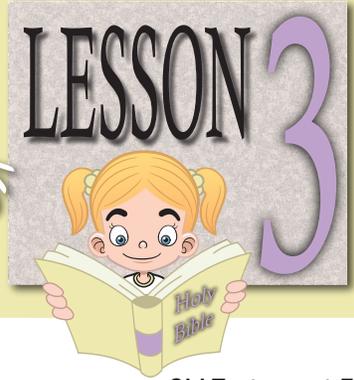


# Deborah and Barak

## Judges 4 and 5



Old Testament 5  
Part 1: Israel's Cycle of Disobedience; The Time of the Judges

## SUNDAY MORNING

Old Testament 5 [Class Attendance Sheet](#) provided in activity sheets (NOTE: The document is interactive, allowing the teacher to type in the Class, Teacher, and the children's names.)

### SCRIPTURE REFERENCES:

Judges 4 and 5; Hebrews 11:32; James 2

### MEMORY WORK:

YOUNGER CHILDREN: "I will show you my faith by my works" (James 2:18b).

OLDER CHILDREN: "Thus also faith by itself, if it does not have works, is dead.... I will show you my faith by my works" (James 2:17 & 18b).

### SONGS AND FINGERPLAYS (SEE END OF LESSON FOR WORDS):

A [song book](#) and [audio recordings](#) of many of the curriculum songs are available on the curriculum Web site.

- ["The Judges"](#)
- ["Trust and Obey"](#)
- ["The Judges"](#)
- ["Faith, Obedience, and Authority"](#)

### LESSON VISUALS AND TEACHING AIDS (NOTE ANY DISCLAIMERS):

- See [AP's Pinterest page](#) for ideas on bulletin boards, visuals, crafts, etc. [DISCLAIMER: Pins may sometimes need to be adjusted to be Scriptural.]
- [Judges and King Saul](#) Bible fact cards (provided under "O.T. 5 Bible Facts" on curriculum Web site)
- "Summary of the Bible" from "[Kids Prep](#)" CD by Jeff Miller
- Betty Lukens' felt pieces
- Judges A Beka Flash-A-Card Series (DISCLAIMERS: use the cards, *not the lesson book*; skip cards 3.2 and 3.3)
- Cut out a large circle from poster board. Cut the circle into four equal sections to show the cycle of the Israelites' behavior in the time of the judges. If possible, include pictures to go with each part of the cycle (e.g., picture of idol with word "Disobeyed," picture of soldier with word(s) "Trouble" or "Attacked by Enemies," picture of person on his knees praying with word "Repented," and picture of judge



with “God sent a DELIVERER.”)

### PERSONAL APPLICATION:

- If I trust God (have faith in Him), I will show (demonstrate) that trust by the things that I do.

## LESSON STARTS HERE

### INTRODUCTION: (YOUNGER CHILDREN)

Last week, we talked about God sending some people to help the Israelites remember God and to stop doing bad things, and to rescue the Israelites from captivity. What were those people called? (Judges) Let’s sing the song to review their names.... Today, we are going to talk about the only judge who was a woman and her trust in God. God had a big job for her to do, and she believed He would help her do it.

### INTRODUCTION: (OLDER CHILDREN)

Review last week’s lesson.

Who are some of the leaders of Israel we’ve studied so far? [Moses, Joshua, etc.] Have any of them been women? There are many important women in the Bible. Today, we are going to learn about the only woman judge and how her faith in God and obedience to Him helped her encourage the Israelites to a great victory.

### POINTS TO EMPHASIZE:

1. Review the Israelites’ cycle of disobedience after the death of Joshua and throughout the times of the judges (Judges 4:1). (When peaceful times came, without strong leaders, the Israelites again and again “did evil in the sight of God.”) During one of those times when they decided to worship idols instead of God, He allowed King Jabin of the Canaanites to **oppress** the Jews for 20 years.



**Oppress:** to control/try to control a group of people by mistreating them.

2. Of all the people chosen to be special deliverers (judges) for Israel, only one was a woman. Her name was Deborah. She was also a **prophetess**. Deborah had a special place where the Israelites would come to her for counsel (judgment), under a palm tree (between the towns of Ramah and Bethel, in the hill country of Ephraim). They came to her to get her help sorting out problems and to get advice. She was a wise and godly woman whom the Israelites trusted.



A **prophet** or **prophetess** was a man or a woman whose main job was telling the people what God wanted them to know. God would tell a prophet/prophetess things He wanted His people (the Israelites) to know. Then it was the prophet’s/prophetess’ job to share God’s Word. Sometimes part of a prophet’s message was to tell what would happen in the future.

3. God spoke to Deborah and told her to gather an army of 10,000 men and march to Mount Tabor (southwest of the Sea of Galilee). God told Deborah that He would draw out (lure) the army of Jabin, led by Sisera, to the River Kishon so that Jabin could be defeated.



**HISTORICAL NOTE:** The Philistines, and other enemies of Israel, had discovered how to use iron and make it into powerful weapons and chariot wheels. Israel did not have such advanced weaponry, like the chariots mentioned in Judges 4:3, until the time of Solomon. More than likely, this was to remind the Israelites that they should depend on God rather than on men or the things that are made by men.



**NOTE:** Sometimes scholars list Barak alongside Deborah as a “co-judge.” It is interesting that, in the great “Faith Chapter” of Hebrews 11, Deborah is not mentioned, but Barak is. Barak was from Kedesh-naphtali, a Canaanite town near the Sea of Galilee that had been captured by Joshua (Joshua 19:37). It was chosen by God to be one of the Cities of Refuge when the Promised Land was divided among the 12 tribes (Joshua 21:32).

4. Deborah sent word to a man named Barak, telling him of God’s instructions for the Israelites to fight Jabin so that he would command the army to do so.
5. Barak agreed to command the army to fight against Jabin’s army **if** Deborah would go with him. Deborah replied that she would go with Barak, but the hero of the day would be a woman!
6. They gathered together their army of about 10,000 men, just as God told them to do.



**HISTORICAL NOTE:** At this point in history, Israel had no large, well-organized, fully-equipped army. That did not happen until the time of David. Those who fought for and with the judges were more like militias.

7. A man named Heber (probably a relative of Moses by marriage, i.e., a son or descendant of Moses’ brother-in-law; Numbers 10:29-32) was an **ally** of Jabin, living among the Israelites (Judges 4:17). Heber told the leader of Jabin’s army, Sisera, about the great number of Israelites preparing to come out against his army. At Mount Tabor, the two great armies fought a very long, bloody battle. Even though Sisera and his massive army had better weapons and were better trained in warfare, the army of the Israelites won. Seeing his army was defeated, Sisera left his chariot and tried to get away on foot.



**Ally:** someone who is on the same side with another person (or army); friend; partner; someone who will fight with you and for you



**HISTORICAL NOTE:** Mount Tabor is southwest of the Sea of Galilee. Sisera’s army left the protection of the hill country and found themselves exposed in a valley where it was difficult to defend themselves. Some think that the ground was soft because of the area’s proximity to the Kishon River. This may be why Sisera left his chariot to try to run away; the ground was probably so soft that his chariot wheels would not turn on it. In Deborah’s song (Judges 5), she says that Jabin’s army was “swept away” by the waters of the Kishon, a river which was second only to the Jordan in importance.

8. Sisera ran to the tent of Heber the Kenite, thinking he would be safe there. Heber’s wife, Jael, encouraged him to hide in her tent. Sisera was thirsty and completely exhausted. He asked for some water to drink. Jael opened a jug of milk and gave some to Sisera to drink, then covered him again with a blanket. Sisera told her to stand at the door of the tent and tell anyone who came by that nobody was there. In his exhaustion, he fell asleep. While he slept soundly, Jael took a long tent peg (stake) and a hammer and quickly and quietly killed Sisera by driving the stake through the temple of Sisera’s head and into the ground. [NOTE: Only go into as much detail as is age appropriate.]
9. When Barak went to look for Sisera, he came to Jael’s tent. She came out to meet Barak with the news that the great leader of the Canaanite army had run away from the battle and was lying dead in her tent. Indeed, just as Deborah had predicted, the hero of the battle that day was a woman—Jael (Judges 4:9; 5:24-27).
10. The Israelites continued fighting against Jabin’s army until it was completely destroyed. Judges 4:23 tells us that **God** won the battle against Jabin and his great army led by Sisera, and Israel had peace for 40 years thereafter.
11. Following this terrible battle and the great victory against the Canaanites, Deborah and Barak sang a song of victory (much like Miriam’s song of deliverance after the Red Sea crossing). They praised God for the victory, knowing that **He** was responsible. And they encouraged the rest of their people to remain strong—“like the rising of the Sun in its might” (Judges 5:31).
12. Why did God want all of the enemy army destroyed? He knew it had to be done to preserve and protect God’s chosen people, the Israelites. The great victory came about because Deborah and Barak were willing to:
  - listen to God’s instructions
  - believe His Words
  - trust Him (believe He would keep His promises)
  - demonstrate their faith by their actions, no matter what the personal risks or apparent odds
13. The relationship between faith and works (action) has often been compared to someone sitting in a rowboat, trying to get from one side of a lake to the other. The person in the boat has two oars; one labeled “faith” and one labeled “works” or “action.” If he tries to use only one oar, he will go in circles, without any hope of reaching the opposite side of the lake. If we say we believe (have faith) in God and His promises, He has commanded us to show our love for Him and demonstrate our faith through our actions. Both faith and works (actions) are important if we want to “get to the other side of the lake,” i.e., get to Heaven.

**RECOMMENDED READING FOR TEACHERS:** See the articles “[The Biblical View of Women](#)” by Kyle Butt on the Apologetics Press Web site for a discussion on female leadership, and “[Hazor and Old Testament Accuracy](#)” by Wayne Jackson on the Apologetics Press Web site for a discussion of an alleged biblical discrepancy.



**PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—BEFORE CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):**

- Click here for complete [Activity Book](#) and [Answer Key](#).

**Ages 2-5:**

- [“Deborah and Barak Coloring Sheet”](#) (provided in activity sheets)
- Put washable hand paint on each child’s hands, and help them make their handprints on a piece of colored cardstock on which the memory verse has been written. Help the children put magnetic tape on the backs of their cards. Talk to the children about how we use our hands to help other people.
- Cut out a shield for each child. [The “shield” can be simply a square or rectangle of poster board or cardboard.] On the shields, write “Deborah and Barak obeyed God.” Help the children trace the letters. Provide stickers and crayons so the students can decorate their shields. A shield is also available in *“Bible Stories to Color and Tell,”* ages 6-8, from 21<sup>st</sup> Century Christian (p. 57). ([shield cutouts](#) provided in activity sheets)

**1st-2nd Graders:**

- “Deborah Leads Israel” game: Write the basic story of Deborah and Barak inside a legal folder, leaving blanks in each sentence. Put the answers on milk jug lids (or circles of posterboard) and ask a student(s) to fill in the blanks with the lids. [Game can be put on a piece of posterboard so that the entire class can play the game. Put magnetic tape on each blank as well as on the answer circles.]
- Write “F A I T H” on the board and have the children help make an acrostic with words that describe things they can do for the Lord. ([“Faith Acrostic Activity”](#) provided in activity sheets)
- Write the words of the memory verse on separate index cards. Mix up the cards, and ask the students to put them in the correct order. (This can be done as an individual or a group activity.)
- [“Deborah and Barak Crossword Puzzle”](#) (provided in activity sheets)
- [“Deborah and Barak Word Search”](#) (provided in activity sheets)
- Put washable hand paint on each child’s hands, and let them make their handprints on a piece of colored cardstock on which the memory verse has been written. Let them put strips of magnetic tape on the backs of their cards. Talk to the children about how we use our hands to help others (and serve the Lord).
- Cut out a shield for each child. [The “shield” can be simply a square or rectangle of poster board or cardboard.] On the shields, write “Deborah and Barak obeyed God.” Help the children trace the letters. Provide stickers and crayons so the students can decorate their shields. A shield is also available in *“Bible Stories to Color and Tell,”* ages 6-8, from 21<sup>st</sup> Century Christian (p. 57). ([shield cutouts](#) provided in activity sheets)

**3rd-4th Graders:**

- “Deborah Leads Israel” game: Write the basic story of Deborah and Barak inside a legal folder, leaving blanks in each sentence. Put the answers on milk jug lids (or circles of posterboard) and ask a student(s) to fill in the blanks with the lids. [Game can be put on a piece of posterboard so that the entire class can play the game. Put magnetic tape on each blank as well as on the answer circles.]
- Write “F A I T H” on the board and have the children help make an acrostic with words that

describe things they can do for the Lord. ([“Faith Acrostic Activity”](#) provided in activity sheets)

- [“Deborah and Barak Crossword Puzzle”](#) (provided in activity sheets)
- [“Deborah and Barak Word Search”](#) (provided in activity sheets)
- Write the words of the memory verse on separate index cards. Mix up the cards, and ask the students to put them in the correct order. (This can be done as an individual or a group activity.)
- Have the children read the following:
  - Joshua chapters 3-5 (as well as 16-21 if they did not do so last week). [This could be assigned Sunday, to be completed by Wednesday.] Print out copies of the Judges 1-5 quiz from AP’s [Advanced Bible Reader](#) site for the children to take.
  - James 2
  - “Deborah: A Brave Woman” article from the [December, 2004](#) issue of *Discovery Magazine*
  - *Deborah Saves the Day*, by Eric Rottmann, Arch books (DISCLAIMER: Clarify that forgiveness through Christ comes when we become Christians at baptism.)

## SONGS:

### “THE JUDGES”

Author: Jeff Miller

(Tune: See [“Kids Prep”](#) CD)

There once were Jewish judges,  
After Moses and Joshua lived.  
They helped to bring God’s judgment,  
On the wicked people of Canaan.

Othniel, Ehud, Shamgar, Deborah,  
Gideon, Tola, and then Jair,  
Jephthah, Ibzan, Elon, Abdon,  
Samson, Eli, Samuel.

### “TRUST AND OBEY” ([Click to Hear](#))

Author: John Sammis

(Tune: See church songbook)

(Last verse and chorus with older children; Chorus only with younger children.)

#### VERSE 1:

When we walk with the Lord,  
In the light of His Word,  
What a glory He sheds on our way!  
While we do His good will,  
He abides with us still,  
And with all who will trust and obey.

#### CHORUS:

Trust and obey,  
For there’s no other way,

To be happy in Jesus,  
But to trust and obey.

VERSE 2:

Then in fellowship sweet,  
We will sit at His feet,  
Or we'll walk by His side in the way.  
What He says we will do.  
Where He sends we will go.  
Never fear, only trust and obey.

(CHORUS)

**“THE JUDGES” ([Click to Hear](#))**

Author: Unknown\*

(Tune: “One Little, Two Little, Three Little Indians”)

God set jud-ges over Is-rael,  
One brave wo-man, 13 men.

They helped Is-rael fight their bat-tles,  
Led them back to God from sin.

Oth-niel, E-hud, Sham-gar, Debo-rah,  
Gid-eon, To-la, and then Jair,  
Jeph-thah, Ib-zan, E-lon, Ab-don,  
Sam-son, E-li, Sam-u-el.

**“FAITH, OBEDIENCE, AND AUTHORITY” ([Click to Hear](#))**

Author: Sarah Richey

(Tune: “Farmer in the Dell”)

Believing in the Lord,  
Believing in the Lord,  
That's what faith is,  
Believing in the Lord.

Doing what He said,  
Doing what He said,  
That is obedience,  
Doing what He said.

Telling what to do,  
Telling what to do,  
That is authority,  
Telling what to do.

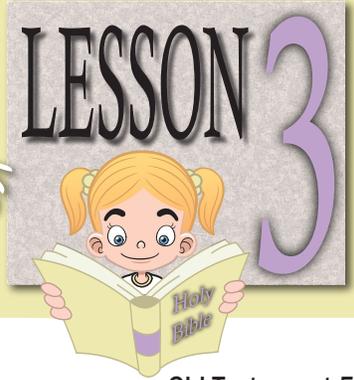
\*Author Unknown: Please contact us through the feedback button for this lesson if you are aware of any copyright information for this song.

\*\*\* IF YOU HAVE SUGGESTIONS PERTAINING TO THIS LESSON, PLEASE CLICK THE “SUGGESTION” BUTTON BESIDE THE BUTTON FOR THIS LESSON ON THE CURRICULUM WEB SITE.



# Deborah and Barak

## Judges 4 and 5



Old Testament 5  
Part 1: Israel's Cycle of Disobedience; The Time of the Judges

## WEDNESDAY EVENING

Old Testament 5 [Class Attendance Sheet](#) provided in activity sheets (NOTE: The document is interactive, allowing the teacher to type in the Class, Teacher, and the children's names.)

### SCRIPTURE REFERENCES:

Judges 4 and 5; Hebrews 11:32; James 2

### MEMORY WORK:

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picture of person on his knees praying with word “Repented,” and picture of judge with “God sent a DELIVERER.”)

### PERSONAL APPLICATION:

- If I trust God (have faith in Him), I will show (demonstrate) that trust by the things that I do.

### INTRODUCTION:

Review [O.T. 5 Bible Facts Flashcard](#) (provided under “O.T. 5 Bible Facts” on curriculum Web site)

### POINTS TO EMPHASIZE:

1. Review Sunday’s lesson (see [O.T. 5 Review Questions](#) for example questions)
2. Continue reviewing information about the judges and information from previous lessons.

### PRE-CLASS ACTIVITIES/LEARNING CENTERS (TO BE USED AS CHILDREN ARE ARRIVING—**BEFORE** CLASS, AND UP TO THE FIRST FIVE MINUTES OF CLASS; OR AS HOMEWORK):

See Sunday morning’s lesson

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