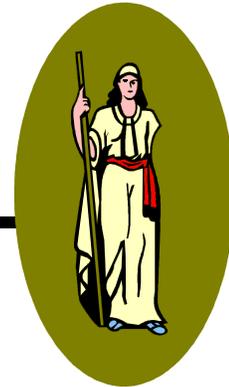


Get Ready!

Deborah

By: Judy Meyers



Text

Judges 4-5

Key Quest Verse

“When the people willingly offer themselves—praise the LORD!” Judges 5:2b

Bible Background

During a time of sin and rebellion, God raised up Deborah as one of the 12 judges recorded in the book of Judges to deliver the Israelites from the Canaanite armies, led by Sisera. She called for Barak to be her general and together they led the Israelites to victory. Securing this victory, a woman named Jael killed Sisera by driving a tent peg through his temple as prophesied by Deborah that a woman would have the glory of the battle. In chapter 5 of Judges, Deborah and Barak celebrate the victory by singing “praise to the Lord God of Israel.” The entire book of Judges depicts a cycle that the Israelites often repeated, first falling into sin and judgment, then crying out for deliverance, God raising up a judge for spiritual renewal and to provide victory over their enemies, but then eventually the Israelites would fall into sin again.

*Get Ready!***Lesson Quest****What I want my students to:****Know:** God calls His willing people into service.**Feel:** A need to serve God**Do:** Look for ways to serve**Leader's Devotion**

Have you ever gone through periods in your life when you just wanted to scream “ENOUGH!”? I think perhaps Deborah had reached that point in her life. This woman of God, a prophetess, had become a judge for the Israelite tribes. I picture Deborah as having a reputation of being fair and honest and therefore having people constantly coming to the Palm of Deborah where she held court. This was fairly unusual for her day and age as the normal role of the women was to care for her home and family. But, God had chosen Deborah to be his prophetess and then to serve as a judge. I am sure that day after day she heard stories of the unfair and cruel treatment that the Israelites suffered at the hands of the Canaanites. Perhaps she stood and wondered why none of the men of the day stepped forward to lead the people to war against these oppressors. But, no man stepped forward and so at God’s direction, Deborah assumed the role of military leader. Deborah was very wise and probably knew that though the people loved her and listened to her advice, they might not follow her military leadership. So, she selected a man to lead the army into battle. This man however, was somewhat cowardly and insisted that she go along. Deborah willingly put herself in harm’s way so that God’s plan could be carried out. Today perhaps God is calling you to settle some injustice that you see in your life or surroundings. Perhaps he is calling you to bring peace to a neighbor, a friend, a total stranger. It doesn’t matter if you are the “norm” for accomplishing the task. If He is calling you, He will equip you just as He did Deborah. Be open to what He has for you to do. Seek and follow His direction. Then, as Deborah, give the glory for the victory to the One who accomplished it through you.

Get Set!

Option A

Materials: Copy of each of the cases below.

Procedure: Divide the class into two groups. Give each group a printed copy of the cases below. You may either give them the texts that the cases are gleaned from for reading and making their decisions or wait and after their decisions have them read them from the Bible. **Today you are going to be judges. I have given each group a different case to read and discuss. You will have approximately 3 minutes to come up with your decision.** Allow time for this to happen and then call them back together for presenting their decisions. Then say, **“Settling these issues reminds me of the woman in our story today. Deborah was a judge in Israel. Day after day she heard this type of question and made decisions. As a woman of God, she would have known the laws given to the people through Moses years earlier.”**

Case 1 – A pregnant woman was walking down the street when two men rushed around the corner. They were fighting with each other. They ran into the woman and cause her to fall. The fall causes her to go into labor and she gives birth to a baby several weeks early. The baby has serious injuries from the fall and from being born early. Should the men who ran into her be held responsible for the baby’s medical expenses and ongoing care? (Exodus 21:22-25)

Case 2 – A man began burning off his ditch. A wind came up and the fire spread into his neighbor’s corn field and destroyed it. Should the man who started the fire pay his neighbor for the loss since he didn’t really mean to set the fire? (Exodus 22:6)

GO TO THE BIBLE STORY



Get Set!



Option B

Materials: A glove with the letters F-E-A-R placed on knuckles of the four fingers, two empty plastic water bottles, one with the cap and the other without the cap.

Procedure: You will set the two bottles on the table. Tightly put the cap on the one bottle. **These two bottles represent the amount of faith that we have. Though you cannot see it, the bottle with the cap is full of faith, the other has none or very little.**

Slip the glove on the hand. **The absence of faith can lead to** (display the letters on the knuckles) **fear.** Hit the bottle without the lid with the glove. It should easily crush it. **When we allow fear to rule our lives it crushes us just like it crushed the bottle when fear hit it. But, let's see what happens when our lives have faith in God's ability to care for us.** Hit the bottle with the lid on it and it should not damage the bottle at all. **In our lesson today we will see some with faith to eliminate fear and some who let fear rule. See if you can decide which was which.**

GO TO THE BIBLE STORY

Get Set!



Bible Story

Teacher Tip: Provide markers for students to highlight portions of the story in their Bibles

The second week of presentation would lend itself easily to a reading skit with the following characters: Narrator (N), Deborah (D), Barak (B), Jael (J), and Sisera (S).

(N) **After a period of peace for 80 years, the Israelites had again begun to do evil. Because of this, God had allowed Jabin, the king of Canaan to overcome them and severely oppress them for 20 years under the military leadership of Sisera. People no longer felt safe to travel from area and so they pretty much stayed in their own tribal area. During this time God selected Deborah, a prophetess from the tribe of Ephraim, to judge Israel. Deborah was the wife of a man named Lappidoth. She judged the people from beneath the Palm of Deborah between the towns of Ramah and Bethel.** It is important to realize that although Mosaic law did not prohibit women for leadership roles, it was not the normal thing to happen. That leads us to believe that Deborah was a very wise woman with a very close relationship to God. It also leads us to believe that she had watched the oppression of the people and noted that no man had come forth to lead the people. So she willingly stepped forward when God revealed his plan to her.

(N) **As a prophetess, God spoke to Deborah and gave her a message for delivering the people from their oppression. So, being obedient to God’s direction, she called for Barak from the city of Naphtali and said to him, (D) “The LORD God of Israel commands you. ‘Take ten-thousand men from the tribes of Naphtali and Zebulun and march to the river of Kishon near Mt. Tabor. I will then bring Sisera and his 900 chariots and his army there and give you the victory over them.’” (4: 6-7)**

Barak replied, (B) **“If you will go with me, I will go, but if you will not go with me, I won’t go.” (4:8)**

Deborah said, (D) **“Very well then, I will go with you, but the honor will not be yours, because the LORD will defeat Sisera by the hand of a woman.” (4:9)**

Get Set!



Bible Story cont,

(N) So Deborah went with Barak to Kedesh where he called Zebulun and Naphtali. In chapter 5 of Judges, it also mentions other tribes that gathered for the battle. All together, 5 ½ of the 12 tribes came willingly to fight the battle for freedom from their oppression. When they had gathered, Barak took 10,000 men and marched to Mr. Tabor with Deborah by his side. When Sisera heard that they had assembled at Mr. Tabor, he ordered his 900 chariots of iron and all his soldiers to go to the Kishon River. (4: 12) When all was in place, Deborah commanded, (D) “Go forth; for this is the day in which the LORD has given you the victory over Sisera – the LORD has already gone out to battle before you.” (4:14)

N) Barak and the 10,000 men went down the mountain to battle the army of Sisera. Some of the 900 chariots became bogged down in the mud of the River (5:21) and those who were not swept away ran from the army of Barak. Barak pursued him until there was not a man left (4:16). During the battle, Sisera had jumped from his chariot and run off. He came to the tent of Heber and Jael (4:17).

Jael went out to meet him and said, (J) “Come, my lord, come right in. Don’t be afraid.” (4:18) (N) So Sisera went inside and she put a covering over him. (S) “I’m thirsty, please give me some water.” (N) But Jael opened some milk and served him milk instead (4: 19). (S) “Go and stand in the doorway of the tent. If someone comes by and asks if someone is inside, say ‘No.’” (vs. 20). (N) However, Jael had another plan in mind. When Sisera was asleep, she took a tent peg and a hammer and quickly went to him. She killed him by driving the peg through his temple and into the ground (4:21). Barak came by and Jael asked him to come inside and showed him Sisera. From that time on, the Israelites got stronger and stronger until they were able to destroy Jabin, the Canaanite king. And the land had peace for 40 years.

In chapter 5 we find Deborah’s song with more of the details of the battle. It is interesting to note that she begins with praise to God and ends with praise to God. Deborah was a woman whose leadership saved her people from oppression. She called the shots but she did not seek the glory, she gave it to God.

The important lessons we can learn from Deborah are that:

God sometimes calls willing people to serve Him in ways that are not customary in their society.

God equips His people to accomplish His purposes.

When God is on our side, we need not fear the outcome.

All praise and glory for the task belongs to God.

Go!

Madam Judge, May I?

GAME

Materials: Treats



Quest Connection

Today we will play a game to remind us that Deborah was a judge in Israel. The people came to Deborah to get her wise advice.

Procedure: The teacher should be the “judge” and stand a distance from the class members. Line the class up against one wall. **I will give each of you directions of something to do and you may proceed in doing it after you say, “Madame Judge, may I?” When you reach me, I will give you a treat to signify you have appeared before the judge and she has given you advice.** Give each child some type of direction like take 2 steps forward, turn around, etc. Play with these directions for a little while making sure that no one gets to you for a treat and then make the following announcement. **You don’t seem to be making much progress in getting to me so I think we will change the rules. From now on you may just follow the directions I give as you see fit.** They may need to be encouraged to break the rules and go for the treat. When they get to you for the treat, say you have changed your mind and think you will keep them for yourself. Hopefully this will generate some feelings of anger and unfairness. After a brief period of that, you should say **God gave the Israelites rules to follow. For awhile they followed the rules just like we were doing in the beginning but then they decided that other things and other gods looked more exciting so they stopped following God. Because of that, God stopped helping them fight their battles and allowed other nations to conquer them. But when they repented and asked God to lead them again, he was faithful and sent leaders like Deborah to help them overcome their enemies. We need to remember that we are to follow God’s rules everyday so that sin doesn’t take us away from God’s loving care.** Give each person a treat.

Close

Dear God, Help us to remember that we are to follow the rules and laws that you gave to us. Thank you for the wise help you give us through our parents, teachers and other adult leaders. Amen.

Go!

Chariots of Flavor



FOOD

Materials: For each student – 1 candy bar such as Snicker or Milky Way (about 2-3 inches long), 1 fruit roll-up, 2 Thin Mints (Necco’s Haviland Real Chocolate Covered Thin Mints), 2 toothpicks

Quest Connection

We’re going to make a special treat this morning to remind us of the 900 chariots that Sisera’s army had. Though they were much stronger in military power than Barak’s army, they didn’t have the most powerful weapon in the battle. That weapon was God.

Procedure: Fold your fruit roll-up in half the long way and then turn the ends down to form an angle. This will be the front of the chariot. Wrap it around one of the short sides of the candy bar. Place a thin mint over the fruit roll and attach to the candy bar by gently pushing a toothpick through it and out the other side. Attach the fruit roll-up and additional thin mint where the toothpick comes through. Push the second toothpick through the front as the chariot tongue.

Close

Let’s remember that the most important thing we have to go up against the evils of the world is the power and presence of God in our lives. As long as we follow Him, He will help us fight all the battles that come our way.

Go!



Draw Your Sword

GAME

Materials: Bibles, Concordances (optional)

Quest Connection

Barak’s army had very little in the way of military tools. What they did have was a sword. The Bible tells us that we also have a sword by which we can fight the battles that we face in our daily lives.

Procedure: Open your Bibles and read Ephesians 6:17. This verse tells us that our sword is the Word of God, the Bible. We are going to do a Bible Drill that will give us some instructions on how we should treat different situations that might come our way.

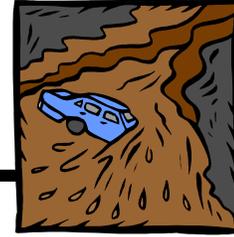
Use the following verses or some of your choice. You might also give some situations that seem to really pertain to your class and then have them use the concordance to find verses that provide God’s answer to their situation.

- Matthew 5:42** (Give to people who ask, loan to those who ask to borrow)
- Mark 11:26** (Grant forgiveness to those who ask for it)
- Romans 12:21** (Repay good for evil)
- Psalms 34:13** (Don’t be deceitful)
- Ephesians 4:25, 29** (Speak truth)
- Hebrews 13:5** (Don’t covet)
- Proverbs 23:4** (Don’t overwork to become rich)
- Galatians 5:13** (Serve in love)
- Exodus 20:12** (Honor parents)

Close

Dear Father, Help us to seek your guidance from our sword, your Holy Word. Amen.

Go!



Stuck in the Mud

ARTS AND CRAFTS

Materials: A batch of “goop”, dessert sized paper plates (blue to represent the Kishon River would be good), round buttons, craft sticks cut into small sections, toothpicks, index cards, markers, and tape.

Quest Connection

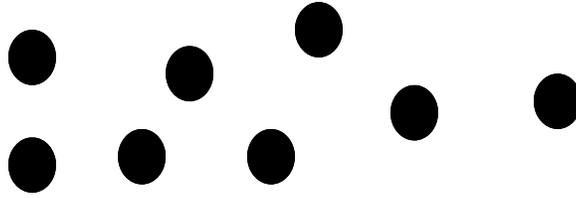
In Deborah’s song recorded in Judges 5 we find that the waters of the Kishon River washed away some of the chariots and soldiers. In chapter 4 we learned that even the great leader Sisera had to leave his chariot and flee by foot. Some believe that the mud along the river was so bad that many of the horses and chariots got stuck and couldn’t fight the battle. Today we are going to make a craft to help us remember that at the Kishon River, God fought the battle along with the Israelites.

Procedure: : Ahead of class time, mix a recipe of “goop.” This mixture will not crumble when dry like some unfired clay products tend to do. Recipe: Add 2/3 cup of water to 2 cups salt in a pan; stir and cook over medium heat, stirring 4-5 minutes until salt is dissolved. Remove the mixture from the heat. In a separate container gradually mix ½ cup water with 1 cup cornstarch. Stir until smooth. Add the cornstarch mixture to the salt mixture. Color your mixture with green and red food coloring to make brown to represent mud. (Return to low heat and stir and cook until smooth. The “goop” will thicken quickly. Remove from the heat and place in a plastic bag or airtight container until ready to use.

Give each student a plate, some “goop,” two small pieces of wood, 4 round buttons, and a toothpick. You are going to put the “goop” on the plate to make a river bank. In the river bank you can put your stuck chariots. Each chariot can be made by sticking a little piece of wood in the “goop” and putting two buttons and ½ toothpick into the clay to look like they are stuck down in the mud. **Cut the index cards in half and give one half to each student along with markers. Print the verse “Go! Today the Lord will hand Sisera over to you. Hasn’t the Lord gone ahead of you?” on the chalkboard.** Print on your card the verse on the board and then tape it to a toothpick and insert in the “goop.” **This can be hardened outside in the sun or left for the week to dry before taking home.**

Close

Take your craft home and put it somewhere as a reminder that God went ahead of Barak into battle and that he will go ahead of you as you face your daily battles. Ask Him to prepare you to face the challenges that come your way each day.

Go!

How Wise Are You?**GAME**

Materials: Make up 16 review questions (a set of suggested ones are included in the resources), 8 red circles, 8 black circles, a floor grid of 16 equal squares made with masking tape, post-it-notes with numbers 1-16 on them, and a bean bag.

Quest Connection

Deborah was a very wise woman. People from all over the area would come to her for her advice. Let's see how wise you are and how well you can remember what we have learned about Deborah.

Procedure: Make a grid four sections wide by four sections deep on the floor with the masking tape. Put a number in each grid. Divide the class into two teams. One will be the red team and the other the black team. Give each team their 8 circles. **Today we will see which team can get four of your team circles in a row first. You will take turns throwing the bean bag and then I will ask the question on the number in the square you landed on. If you answer correctly, you can put your circle in the square. If you are incorrect, the other team will have an opportunity to answer and put their circle in the square. Once a circle is in a square, it cannot be moved. Each team member will have a turn to toss the bean bag but the entire team can work together on the answer.**

Close

Just as Deborah was wise and gave the people good advice, we can be wise as we follow God's rules and those of our parents, teachers and other adults. We can also give good advice to our friends on being obedient to those who are over them.

Go!**Give Him Praise!****ARTS AND CRAFTS**

Materials: Plastic container lids (like from Sherbet container where they are deeper), ribbon, assorted sized jingle bells, and paper punch, Teacher Resource Page “Give Him Praise”

Quest Connection

Following the victory, Deborah and Barak sang songs of praise to God. It was common for the Israelite people to sing, play music and dance as they expressed their praise to God. Judges 5 is the song that they sang.

Procedure: Pre-punch the holes around the edge of the lids with the paper punch. Give one lid to each child along with enough pieces of ribbon and bells for each hole punched. Today we will make some tambourines and then we will offer our praises to God using them. Thread a piece of ribbon through each hole, add a bell and then tie the ribbon. Continue until all holes are filled. One of the verses that Deborah and Barak sang says, “I will sing to the Lord, I will sing; I will make music to the Lord, the God of Israel.”

To the tune of “London Bridge is Falling Down” sing the song from the Teacher Resource Page based on Judges 5:3. (The last line will need to be altered some from the original tune to fit well.)

Close

Teacher Resources

Review Questions for Game, How Wise Are You?

How many chariots of iron did Jabin's army have? (900)

What was the name of the prophetess that called called to judge Israel at this time? (Deborah)

What was the name of the commander of the Canaanite army? (Sisera)

How many men did God tell Deborah to have Barak call to serve? (10,000)

Who was the military leader that Deborah called? (Barak)

Where did Deborah go to judge the people? (The Palm of Deborah)

Why were the Israelites being oppressed by a foreign king? (Disobedience to God)

What was the name of the Canaanite king? (Jabin)

Why did Deborah tell Barak that the glory for the win would not go to him? (Because he wouldn't go to battle unless she went with him.)

Where did the Israelite army attack the Canaanite army? (At the Kishon River)

Where did the Israelite army gather? (Mount Tabor)

Where did Sisera go when he ran from the battle? (To the tent of Heber and Jael)

What did Sisera ask of Jael? (For a drink of water and to guard the entrance to the tent.)

What military tools did the Israelite army have? (swords, GOD)

Why did the people of Israel appear before Deborah? (For her to judge their situations and to settle matters of the law.)

How did Sisera die? (Jael drove a tent peg through his temple with a hammer.)

Find the words from the lesson hidden below. They can be up and down, across or diagonal. The list of words is at the bottom of the puzzle.

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

DEBORAH
VICTORY
ZEBULUN
MOUNT TABOR
SISERA
COMMANDER
CHARIOTS

JAEL
BARAK
TENT
VICTORY
KISHON RIVER
HEBER
PROPHETESS

NAPHTALI
PALM TREE
JABIN
JUDGE
SWORD
GOD



Resource Page “Sing Him Praise”

To the tune of “London Bridge is Falling Down” sing the following based on Judges 5:3. (The last line will need to be altered some from the original tune to fit well.)

**I will sing unto the Lord,
to the Lord,
to the Lord,
I will sing unto the Lord,
The God of Israel.**

**I’ll make music to the Lord,
to the Lord,
to the Lord,
I’ll make music to the Lord,
The God of Israel.**

**He has given victory,
Victory,
Victory,
He has given victory,
The God of Israel.**

**Thank you God for loving me,
Loving me,
Loving me,
Thank you God for loving me,
And sending your Savior.**

JOURNAL PAGE

Deborah recognized that the victory belonged to God and wrote a song to be sung in remembrance of their victory. The song that she and Barak sang is recorded in Judges 5. Write your victory praises as they relate to the following situations.



“When the people willingly offer themselves...” (A time when others helped you.)

LORD, thank you for _____

“O LORD, when you went out ...” (A time when you felt that God had prepared the way for what you would be doing.)

Thank you God for going before me when

“They recite the righteous acts of the LORD.” (Things you have felt God doing for you.)

Thank you for all these things you do for me, _____

“But may they who love you be like the sun when it rises in its strength.”

Tell God how much you love Him. _____



“When the people willingly offer themselves—praise the LORD!” Judges 5:2b