



DEBORAH AND BARAK

JUDGES 4-5

Instructions

The curriculum we use for elementary aged children goes through the Bible chronologically. Currently we are finishing up the book of Deuteronomy. So that your child can continue their journey through the Bible we will be putting together VERY basic Bible lessons for you to do at home. Below you will find a summary of this week's Bible passage. All you have to do is read it with your kids. Then you will see two different sets of discussion questions. One for older kids (3rd-4th grade range) and one for younger kids (Kinder-2nd grade range). Read the discussion questions with your kids. Remember, discussion is not one sided, it's different people talking together. Give your kids the opportunity to think and speak. I pray the Lord speaks to you and your family as you dive into His word together.

Tell the Bible Story

Ehud and Shamgar had been judges over Israel. After they died, the Israelites ignored God and forgot about Him. So God allowed the king of Canaan to overtake them. The commander of the king's army was named Sisera (SIS uh ruh). He was cruel to the Israelites. God's people remembered how good life was when they loved and obeyed God. They cried out to God, "Save us!"

At this time, Deborah was the judge over Israel. Deborah called for Barak to give him a message from God. God wanted Barak to gather an army and lead them to Mount Tabor. God would help Barak defeat Sisera there.

Barak said to Deborah, "I will go if you will come with me. If you won't come, I'm not going."

"I'll go," Deborah said, "but you will receive no honor for the battle." So Deborah, Barak, and the army went to Mount Tabor. Sisera took his chariots and his army to fight against Israel.



“Go, Barak!” said Deborah. “God will help you defeat Sisera today.” Barak and his army moved down the mountain toward Sisera and his army. Barak chased the chariots and the army, and everyone in the army was killed. None of them survived except Sisera. He had escaped!

Sisera ran to the tent of Jael (JAY uhl) because he and Jael’s husband were friends. Jael said, “Come on in. Don’t be afraid.” Jael gave Sisera some milk to drink and covered him with a rug. Sisera was so exhausted that he fell into a deep sleep.

Jael knew that Sisera was an evil man, an enemy of God. She took a tent peg and a hammer, and used them to kill Sisera while he slept.

Barak came, looking for Sisera. Jael greeted him and said, “The man you are looking for is inside.” Barak went into Jael’s tent and saw Sisera lying dead.

That day, God allowed the Israelites to defeat the Canaanites. The Israelites had won the battle! Deborah and Barak sang a victory song. They praised God for helping them beat the Canaanites. The land was peaceful for 40 more years.

CHRIST CONNECTION:

God does what is for His glory and our good. (Psalm 115:3; Romans 8:28) God fought for the Israelites and used Deborah, Barak, and Jael to defeat Canaan. In a similar way, God uses people and events to not only save us from our enemies, but to teach us about our ultimate good: salvation through His Son, Jesus Christ.

Discussion & Bible Skills - Older

Guide your kids to open their Bibles to Judges 4. Explain that today’s Bible story comes from Judges 4–5. Remind kids that the Book of Judges shows Israel’s cycle of sin, defeat, cries for help, and deliverance through a judge. When the judge died, the cycle started over again. Read aloud Joshua 10:42.



Ask the following questions. Lead your kids and discuss:

1. Why do you think God rescued His people after they turned away from Him?
Invite your kids to share their thoughts. Emphasize God's grace and mercy toward the undeserving Israelites and toward us—undeserving sinners—because of His great love for us. Remind kids of the covenant God made with Israel.
2. What kind of people does God use in His plan today?
Lead your kids to recognize how God used Deborah, Barak, and Jael to defeat the enemy. All three contributed to the defeat of the Canaanite army, but God controlled the outcome. Today God still uses people for His purposes—people who are willing to obey Him.
3. How can we show we trust God?
Prompt your kids to discuss how trusting God means more than just saying you trust God. True trust in God means faith in action. We follow and obey God even when it's not easy because we believe He is in control of all things.

SAY:

Deborah was the judge in Israel when God said He wanted Barak to gather an army and lead them to Mount Tabor. God would help Barak defeat Sisera there. Mount Tabor was in a northern part of the land of Canaan. Through Israel's battle against the Canaanites, God used Deborah, Barak, and Jael to rescue His people.

Discussion & Bible Skills - Younger

Make sure your child has a Bible. Help them use the table of contents and large chapter numbers to find Judges 4–5. Talk about the History division of the Old Testament and briefly review the other books that are part of this division (Joshua–Esther). Remind the kids that we use Bible divisions to help us categorize and understand what the Bible teaches us about God and about the gospel.

Ask the following questions. Lead the group to discuss:

1. Why did God allow Canaan to overtake the Israelites?
The people did what was evil in God's sight, so He allowed their enemies to conquer them; Judg. 4:1-2



2. Why didn't Barak get the honor for defeating Sisera and the army of Caanan?
He said he would only go where God told him to go if Deborah went with him, Judg. 4:8-9
3. Who ended up getting the honor for killing Sisera?
Jael, a woman who was not an Israelite; Judg. 4:22
4. Why did God keep rescuing His people if they kept turning away from Him?
Guide your kids to see that God is faithful and merciful. He loves even those who sin against Him. He still planned to use the Israelites to send Jesus, so He showed His love to them.
5. Whom does God use in His plans?
Guide your kids to discuss the fact that God can—and does—use all kinds of people. In the story today, God used a man and two women. He used Israelites and non-Israelites. Remind kids that God is all-powerful and can use anyone in His plans. Help them see that when we have faith, God will do great things in us and through us.
6. Why does God use people in His plans?
Guide your kids to see that God doesn't need our help to do anything, but He lovingly includes us in His good work. We are blessed by the chance to participate in His plan to rescue sinners and glorify Him. By using people, He shows His power to do amazing things through ordinary people.

SAY:

God used Deborah, Barak, and Jael to rescue His people. They defeated Sisera's army, but only Jesus could defeat death and give us freedom from sin.