End-time Preparation: Physical Preparation





Past > Present > Future

www.prophecylive.org



Learn from the Past > Understand the Present > Prepare for the Future



Inreach & Outreach Resource



This booklet is an eye opener of what's happening in the world.

This 40 page A5 size booklet has the key aspects of the –

PAST, PRESENT & FUTURE.

It's available at the cost of printing & postage for bulk orders.

PDF is available on ProphecyLive.org



Enter The Ark of Hope

The Great Controversy between God and Satan is primarily over

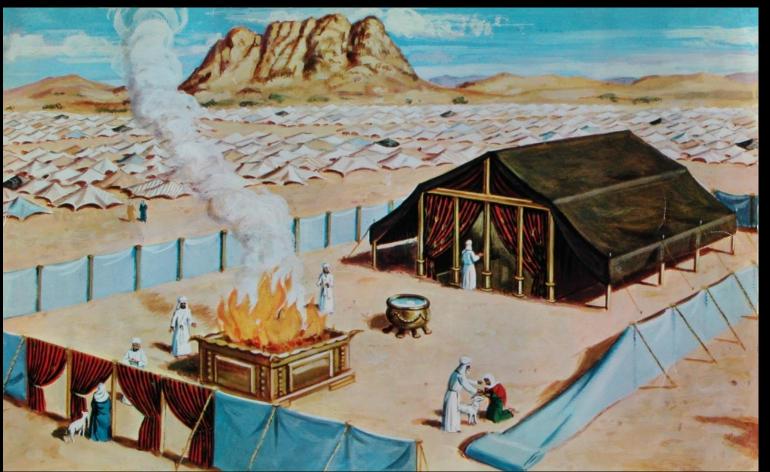
"WORSHIP"

Who will you Choose?



Get into the Ark Sanctuary





And let them make me a sanctuary; that I may dwell among them.

Exodus 25:8

Psalms 77:13



Health Snippet - Jicama

Health Benefits of Jicama (Seek Medical Advice)

Jicama is a globe-shaped root vegetable with papery, goldenbrown skin and a starchy white interior. Its flesh is juicy and crunchy, with a slightly sweet and nutty flavour. Some think it tastes like a cross between a potato and a pear. Others compare it to a water chestnut.

One cup (130 grams [g]) contains the following: Calories: 49,

Carbs: 11.5 g, Protein: 1 g, Fat: 0.1 g, Fiber: 6.4 g, Vitamin C: 29%,

Folate: 4%, Iron: 4%, Magnesium: 4%, Potassium: 6%,

Manganese: 4%, etc...

Health Benefits of Jicama:

- 1. <u>High in antioxidants</u>: that help prevent cell damage.
- 2. <u>May boost heart health</u>: help lower LDL "bad" cholesterol and blood pressure.
- 3. <u>Promotes digestion</u>: improves softening and bulking stool.
- 4. <u>Good for your gut bacteria</u>: has prebiotic that helps growth of bacteria that help reduce the risk of chronic diseases.
- 5. <u>May reduce the risk of cancer</u>: has phytochemical rotenone, which has been shown to have several anticancer effects.
- 6. <u>May aid weight loss</u>: by increasing feelings of fullness, reducing appetite, and boosting metabolism.

<u>Side effects</u>: too much consumption may lead to symptoms like bloating, stomach pain, flatulence, and diarrhoea.

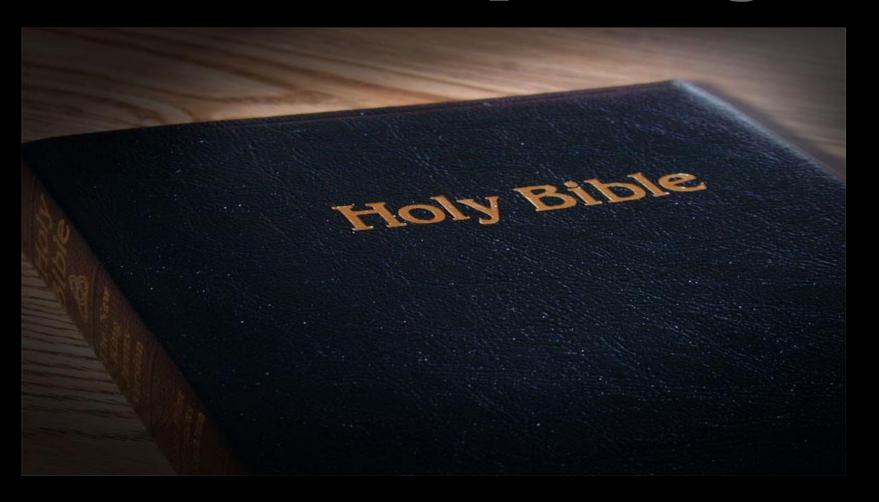
HEALTH BENEFITS OF JICAMA

- 1. Helps in digestion*
- Aids in regulating blood pressure*
- 3. Assists in weight loss*
- 4. Supports good mood*
- Helps in enhancing the immunity*
- Improves blood circulation*
- 7. Good for the brain*
- 8. Aids in the formation of good bacteria*



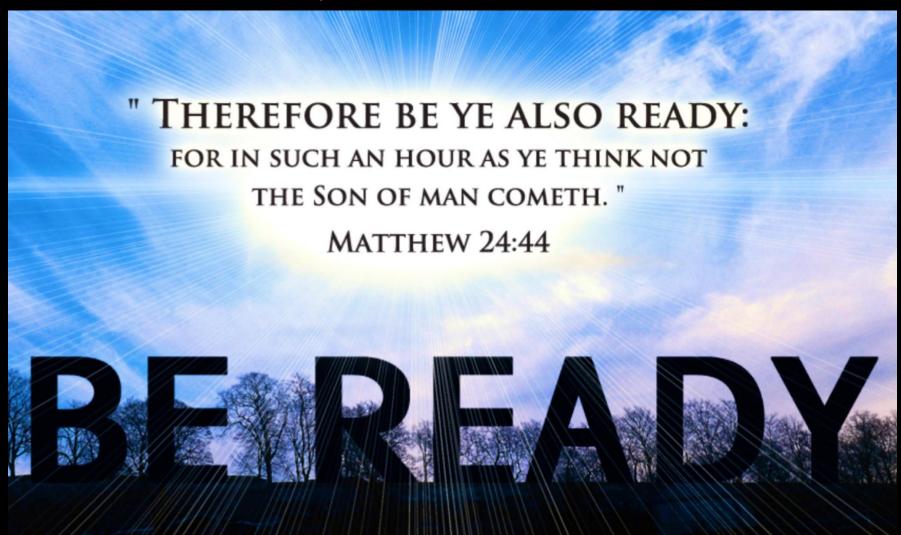


Can We Trust Bible Prophecy?





Yes, we Can!





End-time Preparation: Physical Preparation

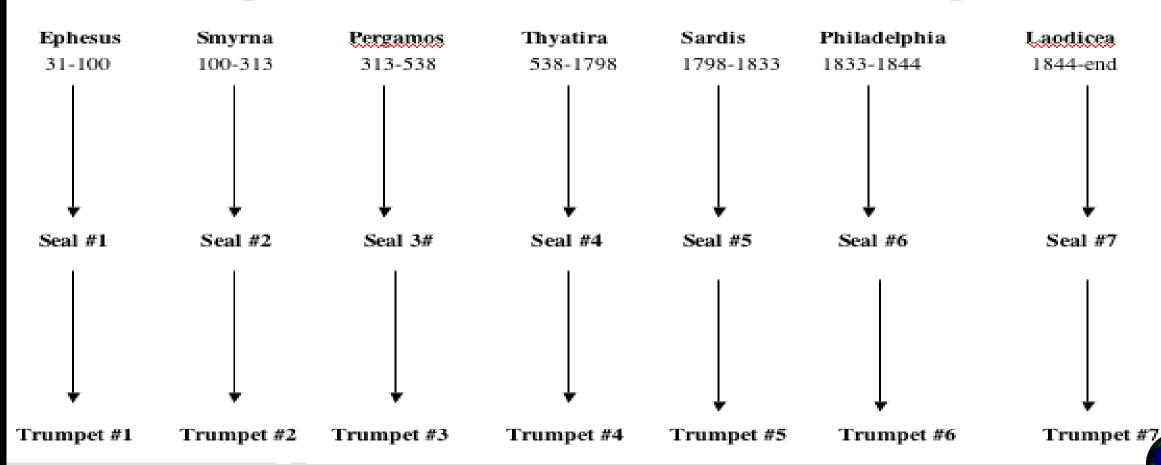




Past > Present > Future

Revelation begins after Jesus ascends to heaven & what happens till, He comes back again:

Recapitulation of the 7 churches, seals and trumpets



Brief Journey through Revelation

7 Churches (Revelation 2-3): Gospel going forth from Jesus' ascension in 31AD till 2nd coming.

Today we live in the 7th Laodicean church period since 1844 AD (Revelation 3:14-22).

7 Seals (Revelation 6-8:1): Religious affairs since 31 AD till 2nd coming. 6th seal started in 1755.

Today live in Sealing time of Revelation 7: it has symbolic # 144,000 who will go alive at Jesus 2nd coming. They have the characters of the meaning of the names.

It is Not Israel: the list are all not sons of Jacob and also tribes do not exist today.



Brief Journey through Revelation (cont'd)

7 Trumpets (Revelation 8:2-11):

Destruction of enemies of Jesus since 31 AD till 2nd coming.

6th trumpet ends 11/8/1840.

We live in this interlude period.

1st trumpet: 70AD destruction of 1st enemy of Jesus – Jerusalem.

2nd **trumpet**: 476AD destruction of 2nd enemy of Jesus – Imperial Rome.

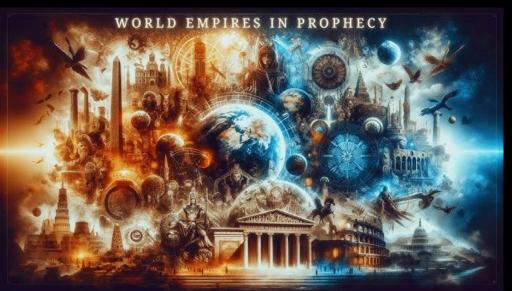
3rd to 7th trumpet: time of 3rd enemy of Jesus - Papal Rome, which will be destroyed at the 7th trumpet which culminates in Jesus's 2nd coming.



Introduction (cont'd)

Today, from our vantage point in the flow of history, we can see that nearly all of what Jesus warned about has come to pass, and just as He predicted, too. We can see the fulfilment of two major time prophecies, as well. The first is the "time and times and the dividing of time" of Daniel 7:25 (see also Revelation 12:6, Revelation 12:14: Povelation 12:5: Numbers 14:24) which 12:14; Revelation 13:5; Numbers 14:34), which began in the sixth century A.D. (A.D. 538) and ended in the late eighteenth century (A.D. 1798). Then, too, the longest time prophecy, the 2300 days of Daniel 8:14, reached its fulfilment in the year 1844.

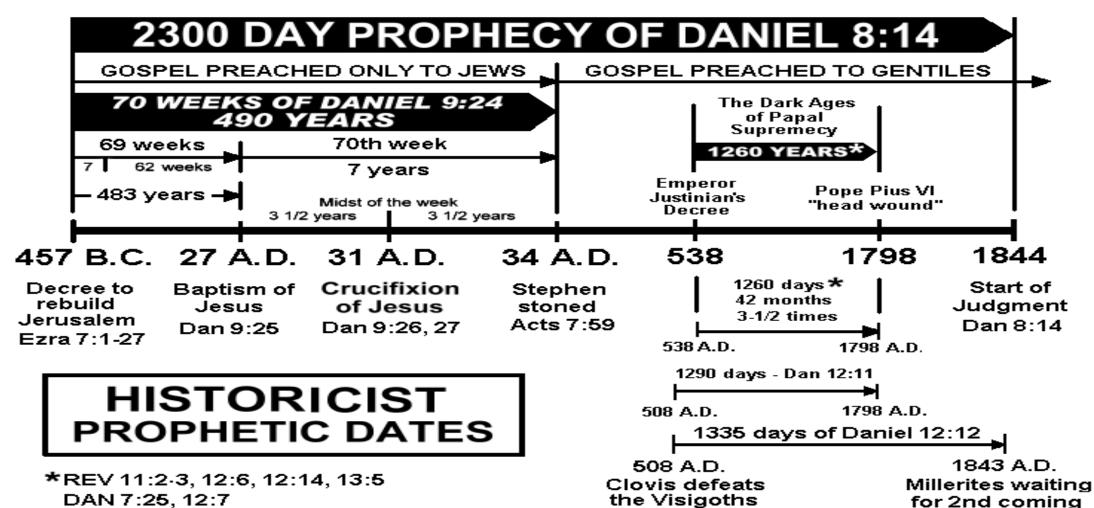
Surely, then, we are now living in "the end of the days" (Daniel 12:13). But not only do we not know when the end — climaxing with the second coming of Jesus — will come, we don't need to know. We need to know only that it will come, and that when it does, we must be prepared.





Study the Fulfilment of Prophecy

DANIEL'S LONGEST MOST AMAZING PROPHECY





How many watches are there in the Bible?

Luke 12:35 Let your loins be girded about, and your lights burning;

36 And ye yourselves like unto men that wait for their lord, when he will return from the wedding; that when he cometh and knocketh, they may open unto him immediately.

37 Blessed are those servants, whom the lord when he cometh shall find watching: verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.

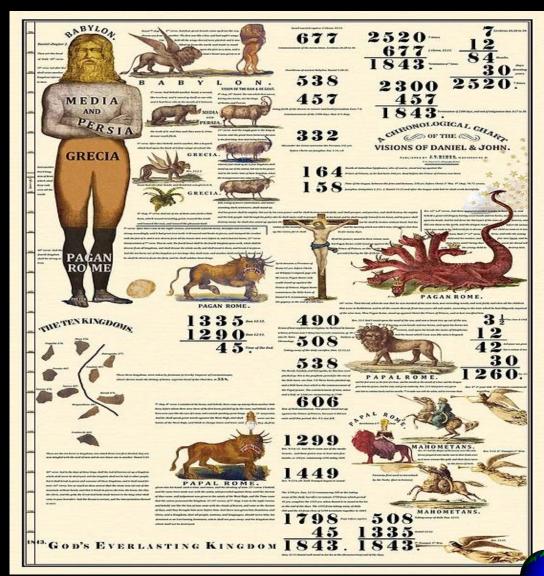
38 And if he shall come in the second watch, or come in the third watch, and find them so, blessed are those servants.

1st Watch: 21st March 1843 – 21st March 1844

2nd Watch: 22nd October 1844 (Samuel Snow)

3rd Watch: Since then, till Jesus Comes!

SDAs raised to watch & Prophesy again!



Jesus Ministry through the feasts of the Sanctuary





See what's happening in these days!



February 20, 2024

FIRST NEURALINK PATIENT CONTROLS COMPUTER MOUSE WITH THOUGHTS — MUSK



Elon Musk has announced that the first patient to receive the Neuralink brain chip has fully recovered from the operation to implant it and is already capable of interacting with a computer using thought. Neuralink is now trying to get as many precise mouse movements and left and right mouse button clicks as possible from the patient in order to have the anonymous volunteer click, drag and hold objects, Musk added.



RSA Conference 2019 San Francisco | March 4-8 | Moscone Center



SESSION ID: MLAI-T08

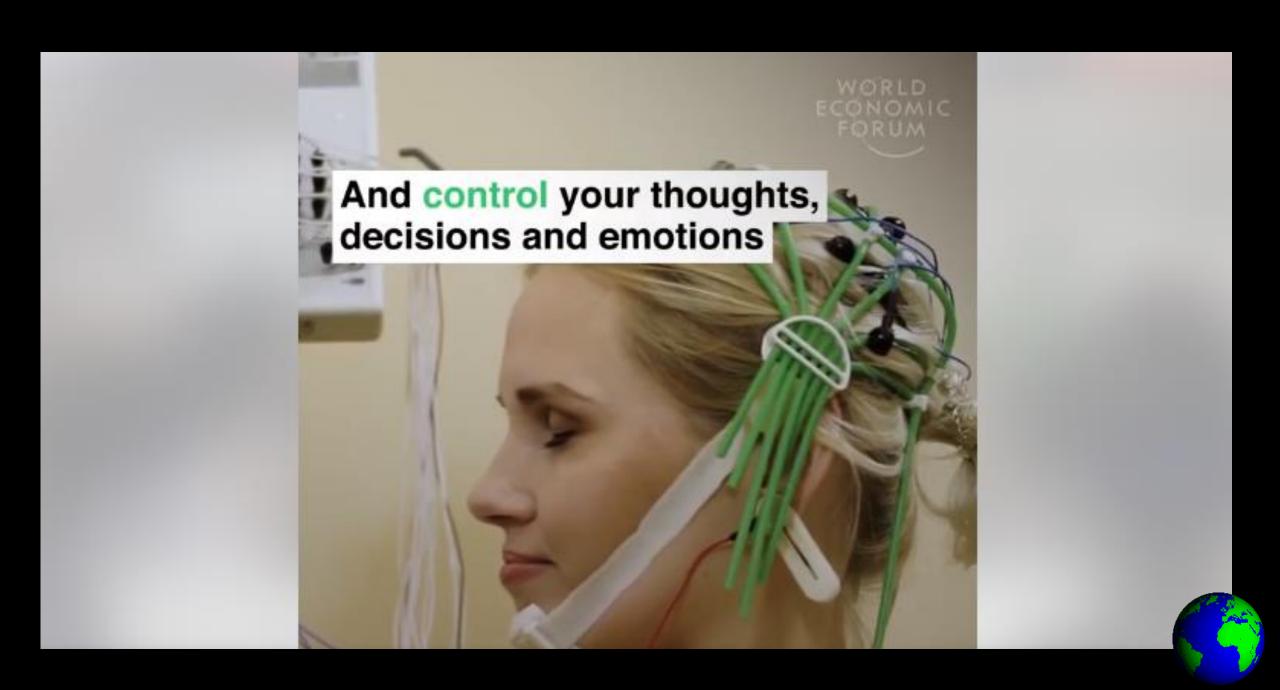
Al: Hacking Without Humans How Can Human Brains Be Hacked?

Anthony J. Ferrante

Global Head of Cybersecurity and Senior Managing Director FTI Consulting @FTICyber









Farmers protesting in Europe 2024!



See what's happening in these days!



July 20, 2020

WORLD'S LARGEST CRICKET PROCESSING PLANT COMING TO LONDON, ONT.



Aspire Food Group, a global industry leader in the production of edible insects, will soon build a 100,000-square-foot plant that will bring bugs, as food, to the North American market. The new facility will be one of the most technologically advanced and energy-efficient protein production systems in the world.





May 25, 2021

WHAT ARE FOOD CRISES AND HOW MANY PEOPLE ARE AFFECTED BY THEM?



Two billion people in the world currently suffer from malnutrition and according to some estimates, we need 60% more food to feed the global population by 2050. Yet the agricultural sector is ill-equipped to meet this demand: 700 million of its workers currently live in poverty, and it is already responsible for 70% of the world's water consumption and 30% of global greenhouse gas emissions. New technologies could help our food systems become more sustainable and efficient, but unfortunately the agricultural sector has fallen behind other sectors in terms of technology adoption.



Ellen G. White 5MR 305.4

In India, China, Russia, and the cities of America, thousands of men and women are dying of starvation. The monied men, because they have the power, control the market. They purchase at low rates all they can obtain, and then sell at greatly increased prices. This means starvation to the poorer classes, and will result in a civil war.



Ellen G. White GC88 621.2

The season of distress and anguish before us will require a faith that can endure weariness, delay, and hunger,—a faith that will not faint, though severely tried. The period of probation is granted to all to prepare for that time.



First thing to do is to...



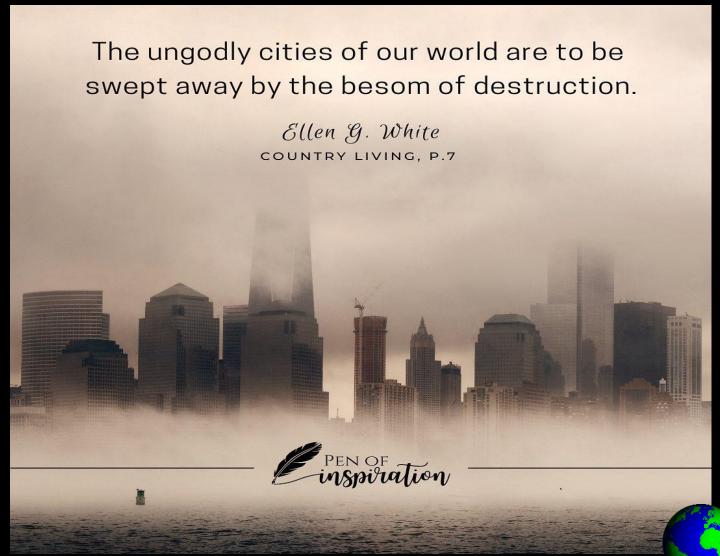


God & Satan will destroy cities!

Isaiah 14:16 They that see thee shall narrowly look upon thee, and consider thee, saying, Is this the man that made the earth to tremble, that did shake kingdoms;

17 That made the world as a wilderness, and destroyed the cities thereof; that opened not the house of his prisoners?

O that God's people had a sense of the impending destruction of thousands of cities, now almost given to idolatry. --Evangelism, p. 29 (1903).





Ellen G. White CL 32

Do not pray asking God if he wants us to move. We already know the answer. We should not pray asking God when we should move. The answer is now. We should pray that God shows us where and how to move.



Prepare for the End Times







Ellen G. White CL 11

Keep out of the cities. Build no sanitariums in the cities. Educate our people to get out of the cities into the country, where they can obtain a small piece of land, and make a home for themselves and their children.



"The Lord is my shepheres PSALMS 23, 24 29 All they that be fat upon their mouths, as a ravening and earth shall eat and worship: Patt a roaring lion. they that go down to the dust 14 I am poured out like water. # Prov. 17:22 shall bow before him; and none and all my bones are out of can keep alive his own soul joint; my heart is like wax; it is A Luke 23:33 30 A seed shall serve him: a melted in the midst of my bowshall be accounted to the Lord # Luke 23:34 for a generation. 15 My #strength is dried up 31 They shall come, and shall like a potsherd; and my tongue /2 Tim. 4:17 declare his righteousness unto a cleaveth to my jaws; and thou people that shall be born, that & John 20:17 hast brought me into the dust of he hath done this. 1 John 6:57 16 For dogs have compassed PSALM 23 me: the assembly of the wicked m John 6.51 A Psalm of David

have inclosed me: they *pierced

Revelation 18:4

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.





Ellen G. White CL 32

"Out of the cities; out of the cities!"—this is the message the Lord has been giving me. The earthquakes will come; the floods will come; and we are not to establish ourselves in the wicked cities, where the enemy is served in every way, and where God is so often forgotten. The Lord desires that we shall have clear spiritual eyesight. We must be quick to discern the peril that would attend the establishment of institutions in these wicked cities. We must make wise plans to warn the cities, and at the same time live where we can shield our children and ourselves from the contaminating and demoralizing influences so prevalent in these places.



PSALMS 23, 24	646	"The Lord is my snepherd"	Proces on Kalonas
their mouths, as a ravening and a roaring lion 14 I am poured out like water,		29 All they that he fat upon earth shall eat and worship: eall they that go down to the dux	them that seek his thy face. O Jacob your 7 Lift up your hears and be yellow
and all my bones are out of		shall bow before him; and none can keep alive his own soul.	asting doors, tage of
joint; my heart is like wax; it is melted in the midst of my bow-		30 A seed shall serve him; it shall be accounted to the Lord	giory shall come in
els. 15 My *strength is dried up	# Luke 23:34	for a generation,	the LORD mighty in here
like a potsherd; and my tongue		31 They shall come, and shall declare his righteousness unto a	g Lift up your beat
cleaveth to my jaws; and thou hast brought me into the dust of	& John 20:17	people that shall be born, that	asting doors, and the
death	1 John 6:57	he hath done this.	clory shall come in
16 For dogs have compassed me: the assembly of the wicked	m John 6:51	PSALM 23 A Psalm of David	The LORD of hunts

Exodus 12:11

And thus shall ye eat it; with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the Lord's passover.





	PSALMS 23, 24	646	"The Lord is my shepherd"	Protection Rangous
	their mouths, as a ravening and a roaring lion.	PS. 23	29 All they that be fat upon earth shall eat and worship: Pall	them that sale you are the the face. O Jaron to a life up your the face of the
	14 I am poured out like water, and all my bones are out of	# Prov. 17:22	they that go down to the dust shall bow before him: and none	gates; and he we have
	joint; my heart is like wax; it is melted in the midst of my bow-	8 Luke 23:33 John 20:27	can keep alive his own soul 30 A seed shall serve him; it	glory abull come in
	els. 15 My *strength is dried up like a potsherd; and my tongue	#Luke 23:34	shall be accounted to the Lord for a generation. 31 They shall come, and shall declare his righteousness unto a	The Loan street well the Loan street with the Loan mighty would be of the Loan mighty with the street with the
		/2 Tim. 4:17		
	cleaveth to my jaws; and thou hast brought me into the dust of	& John 20:17	people that shall be born, that he hath done this.	acting doors, and the
	16 For dogs have compassed	1 John 6:57	ne nath done man	glory shall come in

A Psalm of David

me: the assembly of the wicked | m John 6:51

Hebrews 12:1

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,



Let's examine excuses some genuinely give!



Excuse ONE Women

<u>Plan A</u>: Pray for spouse to change heart

Plan B: Plan your independent move to the country

When probation closes plan B is done.

Probation closes for Seventh-day

Adventists at passing of Sunday Law!

Spouse does not love you anymore.

In fact, by then he hates you.

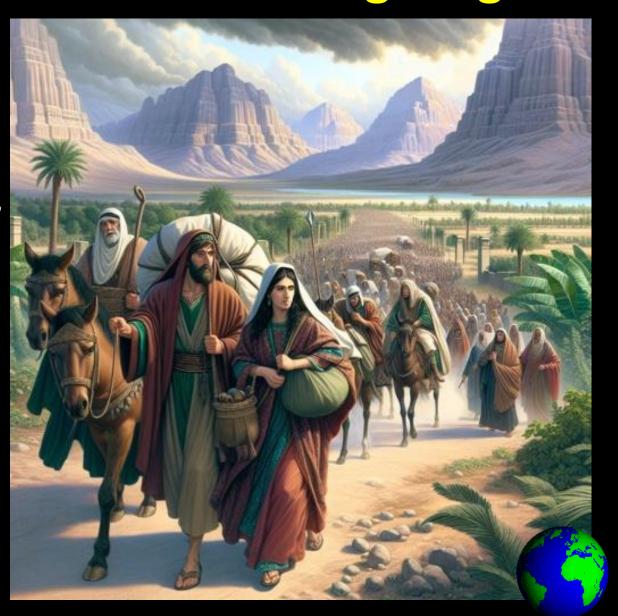




Abraham didn't know where he was going!

"By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went." Hebrews 11:8.

Relying upon the divine promise, without the least outward assurance of its fulfilment, he abandoned home and kindred and native land, and went forth, he knew not whither, to follow where God should lead. PP 126.2



Abraham didn't know where he was going! (cont'd)

Abraham was tested to see whether he would hear the voice of God and obey. The Lord saw that it was not for his best spiritual interest to remain in his country and among his relatives, where he could not exert that influence over them that would be a blessing. He told him to leave them. Abraham was a rich man, but in the greatest simplicity he obeyed God and went out, a sojourner into a strange country. As he left his home and his kindred, God assured him that he would have earthly greatness and prosperity in the land of Canaan. CT 72

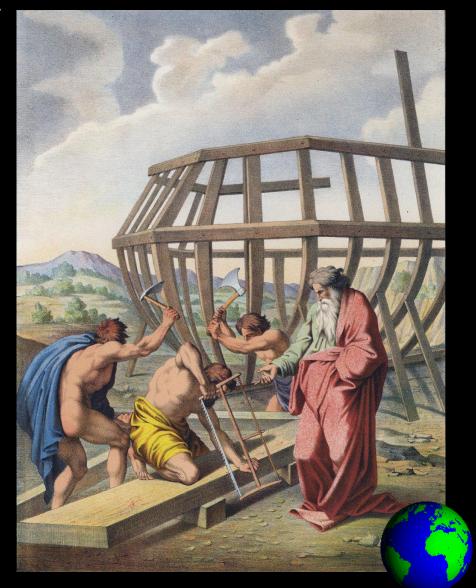




Noah built the Ark

"By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith." Hebrews 11:7

While Noah was giving his warning message to the world, his works testified of his sincerity. It was thus that his faith was perfected and made evident. He gave the world an example of believing just what God says. All that he possessed, he invested in the ark. As he began to construct that immense boat on dry ground, multitudes came from every direction to see the strange sight and to hear the earnest, fervent words of the singular preacher. Every blow struck upon the ark was a witness to the people. PP 95.1



Noah built the Ark (cont'd)

God commanded Noah, "Come thou and all thy house into the ark; for thee have I seen righteous before Me in this generation." Noah's warnings had been rejected by the world, but his influence and example resulted in blessings to his family. As a reward for his faithfulness and integrity, God saved all the members of his family with him. What encouragement to parental fidelity! PP 98.1





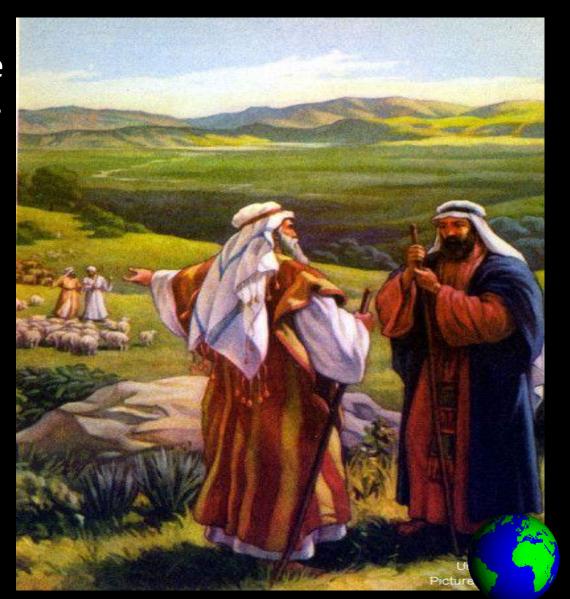
God did not speak to Lot's wife!

Lot had too much of a lingering spirit!

Remember Lot's wife. Luke 17:32

The angels of mercy hurried Lot and his wife and daughters by taking hold of their hands. Had Lot hastened as the Lord desired him to, his wife would not have become a pillar of salt. Lot had too much of a lingering spirit. Let us not be like him. CL 6.7

When Lot entered Sodom, he fully intended to keep himself free from iniquity and to command his household after him. But he signally failed. The corrupting influences about him had an effect upon his own faith, and his children's connection with the inhabitants of Sodom bound up his interest in a measure with theirs. The result is before us. PP 168



Lot had too much of a lingering spirit! (cont'd)

Many are still making a similar mistake. In selecting a home, they look more to the temporal advantages they may gain than to the moral and social influences that will surround themselves and their families.

They choose a beautiful and fertile country, or remove to some flourishing city, in the hope of securing greater prosperity; but their children are surrounded by temptation, and too often they form associations that are unfavourable to the development of piety and the formation of a right character.

The atmosphere of lax morality, of unbelief, of indifference to religious things, has a tendency to counteract the influence of the parents. Examples of rebellion against parental and divine authority are ever before the youth; many form attachments for infidels and unbelievers, and cast in their lot with the enemies of God.







"The Lord is my shepherips 646 PSALMS 23, 24 29 All they that be fat upon PS. 22 their mouths, as a ravening and earth shall eat and worship: gatt a roaring lion. they that go down to the due 14 I am poured out like water. # Prov. 17:22 shall bow before him: and none and all my bones are out of can keep alive his own soul joint; my heart is like wax; it is | & Luke 23 33 30 A seed shall serve him; is John 20:27 melted in the midst of my bowshall be accounted to the Lord / Luke 23:34 for a generation. 15 My *strength is dried up 31 They shall come, and shall like a potsherd; and my tongue | 12 Tim. 4:17 declare his righteousness unto a cleaveth to my jaws; and thou people that shall be born, that hast brought me into the dust of | k John 20:17 he hath done this, 1 John 6:57 16 For dogs have compassed PSALM 23 me: the assembly of the wicked | m John 6:51 A Psalm of David

save inclosed me: they *pierced

Psalms 68:6 NLT

God places the lonely in families; he sets the prisoners free and gives them joy. But he makes the rebellious live in a sun-scorched land.



Some will be put to Sleep (death)!

The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come. He shall enter into peace: they shall rest in their beds, each one walking in his uprightness. Isaiah 57:1-2

It is not always safe to ask for unconditional healing.... He knows whether or not those for whom petitions are offered would be able to endure the trial and test that would come upon them if they lived. He knows the end from the beginning. Many will be laid away to sleep before the fiery ordeal of the time of trouble shall come upon our world.—Counsels on Health, 375 (1892). LDE 225.2

The Lord has often instructed me that many little ones are to be laid away before the time of trouble. We shall see our children again. We shall meet them and know them in the heavenly courts.—Selected Messages 2:259 (1899). LDE 225.3







The old have means but no strength
The young have strength but no means



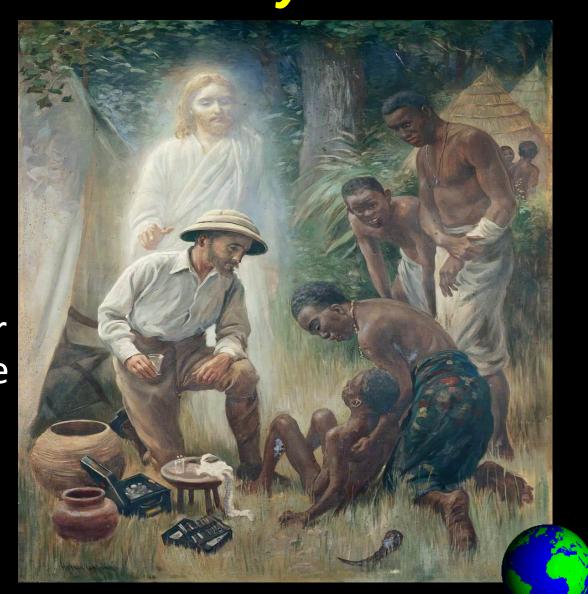
Health



Medical Missionary Work - Only Work

And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. Matthew 10:7-8

Medical missionary work is the pioneer work of the gospel, the door through which the truth for this time is to find entrance to many homes. God's people are to be genuine medical missionaries, for they are to learn to minister to the needs of both soul and body. CCh 301.1



Medical Missionary Work - Only Work

When we devote Sunday to missionary work, the whip will be taken out of the hands of the arbitrary zealots who would be well pleased to humiliate Seventh-day Adventists. When they see that we employ ourselves on Sunday in visiting the people and opening the Scriptures to them, they will know that it is useless for them to try to hinder our work by making Sunday laws. 9T 232.4





Ellen G. White 9T 156

We need to learn that indulged appetite is the greatest hindrance to mental improvement and soul sanctification





Ellen G. White 2T 400

It is **impossible** for those who indulge the appetite to attain to Christian perfection.





Medical Gardening Power Food Ministry Clothing **Processing** Survival Books Construction





Money



Money will fail!

Hoarded wealth will soon be worthless. When the decree shall go forth that none shall buy or sell except, they have the mark of the beast, very much means will be of no avail. God calls for us now to do all in our power to send forth the warning to the world.--RH March 21, 1878.

The time is coming when we cannot sell at any price. LDE 148.2

Satan says . . . "For fear of wanting food and clothing they will join with the world in transgressing God's law PK 183, 184 (c. 1914). LDE 149.1



Money will fail! (cont'd)

I saw that if any held on to their property, and did not inquire of the Lord as to their duty, He would not make duty known, and they would be permitted to keep their property, and in the time of trouble it would come up before them like a mountain to crush them, and they would try to dispose of it, but would not be able. CS 60.1

Did they but realize how near is the end of all work for the salvation of souls, they would sacrifice their possessions as freely as did the members of the early church. They would work for the advancement of God's cause as earnestly as worldly men labour to acquire riches. Mar 183.5





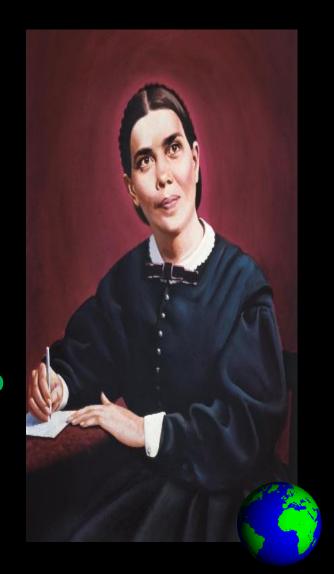
Ellen G. White PP 95.1

All that he possessed, he invested in the ark. As he began to construct that immense boat on dry ground, multitudes came from every direction to see the strange sight and to hear the earnest, fervent words of the singular preacher. Every blow struck upon the ark was a witness to the people.



The Pen of Inspiration by Ellen G White

- 2SM 356 (1903) Get out of the cities as soon as possible.
- MR 1518 (May 10, 1906) Read Revelation 11th & 18th Chapters.
- T for Churches 5:232,233 (1882) Go as far as possible from cities.
- Manuscript 85, 1908 Do not consider it burden to leave.
- Maranatha p180 The Sunday party is strengthening itself.
- 2SM 355, 356 (1908) By beholding nature will be changed into the image of God.
- 5T 464-465 Time is not far distant when we need to flee to the mountains.
- CPTS 173,174 (1913) Few people get together and support each other.
- Please read the book on "Country Living" by EGW.



Practical Physical Preparation

- 1. Eyes: make sure you have extra glasses.
- 2. Teeth: get dental care now and also learn herbs for dental care.
- 3. <u>Surgery</u>: any elective surgery need for hernia, cataracts, etc... Get in done now.
- 4. <u>Gut health / Parasites detox</u>: Mimosa Pudica seeds, Black Walnut, Hull, Clove, etc...
- 5. Obtain BOOKS: we will not have computers.
- · Health books: hydrotherapy, natural remedies, etc...
- ID books: Plant, Tree, Berries, etc...
- Books on Gardening: when to grow what.
- Skillset books: building, pruning, food storage, tree pruning, etc...
- 6. Obtain SKILLS: someone's life may depend on it. Like first aid, CPR, etc...
- 7. Obtain Materials: remember there will be no buying and selling.
- Consider your neighbour may need help, so have extra to give or barter.

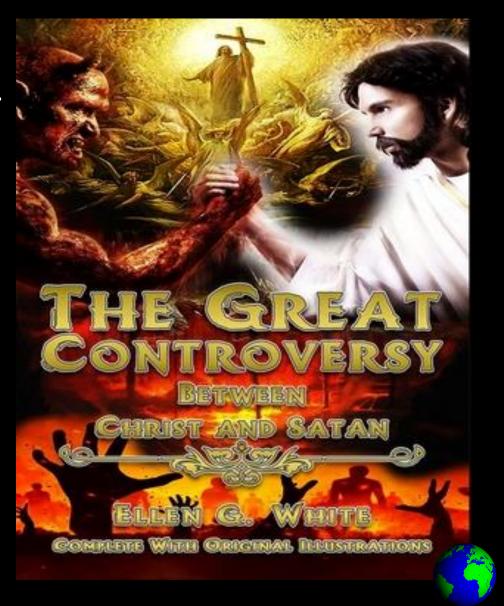




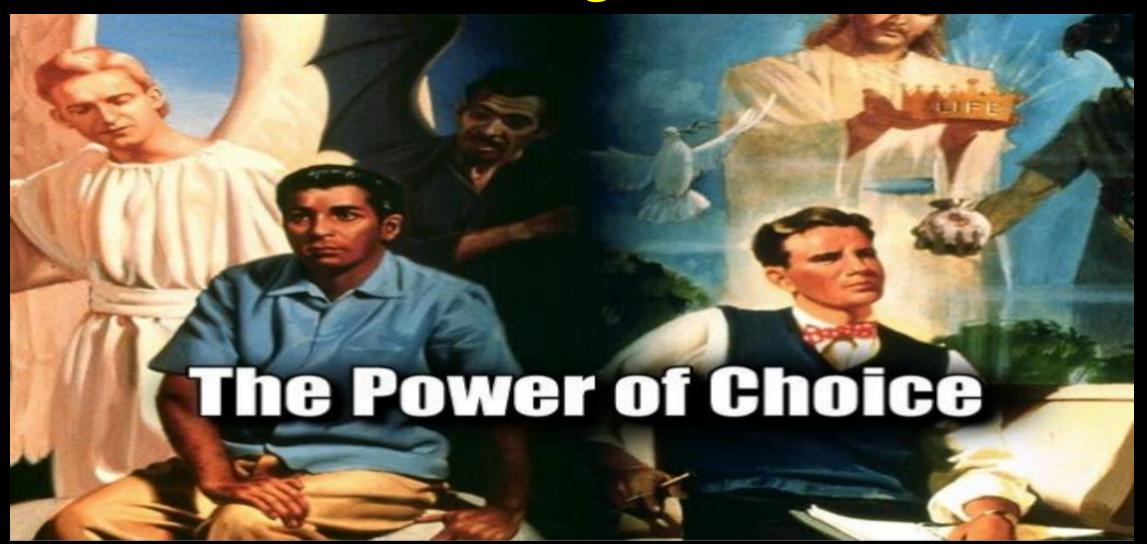
Conclusion

The cosmic controversy, sometimes called "the great controversy", is the biblical worldview. It forms the background in which the drama of our world, and even of the universe, unfolds. Sin, suffering, death, the rise and fall of nations, the spread of the gospel, last day events — these all occur in the context of the cosmic controversy.

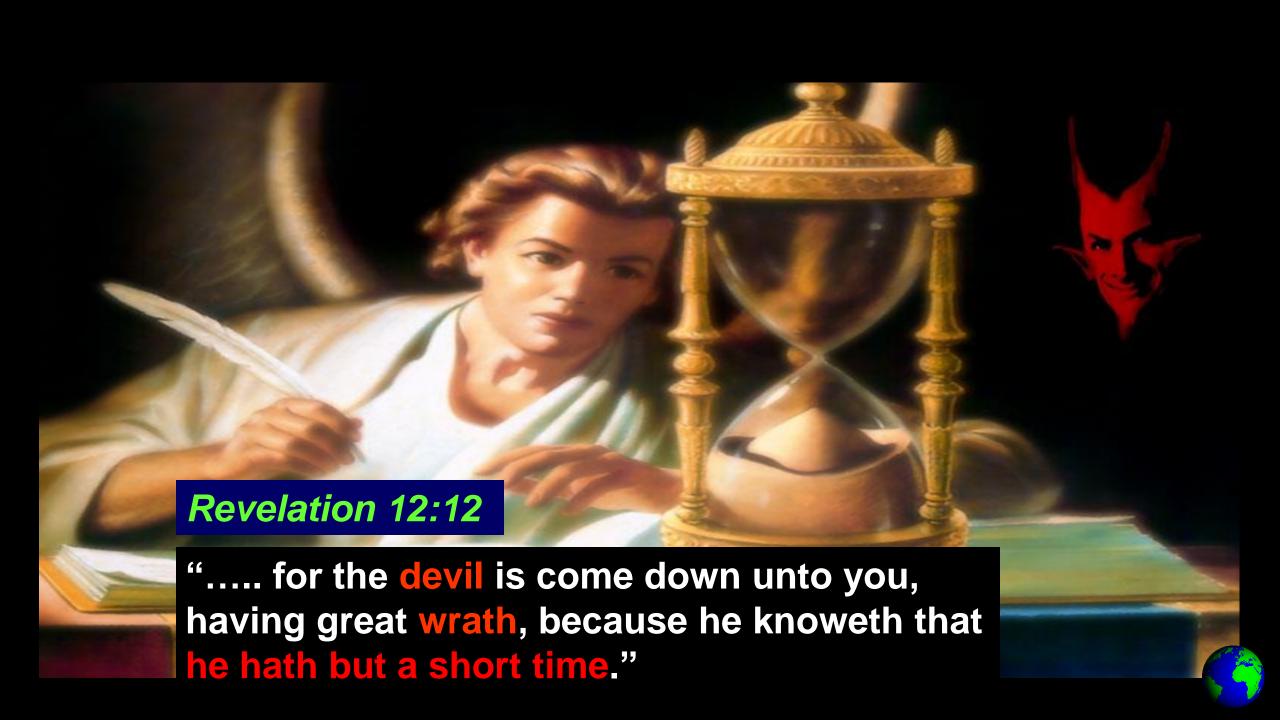
The good news is that one day it will not only end, but it will end with the total victory of Christ over Satan. And the even better news is that because of the completeness of what Jesus did on the cross, all of us can share in that victory. And as part of that victory, God calls us to faith and obedience now, as we await all that we have been promised in Jesus, who's coming is assured.



God has given all:







Enter The Ark of Hope

And other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd.

- John 10:16



The Ark of the Covenant



Psalms 77:13

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me. -Revelation 3:20

