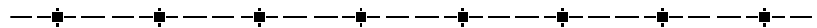


Old Testament

Mission Arlington • Mission Metroplex Curriculum • 2008

Families of the Old Testament



Created for use with young, unchurched learners
Adaptable for all ages including adults

Old Testament

A Woman Helps the Children of God

Deborah

Judges 4-5

A Woman Helps the Children of God Judges 4:1-10

Memory Verse:

Because of their faith
they took over kingdoms.
They ruled fairly.
They received the blessings
God had promised.
(Hebrews 11:33 NIV)

Lesson Goals:

1. Learn that Deborah was a prophetess.
2. Learn that Deborah had strong faith.
3. Recognize that Barak wanted God's presence.
4. Understand that God used Deborah to deliver Israel.

Last week we learned about the faith of Joshua. Joshua chose to serve God and God alone. He challenged Israel to choose to do the same. Joshua and his family took a stand for God. Joshua's faith influenced the nation of Israel.

Read the Bible

READ: Judges 4:1-10 (Hold your Bible open throughout the story.)

Begin with Prayer

When Israel chose to serve God, Joshua told them that if they disobeyed God, trouble would follow. Israel had disobeyed God and they were being oppressed by a man named Jabin. His military leader was named Sisera. (Judges 4:1-7)

Deborah was a prophetess who judged the people of Israel under a palm tree. (Judges 4:4) Do you remember who first judged the people of Israel? (Moses judged the people of Israel. Exodus 18:13) Do you know what a prophetess is? A prophet is someone whom God uses to speak to men. A prophetess is a woman whom God uses to speak to men.

Deborah lived in an area called Ephraim. (Ephraim was the oldest son of Joseph. Joseph was the favored son of Jacob/Israel. (Genesis 41:50-52; 37:3)

When the Israelites had problems or disagreements, they brought them to Deborah so that she could help them decide what to do. (Judges 4:5)

Deborah sent for a man named Barak. Barak was from Kedesh in Naphtali. (Naphtali was one of the twelve sons of Jacob/Israel.) He was the son of Abinoam. (Judges 4:6) Deborah said to him, "The LORD, the God of Israel, commands you: 'Go, take with you ten thousand men of Naphtali and Zebulun (Zebulun was one of the twelve sons of Jacob/Israel.) and ... I will lure Sisera, the commander of Jabin's army ... and give him into your hands.'" (Judges 4:6-7 NIV) Jabin was the king of Hazor. He is called the "king of Canaan." (Judges 4:1 NIV) He was mean and cruel to the people of Israel. (Judges 4:3) Barak was to take his men to Mount Tabor where Sisera with his troops and his chariots would be delivered into his hands. (Judges 4:6-7)

Barak was willing to go to war, but he wanted to ensure that he had God on his side. So "Barak said to her, "If you go with me, I will go; but if you don't go with me, I won't go." (Judges 4:8 NIV) What he asked Deborah to do did not mean that he was weak or afraid. He wanted to be sure God was with Him. Today believers can know God is with us because God's Holy Spirit lives in everyone who has invited Jesus into their heart.

Deborah —Bible Facts

1. Deborah was a prophetess and judge.
2. Barak was the leader of the Israelite army.
3. Deborah told Barak to gather men to fight Sisera.
4. Barak would go to war if Deborah went with him.
5. God sent Sisera's army running scared and Jael killed Sisera.

Deborah told Barak that God, Himself, had given her the message. She was God's messenger. She was not speaking her own words. But since Barak wanted Deborah to go with him, she said she would go. She told Barak, "But because of the way you are going about this, the honor will not be yours, for the LORD will hand Sisera over to a woman." (Judges 4:9 NIV) Barak was not as concerned with his honor as he was with ensuring God's presence. God does not want us to feel that people can get us closer to Him. But God does place people in our lives so they can teach us how to know and follow God. God sent Jesus to help us know God and to know His will.

Deborah went with Barak. There were ten thousand men who followed Deborah and Barak to Mt. Tabor. When Sisera found out that they were at Mt. Tabor, he gathered his men and his nine hundred chariots. The chariots were made of iron and could probably carry two or three men at a time. Sisera thought he could overcome the Israelite army because he had the 900 chariots. But the Israelites had God on their side. Deborah told Barak, "Go! This is the day the LORD has given Sisera into your hands. Has not the LORD gone ahead of you?" (Judges 4:10-14) When Barak and his army advanced, God made Sisera, all his men, and all his chariots run in fear. But Barak and his army followed them and killed them with the sword until no one was left. (Judges 4:15-17) Sisera ran away and went into the tent of Jael. She gave him milk, covered him up, and he fell asleep. Then she took a tent peg and hammer and drove it through his temple, and he died. (Judges 4:17-21) When Barak came looking for Sisera, Jael showed him where his body was. On that day God delivered Israel and defeated Jabin, the Canaanite king. (Judges 4:22-23) The Bible talks about the faith of Barak and others saying, "Because of their faith they took over kingdoms. They ruled fairly. They received the blessings God had promised." (Hebrews 11:33 NIV) God sent Jesus to deliver us from sin. All we have to do is invite Jesus into our hearts and lives. He will deliver us.

Review questions

1. **Who was Deborah?** (Deborah was a prophetess and judge.)
2. **Who was Barak?** (Barak was the leader of the Israelite army.)
3. **What did Deborah instruct Barak to do?** (She told Barak to gather men to fight Sisera.)
4. **What was Barak's response?** (Barak would go to war if Deborah went with him.)
5. **How did God deliver Israel?** (God sent Sisera's army running scared and Jael killed Sisera.)

Do you know Jesus?

God used Deborah and Barak to save Israel. Barak must have been a strong man. Deborah had strong faith. Both were obedient to God. Jesus was obedient to God, too. He died on the cross for our sins so that we can know God and so that we can live with Him in heaven forever. Have you invited Jesus into your heart? Ask Him to forgive your sins and invite Him into your life.

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to help us know God's will.
3. Ask God to help you obey.
4. Pray for friends and family members who need to be delivered from sin.

Application

Deborah was a prophetess who had strong faith. She gave Barak God's message to gather men to go and fight Sisera. God wanted to deliver the Israelites from Jabin's oppression. Barak was willing to go if Deborah went with him. Deborah told him that God would give the honor for the victory to a woman. Barak wanted God's presence not the honor. So Deborah went with him. God used Deborah to deliver Israel.

Planning for the next week:

Gideon (A Warrior Serves God's Children) — Judges 6-9

Preschool Lesson

Read the Bible

READ: Judges 4:1-10 (Hold your Bible open throughout the story.)

(Create a palm tree out of butcher paper or construction paper. Sit by the palm tree. Bring a black robe and wear it as you tell the story. Allow the children to wear the robe. Ask them to tell about Deborah.)

Deborah was a prophetess who judged the people of Israel under a palm tree. (Judges 4:4) Do you remember who first judged the people of Israel? Moses judged the people of Israel. (Exodus 18:13) Do you know what a prophetess is? A prophet is someone whom God uses to speak to men. A prophetess is a woman whom God uses to speak to men.

Deborah helped the people know what is right and what is wrong. When they had problems or a disagreement, she helped them know what was right. (Judges 4:5) Godly grandparents, parents, and teachers help us know what is right. God sent Jesus to help us know what is right.

Deborah called for Barak. She told him that God wanted him to fight in a war against the enemies of Israel. Barak said that he would do it if Deborah went with him. Barak wanted Deborah to go because she spoke for God. Deborah told Barak God would help him win the war. She went with Barak. God delivered Israel from their enemies because Deborah and Barak obeyed God. (Judges 4:1-23)

You can help your friends and family know what is right by sharing what you learn about the Bible. Invite a friend to your Bible study so they can learn about the Bible.

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to help us know what is right.
3. Pray for friends and family members to know what is right.

Did you know? Preschoolers can be taught about doing right.

Consider this: Teach them a Bible verse that talks about doing right. Ephesians 4:32, "Be kind," or "Forgive one another,"; or I John 4:7-8, "Love one another," "Love is of God," "He who does not love, does not know God," "God is love," etc. Ask them to say the verse. Tell them that saying the verse helps others know what is right.

Learning Activities

- **Memory verse activity** — Write the memory verse on paper that is shaped like palm trees. Ask the children to repeat the verse until they can say it from memory.
- **Test your memory** — Make bookmarks with pictures of the characters and items that relate to today's story (Jabin, Sisera, Deborah, Barak, Jael, Mt. Tabor, palm tree, chariots, tent, tent peg). Ask the children to retell the story using the book marks.
- **Taste activity** — Bring a coconut drink or snack. Tell the children that coconuts grow on coconut palm trees.
- **Think about it** — Teach them a Bible verse that talks about doing right. Ephesians 4:32, "Be kind," or "Forgive one another,"; or I John 4:7-8, "Love one another," "Love is of God," "He who does not love, does not know God," "God is love," etc. Ask them to say the verse. Tell them that saying the verse helps others know what is right.
- Deborah and Barak chose to do what God asked. Deborah gave Barak God's message to go to war. Barak chose to go to war. God delivered Israel because they obeyed. Talk about the importance and impact of obedience.
- **Touch activity** — Create a palm tree out of butcher paper or construction paper. Sit by the palm tree. Bring a black robe and wear it as you tell the story. Allow the children to wear the robe. Ask them to tell about Deborah.
- **Run and play** — The army of Sisera ran scared and was defeated. Have the children run in circles. Run races in the circles.
- **Listen** — As they take time to listen to God, remind the children that the Israelites were delivered because Deborah and Barak obeyed God. Tell them God wants them to obey Him.
- **Sing** — Sing "Obedience Is," or a song related to the story.

Memory Verse

Because of
their faith
they took over
kingdoms.
They ruled fairly.
They received
the blessings
God had promised.
Hebrews 11:33 NIRV

Word Art

Trace the letters.

Deborah's

faith

delivered

Israel.

Word Puzzle

L S A E B R W E D J S W
P D E D E R D N U H T P
Y T B S B S L D E E O S
E S R A I I E S S L I U
Y D R V H S P H A D R O
S A E U B E A X J N A L
K A N V C R A A H A H N
G M M T O A B R D S C E
T M P B D I G N S U L T
F O E S N Y I P Y O E D
J D W W L N F H T H A F
E S R T E R D U N T Y I

DEBORAH

JABIN

SISERA

BARAK

CHARIOTS

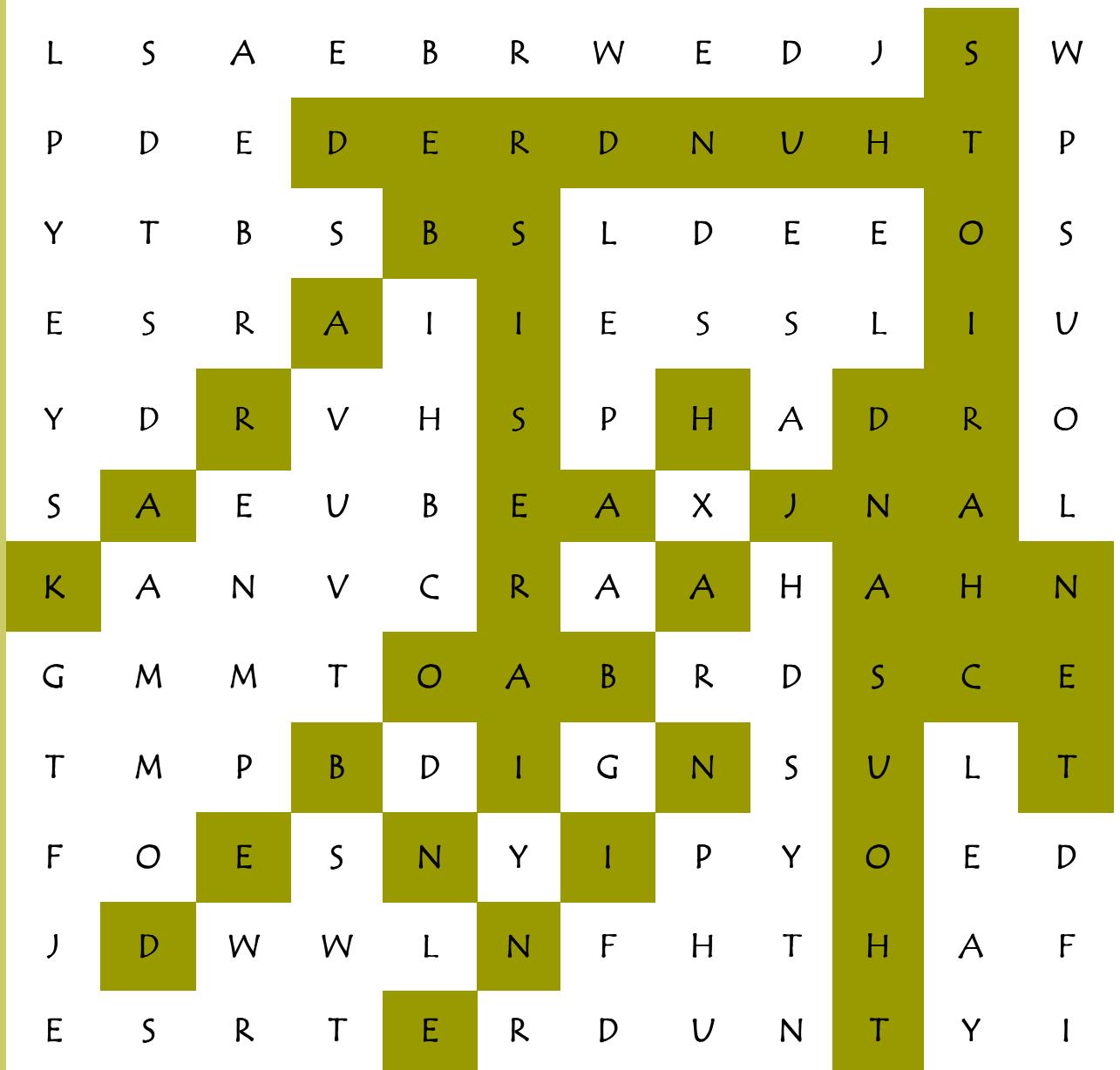
THOUSAND

TEN

NINE

HUNDRED

Word Puzzle



DEBORAH

JABIN

SISERA

BARAK

CHARIOTS

THOUSAND

TEN

NINE

HUNDRED

Word Puzzle For Younger Children

L J A E I S R P W L Q F
P D B Z C H A R I O T S
S I S E R A L D N G W L
D E B O R A H G D B O H
T V K I C F P M W N D S
F O B K S E R B A R A K
D E L I V E R S Z O K F
R F S K L C J A B I N I

DEBORAH

BARAK

JABIN

SISERA

CHARIOTS

DELIVER

Word Puzzle For Younger Children

L J A E I S R P W L Q F

P D B Z C H A R I O T S

S I S E R A L D N G W L

D E B O R A H G D B O H

T V K I C F P M W N D S

F O B K S E R B A R A K

D E L I V E R S Z O K F

R F S K L C J A B I N I

DEBORAH

BARAK

JABIN

SISERA

CHARIOTS

DELIVER

Anagram

1. PSRSEOTPEH–

2. RMEEGSNSE –

3. KSAPE–

4. ERHGAT–

5. EJAL–

6. TSPROO–

7. SCTHOAIR–

8. RTOAB–

Anagram

1. PSRSEOTPEH– PROPHETESS
2. RMEEGSNSE – MESSENGER
3. KSAPE– SPEAK
4. ERHGAT– GATHER
5. EJAL– Jael
6. TSPROO– TROOPS
7. SCTHOAIR– CHARIOTS
8. RTOAB– TABOR