



Unit 9, Session 2

Deborah and Barak

Judges 4–5

Story Point: God used Deborah, Barak, and Jael to rescue His people.

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. God’s people remembered how good life was when they loved and obeyed God. They cried out to God, “Save us!”

Deborah was the judge over Israel. Deborah called for Barak to give him a message from God. God wanted Barak to gather an army. God would help Barak defeat Sisera.

Deborah, Barak, and the army went to Mount Tabor. Sisera took his chariots and his army to fight against Israel. Barak and his army moved down the mountain toward Sisera and his army. None of them survived except Sisera. He had escaped!

Sisera ran to the tent of Jael. Jael gave Sisera some milk to drink and covered him with a rug. Jael took a tent peg and a hammer, and used them to kill Sisera while he slept. Barak came, looking for Sisera. Barak went into Jael’s tent and saw Sisera lying dead.

That day, God allowed the Israelites to defeat the Canaanites. Deborah and Barak sang a victory song. 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.



EXPERIENCE the Story

The Bible tells us what is true about God and about ourselves. All of the stories in the Bible fit together to tell us the big story of how God rescues sinners through His Son, Jesus.

- Match each clue with a key word from the Bible story:
 - the king who overtook Israel
 - a woman who spoke for God
 - place the Israelite army met
 - defeated Sisera
 - leader of Israelite army
 - leader of Jabin's army
 - Barak
 - Jabin
 - Jael
 - Mount Tabor
 - prophetess
 - Sisera
- What does this story teach us about God?
- Who did God use in His plan to give Israel victory against Canaan?

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.



APPLY the Story

- Why do you think God rescued His people after they turned away from Him?
- What kind of people does God use in His plan today?
- How can we show we trust God?

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APPLY the Story

- Find 1 John 1:9 in your Bible and write the words below.

- Write a prayer to God, asking Him to show you opportunities where you can share the love of Jesus with others.

READ THE WORD

Read one of the following passages each day this week:

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|---|--|
| <input type="checkbox"/> Lamentations 3:22-23 | <input type="checkbox"/> Psalm 103:10 |
| <input type="checkbox"/> Philippians 2:13 | <input type="checkbox"/> Malachi 3:6 |
| <input type="checkbox"/> Psalm 56:3-4 | <input type="checkbox"/> 1 Corinthians 15:10 |