

Old Testament

Mission Arlington ◦ Mission Metroplex Curriculum ◦ 2011

One Year Plan



GOD'S WORD

Created for use with young, unchurched learners Adaptable for all ages.

DEBORAH



JUDGES 4-5

Memory Verse:

Some people trust the power of
chariots or horses, but
we trust you, Lord God.
Psalm 20:7

Lesson Goals

1. Understand that Deborah was a judge.
2. Learn that the people of Israel trusted Deborah.
3. Understand that God spoke to Deborah.
4. Recognize that God was faithful to protect Israel.

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to deliver us from sin.
3. Ask God to help you follow Him.
4. Pray for friends and family members who need to be delivered from sin.

GOD'S WORD

Read Judges 4:1-16. (Hold your Bible throughout the story.)

Do You Know Jesus?

Because of all the wrong things we have done, we are separated from God. But God sent His Son Jesus to pay the price for our sins when He died on the cross. Three days later, He came back to life. If we believe this and ask God to forgive us and come into our life, He will. God promises to stay with us forever and take us to Heaven one day.

Application

Deborah knew that God would give His people the victory over Sisera's army. Barak was hesitant to lead God's people and needed Deborah there with him. We should not be afraid of difficult situations when we remember that GOD is with us. God is bigger than any problem we may face. He helped the Israelites defeat an army with 900 chariots, and He can help us, too!

Begin With Prayer

Last week we learned that Joshua and the elders did not consult God about the treaty with the Gibeonites, and they were deceived. The Israelites made a mistake, but God was faithful to protect Israel.

After Joshua died, God used people called judges to rule the people. They guided the people in times of peace and times of war. They helped make sure the people did the right thing and followed God.

One judge was named Ehud. After he died, the Israelites began worshiping idols again. So the Lord allowed their enemies to overtake them. The king of Canaan and his commander, Sisera, oppressed the Israelites for twenty years. Sisera's army had nine hundred chariots! They were cruel. Israel cried to God for help. (Judges 4:1-3)

After Ehud was judge, a woman named Deborah became the judge of God's people. She would sit near a palm tree and hold court, helping people with their problems. God gave Deborah a special message for a man named Barak. He was the head of the Israelite army. She told him that God commanded him to take 10,000 men to Mount Tabor. Deborah would lure their evil enemy Sisera and his troops into the area, and God would help Barak win the battle. Deborah understood the importance of obeying God's command.

Barak was afraid. He told Deborah that he would not go unless SHE went with him! Barak said to her, "If you go with me, I will go; but if you don't go with me, I won't go."

The Bible tells us that if we love God, we should obey Him. Deborah knew they had to obey God. She agreed to go with Barak. But, she told him that because of his cowardice, a woman would get the credit for killing Sisera. Barak assembled 10,000 men and they went to Mount Tabor with Deborah.

Close to this area was a man named Heber and his wife Jael. They set up a tent near a big tree. When Sisera and his men came to the Mount with their chariots, Deborah gave the word for God's men to charge. God was with His people and they defeated the men. "All of Sisera's men were killed with swords. Not even one was left."

Sisera saw what was happening and he left his chariot. As he was running, he saw a tent by a big tree. Jael saw Sisera coming and invited him into their tent. Jael gave Sisera milk to drink because he was thirsty. She gave him a place to lay down and she covered him with a blanket. He was so tired that he fell into a deep sleep. Jael knew that Sisera was an evil commander. She knew that he must be stopped. So, she very bravely got a tent spike and hammered it into Sisera's skull. She killed him!

When Barak arrived, Jael went out to meet him. She brought him into her tent and showed him Sisera's dead body. So it was that Israel's army defeated Sisera's army.

Deborah and Barak sang a song to God to thank Him for helping and watching over the Israelites. God heard their words of thanksgiving, and they had peace for 40 years. God took care of His people and helped them win the battle. He took care of all their needs.

When God gives us direction, He will see His plan through. Barak needed to trust God's plan. Deborah trusted God completely—not doubting Him even for a moment.

Review


1. **What did the people of Israel do?** (The people of Israel sinned against God.)
2. **What did God do?** (God allowed their enemies to oppress them.)
3. **What happened next?** (The Israelites cried out to God.)
4. **What did God do next?** (God sent Deborah to judge and deliver Israel.)

Planning for the next week:

Gideon — Judges 6-8

Memory Verse

**Some people trust the
power of chariots or
horses, but we trust
You, Lord God.
Psalm 20:7**



Preschool Lesson

Read Judges 4:1-16. (Hold your Bible throughout the story.)

Memory verse for younger children:

But we trust You, Lord God. Psalm 20:7

Teacher: Bring army men to help tell the story today. Make a mountain out of paper, dirt, etc.

Begin With Prayer

After Joshua died, God used people called judges to rule the people. They guided the people in times of peace and times of war. They helped make sure the people did the right thing and followed God. One of these judges was a woman named Deborah. She would sit near a palm tree and hold court, helping the people with their problems.

One day, God gave Deborah a message to tell a man named Barak. He was the head of the Israelite army. She told him that God wanted him to take 10,000 men to Mount Tabor. Deborah would lure an evil leader named Sisera and his troops into the area, and God would help them win the battle.

Barak was afraid. He knew that Sisera's army had 900 iron chariots! (Chariots were horse-drawn carts that soldiers used to move quickly and fight.) Barak told Deborah that he would not go unless SHE went with him! Deborah agreed to go with Barak. She knew that God would win the battle.

Barak assembled 10,000 men, and they went to the Mount with Deborah. (Put lots of army men on top of a little sand hill.)

When Sisera and his men came to the Mount with their chariots, Deborah gave the word for God's men to charge. God was with His people and they defeated the men. (Have Sisera's men march up to the mountain and let Deborah's army run down the army and defeat them.)

God took care of His people and helped them win the battle. He took care of all their needs.

Deborah sang a song to God to thank Him for helping them and watching over them. God heard their words of thanksgiving, and they had peace for 40 years.

God takes care of us, too. He wants us to pray and share our needs with Him.

Preschool Memory Verse



**But we trust
You, Lord God.
Psalm 20:7**

Learning Activities

Memory verse activity — Deborah held court under a palm tree. Cut out palm leaves and write the memory verse on the leaves. Practice the verse.

Write each word of the verse on a piece of 8 1/2 X 11 paper. Design a path using the words of the verse in order. Now scramble the pages and make a new path.

Test your memory — Draw a palm tree on newsprint. Have someone dress up like Deborah and someone dress up like Barak. Let the children retell the story.

Taste activity — Bring dates for a snack. Tell the children that dates grow on the palm trees in Israel.

Think about it — Talk about how Deborah was a woman in a culture that did not really recognize women as leaders.

Talk about how God sent judges to deliver Israel. After that Israel would sin again. God would allow their enemies to oppress them. Israel would cry out to God. God would send a judge. Talk about the cycle of sin. Tell the children God sent Jesus to deliver us from sin.

Touch activity — Make palm trees using construction paper. Make the palm trees as tall as the children.

Make chariots by cutting a paper plate in half. Glue the halves together. Wrap them in foil. Cut out wheels using construction paper.

Make swords out of construction paper.

Bring army men to help tell the story today. Make a mountain out of paper, dirt etc.

Run and play — Play a game that mimics Israel's behavior. Have the children pretend to fight each other with swords made out of construction paper. Then have them run from their enemies. Next have them kneel and cry out to God. Then have someone pretend to be the judge sent by God. Have the children follow and do whatever the judge does.

Listen — As the children take time for silence, remind them that God wants us to obey Him.

Sing — Sing "He's Got the Whole Word In His Hands," "My God is So Big," "I'm in the Lord's Army," "God is My Refuge," or another song related to the story.

Reach out — During class, pray for kids that did not come today. Ask the children to go with you to deliver the handouts to those who were absent. Take the palm leaves with the memory verse for them.

Rooted and Grounded



Pray

Thank God that we can always trust Him to be with us and help us.
Thank God for sending Jesus to give us new life.
Pray for those you know who do not know Jesus.

Read the Bible Daily

This week, read Judges 4-5. Also, read Psalm 20.

Think About It

When we remember that God is in control and holds the world in His hands, it gives us peace. We realize that we do not have to do everything on our own, because God will help us. Barak should have remembered that God was on their side and that he had nothing to fear, not even 900 iron chariots!

Do It

Ask God to help you trust Him more than money, possessions, friends, or anything else.

Tell About It

Share the Bible story with a friend. Talk about how God showed His faithfulness to the Israelites over and over, and He is still faithful to us today.

Study it

Attend Bible study this week. Read a chapter out of Psalms and Proverbs each day.

Word Art

Trace the letters.

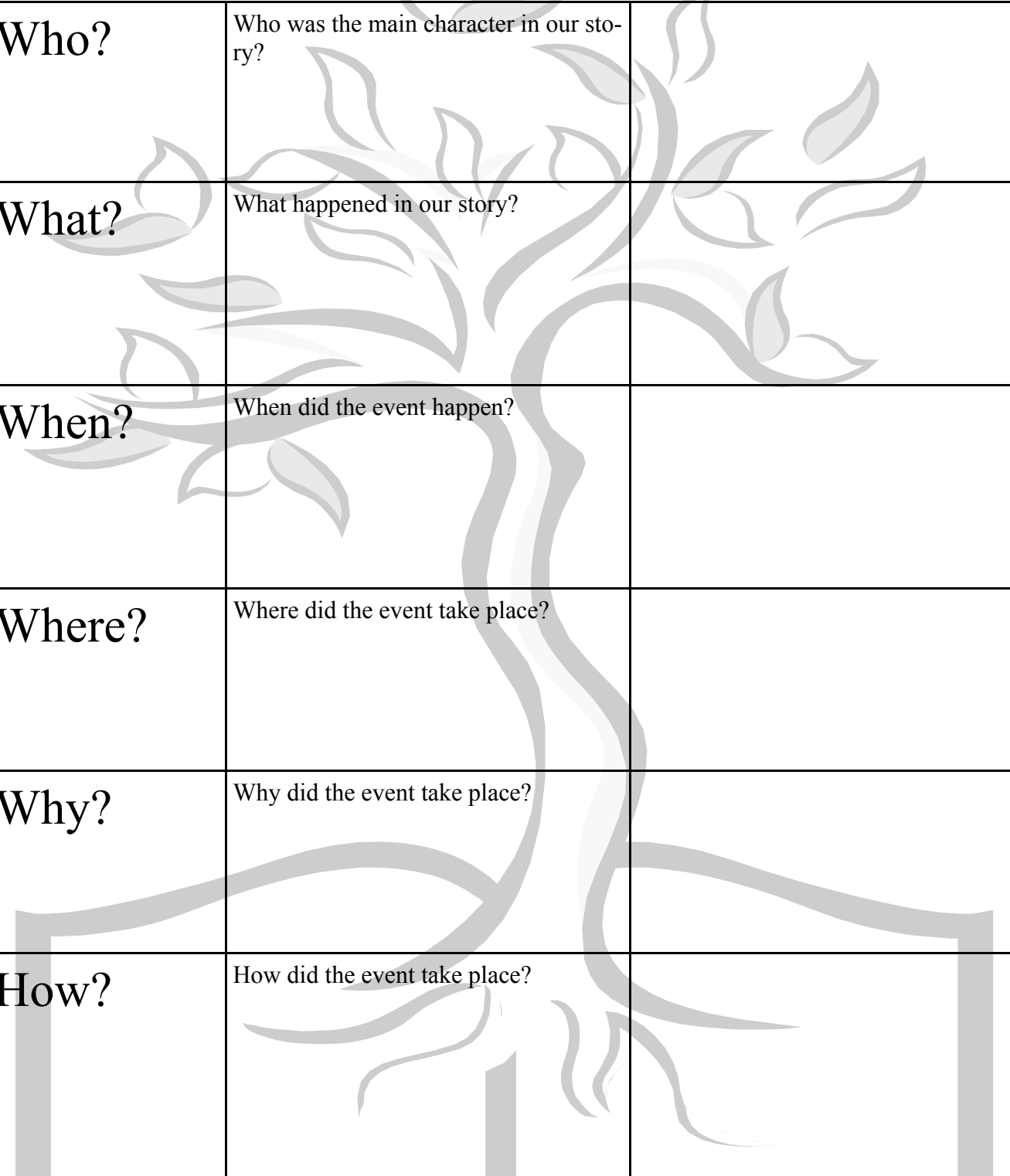
God

spoke to

Deborah

GOD'S WORD

Learning the Facts



Who?	Who was the main character in our story?	
What?	What happened in our story?	
When?	When did the event happen?	
Where?	Where did the event take place?	
Why?	Why did the event take place?	
How?	How did the event take place?	

Word Search

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

DEBORAH

BARAK

JUDGE

NINE

CHARIOTS

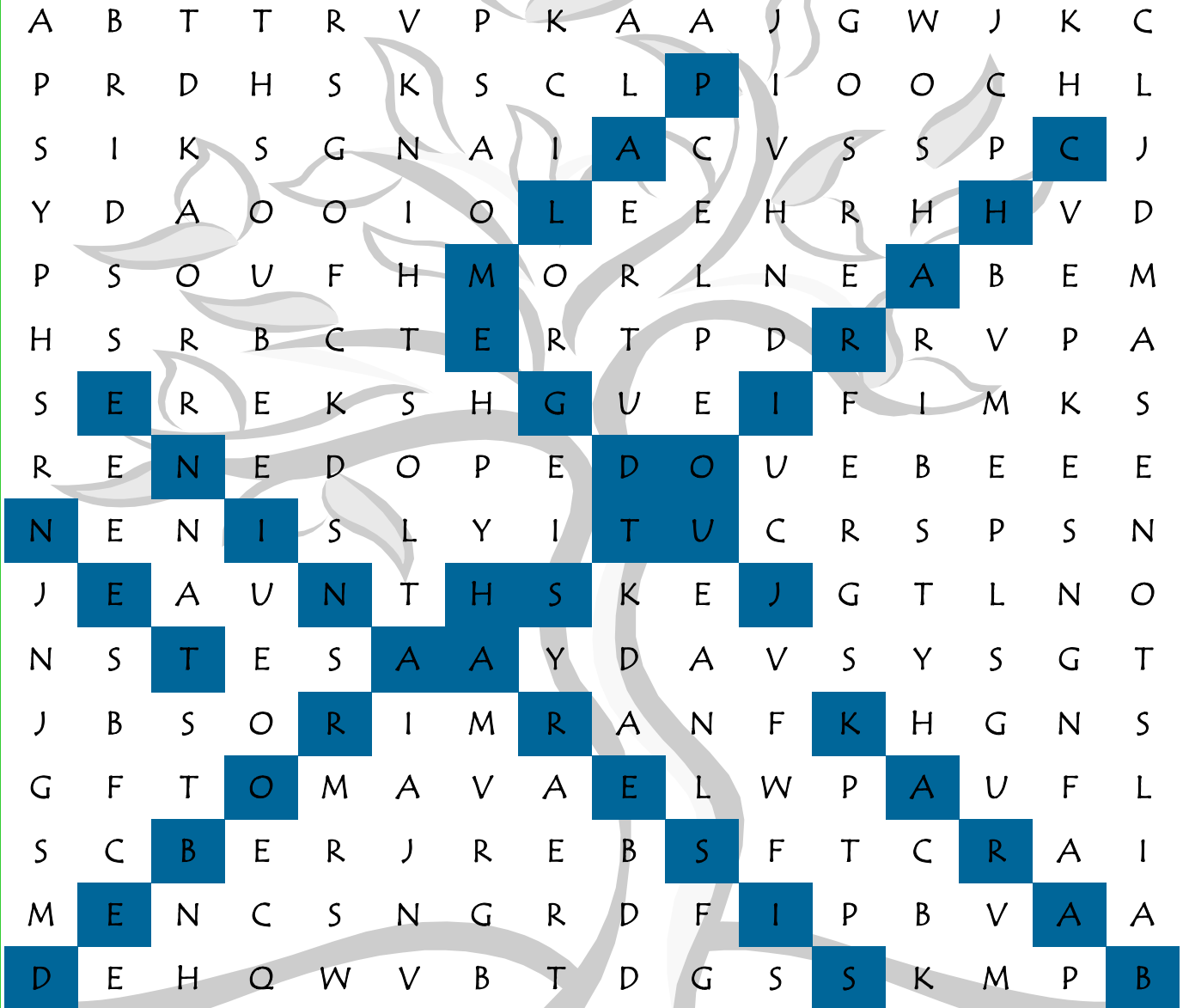
PALM

TROOPS

TEN

SISERA

Word Search Solution



DEBORAH

BARAK

JUDGE

NINE

CHARIOTS

PALM

TROOPS

TEN

SISERA

Preschool Word Search

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

DEBORAH

BARAK

SISERA

CHARIOTS

PALM

JUDGE

Preschool Word Search Solution

F C K B P V **S I S E R A**

P R J V H B H L N V J S

P R G P M T S **B A R A K**

B F R R T R B H T Y K F

J R V M P **D E B O R A H**

M F P K S B N K J M P T

W B M L S T F G **P A L M**

J F R G S T B H L N R D

S M V D N C S **J U D G E**

H K N J G C S H B H K D

F R G S **C H A R I O T S**

J C R M D N B M H B S T

DEBORAH

BARAK

SISERA

CHARIOTS

PALM

JUDGE

Anagram

JEDUG

SEAIRL

EEEMSNI

REEDLIV

EBYO

AIUHLTFF

EOPRCTT

EOADBRH

NOGS

GOD'S WORD

Anagram Solution

JUDGE

ISRAEL

ENEMIES

DELIVER

OBEY

FAITHFUL

PROTECT

DEBORAH

SONG

GOD'S WORD