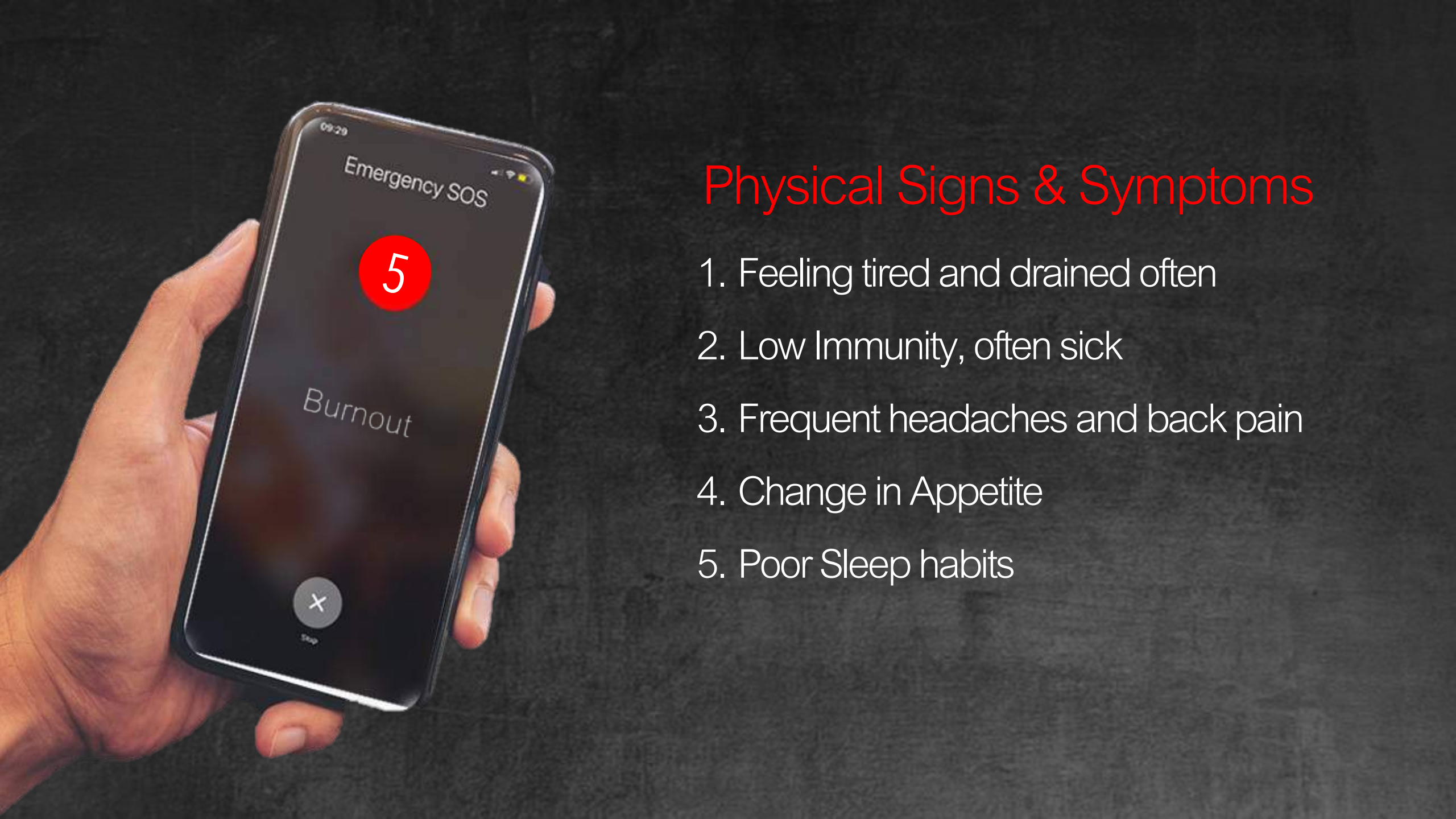
JERICHO
WALLS
COURAGEOUS SERIES

SOS

SOS



Physical Signs & Symptoms

1. Feeling tired and drained often
2. Low Immunity, often sick
3. Frequent headaches and back pain
4. Change in Appetite
5. Poor Sleep habits

Emotional Signs & Symptoms

1. Sense of failure and self-doubt
2. Feeling trapped or defeated
3. Sense of detachment from the world
4. Loss of motivation
5. Increasingly cynical and negative outlook

Behavioral Signs & Symptoms

1. Withdrawal from responsibilities
2. Isolation from others
3. Procrastination
4. Coping with food, escape, meds
5. Annoyed easily with others

Lack of Control
Working with little to no control over your work

Lack of Recognition
Working with few rewards for good work

Lack of Direction
Working with unclear expectations

Lack of Challenge
Working in a monotonous or unchallenging field

Lack of Margin
Working in a chaotic or high-pressure environment

5 Common causes of BURNOUT

Loss of Idealism

Circumstances have taken away your dreams

Loss of Identity

Circumstances have changed your role

Loss of Passion

Circumstances have affected your emotional energy

Loss of Relationship

Circumstances have changed your team

Loss of Purpose

Circumstances have robbed you of purpose

5 Common causes of BURNOUT

Too much Work

You are not balancing your schedule well

Too much Expectation

You are demanding too much of yourself

Too much Responsibility

You keep taking on other people's responsibilities

Too much Awake Time

You are not getting the proper amount of sleep

Too much Individualism

You are not cultivating supportive relationships

5 Common causes of BURNOUT

Self-Reliance
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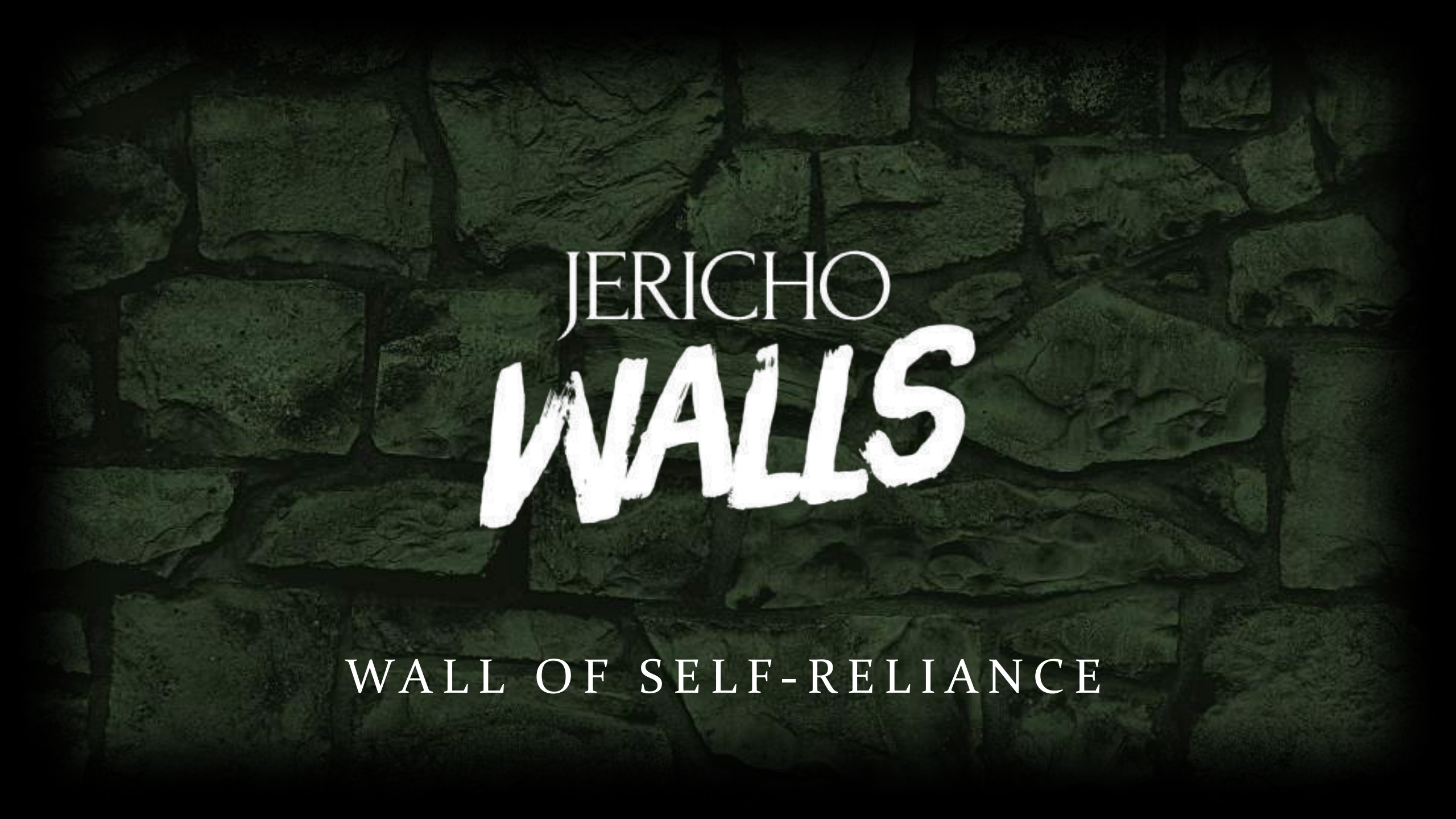
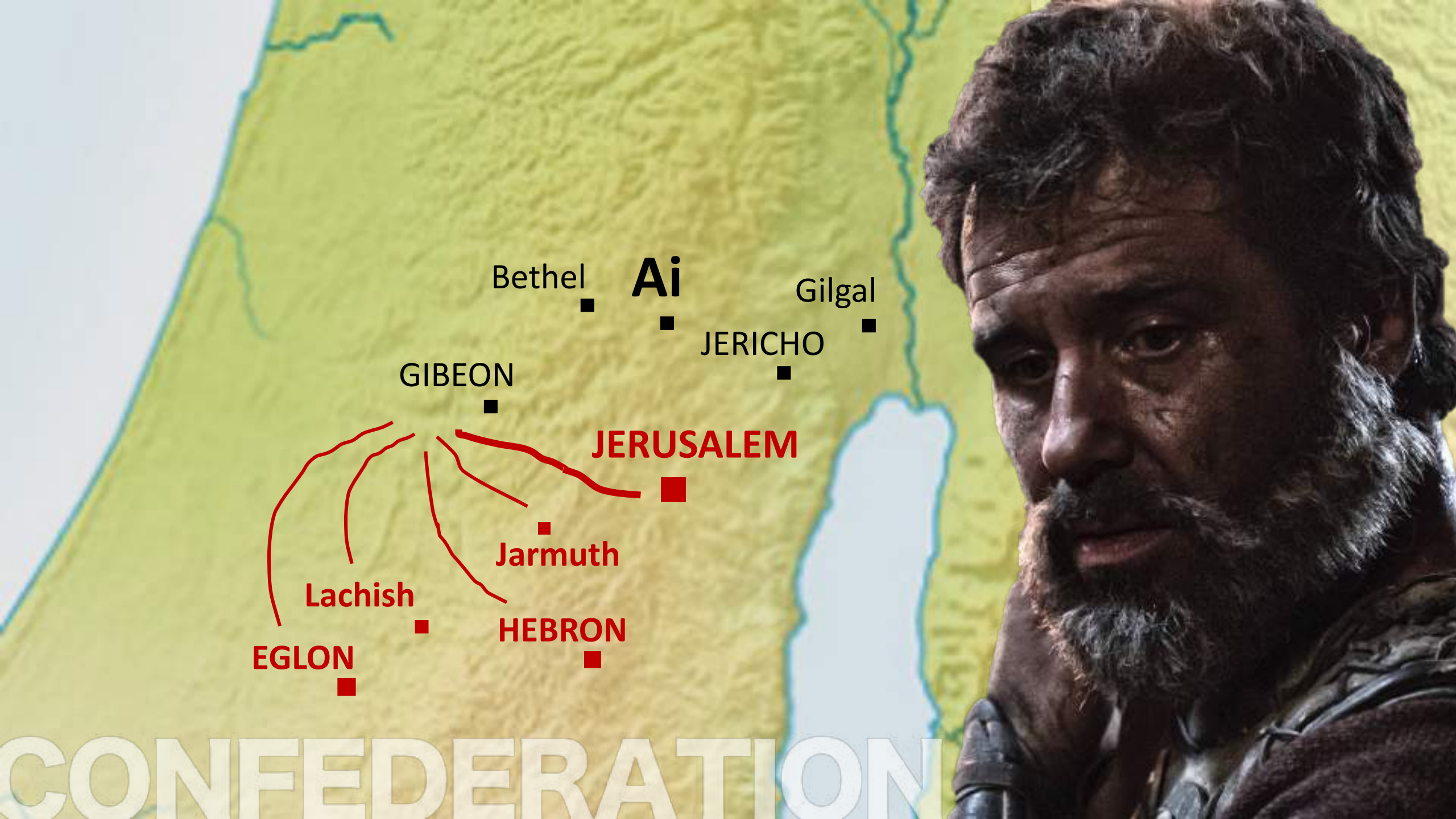
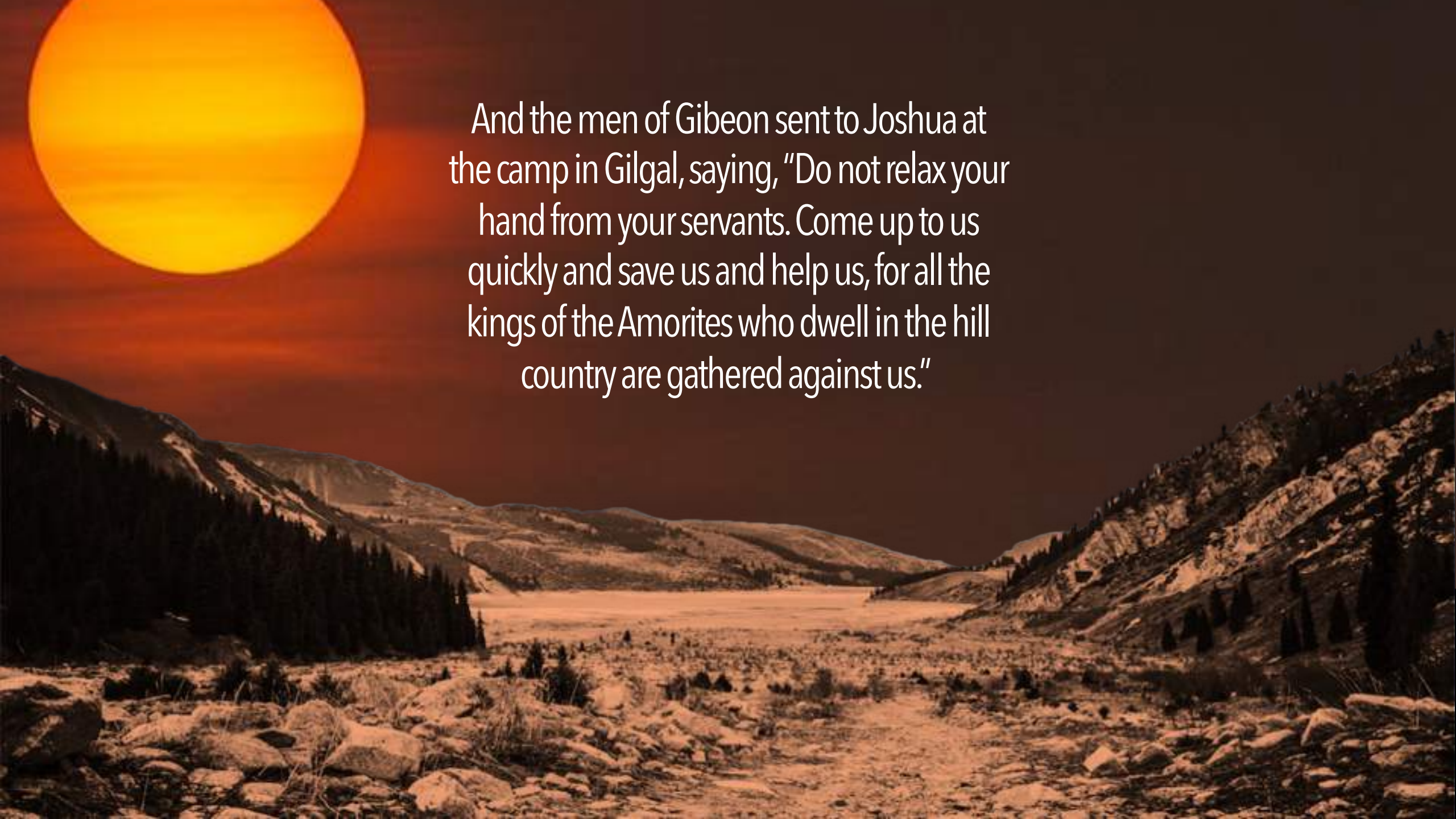
WALLS

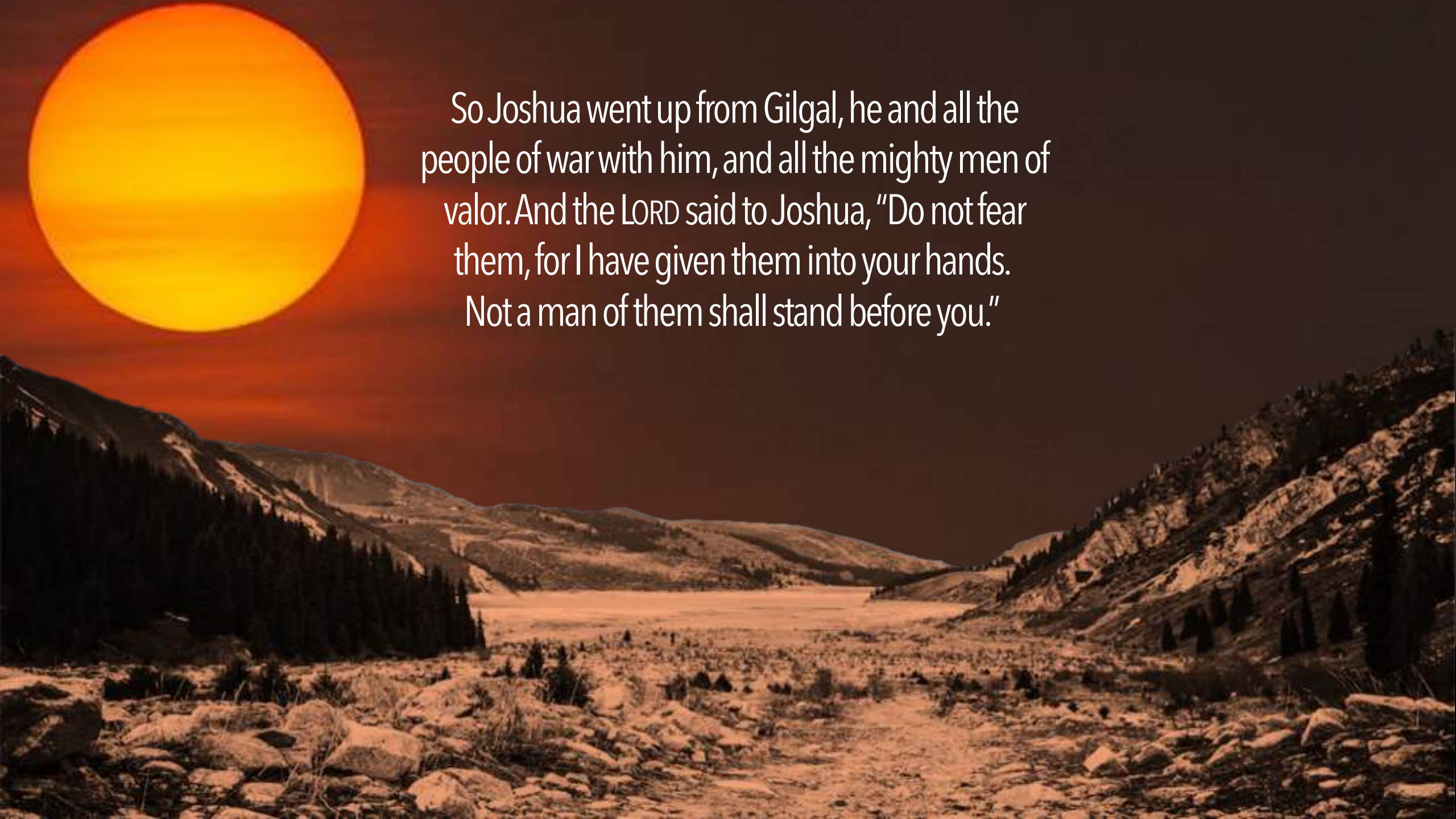

JERICHO
WALLS
WALL OF SELF-RELIANCE

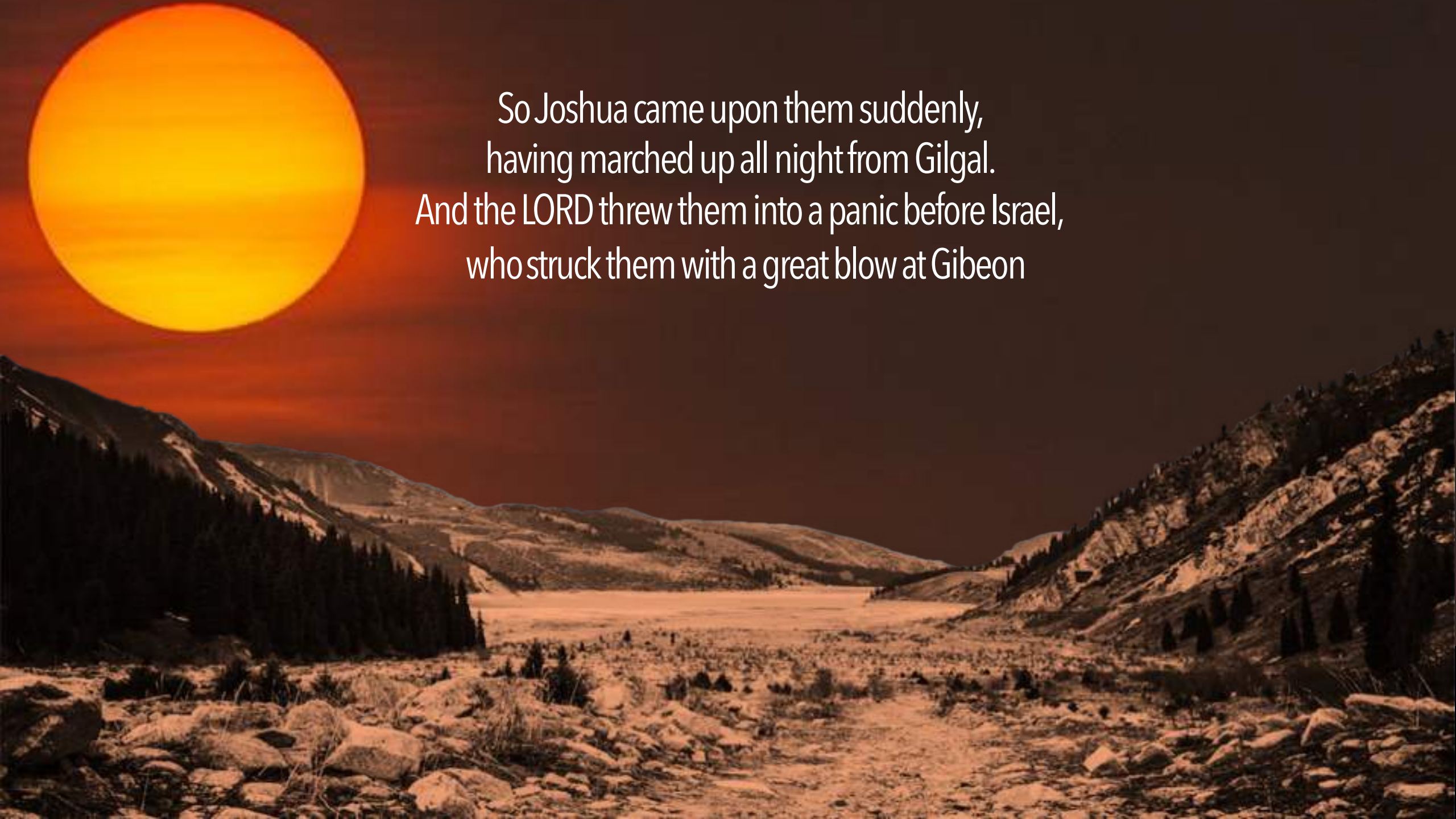
JOSHUA DID NOT ASK
Counsel
from the Lord
GIBEONITES

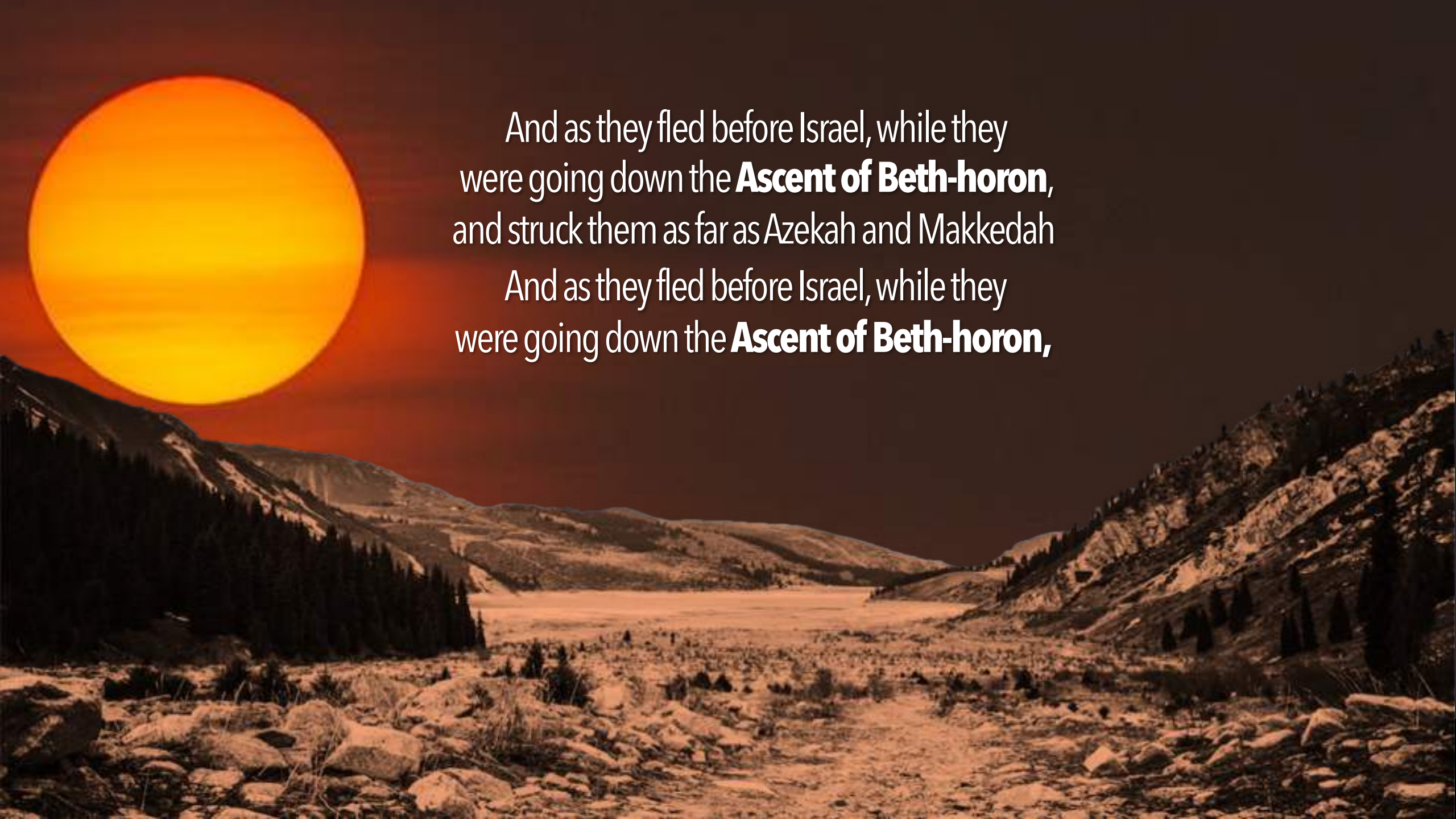
5
Kings
JOSHUA 10:1-5
GIBEONITES


Bethel
Ai
Gilgal
JERICHO
GIBEON
JERUSALEM
Jarmuth
Lachish
HEBRON
EGLON
CONFEDERATION


And the men of Gibeon sent to Joshua at
the camp in Gilgal, saying, "Do not relax your
hand from your servants. Come up to us
quickly and save us and help us, for all the
kings of the Amorites who dwell in the hill
country are gathered against us."


So Joshua went up from Gilgal, he and all the
people of war with him, and all the mighty men of
valor. And the LORD said to Joshua, "Do not fear
them, for I have given them into your hands.
Not a man of them shall stand before you."

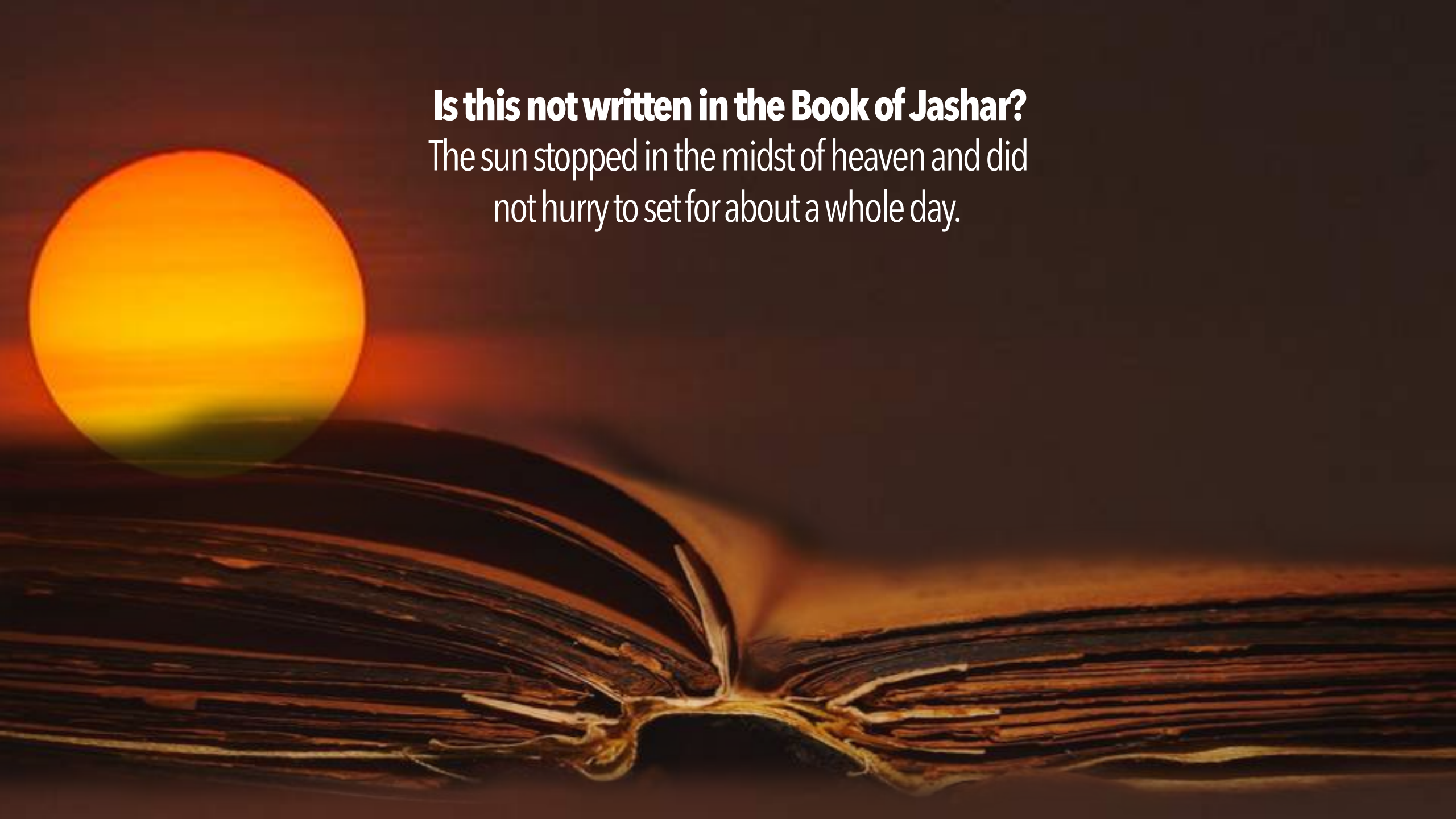

So Joshua came upon them suddenly,
having marched up all night from Gilgal.
And the LORD threw them into a panic before Israel,
who struck them with a great blow at Gibeon

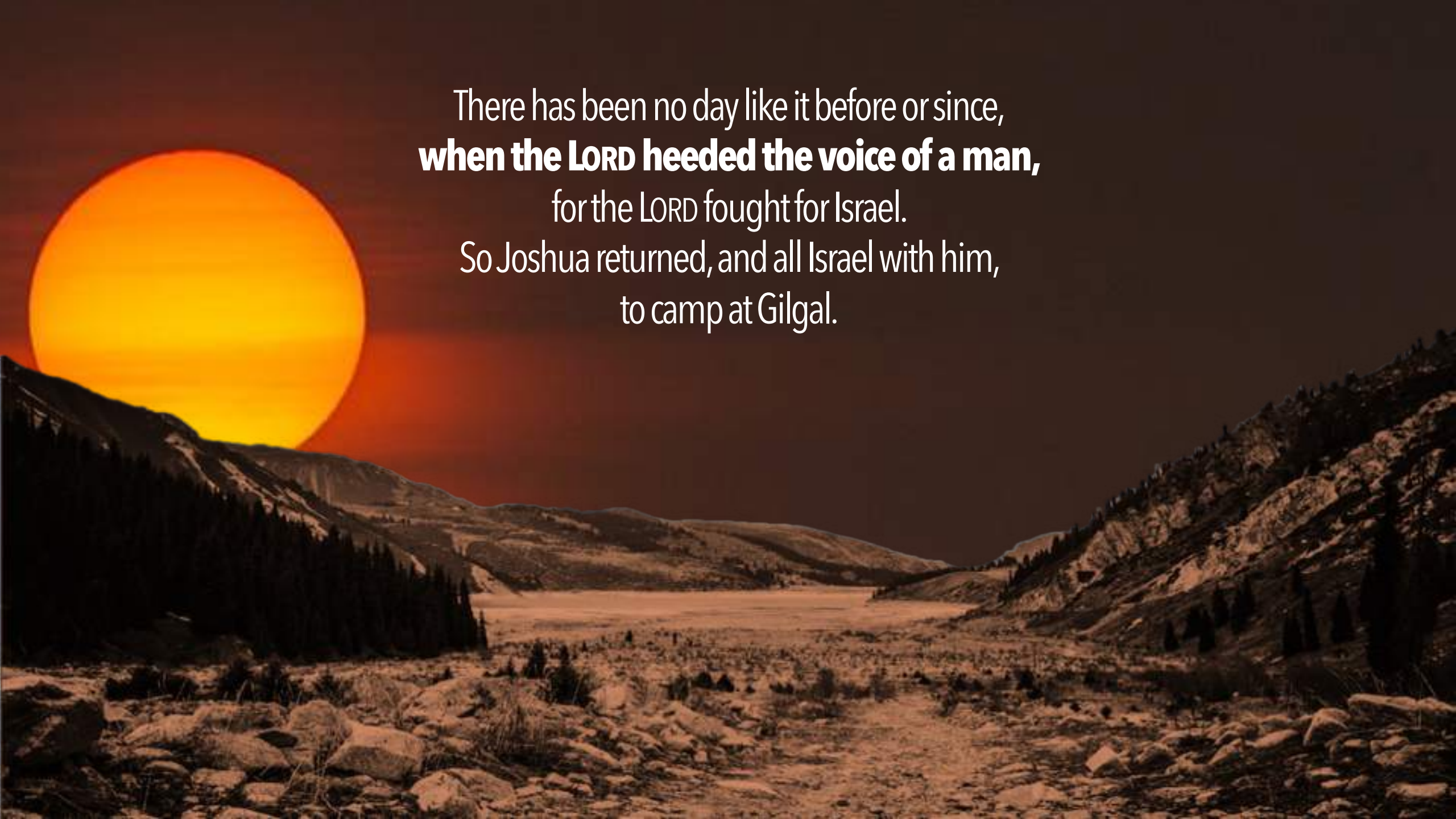

And as they fled before Israel, while they
were going down the **Ascent of Beth-horon**,
and struck them as far as Azekah and Makkedah
And as they fled before Israel, while they
were going down the **Ascent of Beth-horon,**

The LORD threw down large stones from heaven on
them as far as Azekah, and they died.
There were more who died because of the hailstones
than the sons of Israel killed with the sword.

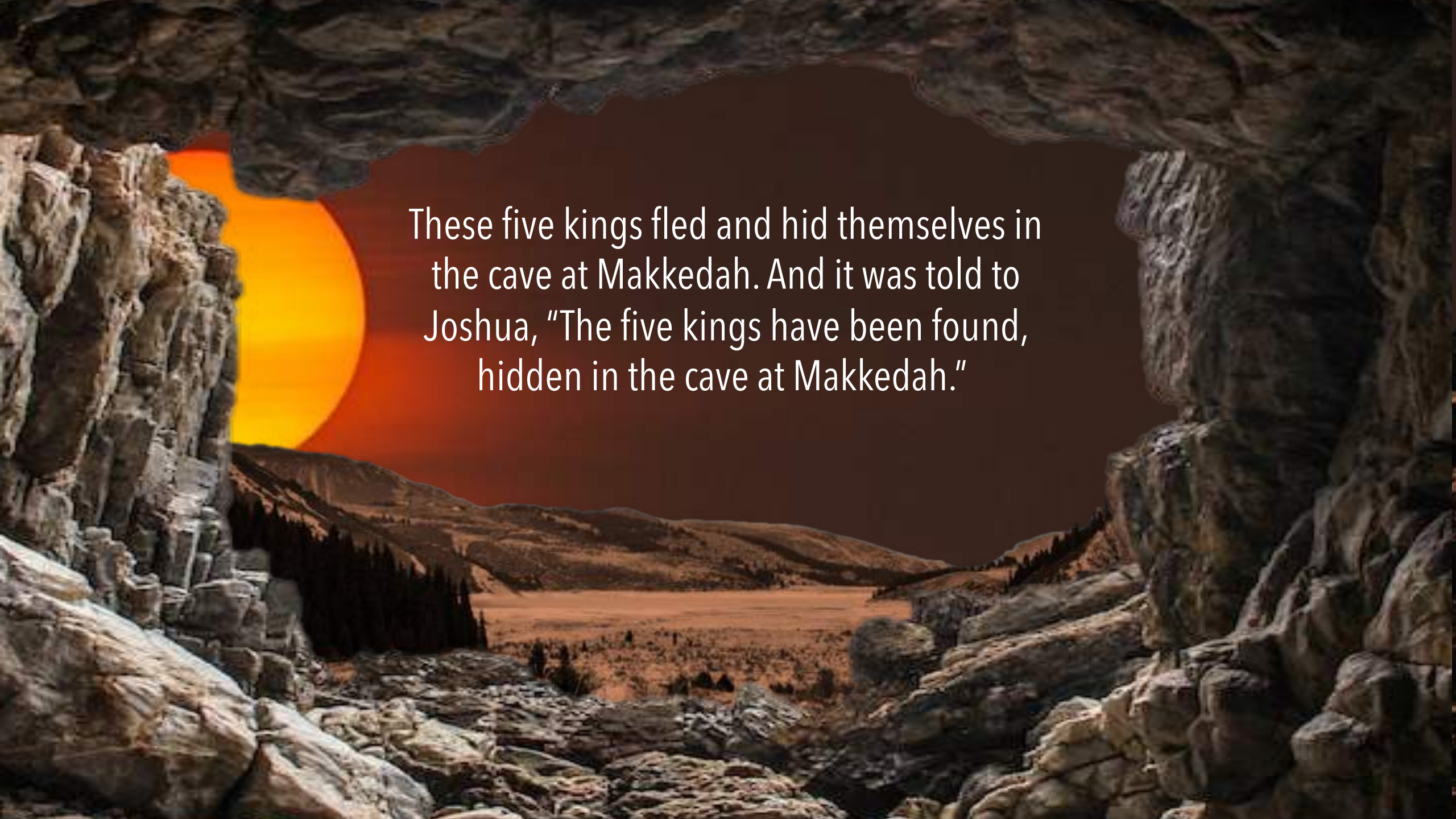
At that time Joshua spoke to the LORD in
the day when the LORD gave the Amorites
over to the sons of Israel,
And he said in the sight of Israel. . .

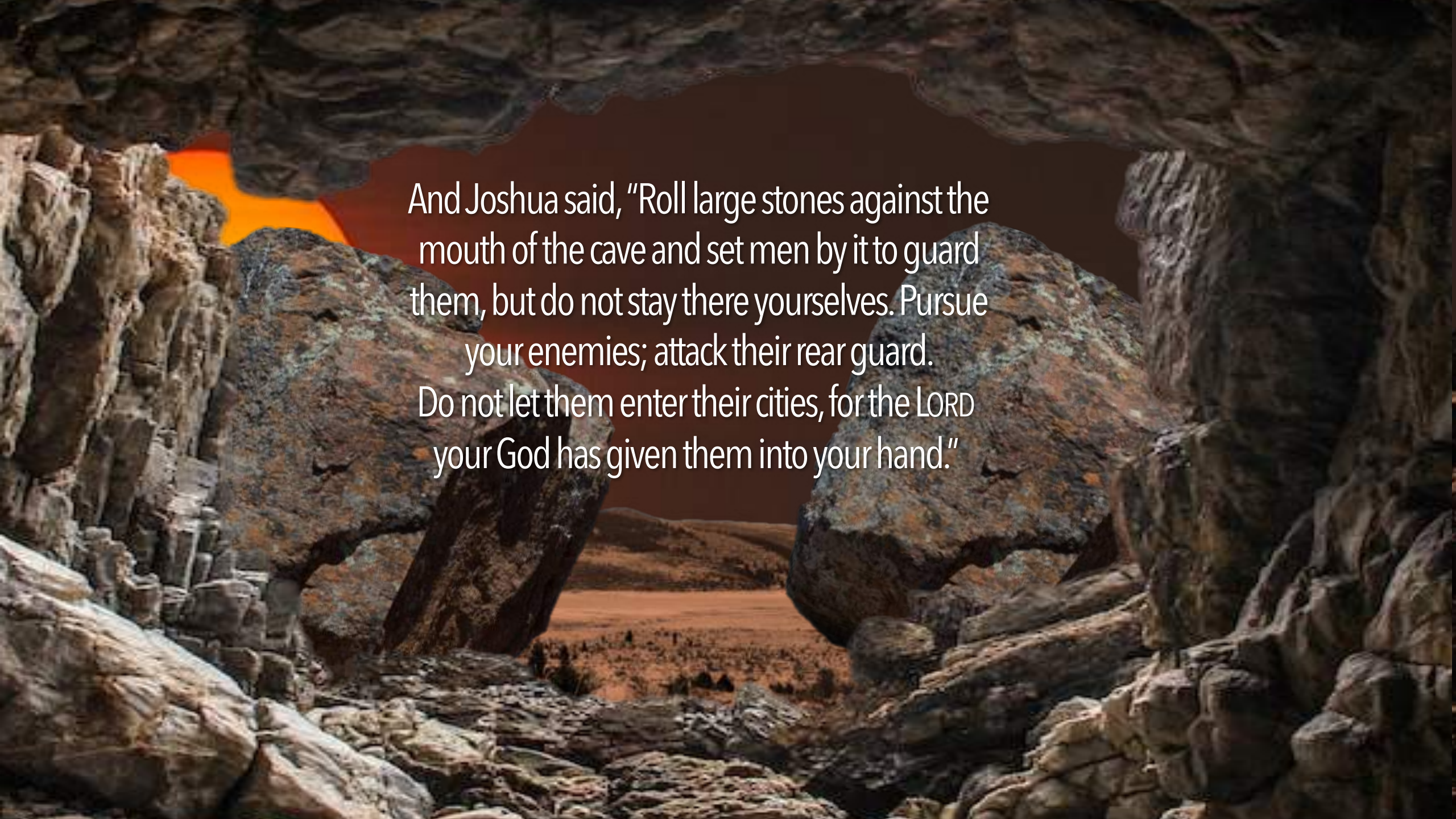
SUN, STAND STILL!
at Gibeon, and moon, in the Valley of Aijalon."
And the sun stood still, and the moon stopped,
until the nation took vengeance on their enemies.

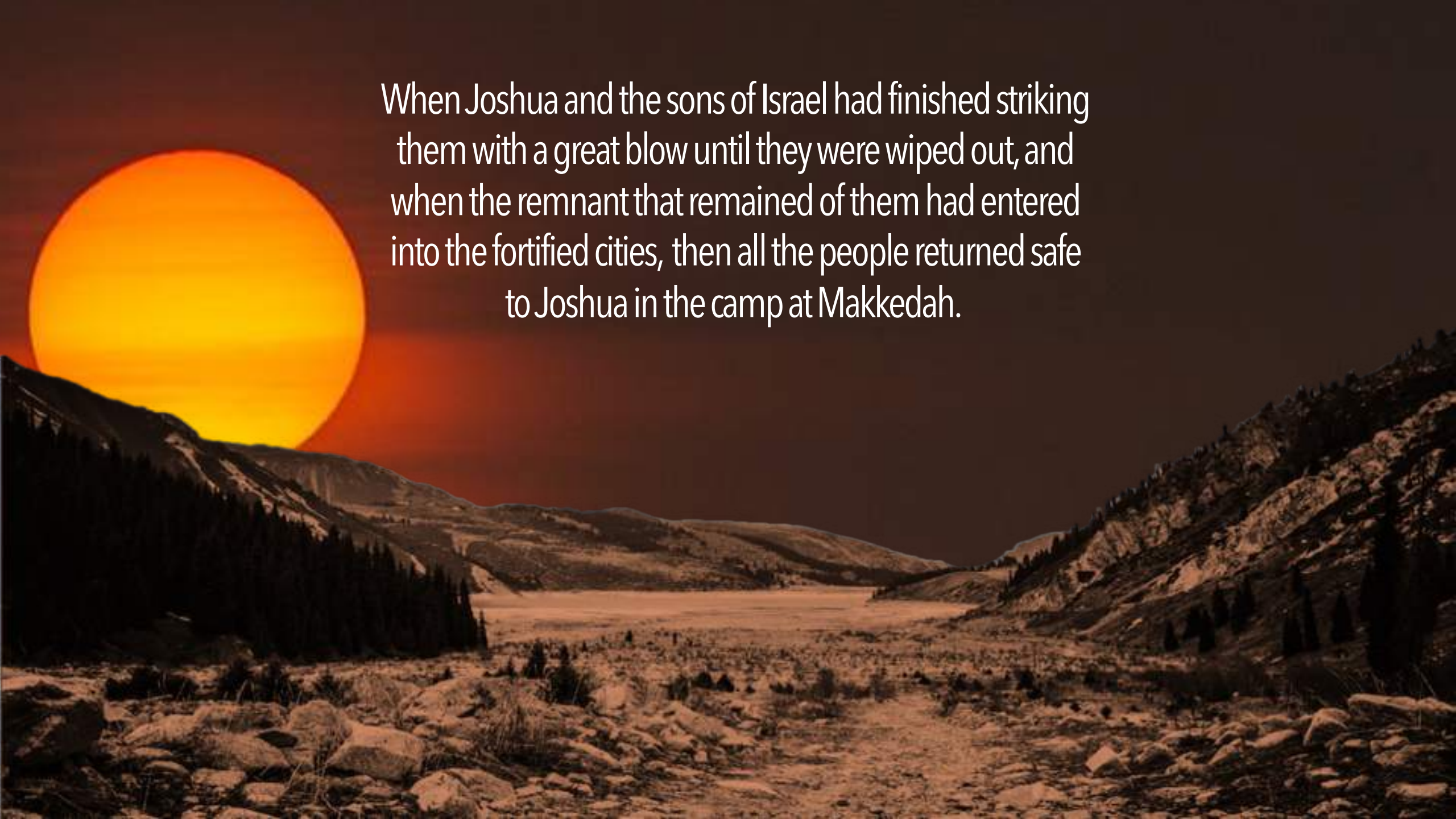

Is this not written in the Book of Jashar?
The sun stopped in the midst of heaven and did
not hurry to set for about a whole day.


There has been no day like it before or since,
when the LORD heeded the voice of a man,
for the LORD fought for Israel.
So Joshua returned, and all Israel with him,
to camp at Gilgal.

PRAY
LIKE IT DEPENDS ON GOD
WORK
LIKE IT DEPENDS ON YOU
JERICHO
WALLS


These five kings fled and hid themselves in the cave at Makkedah. And it was told to Joshua, "The five kings have been found, hidden in the cave at Makkedah."


And Joshua said, "Roll large stones against the
mouth of the cave and set men by it to guard
them, but do not stay there yourselves. Pursue
your enemies; attack their rear guard.
Do not let them enter their cities, for the LORD
your God has given them into your hand."


When Joshua and the sons of Israel had finished striking
them with a great blow until they were wiped out, and
when the remnant that remained of them had entered
into the fortified cities, then all the people returned safe
to Joshua in the camp at Makkedah.

Not a man moved his tongue against
any of the people of Israel.

5 Kings
JOSHUA 10:22-25

DO NOT
BE AFRAID
OR BE DISMAYED
BE STRONG
AND COURAGEOUS
JOSHUA 10:25
JERICHO
WALLS

“I lift my eyes to the hills.
From where does my help come?
My help comes from the Lord,
who made heaven and earth.”
PSALM 121:1-2
JERICHO
WALLS

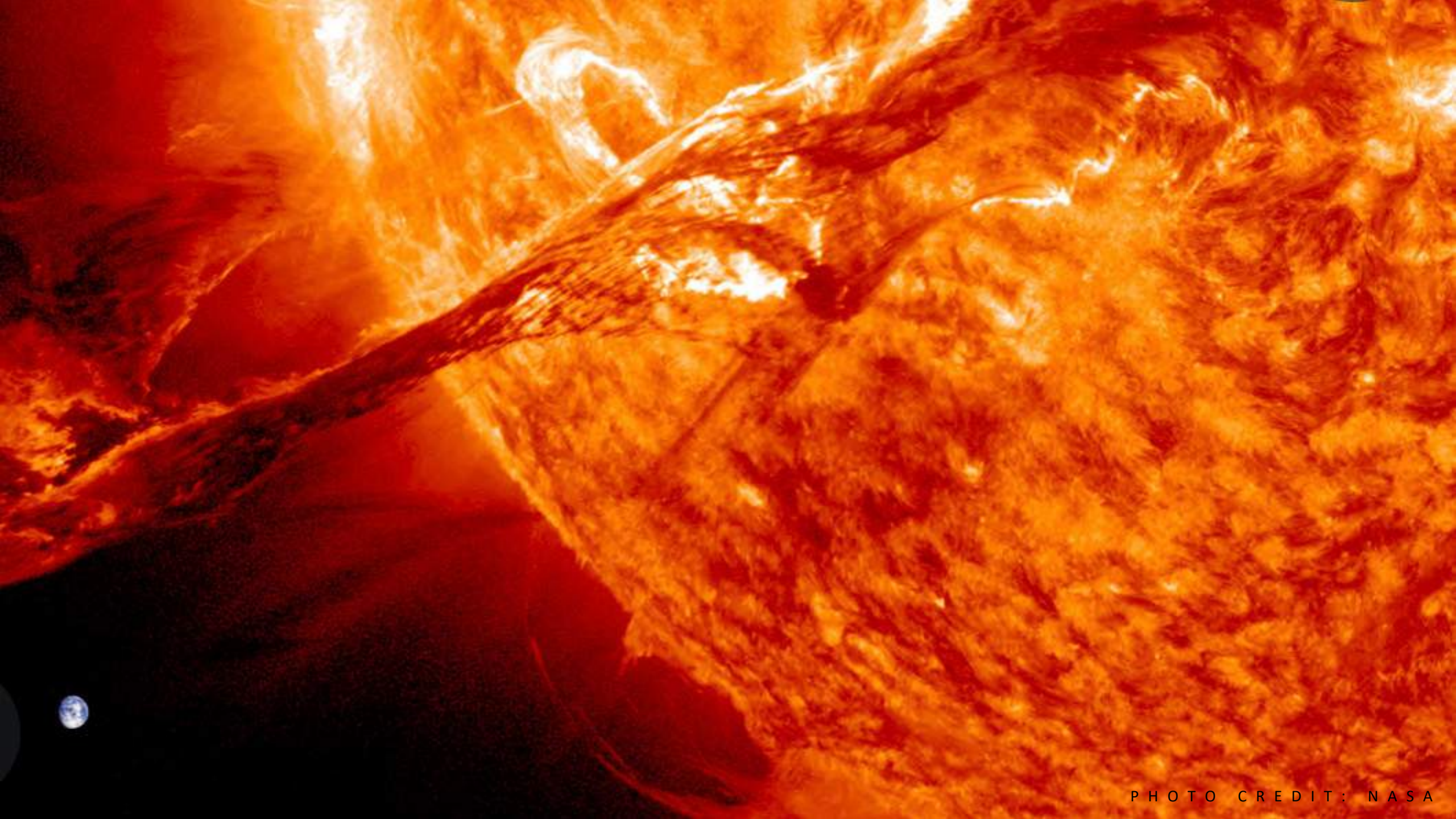


PHOTO CREDIT: NASA

OUR POSSIBILITIES WITH
GOD'S HELP
ARE EXCEEDINGLY ABUNDANTLY AND BEYOND
ALL WE COULD EVER
IMAGINE
JERICHO
WALLS

Wall of SELF-RELIANCE

JERICHO WALLS

09:29
Emergency SOS
5
SOS
Slide
My
My
My
My
My

My Name

If I ask for help, I may not get the credit I crave

My

My

My

My

My

My Name

If I ask for help, I may not get the credit I crave

My Way

If I ask for help, I may not have the control I want

My

My

My

My Name

If I ask for help, I may not get the credit I crave

My Way

If I ask for help, I may not keep the control I want

My Plans

If I ask for help, I may not dictate the outcome I desire

My

My

My Name

If I ask for help, I may not get the credit I crave

My Way

If I ask for help, I may not keep the control I want

My Plans

If I ask for help, I may not dictate the outcome I desire

My Fears

If I ask for help, I may not avoid the things that I fear

My

My Name

If I ask for help, I may not get the credit I crave

My Way

If I ask for help, I may not keep the control I want

My Plans

If I ask for help, I may not dictate the outcome I desire

My Fears

If I ask for help, I may not avoid the things that I fear

My Strength

If I ask for help, I may not hide the weakness I feel

SOS

His Name

If I ask for help, He will get the glory through me

His Way

If I ask for help, He make the path straight for me

His Plans

If I ask for help, He will work all things for the good for me

His Presence

If I ask for help, He will calm all the fears in me

His Strength

If I ask for help, He will provide His strength to me

OUR POSSIBILITIES WITH GOD'S HELP ARE EXCEEDINGLY ABUNDANTLY AND BEYOND ALL WE COULD EVER IMAGINE

JERICHO WALLS

Work for His Name

"Help me, O LORD my God!
Save me according to your steadfast love!
Let them know that this is your hand;
You, O LORD, have done it!

PSALM 109:26-27

Trust in
His Ways

"Trust in the Lord with all your heart
Lean not on your own understanding,
In all your ways acknowledge Him,
And He will make your paths straight."

PROVERBS 3:5-6

Yield to His Plans

"Unless the LORD builds the house,
Those who build it labor in vain.
Unless the LORD watches over the city,
The watchman stays awake in vain."

PSALM 127:1

Count on
His Presence

“Yea though I walk through the
Valley of the Shadow of Death,
I will fear no evil, for you are with me,
Your rod and Your staff they comfort me.”

PSALM 23:4

Rely on
His Strength

“Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you, yes, I will help you,
I will uphold you with
My righteous right hand.”

ISAIAH 41:10

Today.
“So teach us to number our days,
that we may get a heart of wisdom.”
PSALM 90:12
JERICHO
WALLS

Rejoice.
“This is the day that the Lord has made,
we will rejoice and be glad in it.”
PSALM 118:24
JERICHO
WALLS

Encourage.

But encourage one another daily, as long as it is called Today,
so that none of you may be hardened by sin's deceitfulness.

HEBREWS 3:13

Forgive.
“Be angry and do not sin;
do not let the sun go down on your anger.”
EPHESIANS 4:26
JERICHO
WALLS

Trust.
“Do not worry about tomorrow;
For tomorrow will worry about itself.
Each day has enough trouble of its own.”
MATTHEW 6:34
JERICHO
WALLS

Surrender.
Acknowledge and take to heart this day that the Lord is God in heaven above and on the earth below. There is no other.
DEUTERONOMY 4:39
JERICHO
WALLS