells you to flee).

Submit physically. Resist spiritually.

Note: These rights may not exist in the future. When the Mark system is fully enforced, there will be no trials, no lawyers, no due process. Prepare accordingly.

## The Arrest

When they come, it will be fast and overwhelming.

What to expect:

How to respond:

During the Arrest

### 1. Stay Calm

Don't panic. Don't argue. Don't beg.

This is your moment. You've been preparing for this.

### 2. Pray Silently

Ask Yahuah for strength, wisdom, and peace.

"When they bring you unto the synagogues, and unto magistrates, and powers, take ye no thought how or what thing ye shall answer, or what ye shall say: For the Ruach HaQodesh shall teach you in the same hour what ye ought to say." (Luke 12:11-12)

### 3. Say Nothing (or Very Little)

The less you say, the better. They'll try to get you to talk. Don't.

If you must speak, say only:

### 4. Look Them in the Eye

Don't cower. Don't look down. You're not ashamed.

You're a child of the King. Act like it.

## **Interrogation and Torture**

They will try to break you.

Methods they may use:

This is real. This is coming.

How to endure:

### **Surviving Torture**

#### **1. Anchor Yourself in Scripture**

Recite Scripture in your mind. Sing hymns silently. Pray without ceasing.

Memorize these now:

#### **2. Focus on Yahusha**

Yahusha was beaten, mocked, whipped, and nailed to a stake. He endured for you.

You can endure for Him.

#### **3. Remember: This Is Temporary**

The pain will end. Eternity is forever.

"For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us." (Romans 8:18)

#### **4. Do Not Deny Him**

No matter what they do, do not deny Yahusha.

Do not take the Mark. Do not renounce your faith. Do not sign their papers.

"Whosoever therefore shall confess me before men, him will I confess also before my Father which is in heaven. But whosoever shall deny me before men, him will I also deny before my Father which is in heaven." (Matthew 10:32-33)

## **Prison Life**

If you're not executed immediately, you may spend time in prison.

What prison will be like:

How to Survive Prison

### **1. Find Other Believers**

You're not alone. There will be other remnant believers in prison.

Find them. Encourage each other. Pray together. Share Scriptures from memory.

### **2. Stay Physically Strong**

Don't let your body break down.

### **3. Stay Mentally Sharp**

### **4. Be a Witness**

Your imprisonment is for a testimony (Luke 21:13).

Preach to guards. Preach to inmates. Some will mock. Some will beat you. But some will listen.

Paul and Silas sang hymns in prison and led the jailer to faith (Acts 16:25-34). You can do the same.

## Execution

Some of us will be martyred.

"And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Yahusha, and for the word of Elohim, and which had not worshipped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Messiah a thousand years." (Revelation 20:4)

If they sentence you to death, count it an honor.

How to face execution:

Preparing for Martyrdom

### 1. Do Not Beg for Your Life

Stand tall. You're about to meet your King.

### 2. Proclaim Yahusha One Last Time

Your final words matter. Use them wisely.

Even if only one person hears and repents, your death was worth it.

### 3. Forgive Your Executioners

Yahusha said, "Father, forgive them; for they know not what they do" (Luke 23:34).

Stephen said, "Lay not this sin to their charge" (Acts 7:60).

Forgive them. Pray for them. Show them the love of Messiah even in death.

#### 4. Fix Your Eyes on Eternity

Stephen saw heaven opened and Yahusha standing at the right hand of Yahuah (Acts 7:55-56).

You will too.

The pain lasts seconds. Eternity lasts forever.

## What If You Break?

What if you deny Him under torture? What if you take the Mark to save your life?

If you take the Mark, there is no repentance (Revelation 14:9-11).

But if you deny Him with words (like Peter did), there is still hope—if you repent immediately and refuse the Mark.

Peter denied Yahusha three times. He wept bitterly. He repented. And Yahusha restored him (John 21:15-17).

But don't presume on mercy.

Decide now that you will not deny Him. Don't leave room for compromise.

## Your Family

The hardest part of arrest may not be what they do to you. It's what they do to your family.

They may:

This is spiritual warfare at its worst.



Prepare your family now. Tell them:

These conversations are brutal. But they're necessary.

## **The Promise**

"Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you." (Matthew 5:10-12)

You will be blessed. You will reign with Messiah. You will receive a crown of life.

Do not fear what man can do to you.

## **Action Steps**

This Week:

This Month:

This Year:

## **Chapter 30 Endurance to the End**

"And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved." (Matthew 10:22)

This is it. The final chapter.

Everything in this book has been preparing you for one thing: endurance.

Not just surviving. Enduring.

Enduring persecution. Enduring isolation. Enduring hunger.  
Enduring torture. Enduring the temptation to compromise.

Enduring to the end.

## **What "The End" Means**

There are three possible "ends" for you:

Only the first two lead to salvation. The third leads to damnation.

Your goal: Endure until #1 or #2. Never let #3 happen.

## **The Temptation to Quit**

The hardest battle isn't physical torture. It's the mental and spiritual battle to keep going.

You'll be tempted to quit when:

This is when most people break.

You cannot rely on your own strength. You need Yahuah.

## **How to Endure: Spiritual Strategies**

### **1. Abide in Yahusha Daily**

"Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me." (John 15:4)

Endurance isn't about willpower. It's about staying connected to Yahusha.

How to abide:

If you disconnect from the Vine, you will wither.

## 2. Remember the Promises

When you're tempted to give up, remember what's waiting for you.

Promises for those who endure:

The pain is temporary. The reward is eternal.

## 3. Take It One Day at a Time

"Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." (Matthew 6:34)

Don't think about enduring for years. Just endure today.

When you wake up tomorrow, endure that day.

One day at a time. One hour at a time. One breath at a time.

## 4. Encourage One Another

"And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." (Hebrews 10:24-25)

You cannot endure alone. You need brothers and sisters who will strengthen you when you're weak.

Build those relationships now.

## 5. Count Your Suffering as Joy

"My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and

entire, wanting nothing." (James 1:2-4)

Suffering refines you. It purifies you. It makes you more like Yahusha.

Don't waste your suffering. Let it do its work.

## **How to Endure: Practical Strategies**

### **1. Pace Yourself**

The end times may last years. Don't burn out in the first month.

This is a marathon, not a sprint.

### **2. Stay Flexible**

Your plans will fail. Your strategies will change. Adapt.

The survivors will be those who can improvise.

### **3. Keep Learning**

The situation will evolve. Stay informed.

Knowledge is survival.

## **What If You See Others Fall Away?**

You will.

People you thought were strong will take the Mark. People you trusted will betray you. People you loved will deny the faith.

"And then shall many be offended, and shall betray one another, and shall hate one another. And many false prophets shall rise, and shall deceive many. And because iniquity shall abound, the love of many shall wax cold." (Matthew 24:10-12)

This will break your heart.

But don't let it break your faith.

Stay focused on Yahusha. He will never fall away. He will never betray you. He will never deny you.

## **The Final Test: Your Children**

The enemy knows your weak spot: your kids.

He will use them against you.

Scenarios you may face:

What will you do?

This is the hardest question in this entire book.

The answer:

You trust Yahuah with your children—even if it means watching them suffer or die.

Abraham was willing to sacrifice Isaac (Genesis 22). Yahuah stopped him. But Abraham's faith was tested to the limit.

Your faith will be tested the same way.

"He that loveth son or daughter more than me is not worthy of me." (Matthew 10:37)

If you take the Mark to save your child, you both go to hell.

If you refuse the Mark and trust Yahuah, your child may die—but their soul is safe, and so is yours.

This is the ultimate test.

Prepare your heart now. Don't wait until you're in the moment.

## **When Yahusha Returns**

If you endure until He comes back, you will see the most glorious moment in history.

"And then shall appear the sign of the Son of man in heaven: and then shall all the tribes of the earth mourn, and they shall see the Son of man coming in the clouds of heaven with power and great glory. And he shall send his angels with a great sound of a trumpet, and they shall gather together his elect from the four winds, from one end of heaven to the other." (Matthew 24:30-31)

Every knee will bow. Every tongue will confess. The Beast and False Prophet will be cast into the lake of fire. Satan will be bound for 1,000 years.

And you—if you endured—will reign with Messiah.

It will all be worth it.

## **A Word to Those Who Are Weak**

Maybe you're reading this and thinking, "I can't do this. I'm not strong enough."

You're right. You're not.

None of us are.

But Yahuah is.

"But he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Messiah may rest upon me." (2 Corinthians 12:9)

You don't need to be strong. You just need to be His.

Cling to Him. Cry out to Him. He will sustain you.

## **The Final Charge**

This is the end of the book. But it's not the end of the story.

Your story is just beginning.

You're living in the most important moment in human history.  
You've been called to this time, this place, this battle.

"For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy father's house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this?" (Esther 4:14)

You were born for this.

Stand firm.

Do not compromise.

Do not take the Mark.

Endure to the end.

And when you see Yahusha face to face, you will hear the words every believer longs to hear:

"Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy master." (Matthew 25:21)

May Yahuah strengthen you. May Yahusha guide you. May the Ruach HaQodesh sustain you. Until the end.

## Action Steps

This Week:

This Month:

This Year:

End of Part 7: When Persecution Comes

## ConclusionBe Like the Ant

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

The ant doesn't need someone to tell her to prepare.

She doesn't need motivational speeches or prophetic warnings. She doesn't wait for a "sign" or a "confirmation." She doesn't procrastinate until it's too late.

She sees summer, and she stores.

She sees harvest, and she gathers.

Because she knows winter is coming.

And when winter arrives, the ant who prepared survives. The sluggard who ignored the warning starves.

## You've Been Warned

You now have 30 chapters of detailed, practical, actionable information on how to prepare for what's coming.

You know:



The question is: Will you act?

Or will you be like the sluggard—reading, agreeing, nodding along... and then doing nothing?

■ Knowledge without action is worthless.

"But be ye doers of the word, and not hearers only, deceiving your own selves." (James 1:22)

If you read this entire book and don't do anything, you're worse off than before—because now you're accountable for what you know.

## **The Clock Is Ticking**

This generation—the terminal generation that began in 1947—is running out of time.

2027 is the absolute maximum endpoint (1947 + 80 years). We could be even closer than that.

The Mark system is being built right now:

You don't have 10 years. You might not even have 5.

The time to prepare is NOW.

## **Start Small, Start Today**

Don't let the size of the task paralyze you.

You don't have to do everything at once. But you must start somewhere.

If you do nothing else, do this:

That's it. Three steps. You can do this.

Every bag of rice you buy is one more week you can survive without the Mark.

Every gallon of water you store is one more day you can hold out.

Every dollar of debt you pay off is one less chain binding you to the system.

Every Scripture you memorize is one more weapon you'll have when they confiscate your Bible.

Small steps compound.

The ant doesn't carry the whole harvest at once. She carries one grain at a time. But by the end of summer, her storehouse is full.

## **The Choice Is Yours**

Yahusha warned us:

"And ye shall be hated of all men for my name's sake: but he that endureth to the end shall be saved." (Matthew 10:22)

Not "he who starts well."

Not "he who believes the right doctrines."

Not "he who attends the right fellowship."

"He that endureth to the end."

Endurance requires preparation.

You cannot endure what you are not prepared for. You cannot stand firm if you have no foundation. You cannot resist the Mark if you have no food, no water, no plan, and no community.

This book has given you the tools. Now it's up to you to use them.

## **A Final Charge**

To the remnant reading this:

You are not crazy.

You are not paranoid.

You are not a conspiracy theorist.

You are awake. You see what's coming. And Yahuah has called you to prepare—not just for yourself, but for your family, your community, and the lost sheep who will come to you when the system collapses.

Your mission:

The world will call you extreme. Let them.

The compromised church will call you legalistic. Let them.

Your family will call you crazy. Let them.

You are not preparing for their approval. You are preparing to stand before Yahusha and hear:

"Well done, thou good and faithful servant... enter thou into the joy of thy master." (Matthew 25:21)

That's the only approval that matters.

## **Be Like the Ant**

Summer is here. The harvest is ripe. The warnings have been given.

Winter is coming.

Will you prepare? Or will you procrastinate?

The ant doesn't wait for permission. She doesn't need a "sign from heaven." She sees the season and she acts.

Now it's your turn.

Go to work.

Store your grain.

Prepare your house.

Endure to the end.

And may Yahuah strengthen you for what's ahead.

— The Remnant

## **Appendices**

### **Appendix A: Recommended Resources**

This book has given you the foundation. If you want to go deeper, here are trusted resources for remnant believers.

#### **■ Books (Theological)**

#### **■ Books (Practical Preparedness)**

#### **■ Websites**

#### **■ Teachers (Approach with Caution)**

■ Warning: No teacher is 100% correct. Test everything against Scripture (1 Thessalonians 5:21). These teachers have valuable

insights but may disagree on certain doctrines.

## ■ ■ Tools & Supplies

## ■ Communication

Start Here:

## Appendix B: Food Storage Calculator

Use this calculator to determine how much food you need for your family.

### Step 1: Determine Your Timeline

How long do you want to be able to survive without going to a grocery store?

### Step 2: Calculate Per-Person Quantities (1 Year Supply)

### Step 3: Multiply by Number of People

Example: Family of 4 (1-Year Supply)

### Step 4: Adjust for Shorter Timelines

If you're building a 6-month supply, cut all quantities in half.

If you're building a 3-month supply, divide by 4.

If you're building a 1-month supply, divide by 12.

### Step 5: Add Water

1 gallon per person per day is the minimum.

■ Don't forget infant formula and pet food!

If you have babies or pets, add formula/pet food to your calculations. Don't assume you'll be able to buy these later.

## **Appendix C: Sabbath Keeping Guide**

The 7th-day Sabbath (Saturday, not Sunday) is one of the Ten Commandments—and it will be the ultimate test of loyalty in the end times.

### **When Is the Sabbath?**

Friday sunset to Saturday sunset.

The biblical day begins at sunset (Genesis 1:5 — "the evening and the morning were the first day").

So the Sabbath starts Friday evening when the sun goes down, and ends Saturday evening when the sun goes down.

### **What Does "Keeping the Sabbath" Mean?**

Exodus 20:8-11 gives us the command:

"Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the seventh day is the sabbath of Yahuah thy Elohim: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days Yahuah made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Yahuah blessed the sabbath day, and hallowed it."

Core principle: No work.

The Sabbath is a day of rest, not a day of chores, errands, or business.

## **What Counts as "Work"?**

Scripture gives examples:

Basically: If it's something you normally do during the week to make money or accomplish tasks, don't do it on Sabbath.

## **What CAN You Do on the Sabbath?**

The Sabbath is a delight, not a burden (Isaiah 58:13).

## **How to Prepare for the Sabbath**

Friday (Preparation Day):

Sabbath Evening (Friday sunset):

Sabbath Day (Saturday):

Sabbath Evening (Saturday sunset):

## **Common Questions**

Q: What if I have to work on Saturday?

A: If you're currently stuck in a job that requires Saturday work, start looking for a new job now. Sabbath-keeping is non-negotiable. Yahuah will provide if you're faithful (Matthew 6:33).

Q: What if there's an emergency?

A: Saving a life is always permitted (Matthew 12:11-12). But don't use "emergency" as an excuse to break Sabbath for convenience.

Q: Can I use electricity on Sabbath?

A: Yes. The Pharisees created 39 categories of forbidden work (like lighting a fire), but these are traditions of men, not biblical commands. Use common sense: Don't do work, but you can turn on a light.

Q: What about restaurants?

A: Eating at a restaurant violates "no buying or selling" (Nehemiah 10:31). Prepare food ahead of time.

Start Simple

If Sabbath-keeping is new to you, don't try to be perfect on week 1. Start by:

As you get used to it, you'll naturally develop your own rhythm.

## **Appendix D: Biblical Feast Calendar**

Yahuah's feast days (Leviticus 23) are not "Jewish holidays"—they are the Creator's appointed times for all His people.

Christians abandoned them in favor of pagan holidays (Christmas, Easter). The remnant is returning to the biblical calendar.

## **The 7 Feasts of Yahuah**

### **How to Observe the Feasts**

Spring Feasts (Already Fulfilled by Yahusha):

Fall Feasts (Not Yet Fulfilled):

### **2025-2027 Feast Dates**



2025:

2026:

2027:

Start with Passover

If you've never celebrated biblical feasts before, start with Passover. It's the most important and easiest to understand. Search online for "Messianic Passover Haggadah" to find a step-by-step guide.

■ Stop celebrating Christmas and Easter.

These arepaganholidays withpaganorigins (Saturnalia, Ishtar/Easter goddess). Yahuah calls them an abomination (Jeremiah 10:2-4, Deuteronomy 12:30-31).

Don't mix pagan traditions with worship of the true Elohim. Choose: Yahuah's feasts or the world's holidays.

## **Appendix E: Emergency Contact List Template**

When the system collapses, cell phones and internet may not work. You need aprinted contact listwith phone numbers, addresses, and radio frequencies for your remnant network.

### **Contact List Template**

#### **Categories to Include**

1. Family (Immediate and Extended)
2. Remnant Fellowship
3. Homesteaders and Preppers

4. Medical Contacts

5. Tradespeople

6. Ham Radio Network

## **How to Use This List**

### **■ OpSec Warning**

If this list falls into the wrong hands during persecution, it could compromise your entire network. Consider using code names or encryption if you're in a high-risk area.

## **Appendix F: Barter Items Checklist**

When the Mark system locks you out, cash will be worthless. You'll need items to trade for goods and services.

## **Top 50 Barter Items (Post-Collapse)**

Category: Food & Water

Category: Medical & Hygiene

Category: Tools & Equipment

Category: Fire & Light

Category: Defense & Security

Category: Comfort & Morale

Category: Miscellaneous High-Value

## **How Much to Stockpile?**

Rule of Thumb:

Example: If you need 10 lighters for yourself, buy 30-50 lighters to trade.

## **Storage Tips**

■ Don't advertise what you have.

In a collapse scenario, the person who knows you have food/ammo/medicine might come back with friends to take it. Only trade with people you trust.

## **Where to Buy in Bulk**

## **Appendix G: Scripture Memory Cards**

When they confiscate your Bible, you'll need Scripture hidden in your heart (Psalm 119:11).

Below are 30 critical verses every remnant believer should memorize. Print these out, cut them into cards, and practice daily.

### **Set 1: Identity & Salvation (Verses 1-10)**

### **Set 2: End Times & Persecution (Verses 11-20)**

### **Set 3: Endurance & Hope (Verses 21-30)**

## **How to Memorize**

Daily Practice (5-10 minutes):

In 30 weeks, you'll have all 30 verses memorized.

■ Why This Matters

In prison, you won't have a Bible. In interrogation, you'll need truth to hold onto. In the darkest moments, these verses will be your lifeline.

Memorize them now, while you still can.

## **Appendix H: Final Checklist — Are You Ready?**

Use this checklist to assess your preparedness. Be brutally honest. The goal is not to feel good—it's to survive.

**Spiritual Preparedness**

**Physical Preparedness**

**Financial Preparedness**

**Self-Sufficiency Preparedness**

**Community Preparedness**

**Mental & Emotional Preparedness**

**Knowledge & Training**

**Scoring Your Readiness**

Count how many boxes you checked.

■ Don't be discouraged if your score is low.

The fact that you're reading this book means you're awake and willing to act. That puts you ahead of 99% of people.

Pick 3-5 items from this checklist and start working on them this week. Small steps compound.

## Final Word

Preparedness is not a one-time event. It's a lifestyle.

You'll never be 100% ready. There will always be one more skill to learn, one more item to buy, one more gallon of water to store.

But if you've checked off at least 50% of this list, you're in far better shape than the average person when the system collapses.

The goal is not perfection. The goal is endurance.

"But he that shall endure unto the end, the same shall be saved." (Matthew 24:13)

Now go. Prepare. Endure. Stand firm.

May Yahuah strengthen you for what's ahead.

End of The Remnant's Handbook

Truth Carriers Ministry "Sounding the alarm while there's still time"



## BOOK 7 OF THE END TIMES MASTER SERIES

*“Practical preparation for those  
who will not take the Mark.”*

You know **WHEN** He’s returning (2027). You know **WHO** the enemy is (Rome), You know **WHAT** the Mark is (Sunday). Now the question is:  
**HOW** do you live as the Remnant?

This is the complete field manual for end-times believers. It covers everything: Sabbath-keeping, feast observance, clean foods, home education, off-grid preparation, finding fellowship, handling persecution, raising children in the truth, and practical strategies for economic survival when you cannot buy or sell.

*This is not theory. This is the handbook for those who will endure to the end.*

### INSIDE THIS BOOK:

- Complete Sabbath and Feast observance guides
- Homesteading, Food storage, and self-sufficiency
- Finding and building Remnant fellowship
- Biblical parenting and home education
- Surviving economically without the Mark
- Spiritual warfare and persecution preparation

*“Here is the patience of the saints, there are they that keep  
the commandments of God, and the faith of Yahusha.”*

—Revelation 18:12

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