

SURVIVAL READY LIFE PRESENTS:

SURVIVAL READY LIFE RESOURCES

**10 RESOURCES THAT
WILL CHANGE YOUR LIFE**



JINGER JARRETT
SURVIVALREADYLIFE.COM

The Survival Ready Life: 10 Resources That Will Change Your Life

Introduction

God is madly in love with you! So much so that He sent Jesus to die on the cross for you. When Jesus died, He took all our sin to the cross with Him. Sickness, disease, unhappy relationships, separation from God, poverty, and more. He took all of it.

Our Father wants a relationship with you. He has made provision for you, and He wants you to have everything He created for you.

This is not about the law of attraction or some insane new age idea about how to create the life you want. This is about coming to the life that God has called you to. Taking your place in the Kingdom. To be more like Jesus. To live like Jesus. To love like Jesus.

For some, this might sound scary. After all, you may not want to give up all that sin. Maybe you think that if you follow Jesus, you won't be you anymore. Maybe you've given up all that sin but you're still not living the life Jesus called you to. Maybe you're struggling with moral injury, health issues, money issues, family issues, or a dozen other issues you see no escape from.

Wherever you are in your journey, Jesus has you. Bring it all to Jesus. You won't lose who you are. What you'll gain is the person Jesus created you to be. God will strip away everything that doesn't belong to reveal His creation. You are fearfully and wonderfully made.

The body of Christ is like the military. It has many parts, and those parts all come together to make one great whole.

This may sound really feminine. I am, after all, the sister who loves you and wants to see you saved, healed, whole, prospered and delivered. However, let me share with you one of my favorite stories from the Bible:

Matthew 8:5-13: A Roman officer, or centurion, asks Jesus to heal his servant who is paralyzed and in pain at home. Jesus offers to go to the centurion's house, but the centurion says he is unworthy, and that Jesus only needs to give the order. The centurion explains that he has authority over his soldiers, telling them to "go" or "come" as he wishes, and that he can also tell his servant to do something. Jesus is amazed by the centurion's faith and says, "Truly I tell you; I have not found anyone in Israel with such great faith".

Luke 7:1-10: Jesus is also amazed by the centurion's words.

The story is considered a powerful example of faith, compassion, and the impact of Jesus' ministry.

That story is a reminder to veterans, to military, that we can come to Jesus, and He will receive us no matter what we have done. Take the gift! We can drop that hard shelled exterior to be more like Christ. What a weight off your shoulders that one will be!

In the next section, I have 10 resources and two bonus resources for you. These are meant to help you in your journey. God has created provision for you in every area of your life: health, wealth, relationships, and success.

Let's get started!

Top 10 Resources

As a veteran, I think that veterans often think they aren't worthy of what Jesus has to offer. There are so many who are sick, struggling, or suicidal. I also have fellow veterans in my circle of friends that inspire me with their intellect, advice, and encouragement.

Whichever camp you fall into, know that Jesus wants to heal you, bless you, and lead you into the abundant life.

Below is a list of essential resources to equip you for the battle:

1. Impact Ministries

This is the first place I would recommend you start. If you are a new Christian, it will benefit you to go through the Foundations of Faith, so you are firmly grounded in the basics of Christianity.

If you are a seasoned Christian, then I recommend you go through this Foundations series to make sure you are grounded in the faith.

Follow this with Living Under Lordship, and you may watch Creation to Calvary at any time.

If you are struggling with PTSD or any type of health issues, make sure you download the app from either the Google Play store or the Apple store. Dr. Jim has created a tool specifically for veterans called, "EFT for Veterans."

Unlike traditional EFT, this system takes into account God's prescription for healing your heart. This is a \$75 value, and it is available to all veterans. Definitely worth a look if you need healing.

You can visit Impact Ministries below. I've also included a link to Impact Ministries' YouTube channel so you can listen to the sermons. Sermons are also available within the TV app as well as the phone app.

Impact Ministries is run by Dr. James B. Richards, and of all the ministers I have ever listened to, he is the best. He has done more to heal my relationship with Jesus than anyone else.

Main Site: <https://impactministries.com/>

YouTube Channel: <https://www.youtube.com/@JamesBRichards>

2. The Healing Code, Love Code, Trilogy

Dr. Alexander Loyd is a Christian psychologist who developed a system to help his clients heal from their psychological issues. When you start to heal those issues, something interesting happens. Often it heals physical issues as well.

The reason is simple: quantum physics. Everything in the universe is made of energy. Because everything, including our bodies, is made of energy, that energy can be changed. Also, your emotions are tied to your body systems (there are nine), and you can use the health issue to help you identify the emotion behind the issue and use that information to help you heal.

Ninety five percent of disease is rooted in stress. (Dr. Alex talks about this in his book, The Healing Code. He also explains a study the Army did in the 1990s that demonstrates our memories are stored in our cells, not our brain.)

For example, you have a headache. The emotion tied to this is Kindness, the opposite of rejection. Dr. Alex discovered that those who often have a lot of headaches, like me, have a lot of rejection issues in their backgrounds. The root cause of the headache is different for each of us because the root cause is different.

Get to the root cause of any issue, and you can heal that issue. When you heal stress, the body has the ability to heal itself.

The technique is also based on the way Jesus healed and how the book of James says to heal.

James 5:13-18 (English Standard Version)

The Prayer of Faith

13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.[a] 17 Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. 18 Then he prayed again, and heaven gave rain, and the earth bore its fruit.

I have healed so many issues using this healing modality. CPTSD, depression, thyroid, bone crushing headaches. My hair is the same color it was in my 20s (as I write this, I am

about to turn 61.) I almost never have the body aches and problems people my age often has. The best part is that I was able to ditch the psychotropic drugs for good.

One other thing I want to mention here is Dr. Alex's book *The Healing Code*. Dr. Alex wrote this book with the late Dr. Ben Johnson, a medical doctor and one of the leading cancer specialists in the country before he died.

This book is the best explanation I have ever read on curing any disease, particularly cancer. If you know anyone who has cancer and has tried everything else, I recommend this book. It's amazing.

Dr. Alex, like Dr. Jim, is very generous and offers plenty of resources to help. You'll find those below:

Main Site: <https://dralexanderloyd.com>

Healing from Depression and Anxiety Free Course:

<https://www.dralexanderloyd.com/depression-anxiety--course-2>

This course features Dr. Alex's wife, Tracy (Hope). She tells her story and then you learn how to heal your depression and anxiety.

Love Code: <https://www.dralexanderloyd.com/videos/the-love-code-video-series>

Of all the books Dr. Alex wrote, this one is my favorite. I struggled a lot with success. This healing modality shows you how to heal your success issues. The secret to success is understanding that it isn't the event or the achievement we're really looking for. It's the feeling. Once you understand that, you understand you can have that feeling(s) now and experience real success in life.

The Trilogy Free Training: <https://www.dralexanderloyd.com/trilogy-free-training/>

YouTube Channel: <https://www.youtube.com/@DrAlexanderLloyd>

3. Patriot Outreach

I love this resource. Like the rest of the resources in this report, this one is free. Developed by World War II Army veteran Roy Masters and endorsed by a military doctor, this meditation will help you heal. It's also great for things like addiction.

It is available to all veterans, military, and their families.

Main Site: <https://patriotoutreach.org/>

4. The 5 Love Languages

As someone who has two divorces under my belt, I realized that I was the single common denominator in all my relationships. The mistakes I made in relationships are the result of not having the right skills, skills we can all develop. Learning to communicate in a way that men understand, showing love in healthy ways, and valuing myself.

Of all the books I have read about relationships, this one is my favorite for several reasons.

First, it is written by Christian therapist Dr. Gary Chapman. Dr. Chapman has spent years counseling married couples on their relationships. Over the course of time, he discovered love languages and started applying this information to his practice. The result he saw for his clients was amazing.

This modality can be applied to anyone you want to improve your relationship with. I understand now why my relationships with my parents and siblings were so difficult. They seemed to prefer the love languages of gifts and acts of service while I am wired for quality time and touch.

With a little practice, it doesn't take long to figure out the love languages of those in your circle. Start by taking the assessment on the site and then work from there.

Main Site: <https://5lovelanguages.com/>

5. YouVersion: The Bible App

I used to use Bible Gateway, and it is a great app. Then I started to go back to church. When I did, I discovered resources like Right Now Media, which my church offered, and this Bible app, which offers the Bible Recap. Once I started using it, I was hooked. It has my daily Bible reading and devotionals all in one convenient place so that I can take them with me.

If you've never read the Bible before, I highly recommend downloading this app. Use the NASB or ESV, which are highly accurate translations of the Bible, and then use the Bible Recap devotional to take you through the Bible in a year. This will give you a good overview for Bible study, and then it will help you decide what to study next. This app has so many types of devotionals, and you can find a devotional related to where you need help.

This app is available from most app sites. You can find more about this app here:

App Site: <https://www.youversion.com/the-bible-app/>

The next five resources are tailored to veterans and military personnel. I hope you find them helpful.

6. Operation Recon: The Warrior's Field Guide to Spiritual Readiness

If you want a military/veteran specific Bible study to start with, start here. This study is taught by veterans from all branches of the U.S. military, but it is available to anyone who wants to use it.

Taught from a military perspective and using terms all veterans will understand, you'll learn to develop a relationship with Jesus instead of getting bogged down in religion.

Main Site: <https://operationrecon.org/>

7. The Military Bible Challenge: A 75 Day Devotional

Whether you're new to Christianity or a seasoned Christian, you'll enjoy this daily devotional. Steeped in military terminology, it will take you through some important parts of the Bible to help you get acquainted with what the Bible teaches. It will also help you understand the practical application of the Bible in your life.

Main Site: <https://militarybiblechallenge.net/>

8. God Understands: Scriptures for Warriors in Need

Some of us had to go to war. Some of us didn't. Male veterans don't experience emotions the way female veterans do. Women are often encouraged to express their emotions or are perceived as emotional creatures while men are expected to stuff down their emotions even when faced with unimaginable pain.

If you are struggling, this is a great resource for you to work with. It offers an online study, a devotional, and if you need it, you can order the booklets.

War comes in many forms. Whatever your struggle today, God can and will help.

Main Site: <https://godunderstandsmilitary.org/>

9. Never Alone: An Elearning Course for Military Trauma Healing

For years I thought my problem was depression, then bipolar disorder, alcoholism, and a lot of other things. These are only symptoms, and when you treat only the symptoms without treating the root causes, there is never a chance to heal.

After meeting the best psychologist I ever had through Veterans Affairs, I learned that the real issue was trauma. I had a A LOT. When you begin to deal with the trauma, or more specifically how you feel about your trauma, then you will begin to heal.

It's not what happens to you that matters as much as how you feel about it and the attachment you make to that event. When you make an attachment to something, all that negative energy is stored in your cells with the memory, and it will cause you a lot of pain.

This resource will help you begin to address that pain from your trauma. God loves you, and He wants to heal you. Like the last two resources, this is available online and through YouVersion.

Main Site: <https://neveralonemilitary.org/>

10. Faithful Under Fire: A Free Downloadable Bible Study

This is one of those random resources I found while searching the internet to find resources for my fellow veterans to study the Bible.

If you have seen the movie "Hacksaw Ridge," then you know who Desmond Doss is. Doss is a World War II Medal of Honor recipient who refused to carry a rifle during the war. A combat medic, he committed himself to saving the lives of others without fighting.

Having served in the Army, I imagine what Doss went through was far more brutal than what was shown in the movie. He stood his ground, no matter the abuse, and even fought to stay in the Army so that he could serve his country. PFC Doss is an example to all of us

about perseverance and faith, especially in the face of an enemy that is supposed to be your friend.

Download: <https://crumilitary.org/faithful-fire-free-downloadable-bible-study/>

This ends the main part of the report. I hope you will take the time to use these resources to help you heal and grow, then further develop your relationship with Jesus Christ.

Below are two resources I thought you might find helpful. Neither is a Bible study resource, so you can enjoy these at your leisure.

Bonus: Military Veterans Worldwide Newsletter

I started Military Veterans Worldwide about 10 years ago after meeting some veterans from other countries on Facebook. This is when I realized that as veterans, we all struggle with the same problems. It doesn't matter what country you are from. Veterans struggle with the same problems as homelessness, suicide, and PTSD. We also run businesses, and we need a sense of community.

One of the most important things I learned about veterans is that if we don't develop a tribe after leaving the military (church, veterans' organizations, other connections), that veteran will struggle for the rest of his/her life. Veterans like me.

We're your tribe, and you are welcome. When we find enough members who want to do Bible study, then I'll create a group for that. Until then, you are welcome here:

Subscribe: <https://militaryveteransworldwide.com>

Join the group: <https://www.facebook.com/groups/militaryveteransworldwide/>

The newsletter will contain the latest military and veterans' news from around the world. You'll find information on books, music, movies, weapons and tactics, benefits, health, and more. All in one convenient weekly newsletter. The group is open to all veterans and our supporters. I hope to see you there!

Bonus: The Chosen

To be honest with you, I really wasn't sure where this resource fit. It's a worldwide phenomenon, and with good reason.

This series, written, directed, and produced by Dallas Jenkins, the son of famed Christian writer Jerry B. Jenkins (The Left Behind Series), tells the story of Jesus and the disciples.

Unlike every other series that has been done on Jesus and the disciples, this is a Jesus you can relate to, a Jesus you can love. A Jesus that can show you how to walk your walk.

I really don't know how to describe it. All I know is that it is a must watch. Keep in mind there are elements of it that aren't in the Bible or seem out of place. These elements are used for dramatic effects. They will also make you think. Well worth the watch.

Watch: <https://www.thechosen.tv/en-us>

A Simple Daily Growth Plan

Here is a simple plan to help you develop a daily Bible and prayer practice. Cultivate these habits into your daily life, and it will transform your life.

1. Read the Bible for 10 minutes a day.
2. Schedule an appointment with God and don't skip it.
3. Join one new community (this could be a church, a Bible study group)
4. Set aside 10 minutes of quiet time each day with God
5. Corporate worship (find a good Bible teaching church and join)

That's it. It's really very simple.

Conclusion

Thank you so much for taking the time to read this report. I really hope you find these resources helpful. Each has been carefully selected to help you reach your full potential in Christ. To become everything our Father created you to be.

Sickness, poverty, disease, poor relationships, etc. are all sins. What I want you to understand here is what sin really is.

The New Testament was written in Greek, not English. The problem is that we apply an English definition to the word. Usually, it goes somewhere along the lines of doing something wrong.

Sin, in the Greek, means "missing the mark." We miss the mark when we don't live according to the way God designed Creation. That means great health, loving relationships, and true wealth. Wealth is far more than money. It is having the resources to

take the kingdom to others. Living free from worry and anxiety and knowing that we have a Father who loves and cares for us.

I know the church doesn't want to hear this. After all, isn't someone brave for struggling with an illness? Struggling with sin is never a good thing because it holds us back from everything God has in mind for us.

Get well. Have great relationships. Get wealth. Not just money but true wealth. God made creation for our enjoyment. He wants to enjoy it with us.

Just because we are in a battle doesn't mean that we have to constantly struggle. The battle is the Lord's, and He has already won.

Although it may sound counterintuitive, living the life Jesus called us to requires us to take up our arms. This is all explained here:

Ephesians 6:10-18 English Standard Version

The Whole Armor of God

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. 12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. 13 Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. 14 Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, 15 and, as shoes for your feet, having put on the readiness given by the gospel of peace. 16 In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; 17 and take the helmet of salvation, and the sword of the Spirit, which is the word of God, 18 praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints,

When you come to the battle prepared, then you will experience peace, the peace that only Jesus can provide because you have saturated your mind with the truth of the Bible.

What ultimately is Survival Ready Life? It's doing your part so that God can do His part. When you know who you are and whose you are, you'll find the peace, joy, and love that only have a relationship with Jesus Christ can give you. It is about saying yes to God's best in your life.

Finally, I want to leave you with the greatest commandment.

“Teacher, which is the greatest commandment in the Law?” Jesus replied: “ 'Love the Lord your God with all your heart and with all your soul and with all your mind. ' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself. Matthew 22:36-40.

Love is the answer to every problem in your life. Love is the answer because God is the answer.

May you be blessed, saved, whole, prospered, and delivered. Your Father in heaven is madly in love with you, and He's never wrong.

Sincerely,

Jinger Jarrett

<https://survivalreadylife.com>