

The Walls Of Jericho

By Van Yandell

Joshua 6: 20 “So the people shouted when the priests blew with the trumpets: and it came to pass, when the people heard the sound of the trumpet, and the people shouted with a great shout, that the wall fell down flat, so that the people went up into the city, every man straight before him, and they took the city.”

On a trip from Tiberius to Jerusalem, our bus passed through Jericho. We stopped to walk around the town and visualize what happened there 3500 years ago.

Jericho is located east of Jerusalem and about ten miles north of the Dead Sea. Qumran, where the Dead Sea scrolls were found in 1947, is about ten miles southwest. Currently the population is just under 21,000 people and governed by the administrative seat of the Jericho Governorate of Palestine.

Jericho holds the record for being the oldest continuously inhabited city on earth. It is also the lowest below sea level city in the world.

From Jericho to Jerusalem is up-hill all the way. Jerusalem is at 2700 feet above sea level and Jericho is 900

feet below sea level. The distance from the River Jordan Valley to Jerusalem is a little less than forty miles so the drive is definitely uphill.

The parable of the Good Samaritan (Luke 10: 30-36) took place on the Jericho road from Jerusalem. The trail would have been rough and rocky.

A mountain top on the west side of town now blossoms with communication towers and satellite dishes. We were told that is the mountain of Christ’s transfiguration (Matthew 17: 1-8).

What appeared to be very old ruins was a little south of the area where the bus stopped. A local man told me that was a part of the wall as described in the Tanakh (Books of the Prophets) and the Book of Joshua in the Old Testament.

Can I verify that as fact? No, I cannot, but concede, he may have been correct. Nonetheless, Jericho is a very interesting place and a part of the interest is the Biblical documentation of it.

There is considerable disagreement among archeologists as to whether the story in the Bible of the Battle of Jericho really happened or is a myth. Of course

we know researchers usually have findings to support their own opinions.

As with any other argument, the logical consideration is to regard the evidence. As a law enforcement friend once told me “Follow the evidence and it will lead you to the truth.”

Archeologists sometimes use the stratigraphic excavation method. A cross-section of the earth can be examined to reveal a chronological sequence of the human and natural activity. Such a method has been utilized in the Jericho area.

Joshua 6: 15 indicates the crossing of the Jordan was during the time of harvest and Joshua 5: 10-15 indicates it was during the time of Passover; the two of which correspond.

Containers of burned grain were found in the archeological digs verifying the validity of Joshua 6: 24a. “And they burnt the city with fire, and all that was therein:”

By cross referencing the time line and information in the Bible, and the archeological evidence, it certainly appears the story in the Book of Joshua of Jericho actually is a histor-

ical fact. I must go on record as saying, yes, I believe the Biblical account is true.

Joshua 1: 2 “Moses my servant is dead; now therefore arise, go over this Jordan, thou, and all this people, unto the land which I do give to them, even to the children of Israel.”

At this point, God was giving “The Promised Land” back to His chosen people, the Israelites. Keep in mind, the Jewish people were God’s chosen to provide the world with a Savior, and that they did.

We must always teach that eternal salvation is attained by a faith based belief (Ephesians 2: 8) in Christ Jesus crucified (Matthew 27: 35) for the remission of sin (1 John 1: 9) and resurrected (Matthew 28: 6).

As we study through the Old Testament, we find it all leads up to the coming of Christ Jesus and His dying on the Cross of Calvary for the sins of all mankind. In order for the scriptures to be fulfilled, the Israelites had to re-enter the Promised Land after their 430 year stay in Egypt and 40 years in the wilderness.

Joshua chapter 2 tells us that Joshua sent two men as spies into Jericho. They were

taken in and protected by Rahab. She and her family were thus protected during the destruction of Jericho in chapter six.

I can imagine the reaction of any current day military strategist if given instructions to do battle in the way God gave Joshua in chapter 6.

Joshua 6: 3-4 “And ye shall compass the city, all ye men of war, and go round about the city once. Thus shalt thou do six days. And seven priests shall bear before the ark seven trumpets of rams’ horns: and the seventh day ye shall compass the city seven times, and the priests shall blow with the trumpets.”

This plan would make no sense for success based on common military logic. Actually, it sounds like a plan for defeat; the army of Joshua would be easy targets from the wall surrounding Jericho. Interestingly enough, God, at times, does things we do not understand.

As the story goes, on the seventh day, seven trips around the city were made, the trumpets were blown and the men shouted. That’s when the walls of Jericho “came tumbling down.”

Joshua was then told by God to go into the city and destroy every living thing (except Rahab and her family, (Joshua 6: 23).

The finding of the Dead Sea scrolls, carbon dated to 2200 years ago also gives us empirical evidence of that reality. Follow the evidence!

Jericho is only about six miles from the baptismal site of Jesus in the River Jordan. To walk along the Jordan, the Sea of Galilee and the streets of Jericho and Jerusalem had been a personal goal for many years.

To walk where Jesus walked creates in a Christian a sense of placement. Emotions run high but an earthly connection with a spiritual God Jesus is indescribable.

Van Yandell is a retired Industrial Arts teacher, an ordained gospel evangelist and commissioned missionary.

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Guidelines To Follow For A Healthy Diet

Drinking milk is a popular way to consume the amount of dairy recommended for a healthy diet.

Milk is a rich source of 13 essential nutrients that can boost the immune system and fuel the body.

Milk notably contains vitamin D and calcium, which helps maintain strong bones and can reduce the risk for a bone-thinning disease known as osteoporosis.

Milk also contains vitamins A and B as well as potassium and protein. Milk helps keep teeth strong and healthy as well.

The United States Department of Agriculture says that each person’s recommended intake of dairy depends on his or her age, gender, height, and other factors.

Generally speaking, toddlers and children should consume between one and 2.5 cups of milk per day. Adults can benefit from about three cups per

day. A cup is equal to 8 ounces.

Health experts advise choosing nonfat or low-fat versions of milk and additional dairy products, as they are much more heart-healthy than full-fat options.

Too much saturated fat in one’s diet can lead to high cholesterol and a greater risk for heart disease. If the idea of downing three glasses of milk is a turn-off, milk can be incorporated into recipes, such as smoothies, where its taste and texture is less prominent.

Cheese and yogurt also count. Eight ounces of yogurt or 1 1/2 ounces of hard cheese is equivalent to one cup of milk in terms of nutrition, says a2 Milk®, a company that produces milk that may be easier on digestion.

Individuals who have a lactose intolerance can choose milk products that do not contain lactose.

Webster County’s Farmers Market Celebrating A Decade Of Freshness

By Vicki Shadrick
Extension Agent for Agriculture and Natural Resources

Webster County Farmers’ Market is celebrating its 10th anniversary in 2025, marking a decade of providing fresh, locally produced food to the community. Since its inception in 2015, the market has grown from six vendors to twelve, all certified KY Proud producers. This growth reflects the increasing demand for local products and the market’s commitment to offering new and diverse items each year.

Farmers’ markets play a crucial role in communities by offering families the opportunity to enjoy fresh, locally produced food. This not only supports local agriculture but also ensures that consumers have access to high-quality, nutritious options. The Webster County Farmers’ Market exemplifies these benefits, providing a wide variety of fresh fruits and vegetables, beef retail cuts, local honey, baked

goods, flowers, plants, and more. Over the past ten years, customers’ favorites have included strawberries, tomatoes, sweet corn, watermelons, cinnamon rolls, and pies.

By shopping at farmers’ markets, consumers directly support local farmers, helping to sustain their livelihoods and promote sustainable agricultural practices. The Webster County Farmers’ Market is proud to feature vendors who are certified KY Proud producers, ensuring that all products meet high standards of quality and local origin.

The Webster County Farmers’ Market is committed to making fresh food accessible to everyone. The market accepts Senior Farmers’ Market Nutrition Program (SFMNP) and WIC Farmers’ Market benefits, and has been awarded the Kentucky Double Dollars Grant, which allows them to offer coupons to SFMNP customers. These programs help ensure that all mem-

bers of the community can enjoy the benefits of fresh, local food.

Market Details

The Webster County Farmers’ Market is open on Wednesdays from 11:00 AM to 2:00 PM on the courthouse lawn in Dixon. Opening day for the 2025 season is April 30th.

Additionally, the market plans to be open on Saturday mornings in Sebree, KY, across from the Dairy Bar restaurant, with the opening day to be announced. For updates and more information, be sure to follow the Webster County Farmers’ Market on Facebook.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

one study, people who practiced LKM an hour a week felt greater positive emotions—love, contentment, joy—while interacting with others.

Documented health benefits of practicing LKM include:

- Reduced pain and tension from migraines
- Reduced symptom of depression
- Possibly slowing the aging process. Studies have found that women who practice LKM have longer telomeres, which are like little end-caps on your DNA. Shorter telomeres have been associated with faster aging.

Maybe the best news is that even small doses of LKM can help. One study found that a ten-minute session of LKM increased feelings of social connection and positive feelings toward others.

Seems like research

supports the Golden Rule: Do unto others as you would have them do unto you. The kinder you act toward others, the better you will feel.

Do you feel grateful for the good things in your life? If not, it’s time to start.

Researchers have found that feelings of thankfulness can help improve sleep, diminish fatigue, increase confidence and even lessen depression.

Everything can change in the blink of an eye. Don’t worry, though –God never blinks!

PUBLIC NOTICE

Pursuant to 405 KAR 8:010, Section 16(5), the following is a summary of permitting decisions made by the Department for Natural Resources, Division of Mine Permits with respect to applications to conduct surface coal mining and reclamation operations in Webster County.

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