

A Month of Firsts – May 2026 Routine

Day	Date	Bible Verse	Prepper First	Workout
1	3-May	“Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” (Joshua 1:9)	Walk 2 miles with your fully loaded bugout bag on your back.	20-minute full-body gentle stretching + deep breathing (focus on hips, shoulders, and spine)
2	4-May	“I can do all this through him who gives me strength.” (Philippians 4:13)	Cook an entire meal over an open campfire (no grill or stove).	2-mile easy run or brisk power walk
3	5-May	“God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1)	Source, filter, and boil water from a natural source until safe to drink.	Kettlebell circuit – 4 rounds of 15 swings + 10 goblet squats + 10 push-ups (rest 60 sec between rounds)
4	6-May	“Trust in the Lord with all your heart and lean not on your own understanding.” (Proverbs 3:5-6)	Jog 1 mile while wearing your holstered firearm (safe, legal location).	30-minute yoga flow (sun salutations + hip openers)

5	7-May	<p>“But those who hope in the Lord will renew their strength. They will soar on wings like eagles.” (Isaiah 40:31)</p>	<p>Build a basic lean-to shelter using only branches, leaves, and natural materials.</p>	<p>Calisthenics – 4 rounds of 12 pull-ups (or assisted), 20 push-ups, 30 air squats, 45-sec plank</p>
6	8-May	<p>“Therefore keep watch, because you do not know on what day your Lord will come.” (Matthew 24:42)</p>	<p>Start a fire using only a ferro rod and tinder (no matches/lighter).</p>	<p>3-mile run or ruck with light pack</p>
7	9-May	<p>“Be on your guard; stand firm in the faith; be courageous; be strong.” (1 Corinthians 16:13)</p>	<p>Navigate a 1-mile hike using only map and compass (no GPS/phone).</p>	<p>Kettlebell strength – 5 rounds of 10 Turkish get-ups (5 each side) + 20 kettlebell rows per arm</p>
8	10-May	<p>“Consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.” (James 1:2-3)</p>	<p>Forage and correctly identify at least 3 edible wild plants in your area.</p>	<p>25-minute full-body mobility & stretching</p>

9	11-May	“The prudent see danger and take refuge, but the simple keep going and pay the penalty.” (Proverbs 22:3)	Build a solar still to collect and purify water from the ground.	HIIT calisthenics – 8 rounds of 30 sec work / 15 sec rest: burpees, mountain climbers, jumping jacks
10	12-May	“Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today.” (Exodus 14:13)	Learn and practice tying 5 essential survival knots (bowline, clove hitch, taut-line, square knot, figure-8).	40-minute yoga (focus on balance and core poses)
11	13-May	“The joy of the Lord is your strength.” (Nehemiah 8:10)	Practice emergency signaling with a mirror or reflective surface (aim at a distant target).	Kettlebell – 4 rounds of 20 swings, 12 Romanian deadlifts, 10 overhead presses
12	14-May	“My grace is sufficient for you, for my power is made perfect in weakness.” (2 Corinthians 12:9)	Simulate a break in and response (BABA YAGA DRILL)	3-mile trail run or ruck
13	15-May	“The Lord is my strength and my shield; my heart trusts in him, and he helps me.” (Psalm 28:7)	Create natural cordage from local plant fibers (yucca, dogbane, or nettle).	Bodyweight circuit – 5 rounds of 15 diamond push-ups, 20 lunges per leg, 30-sec hollow hold

14	16-May	“Let us not become weary in doing good, for at the proper time we will reap a harvest.” (Galatians 6:9)	Dig and use a Dakota fire hole for a low-smoke, efficient cooking fire.	20-minute easy stretching + foam roll
15	17-May	“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you.” (Jeremiah 29:11)	Attempt primitive fishing with an improvised hook and line.	Kettlebell + run hybrid – 3-mile run with 10 kettlebell swings every half mile
16	18-May	“Peace I leave with you; my peace I give you.” (John 14:27)	Improvise a basic first-aid splint using sticks and cordage.	Yoga for recovery – 35 minutes (twists and forward folds)
17	19-May	“I sought the Lord, and he answered me; he delivered me from all my fears.” (Psalm 34:4)	Complete an off-trail navigation exercise (1 mile, map & compass only).	Calisthenics strength – 4 sets of max pull-ups, 25 push-ups, 40 squats, 1-min plank
18	20-May	“Even though I walk through the darkest valley, I will fear no evil, for you are with me.” (Psalm 23:4)	Cook food using hot rocks (stone-boiling technique).	4-mile run or ruck

19	21-May	“Now faith is confidence in what we hope for and assurance about what we do not see.” (Hebrews 11:1)	Open a piece of medical gear and apply it (NOT A DECOMPRESSION NEEDLE)	Kettlebell complex – 5 rounds of clean + press + front squat (8 reps each move)
20	22-May	“So do not fear, for I am with you; do not be dismayed, for I am your God.” (Isaiah 41:10)	Run a full bug-out drill — pack your bag and “evacuate” in under 10 minutes.	30-minute full-body mobility flow
21	23-May	“Cast all your anxiety on him because he cares for you.” (1 Peter 5:7)	Forage for natural tinder and kindling in wet conditions.	HIIT – 10 rounds of 20 sec sprint / 40 sec walk (outdoors or treadmill)
22	24-May	“Be strong and courageous. Do not be afraid or discouraged.” (2 Chronicles 15:7)	Build a fire reflector wall to direct heat toward your shelter area.	Kettlebell – 4 rounds of 15 snatches per arm + 12 goblet squats + 20 Russian twists
23	25-May	“The Lord is my strength and my defense; he has become my salvation.” (Psalm 118:14)	Practice basic animal tracking — identify 3 different tracks or signs.	Yoga power flow – 35 minutes (warrior sequences + core)

24	26-May	“We also glory in our sufferings, because we know that suffering produces perseverance.” (Romans 5:3-5)	Improvise a water container from natural materials (birch bark or large leaves).	Calisthenics ladder – 10-9-8...1 push-ups + squats
25	27-May	“Hold on to what you have, so that no one will take your crown.” (Revelation 3:11)	Make char cloth from cotton fabric for reliable emergency fire starting.	3-mile run with intervals (1 min fast / 2 min easy)
26	28-May	“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.” (Psalm 91:1-2)	Set up and test a basic rain-catchment system.	Kettlebell endurance – 100 swings for time (broken into sets as needed)
27	29-May	“Do not worry about tomorrow, for tomorrow will worry about itself.” (Matthew 6:34)	Practice silent movement through woods/terrain (stealth walking).	Full-body yoga + stretching recovery – 40 minutes
28	30-May	“I have fought the good fight, I have finished the race, I have kept the faith.” (2 Timothy 4:7)	Build a basic non-lethal small-game trap for practice (figure-4 or similar).	Calisthenics burnout – max rounds in 20 min of 5 pull-ups, 10 push-ups, 15 squats

29	31-May	“Finally, be strong in the Lord and in his mighty power.” (Ephesians 6:10)	Perform a full gear inventory and field-test one item you’ve never actually used.	4-mile ruck or run with your bugout bag
30	1-Jun	“The testing of your faith produces perseverance.” (James 1:3)	Review every first you completed this month — pick your favorite and repeat it bigger.	Celebration workout – 30-minute mix of whatever felt best this month (your choice!)