

*Get Ready!***Deborah**

By: Betsy Moore

**Text**

Judges 4 and 5

Key Quest Verse

“Whenever I am afraid, I will trust in You.” Psalm 56:3

Bible Background

When Israel chose to follow false gods, they were easy prey for their enemies. Leaving God out of their lives made them miserable and in constant turmoil. The Israelites cried out to God. In Judges 3, we discover Ehud takes matters into his own hands and presented a gift of a sword in the king’s belly that disappeared when King Eglon’s fat closed over it. The king’s guards thought he was in the bathroom and did not bother him while Ehud got away. Ehud and then Shamgar defeated the Philistines to return the Israelites their freedom. God had given Israel clear rules to live by and as long as they followed them they lived in peace. But after Ehud died Israel sinned and was overtaken by Canaan. They needed help again to turn back to God. If Israel had obeyed God and driven the Canaanites out of the land, they would not have had as many problems. The Canaanites regrouped and were trying to regain power over the Israelites. This is the only time during the judges that the enemy was within their own land. Jabin and Sisera had a powerful army with 900 chariots and oppressed the Israelites until Deborah called on God. There are several women heroes in the Bible and Deborah is one of those women. She was a wife, mother, judge, and prophetess chosen by God to lead His people. She had great leadership skills. She was good at delegating jobs and checking to make sure they got done without actually doing the work herself. She was a good planner, adviser, and mediator and she had a strong relationship with God. Deborah was a prophetess who wanted to serve God and give Him credit for the great things He had done. She was a wise leader and celebrated by praising God in victory. Music and singing were a great part of Israel’s culture. The victory song that Deborah and Barak sang was to praise God and to focus their attention on Him.

Get Ready!

Lesson Quest

What I want my students to:

Know: We are to trust God and not be afraid.

Feel: Confident that God is with us always.

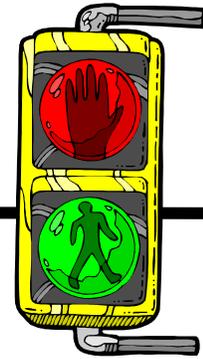
Do: Trust God that He will protect and help us.

Leader's Devotion

How busy are you? Most of us are wives, mothers, and career women. We keep the household running, laundry done, groceries bought, food on the table, noses wiped, appointments made and kept, etc. Consider the responsibilities you now have, add to that list judge, prophetess, mediator, leader, warrior, and composer and singer of songs. Deborah was a remarkable woman not just for her time but she is a shining example for us that God chooses leaders by His standards not ours. She was available to God and to others. She was a wise leader with God in control of her life at all times.



Get Set!



Option A

Red Light, Green Light

Materials: None

To play, one person is chosen to be the traffic cop. All the players stand on the starting line and the traffic cop has his back to the rest of the players. When he says "green light," players try to go to the finish line. When the traffic cop says "red light," he turns around and players have to stop in their tracks. If the traffic cop catches a player moving, he sends them back to the starting line. First person to cross the finish line wins and becomes the new traffic cop. **Did you think this was a fair game? Why or why not? If you were a real traffic cop do you think you would have an easy job? In our story today, we're going to learn about a woman who had to decide what was fair and what was not fair. She was a judge.**

GO TO THE BIBLE STORY

Option B

Materials: Aluminum foil, 18" string, small paper cup, sharpened pencil

Let students make a cup and ball game by using a pencil to poke a small hole in the bottom of a paper cup. Thread the string through the hole and tie a knot on the end of a piece of aluminum foil so the thread will not come out. Using another piece of foil make a ball and crumble it around the string. The ball should fit inside the cup. **We've created a fun game with a ball and cup. Does it seem hard to catch the ball? In our story today we're going to learn about a man who was hard to catch until God took charge. Sisera thought he was tricky and ran away but God had other plans for this bad man. Let's turn to Judges 4 to find out what happened.**

GO TO THE BIBLE STORY

Get Set!**Bible Story**

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

After Joshua died, a woman named Deborah became the judge or ruler of God's people. She would sit near a palm tree and hold court, helping people with their problems. God gave her a message to tell a man named Barak (Ba-rock). He was the head of the army. She told him that God commanded him to take 10,000 men to Mount Tabor. Deborah would lure an evil leader named Sisera and his 900 troops into the area and God would help them win the battle. Barak was afraid. He told Deborah that he would not go unless SHE went with him! Deborah agreed. 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. He will listen and help us with our needs.

Go!**Crushed****EXPERIMENT**

Materials: Milk jug or thin plastic container with a lid, hot and cold water

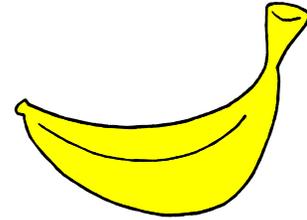
Quest Connection

Procedure: Begin the experiment and explain that they will understand what it is like to be without God. Rinse the jug with cold water about ten times. Then fill the jug with hot tap water. Let the jug set for a couple of minutes and pour out the hot water. Quickly reseal the jug. Tell the Quest Connection story. While you are telling the story the jug will be crushed.

The Canaanite army had 900 iron chariots. They were made of iron and wood and were pulled by one or two horses. These chariots were the most feared weapons in Bible times. Some chariots even had razor sharp knives protruding from the wheels so they would slice up soldiers who were on foot. Israel had no way of defeating such a fearful army they thought. They knew they would be crushed. Deborah told Barak to go and fight against Sisera, and Jabin (the Canaan king) and his army. Barak was afraid and didn't want to be crushed under the iron chariots. He agreed to go fight only if Deborah went with him. Deborah agreed to go and the Israelite army was not crushed. Instead the Canaanite army was defeated and their king died at the hands of a woman.

Close

Deborah agreed to go and encourage the warriors. We must trust in God and know that He will be with us and protect us!

Go!**Fruit Kabobs****EXPERIMENT**

Materials: Strawberries, grapes, bananas, pineapple cubes, shish kabob sticks

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We learned today that when the Israelites won the battle they celebrated. They sang praises to God and maybe even had a feast. We're going to celebrate and enjoy some of the wonderful fruit God has given us. We're using a sharp stick to eat with so be very careful.

Procedure: Have fruit cut into bite size pieces. Let students put fruit on the stick. Enjoy!

Close

Name one way we can praise God. What did Deborah do to praise God?

Go!**Warrior Bracelet****ART/CRAFT**

Materials: 8” piece of sewing elastic overlapped and sewed at the end to make a 7” circle, buttons, fabric glue or needle and thread

Procedure: Choose your buttons and arrange them on your bracelet. Now glue them in place or sew them on. When the glue is dry or you are done sewing your warrior bracelet is ready to wear.

Quest Connection

Deborah was a judge and trusted in God. The Israelites had to go to battle against the evil King of Canaan. The bracelet we are making today is to remind us that we are in battle for God today. We are fighting sin. When you wear your bracelet, remember to put your trust in God and He will help you.

Close

“Dear God, Help us fight sin and trust in You! In Jesus name, Amen.”

Go!**Do Your Part****EXPERIMENT**

Materials: 1 cup Joy, 3-4 Tablespoons glycerin, 12 cups of water, bucket to mix in. plastic cup, sharp pencil, straw, washcloth, rubber band

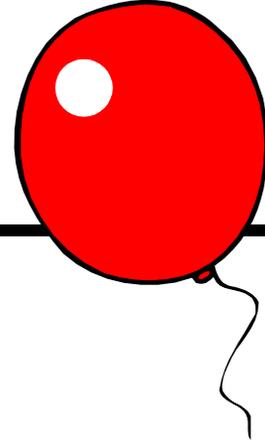
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Procedure: Mix up the bubble solution in the bucket before class. Give each student a cup and have them gently poke a hole in the side big enough to fit the straw through. Slide the straw into the hole and put the washcloth over the opening of the cup. Place a rubber band around it. Dip the washcloth into the bubble solution and blow through the straw.

We learned that as soon as Sisera saw he was loosing the battle he was running scared. Let's blow some bubbles and see how far they will run.

Close

We can trust God and He will protect us when we are running scared.

Go!**Balloon Race**

GAME

Materials: Round balloons

Quest Connection

Barak was afraid to go into battle without Deborah. He was afraid of the chariots and being crushed in battle. Deborah trusted in God and encouraged Barak to go into battle. She went with him and helped him. You may need a little help in our game today but at least you don't have to worry about being crushed by iron chariots. Place the balloon between your legs and go from the starting point around the chair and back to touch the teacher. But wait until you hear the word go. If you drop your balloon along the way, don't be discouraged, pick it up and continue on. The first person to the finish line wins.

Procedure: Give each child a round balloon. (Make sure balloons are blown up in equal sizes). Students will place a balloon between their legs and upon the word GO they will start the race. Have a chair placed at one end of the room that they must go around before they come back to the starting point. The first person to touch the teacher wins.

Close

What made this race difficult? Did you think you could do it? Barak needed just a little confidence to be able to do what Deborah asked of him. Who gave Barak confidence? What happened since Barak didn't trust in God for help? We should trust in God.

Go!**Palm Trees****ART/CRAFT**

Materials: Brown and green construction paper, rubber band, tape, scissors

Quest Connection

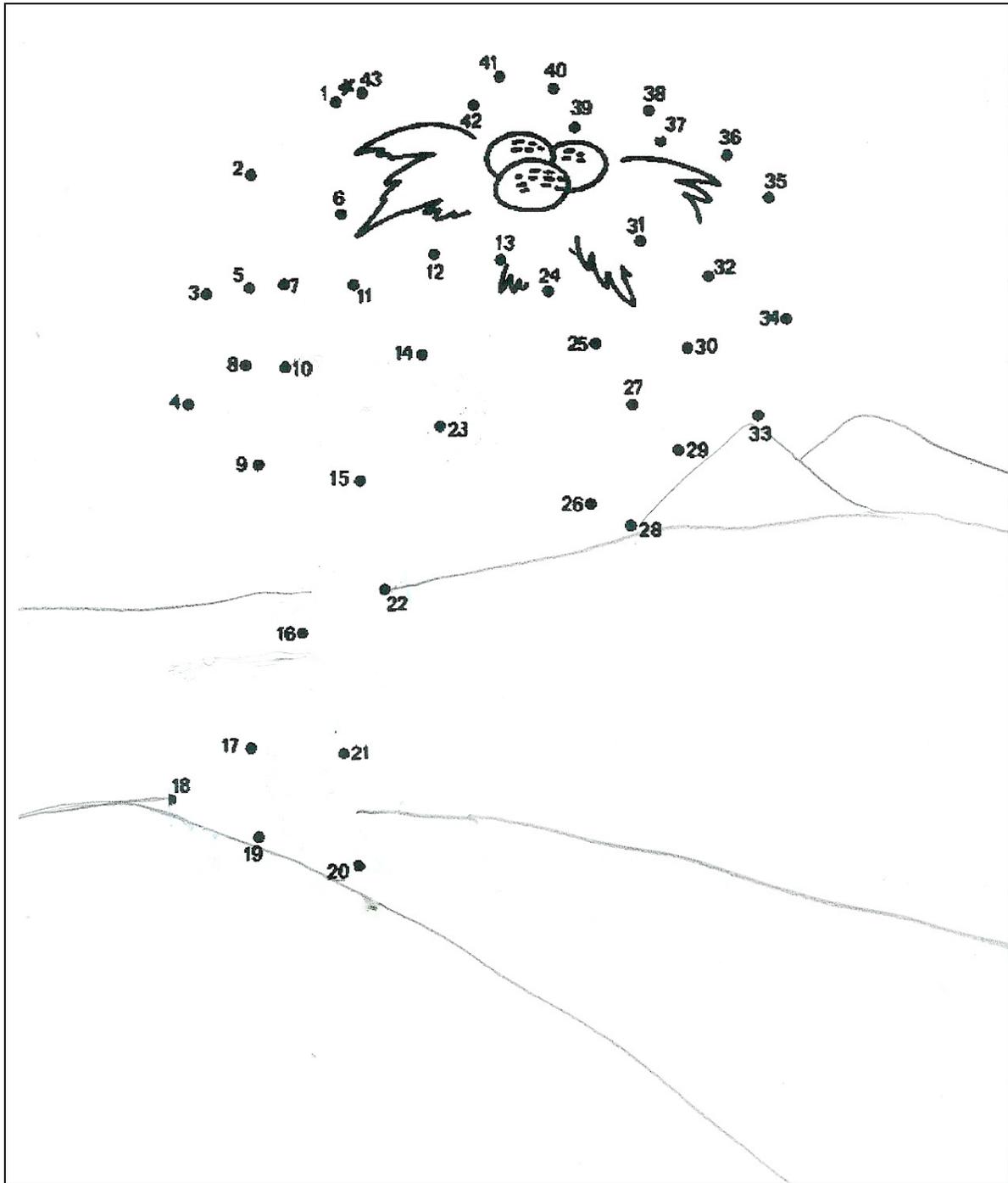
Deborah sat under a palm tree for her court hearings. She trusted in God and he made her a great leader.

Procedure: Place the green paper on top of the brown paper and move it halfway up. Roll the two papers together tightly and wrap with a rubber band until it can be taped. Slide one finger down into the roll and pull some of the green paper farther up. Make long cuts into the green paper without cutting the strips free. Fold each cut out to be a palm branch.

Close

“Dear God, Help me trust in you and be strong. In Jesus’ name, Amen.”

Connect the dots to see where Deborah held court.



“Whenever I am afraid, I will trust in You.” Psalm 56:3

Word Search:

DEBORAH

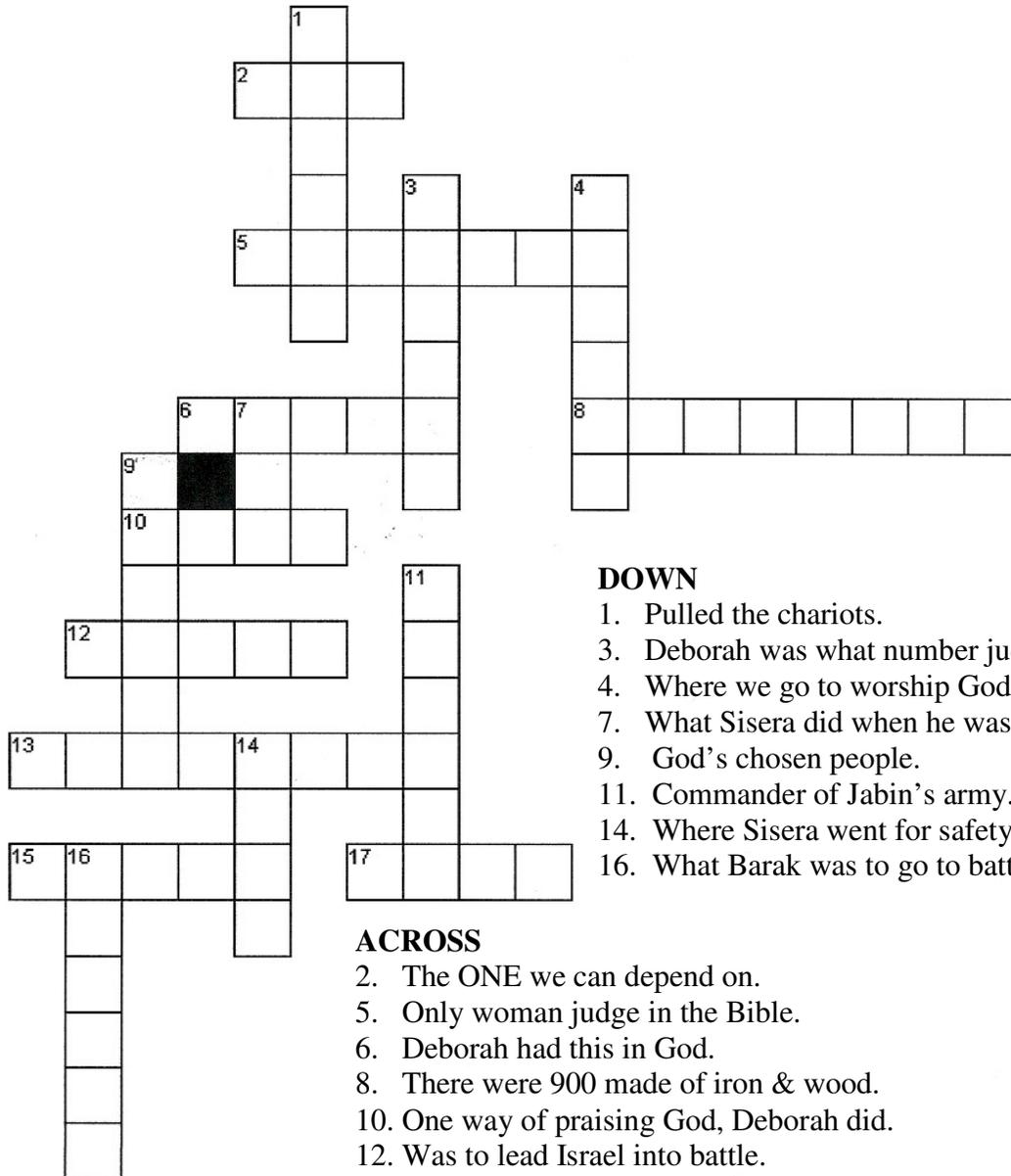
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Y M Y S V T C Q L O I J P N J
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N T E S I S E R A V T S N O J
T S N F D D T H V M K C C Q M

CHARIOTS
JABIN
PALMTREE
TENT

DEBORAH
JAEL
RUN
TRUST

GOD
JUDGE
SISERA
WIN

Deborah



DOWN

1. Pulled the chariots.
3. Deborah was what number judge.
4. Where we go to worship God.
7. What Sisera did when he was loosing.
9. God's chosen people.
11. Commander of Jabin's army.
14. Where Sisera went for safety.
16. What Barak was to go to battle.

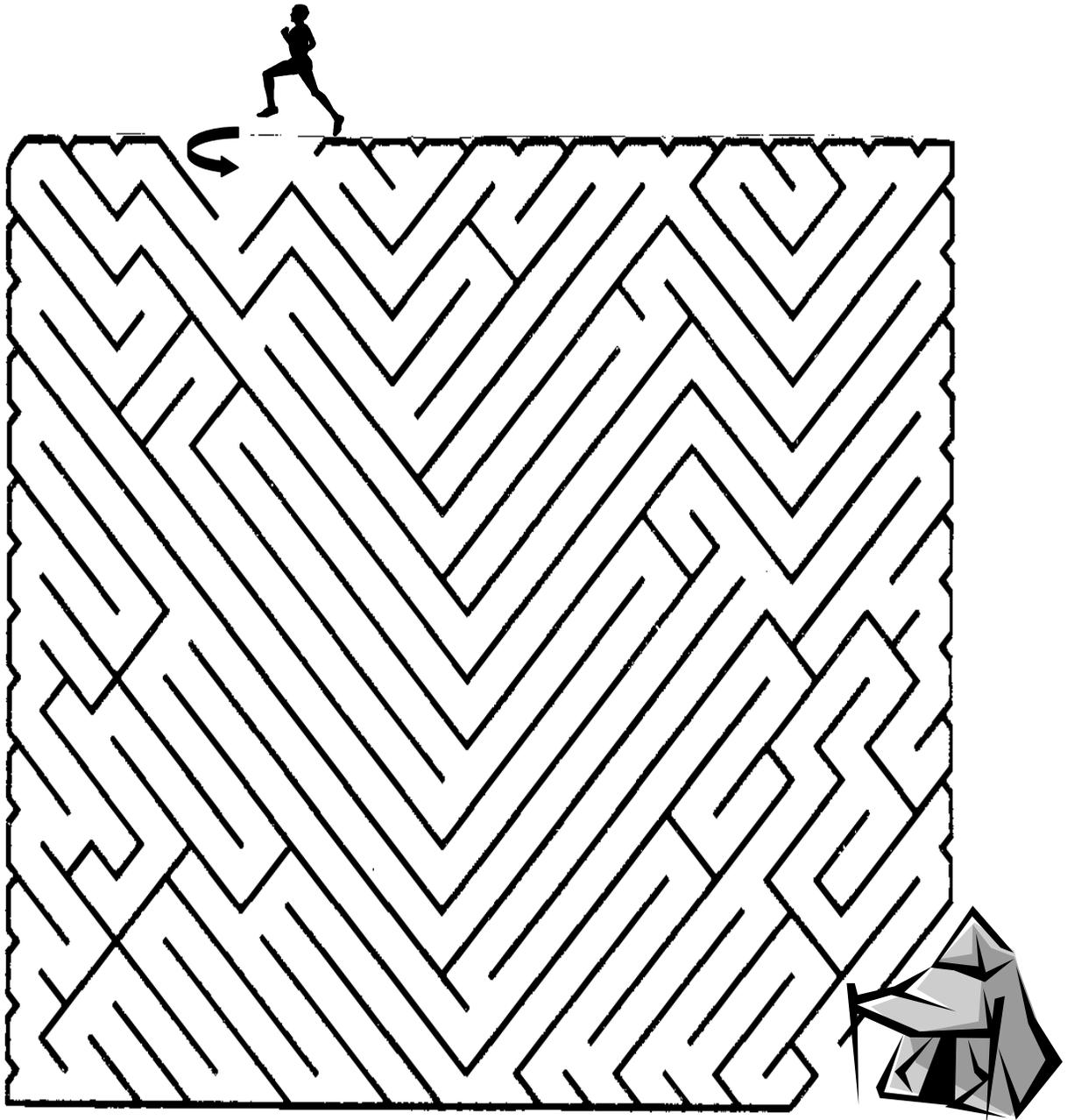
ACROSS

2. The ONE we can depend on.
5. Only woman judge in the Bible.
6. Deborah had this in God.
8. There were 900 made of iron & wood.
10. One way of praising God, Deborah did.
12. Was to lead Israel into battle.
13. Where Deborah held court.
15. King of Canaan.
17. Strong woman who can hammer a tent peg.

Answers: Sing, PalmTree, afraid, God, Jael, Israel, Deborah, fourth, Jabin, Sisera, Barak, chariots, tent, run, horses, trust, church.

Sisera's Escape

God promised that the Israelites would win the battle. Sisera realized he had lost the battle and fled to the tent of Jael, where he thought he would be safe. Can you help him find his way? Do you think Sisera liked his surprise in Jael's tent?



“Whenever I am afraid, I will trust in You.” Psalm 56:3

Journal Page

Draw a picture of Deborah sitting under her palm tree trusting God.



Name: _____

Date: _____

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