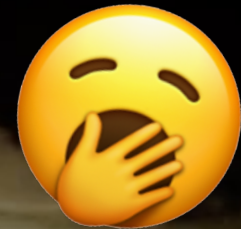


FEELING EXHAUSTED?



EXHAUSTED YET STILL PURSUING

LESSONS FROM THE 300 (JUDGES 7-8)



Psychological impact of the COVID-19 pandemic and burnout severity in French residents: A national study ★

College Students Increasingly Report High Levels of Anxiety and Burnout During the Pandemic

Indeed Study Shows That Worker Burnout Is At Frighteningly High Levels:

Stress on the front lines of covid-19

Health-care workers share the hardest parts of working during the pandemic.

Teacher burnout causing exodus from the profession, study finds

Survey Results Show Evidence Americans are Feeling COVID Fatigue,

Are You Suffering From Parental Pandemic Burnout?

44% of people in Singapore tired of rules to limit Covid-19 spread: Survey

That feeling you can't name? It's called emotional exhaustion.

Guarding against pandemic fatigue in Singapore's COVID-19 fight

Three-quarters of social workers emotionally and mentally exhausted on back of Covid-19, finds survey

EXHAUSTED YET STILL PURSUING

LESSONS FROM THE 300 (JUDGES 7-8)

*Then Gideon and the 300 men who were with him came
to the Jordan and crossed over,
exhausted yet still pursuing.*

JUDGES 8:4 (NASB)



JUDGES 7:22-8:9

7:22 When the three hundred trumpets sounded, the Lord caused the men throughout the camp to turn on each other with their swords.

The army fled to Beth Shittah toward Zererah as far as the border of Abel Meholah near Tabbath.

23 Israelites from Naphtali, Asher and all Manasseh were called out, and they pursued the Midianites.



JUDGES 7:22-8:9

24 Gideon sent messengers throughout the hill country of Ephraim, saying, “Come down against the Midianites and seize the waters of the Jordan ahead of them as far as Beth Barah.”

So all the men of Ephraim were called out and they seized the waters of the Jordan as far as Beth Barah.

25 They also captured two of the Midianite leaders, Oreb and Zeeb. They killed Oreb at the rock of Oreb, and Zeeb at the winepress of Zeeb.

They pursued the Midianites and brought the heads of Oreb and Zeeb to Gideon, who was by the Jordan.



JUDGES 7:22-8:9

8:1 Now the men of Ephraim said to him, “Why have you done this to us by not calling us when you went to fight with the Midianites?” And they reprimanded him sharply.



JUDGES 7:22-8:9

8:2 He said to them, “What have I done in comparison with you? Is not the gleaning of the grapes of Ephraim better than the vintage of Abiezer?

3 “God has delivered into your hands the princes of Midian, Oreb and Zeeb. And what was I able to do in comparison with you?”

Then their anger toward him subsided when he said that.

4 When Gideon came to the Jordan, he and the three hundred men who were with him crossed over, **exhausted yet keeping up the pursuit.**



JUDGES 7:22-8:9

8:5 Then he said to the men of Succoth, “Please give loaves of bread to the people who follow me, for they are exhausted, and I am pursuing Zebah and Zalmunna, kings of Midian.”

6 And the leaders of Succoth said, “Are the hands of Zebah and Zalmunna now in your hand, that we should give bread to your army?”

7 So Gideon said, “For this cause, when the Lord has delivered Zebah and Zalmunna into my hand, then I will tear your flesh with the thorns of the wilderness and with briers!”

8 Then he went up from there to Penuel and spoke to them in the same way. And the men of Penuel answered him as the men of Succoth had answered.

9 So he also spoke to the men of Penuel, saying, “When I come back in peace, I will tear down this tower!”



5 THINGS THAT EXHAUST US

JUDGES 7:22-24 “When the 300 trumpets sounded, the Lord caused the men throughout the camp to turn on each other with their swords.” Israelites from Naphtali, Asher and all Manasseh were called out, and they pursued the Midianites.

Gideon sent messengers throughout the hill country of Ephraim, saying, “Come down against the Midianites and seize the waters of the Jordan ahead of them as far as Beth Barah.” So all the men of Ephraim were called out and they seized the waters of the Jordan as far as Beth Barah.

1. FEAR. HESITATION. ANALYSIS PARALYSIS.

5 THINGS THAT EXHAUST US

2 KINGS 6:15-17 When the servant of the man of God got up ... an army with horses and chariots had surrounded the city. “Oh no, my lord! What shall we do?” the servant asked.

“Don’t be afraid. Those who are with us are more than those who are with them.”

And Elisha prayed, “Open his eyes, Lord, so that he may see.”

Then the Lord opened the servant’s eyes, and he looked and saw the hills full of horses and chariots of fire all around Elisha.

1. FEAR. HESITATION. ANALYSIS PARALYSIS.

5 THINGS THAT EXHAUST US

JUDGES 8:1 Now the men of Ephraim said to him,
“Why have you done this to us by not calling us when you
went to fight with the Midianites?”
And they reprimanded him sharply.

2. PRIDE. OFFENCE. BEING EASILY OFFENDED.

5 THINGS THAT EXHAUST US

ECCLESIASTES 7:21-22 "Do not take to heart all the things that people say, lest you hear your servant cursing you. Your heart knows that many times you yourself have cursed others."

PROVERBS 19:11 "Good sense makes one slow to anger, and it is his glory to overlook an offence."



THIRST



Before you start taking potshots, do you know what people might be going through?

2. PRIDE. OFFENCE. BEING EASILY OFFENDED.

5 THINGS THAT EXHAUST US

JUDGES 8:2-3 He said to them, “What have I done now in comparison with you? Is not the gleaning of the grapes of Ephraim better than the vintage of Abiezer?” God has delivered into your hands the princes of Midian, Oreb and Zeeb. And what was I able to do in comparison with you?” Then their anger toward him subsided when he said that.

3. ENVY. COMPARISON. COMPETITION.

5 THINGS THAT EXHAUST US

1 CORINTHIANS 3:3 "For you are still of the flesh. For while there is jealousy and strife among you, are you not of the flesh and behaving only in a human way?"

ROMANS 12:10 "Outdo one another in honour!"

3. ENVY. COMPARISON. COMPETITION.

5 THINGS THAT EXHAUST US

JUDGES 8:4 When Gideon came to the Jordan, he and the three hundred men who were with him crossed over, *exhausted yet keeping up the pursuit.*

4. NAIVETY. MISGUIDED. MISINFORMED.

5 THINGS THAT EXHAUST US

1 CORINTHIANS 9:25 “Everyone who competes in the games goes into strict training.”

JOHN 16:33 “In this world you will have trouble. But take heart!”

JAMES 1:12 “Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised...”

4. NAIVETY. MISGUIDED. MISINFORMED.

5 THINGS THAT EXHAUST US

JUDGES 8:4-9 He said to the men of Succoth, “Please give bread to the people who follow me, for they are exhausted...” And the leaders of Succoth said, “Are the hands of Zebah and Zalmunna now in your hand, that we should give bread to your army?” ... Then he went up from there to Penuel and spoke to them in the same way. And the men of Penuel answered him as the men of Succoth had answered.

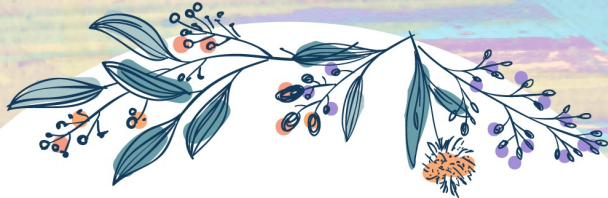
5. DISCOURAGEMENT. CALCULATIVE CRITICS.

5 THINGS THAT EXHAUST US

EPHESIANS 4:29 “Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up that it may benefit those who listen.”

GALATIANS 6:10 “Let us not grow weary of doing good, for in due season we will reap, if we do not give up. As we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.”

5. DISCOURAGEMENT. CALCULATIVE CRITICS.



Thrive

Help them not just to survive,
Help them to thrive.

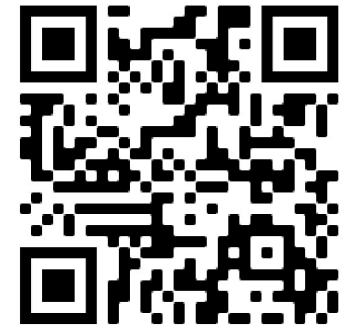


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WHAT EXHAUSTS US?

1. FEAR. HESITATION.

NO FEAR, ONLY FAITH!

2. PRIDE. OFFENCE.

NO OFFENCES!

3. ENVY. COMPARISON.

NO COMPARISON!

4. NAIVETY.

KNOWLEDGE+UNDERSTANDING

5. DISCOURAGEMENT.

BE AN ENCOURAGER!

EXHAUSTED

YET STILL

PURSUING

EXHAUSTED

**UNTIL HE
STOPPED**

PURSUING

NOT EXHAUSTED

AND NOT

PURSUING

NOT EXHAUSTED

**THOUGH
HE'S STILL**

PURSUING

**Q: IN WHICH OF THE ABOVE STATEMENTS DOES GIDEON STAND
A CHANCE OF FINISHING THE JOB?**

A close-up, low-angle shot of a person's feet wearing black athletic sneakers with white soles, standing on a dark grey treadmill belt. The person is wearing white socks. The background is dark and out of focus. Overlaid in the center of the image is the text "DON'T GIVE UP!" in a bold, white, italicized sans-serif font.

DON'T GIVE UP!

EXHAUSTED YET STILL PURSUING?

IN A RACE, THERE ARE 4 MAIN REASONS
YOU'RE EXHAUSTED. BUT DON'T GIVE UP ...

1 YOU'RE NOT FIT ...

TRAIN UP!

*Spiritual disciplines – eg daily Word, prayer.
Persevere. Slowly stretch your faith to new levels.*

EXHAUSTED YET STILL PURSUING?

IN A RACE, THERE ARE 4 MAIN REASONS
YOU'RE EXHAUSTED. BUT DON'T GIVE UP ...

1 YOU'RE NOT FIT ...

TRAIN UP!

2 YOU'RE NOT WELL RESTED

CHARGE UP!

*Rest! Physically, mentally, emotionally.
Sabbath breaks. Pace yourself. Refocus.*

EXHAUSTED YET STILL PURSUING?

IN A RACE, THERE ARE 4 MAIN REASONS
YOU'RE EXHAUSTED. BUT DON'T GIVE UP ...

1 YOU'RE NOT FIT ...

TRAIN UP!

2 YOU'RE NOT WELL RESTED

CHARGE UP!

3 YOU'RE NOT RUNNING SMART

WISE UP!

Seek wisdom – whose counsel are you heeding?

Live smart – not by man's wisdom but God's.

EXHAUSTED YET STILL PURSUING?

IN A RACE, THERE ARE 4 MAIN REASONS
YOU'RE EXHAUSTED. BUT DON'T GIVE UP ...

1 YOU'RE NOT FIT ...

TRAIN UP!

2 YOU'RE NOT WELL RESTED

CHARGE UP!

3 YOU'RE NOT RUNNING SMART

WISE UP!

**4 YOU'RE DOING WELL!
YOU'RE AT A WINNING PACE!
THE FINISH LINE IS IN SIGHT!**

LOOK UP!

*Check if you are still
aligned with God's purpose.
Draw strength from Him!*

A close-up, low-angle shot of a person's feet wearing black sneakers with white soles, standing on a treadmill. The background is dark and out of focus. The text is overlaid on the image.

DON'T GIVE UP!
LOOK UP!

DON'T GIVE UP!

Singapore Olympian Amanda Ng's story

Singapore

'I couldn't even stand': Singapore windsurfer Amanda Ng overcomes injury to earn spot in Tokyo Olympics



THE STRAITS TIMES

Sailing: Windsurfer Amanda Ng defies knee injury to clinch Olympic berth for Singapore

TEAM SINGAPORE

Windsurfer Amanda Ng overcomes bad fall to secure Olympic berth



DON'T GIVE UP!

Singapore Olympian Amanda Ng's story


"On my final training day before my Olympic qualifiers in Oman, I slipped and fell really badly on some marble steps as I was carrying my board. It was a pretty bad fall.


"(The doctors said) that there was a high chance that I would not be able to compete. I was devastated and lost faith in God.

"During my struggle and doubting, I started to receive text messages from my closest friends and my CG leader.

"I was feeling really down and bitter. But I was encouraged knowing that people back home were thinking of me and asking how I was. Knowing that I had so many family and friends praying for me, it really reminded me of God's promises and that I was not alone."





THIR·ST

Overcoming the odds: Team Singapore sailor Amanda Ng on her journey to the Olympics

DON'T GIVE UP!

Singapore Olympian Amanda Ng's story

“Over the next few days, although I was still in a lot of pain, I was able to build my confidence on the water, and eventually started to race proper and fight back.

“What gave me the strength was knowing that God upholds me. Even during my races I remember constantly crying out to God, asking for strength and help to get through the races.

“Every morning, I would listen to worship songs to calm my nerves.

“And of course, knowing that my whole church community, CG, friends and family were all standing with me in prayer really made me feel like I was not alone and encouraged me greatly.”



THIR·ST



Overcoming the odds: Team Singapore sailor Amanda Ng on her journey to the Olympics

DON'T GIVE UP!

Singapore Olympian Amanda Ng's story

"I am thankful for this entire experience — it has really made God's faithfulness and goodness so apparent to me.

"It challenged me to put my faith and trust in the Lord, even when I was just filled with doubts.

"It has taught me that even though we have no answers as to why God allows some things to happen, God is working even in our waiting.

"I am in awe of His love and goodness, having seen me through such a challenging week. It's truly only by His grace that I completed the race and won the spot for the Tokyo Olympics!"



THIR·ST



Overcoming the odds: Team Singapore sailor Amanda Ng on her journey to the Olympics