POSITIONED & PREPARED

A Spirit, Soul & Body Preparation and Reflection Workbook

A Letter of Encouragement

Hello Everyone,

First, I want to thank God for His goodness and mercy, and for loving us enough to speak to us and give us time to prepare. I also want to thank Prophetess Elizabeth for the call this week and for making room for us to hear what the Lord was sharing. I am truly grateful.

A few things God shared during our call:

- Thank Him. It is His mercy that He is speaking to us and giving us time to prepare.
- Distractions are coming, both from intimacy with God and from preparing.
- Do not take the bait. Be discerning about where you give your attention and time.
- Prioritize intimacy with God, even as you take practical steps to prepare.

I want to encourage you to move with urgency, not anxiety. We do not have to be afraid or move in panic. We can listen, pray, use wisdom, and take intentional steps. Being covered by God does not mean we ignore what He is prompting us to do. This is a time to draw closer to Jesus, care for our spirit, soul, and body, and be prepared to support one another.

I wanted to take a moment to share the list that I compiled and shared during the call, both as a keepsake and as a resource you can revisit, pray over, and use as you continue preparing. I have organized the list and practical suggestions into this workbook so we can be intentional about caring for our spirit, soul, and body, as well as staying connected and looking out for one another. Please do not feel overwhelmed or pressured to do everything at once. Start where you are, seek the Lord, and take the steps you can. We are preparing from a place of faith and wisdom, not fear.

I have also included links to a few of the preparedness items I have personally purchased, in case they are helpful as you prayerfully consider what is needed for your own household.

With love and encouragement,

Krystal S.

1 | Start Here: Urgency, Not Anxiety

Reflection: What has God been prompting me to pay attention to? What distractions do I need to refuse?

Scriptures for reflection: Philippians 4:6·8; Luke 10:38·42. Read each passage in your preferred translation. translation.

My first wise step this week:

2 | SPIRIT: Protect Your Intimacy with Christ

Priorities: prayer, Scripture, worship, listening, humility, fasting as led, and remaining rooted in the peace of Christ. Make room to sit with Jesus, not just stay busy doing things for Him.

Suggested scriptures: John 15:4–5; Matthew 6:33; Psalm 91:1–2; James 4:8.

3 Things I Will Do to Care for My Spirit

1.

2.

3.

Scriptures I will meditate on this week (reference and what God is highlighting):

A distraction I will not take the bait on:

3 | SOUL: Care for Your Mind, Will & Emotions

Protect your mental and emotional real estate. Make room to process feelings, address unresolved wounds, practice healthy boundaries, rest from overload, and receive support. You cannot keep pouring from an empty cup.

Suggested scriptures: Romans 12:2; Proverbs 4:23; Isaiah 26:3.

3 Things I Will Do to Care for My Soul

1.

2.

3.

What has been draining me emotionally, and what boundary or support would help?

4 | BODY: Steward Your Health & Strength

Prioritize rest, consistent sleep, appropriate movement, hydration, and nutrition for body and brain. Brain-supportive foods include leafy greens and blueberries. Aim for one raw-food meal daily, such as a salad, smoothie, or fresh vegetables, as appropriate for your dietary needs.

Suggested scriptures: 1 Corinthians 6:19·20; 3 John 1:2.

3 Things I Will Do to Care for My Body

1.

2.

3.

My plan for rest, hydration, movement, and meals:

Health note: Supplements mentioned in the original notes (vitamin C, vitamin D, elderberry, oregano oil, black seed oil) are topics to discuss with a qualified clinician or pharmacist, not proven substitutes for medical care. Consider allergies, interactions, and personal medical conditions.

5 | Household Preparedness Checklist

Use this as a planning checklist, not a requirement to buy everything. Prioritize essentials and your household's actual needs. For extended disruptions, revisit quantities and safe storage.

Power, Lighting & Warmth

- ☐ Backup power station or other safe power supply; understand capacity and AC outlet needs

  EF ECOFLOW Delta 3 Classic Solar Generator with 220W Panel — View product

- ☐ Keep power banks and rechargeable batteries charged

- ☐ LED lanterns, flashlights, extra batteries, and solar yard lights for indoor use

  Lichamp LED Camping Lanterns (4 Pack) — View product

  EVEREADY LED Flashlights (8 Pack) — View product

- ☐ Deep freezer plan: how food stays safe if electricity is lost

What I already have / what I need / first purchase priority:

Communication, Records & Safety

- [ ] Portable chargers and battery packs
- [ ] Walkie-talkies (verify actual range and limitations); radio for information
- [ ] Written emergency contacts, agreed check-in plan and meeting locations
- [ ] USB drive and/or external hard drive (e.g., 1 TB if needed) for offline file backups

  Seagate 2TB Portable Hard Drive (USB 3.0) — View product

Our household check-in and communication plan:

Food, Water & Food Preparation

- [ ] Drinking water plus water for bathing and basic hygiene
- [ ] Shelf-stable foods the household will actually eat: rice, beans, canned goods, tuna packets, dried fruit and similar items
- [ ] Rotate food; label dates; include manual can opener
- [ ] Safe food-preparation plan when electricity is unavailable
- [ ] Water filtration: consider a Brita pitcher or filter for everyday use; for emergencies, have a method appropriate to the water source. Standard Brita filters do not make unsafe water microbiologically safe.
  Brita water filter · View product
- [ ] Optional fruit preservation or canning using tested food-safety methods; lemons, shelf-stable grape juice and other juices if useful
- [ ] Communion elements: grape juice and crackers, or prepackaged communion kits (available through retailers such as Amazon)

- [ ] Small outdoor grill if appropriate; fuel and gas containers stored according to safety guidance

Safety: Never operate a charcoal or gas grill, generator, or other fuel-burning device indoors or in a garage. Store fuel safely. Candles and matches are optional but battery-powered lighting is safer for most outages.

Foods, water, and preparation supplies our household needs:

Health, Hygiene & Household

- [ ] Needed prescriptions and basic first-aid supplies within refill/storage rules
- [ ] Soap, tissue, paper towels, body wash, lotion, skin and hair care
- [ ] Personal items such as hair ties, hair pins and other individual needs
- [ ] Oral-care items (including mouthwash if used), baking soda, vinegar for appropriate household cleaning, and other cleaning essentials
- [ ] Vinegar (white or apple cider), which can be used for washing produce and general household cleaning.
- [ ] Air purifier and humidifier (with replacement filters and supplies as needed); optional essential oils/peppermint and diffuser if safe for your household

  BLUEAIR Blue 511i Max Air Purifier · View product

  KNKA APH4000 Air Purifier (White) · View product
- [ ] KN95 masks
- [ ] Essential oils and oil diffuser
- [ ] Respirator mask View product

Personal needs (children, older adults, pets, accessibility, health):

Transportation & Home Readiness

- [ ] Identify alternate transportation, such as a bicycle if practical
- [ ] Plan how to reach family or a safe meeting place if usual routes fail

☐ Review safe storage, household fire safety, and access to supplies

Our transportation or household backup plan:

6 | Financial Readiness & Wise Decisions

Banking, Blockchain & Cryptocurrency

There have been prophetic warnings concerning major disruptions and failures within our banking and financial systems. Many have warned us to begin transitioning our money out of these systems, particularly retirement funds, savings, and other financial assets, expressing concerns that they may not be safe in the long run. They have advised us to consider moving our funds into alternative financial systems, particularly those involving blockchain technology and cryptocurrency, which they believe will offer greater security in the long run.

I encourage you to prayerfully seek God's wisdom and direction regarding these changes, including how to begin preparing your finances.

Education is important! I've included a link to a free, Christ-centered community that a few of us are part of. The community offers education on cryptocurrency, trading, blockchain technology, and preparing for potential changes in our financial systems.

The Discord link will take you to the community. I've also included two important YouTube videos that I encourage you to watch. You'll find other helpful videos on his channel as well, so feel free to subscribe for additional information and updates.

As always, pray and let God lead you in all of your decisions.

Join the Free Community (Discord)

Important Videos on the Financial Transition & Cryptocurrency

Video 1

Video 2

- [ ] Keep a modest amount of cash secured for electronic-payment disruptions
- [ ] As advised by Dr. Valerie Moore, avoid using Apple Pay and other phone-based payment methods. Keep a physical card or alternative payment method available.
- [ ] Set priorities and a realistic budget; use sales for planned purchases only
- [ ] Understand financing terms before agreeing to payment plans
- [ ] Pray and use discernment about travel, conferences and unnecessary expenses
- [ ] Review the recommended financial preparedness resources listed above.

3 Things I Will Do to Prepare Financially

1.
2.
3.

7 | Social Connection & Community Preparedness

We are not meant to do this in isolation. Build relationships with trusted neighbors, family, church community, and friends. Prepare to work together while respecting each person’s privacy, capacity, and needs.

3 Things I Will Do to Strengthen Social Connection and Community Support

1.

2.

3.

If communication is interrupted, how and when will we check in?

Social & Emotional Wellness Plan

3 Things I Will Do to Care for My Social and Emotional Well-Being

1.

2.

3.

8 | My 7-Day Action Plan

Day 1 | One practical step

Prayer / reflection

Day 2 | One practical step

Prayer / reflection

Day 3 | One practical step

Prayer / reflection

Day 4 | One practical step

Prayer / reflection

Day 5 | One practical step

Prayer / reflection

Day 6 | One practical step

Prayer / reflection

Day 7 | One practical step

Prayer / reflection

9 | List from Apostle Joshua Giles

Source: When God Speaks, pages 141–142 (Giles, 2025).

- [ ] Two-way radios with a range of several miles (multiple units for family members)
- [ ] Nonperishable food items
- [ ] Keep vehicle gas tanks above half full
- [ ] RF-shielding blanket to protect electronics
- [ ] EMP shield
- [ ] Dust, medical, and gas masks for contaminated air
- [ ] Water: one gallon per person per day for several days, for drinking and sanitation
- [ ] Stock at least several days of nonperishable food
- [ ] Battery-powered or hand-crank radio, including a NOAA weather radio with tone alert
- [ ] Flashlight
- [ ] First-aid kit and an advance supply of prescription medicine
- [ ] Fire extinguisher
- [ ] Extra batteries
- [ ] Whistle for signaling for help
- [ ] Plastic sheeting and duct tape for sheltering in place
- [ ] Moist towelettes, garbage bags, and plastic ties for sanitation
- [ ] Wrench or pliers to turn off utilities
- [ ] Manual can opener
- [ ] Local maps

- [ ] Cell phone with chargers and a backup battery

Closing Reflection & Prayer

What is the Lord inviting me to do first, and who will help keep me accountable?

Lord, thank You for Your mercy, Your guidance, and Your peace. Help us hear You clearly, resist distraction, walk in wisdom, and prepare without fear. Strengthen our spirit, restore our soul, care for our bodies, and teach us to love and support one another. In Jesus' name, amen.

Note: This workbook is a reflection and household-planning resource. Adjust supplies and timelines to local risks, personal needs, and reliable safety guidance.

References

Giles, J. (2025). When God speaks: Thrive in uncertain times and gain confidence for your future. Chosen Books.