

## Deborah and Barak

**BIBLE PASSAGE:** Judges 4–5

**MAIN POINT:** God sent judges to help His people.

**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:** Whom does God use in His plan? God uses people in His plan.

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**SMALL GROUP OPENING** (15–20 MINUTES) **LARGE GROUP BIBLE STUDY** (10–15 MINUTES) **SMALL GROUP ACTIVITIES** (20–25 MINUTES)  
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### Leader BIBLE STUDY

The time of the judges continued after the death of Ehud. The Israelites fell into a continuous cycle of sin, bondage, deliverance, and peace. The people of Israel were oppressed by the king of Canaan. At this time, Deborah was the judge of Israel. Deborah sent for Barak and encouraged him to take up an army and fight the army of Canaan and its leader, Sisera.

Deborah reminded Barak that God would hand Sisera and his troops over to him. (Judg. 4:6-7) Barak agreed to go under one condition: that Deborah would go with him. Deborah went, but she informed Barak that he would get

no glory for the battle; God was going to use a woman to defeat Sisera.

When Barak went down from Mount Tabor with 10,000 men, “The LORD threw Sisera and all his army into confusion with the sword before Barak” (Judg. 4:15). Everyone in the army died, but Sisera escaped on foot.

Sisera fled to the tent of Jael, who invited him inside and gave him a drink. While Sisera slept, Jael drove a tent peg through his temple and he died.

Judges 5 records a victory song Deborah and Barak sang on that day, praising God for defeating the Canaanites. The land had rest for 40 years.

The Israelites’ sin had resulted in 20 years of defeat. God fought for the Israelites and used Deborah, Barak, and Jael to accomplish the Israelites’ victory over Canaan. As you teach preschoolers this week, highlight the actions of Deborah and Barak, who willingly served God and used their gifts for His glory.

Use the Christ Connection to emphasize that God uses people and events to save us not only from our enemies, but to bring about our ultimate good: salvation through His Son, Jesus Christ.



**MINISTRY GRID**  
training made simple

Additional resources for each session are available at [gospelproject.com](http://gospelproject.com). For free training and session-by-session help, visit [www.ministrygrid.com/web/thegospelproject](http://www.ministrygrid.com/web/thegospelproject).

# The BIBLE STORY

## Deborah and Barak

*Judges 4–5*

**The judge of Israel died, and the Israelites forgot about God again. So God allowed the king of Canaan to overtake them.** He was cruel to the people of Israel. **The Israelites** remembered how good they had had it when they loved and obeyed God. They **cried out to God, “Save us!”**

**Deborah was the judge over Israel at this time.** One day, Deborah sent a message to **a man named Barak** (BAY rak). “Come here, Barak,” she said. Barak **came to Deborah, and Deborah said, “This is what God wants you to do: Gather an army of men.** Lead them to Mount Tabor (TAY bawr). God will make the army of Canaan and their commander Sisera (SIS uh ruh) come to the river below the mountain. **God will help you beat Sisera.”**

**Barak said to Deborah, “I will go if you will come with me.”**

**“I’ll go with you,” Deborah said, “but you will not get the honor when Sisera is defeated.** God will allow a woman to defeat Sisera.”

So Deborah, Barak, and all the men in the army went to Mount Tabor. Sisera took his chariots and all the men who were with him toward the river to fight.

**“Barak, go! God will help you beat Sisera today,” Deborah said. Barak and his men moved down the mountain toward Sisera and his army.**

**The Lord made Sisera and his army very confused. Sisera ran away. Everyone in the army was killed. But Sisera escaped!**

**Sisera went to the tent of Jael (JAY uhl) because he and Jael’s husband were friends.** Jael said, “Come in!

Don't be afraid." Jael gave Sisera something to drink and covered him with a rug. "If a man comes looking for me," Sisera said, "tell him I'm not here." Sisera was so tired that he fell into a deep sleep. **While Sisera was sleeping, Jael killed him.**

**The Lord gave His people victory over their enemies. Deborah and Barak sang a victory song.**

**"I will sing to the Lord; I will sing praises to the Lord God of Israel," Deborah sang.** They praised God for helping them beat the people of Canaan, and they remembered what happened in the battle. "Lord, may all your enemies die as Sisera did." **And the land was peaceful for many more years.**

*Christ Connection: Everything God does is for His glory and our good. (Psalm 115:3; Romans 8:28) God used Deborah, Barak, and Jael to help the people of Israel win battles against Canaan. God also uses people to help us and teach us about Jesus. God sent His Son, Jesus, to do what is very good for us: to save us from sin.*



**WANT TO  
DISCOVER  
GOD'S WORD?  
GET  
MORE!**

Invite preschoolers to check out this week's devotionals to discover that judges like Deborah led the people to love and serve God by obeying His Word. Later, David asked God, "Guide me in Your truth and teach me" (Ps. 25:5). Order in bulk, subscribe quarterly, or purchase individually. For more information, check out [www.lifeway.com/devotionals](http://www.lifeway.com/devotionals).

# Small Group OPENING

**SESSION TITLE:** Deborah and Barak

**BIBLE PASSAGE:** Judges 4–5

**MAIN POINT:** God sent judges to help His people.

**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:** Whom does God use in His plan? God uses people in His plan.

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## Welcome time

- “Help, Help, Help” song
- offering basket
- Allergy Alert download
- favorite toys related to the Bible story theme

Play the unit theme song in the background as you greet preschoolers and follow your church’s security procedures. Set an offering basket near the door to collect at an appropriate time. Post an allergy alert, if necessary. Set out a few favorite theme-related toys, such as puzzles and blocks.

## Activity page

- “Maze to Mount Tabor” activity page, 1 per child
- pencils or crayons

Invite preschoolers to complete the maze.

**SAY** • In today’s Bible story, Israel forgot about God once again. God allowed Israel’s enemies to control them. God sent another judge to help His people. This judge was a woman named Deborah. Deborah told a man named Barak to form an army and go to the top of a mountain called Mount Tabor. Let’s find out what happened.

## Play an action game

Invite preschoolers to do actions based on characteristics they have. Examples include jump if you have red hair, clap your hands if you like trucks, and pat your head if you have green eyes. For the last action, invite preschoolers to raise their hand if they are a girl.



**SAY** • The judges we learned about last week were all men, but in today’s Bible story, God called a woman to be a judge. Her name was Deborah. God also used a woman to destroy the leader of the Israelite’s enemies. Her name was Jael. Let’s find out more about Deborah and Jael.

## Play a memory game

Print the “Helping Vehicle Cards” on heavyweight paper and cut them out if you did not save them from last week’s session. Mix up the cards and lay them facedown in a grid. Invite preschoolers to turn them over two at a time. If a preschooler uncovers both a vehicle and the people or object that vehicle helps, they get another turn. If not, the next player gets a turn. Continue play until all vehicles are matched to the people or objects they help. As preschoolers play, challenge them to remember where each card is.

**SAY** • Good job remembering! In today’s Bible story, the Israelites forgot something. They forgot about the one true God! Life was hard for the Israelites because they forgot God, but God sent help to remind His people and to turn their hearts back to Him.

## Transition to Bible study

To gain the attention of all the preschoolers to move them to Bible study, show the countdown video, flip off the lights, or clap a simple rhythm for the children to copy. Ask the girls to tell the boys it is time to move to Bible study. Boys and girls may move to the Bible study area together.

- “Helping Vehicle Cards”
- heavyweight paper
- scissors

Tip: To help older children feel successful, start the game with all cards faceup, let the children study them, and then flip them over. For younger preschoolers, keep the cards faceup.

- countdown video (optional)

# Large Group LEADER

**SESSION TITLE:** Deborah and Barak

**BIBLE PASSAGE:** Judges 4–5

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## Introduce the Bible story

**SAY** • Do you have a favorite toy or blanket? Have you ever forgotten it somewhere and had to go back to get it? In today's Bible story, the Israelites forgot something much more important than a toy or blanket. They forgot about the one true God again, and He allowed the king of Canaan to attack them. God's people needed help!

## Watch or tell the Bible story

Open your Bible to Judges 4.

**SAY** • All the stories in the Bible happened in real life. The Bible is a true book. It has God's words in it.

Show the Bible story video "Deborah and Barak" or tell the Bible story in your own words using the script provided. Use the bolded version for younger preschoolers.

## Talk about the Bible story

**SAY** • The Israelites sinned, so God allowed the Canaanites to overtake them. They cried out to God to save them, and **God sent judges to help His people.** God used Deborah, Barak, and Jael to help the people of Israel defeat their enemy. God also uses

- Bible
- "Deborah and Barak" video
- Bible Story Picture Poster

- Main Point Poster
- Giant Timeline or Big Story Circle

people to help us learn about Jesus. God sent His Son, Jesus, to save us from our greatest enemy—sin. Point to the Bible story picture on the giant timeline or big story circle as you ask the following review questions:

1. Whom did God call as a judge in today's Bible story?  
(*Deborah*)
2. Whom did God choose to lead Israel to battle the Canaanites? (*Barak*)
3. Where did Sisera hide after he escaped the battle?  
(*Jael's tent*)
4. What did Deborah and Barak do after Israel won the battle? (*sang a victory song*)

## Learn the big picture question

**SAY** • Our big picture question is, *Whom does God use in His plan? God uses people in His plan.* God's plan is for His glory and our good. God uses people in our lives to make His good plan happen.

• Big Picture Question Poster

## Practice the key passage

Open your Bible to Isaiah 33:22. Read the key passage aloud several times. Sing together the key passage song "He Will Save Us."

• Key Passage Poster  
• "He Will Save Us" song

**SAY** • **God sent judges to help His people**, but those judges couldn't change the people's hearts to make them love God. They were sinful people too. Our key passage tells us that God alone is the true Judge. He is our King and lawgiver. God sent Jesus to change our hearts and save us from sin.

## Transition to small groups



# Small Group ACTIVITIES

**SESSION TITLE:** Deborah and Barak

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## Play “Deborah Says”

Play “Simon Says,” but instead of using the name *Simon* use *Deborah*. For younger preschoolers, do not make them sit out of the game if they do the motions at the wrong time.

**SAY** • When their enemies attacked Israel, **God sent judges to help His people**. The judge Deborah told Barak what God wanted him to do. God used Deborah, Barak, and Jael to help the people of Israel win battles against Canaan. God also uses people to help us and teach us about Jesus.



LOW PREP

## Go on a singing parade

Invite preschoolers to march single file around the room singing familiar children’s praise songs such as “I’ve Got the Joy, Joy, Joy, Joy,” “I’m in the Lord’s Army,” “My God Is So Big,” or “Jesus Loves Me.” Consider providing musical instruments for preschoolers to play as they march.

**SAY** • The Israelites forgot about the one true God. So God allowed Canaan to overtake them. The Israelites cried out to God, “Save us!” and He did. **God sent judges to help His people**. Deborah and Barak sang a song when the Lord gave His people victory over their enemies. We can sing a victory song too because



LOW PREP

• musical instruments (optional)

Tip: If you are unfamiliar with these songs or motions, check them out online before class.

God sent His Son, Jesus, to give us victory over our greatest enemy—sin. Jesus defeated sin once and for all.

## Play “Telephone”

Form a circle. Whisper a phrase to a preschooler, such as “Israel forgot God,” “God uses people,” or “The Lord is our Judge.” Invite her to whisper the same phrase to the preschooler next to her. Then that preschooler will whisper the phrase to the preschooler next to him and so forth. The last preschooler to hear the phrase repeats the phrase aloud. Compare what the last preschooler says with the original phrase. Play as time allows.

**SAY** • Remembering what we are told can be hard. We forget things easily. The Israelites had a problem remembering God. **God sent judges to help His people.** God used Deborah to remind the Israelites to obey God, and God used Deborah to send Barak to battle against the king of Canaan. God also uses people to help us and teach us about Jesus. The more we hear about Jesus, the more we remember Him. God sent Jesus to save us from sin.

## Hide in a tent

Set up a tent with blankets and large pillows inside. Invite preschoolers to take turns hiding in the tent under the blankets and pillows.

**SAY** • **God sent judges to help His people.** When God helped His people in battle, Sisera ran away and hid in Jael’s tent. God used Jael to defeat Sisera. Everything God does is for His glory and our good. God also uses people to help us and teach us about



- tent
- blankets
- pillows

Jesus. God sent His Son, Jesus, to do what is very good for us: to save us from sin.

## Make musical shakers

- clean, cardboard tubes
- stapler
- duct tape or masking tape
- stickers
- uncooked rice, beans, or corn kernels
- bowls
- spoons

Flatten one end of a cardboard tube, staple it closed, and use tape to secure the end and cover sharp edges. Invite preschooler to scoop uncooked rice, beans, or corn kernels into the tube. Then flatten the other end of the tube in the opposite direction, staple, and tape. Invite preschoolers to use stickers to decorate their shaker.

**SAY** • Deborah and Barak praised God for helping them defeat the people of Canaan. **God sent judges to help His people.** Everything God does is for His glory and our good. God used Deborah, Barak, and Jael to help the people of Israel win battles against Canaan. God also uses people to help us and teach us about Jesus. God sent His Son, Jesus, to do what is very good for us: to save us from sin.

## Snack

Play the countdown video to signal the end of activities. Guide preschoolers to clean their areas. Take a restroom break and wash hands. Gather preschoolers for snack time. Thank God for the snack.

Serve pretzel sticks for snack. Point out that the pretzel sticks look like the number 1. Remind preschoolers that each time the judge of Israel died, the Israelites forgot about the one true God. **God sent judges to help His people** remember Him and defeat their enemies.

## Transition

When a child finishes her snack, guide her to throw away any trash. She may select a book or puzzle to examine, play quietly with play dough or a favorite toy, or color the Bible story coloring page.

Offer the journal page and invite preschoolers to draw a picture of someone who teaches them about Jesus. Remind preschoolers that God uses people to help us and teach us about Jesus. Pray for the children.

**SAY** • God, everything You do is for Your glory and our good. Thank You for sending Jesus to save us from sin. Thank You for using people to help us and teach us about Jesus.

If parents are picking up their children at this time, tell them something that their child enjoyed doing or did well during the session. Distribute the preschool big picture cards for families.

- countdown video (optional)
- Allergy Alert download
- snack food
- paper cups and napkins

- books
- puzzles
- play dough
- Journal Page printable, 1 per child
- Bible Story Coloring Page
- crayons
- *Big Picture Cards for Families: Babies, Toddlers, and Preschool*

# Journal Page

## God Judges His People

**Key Passage:** Isaiah 33:22

**Big Picture Question:** Whom does God use in His plan? God uses people in His plan.

**Session 1:** The First Judges  
*Judges 3:7-31*  
The Israelites forgot about the one true God.

**Session 2:** Deborah and Barak  
*Judges 4-5*  
God sent judges to help His people.

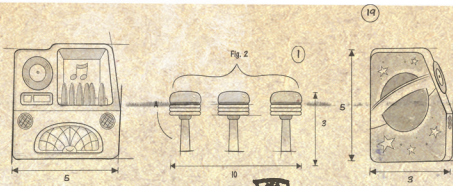
**Session 3:** Gideon  
*Judges 6-8*  
God gave Gideon victory over his enemies.

**Session 4:** Samson  
*Judges 13-16*  
God made Samson strong.

**Session 5:** Ruth and Boaz  
*Ruth 1-4*  
God gave Ruth a family.

**Session 6:** Eli and Boy Samuel  
*1 Samuel 1-3*  
God spoke to Samuel.

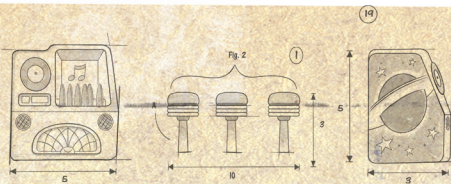




**The LORD is our  
judge, the LORD is  
our lawgiver,  
the LORD is our  
king; it is he who  
will save us.**

Isaiah 33:22

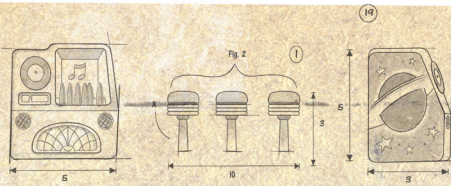




The LORD is our  
judge, the LORD is  
our lawgiver, the  
LORD is our king;  
he will save us.

Isaiah 33:22



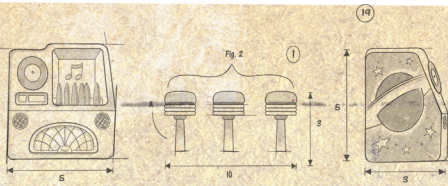


**For the LORD is our  
Judge, the LORD is  
our lawgiver, the  
LORD is our king.  
He will save us.**

Isaiah 33:22







The LORD is our  
judge; the LORD  
is our lawgiver;  
the LORD is our  
king; he will  
save us.

Isaiah 33:22



God sent judges  
to help His  
people.





# Maze to Mount Tabor

DOWNLOAD THE  
TGP FAMILY APP

**INSTRUCTIONS:** Complete the maze to help Barak, Deborah, and the Israelite army get to Mount Tabor.



**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:**

- Whom does God use in His plan? God uses people in His plan.

**BIBLE STORY:**

**DEBORAH AND BARAK**

- When Israel forgot about God, He allowed Canaan to overtake Israel.
- God used a new judge, Deborah, to deliver Israel.
- Deborah told Barak to fight Canaan. Barak and his army defeated the Canaanites. Jael defeated Sisera.

**FAMILY DISCUSSION STARTERS:**

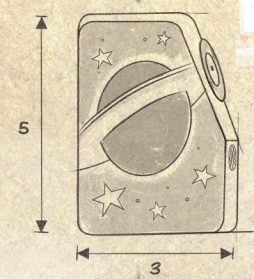
- Why do you think Barak wanted Deborah to go with him?
- The Israelites forgot about God. Do you ever forget about God?

**FAMILY ACTIVITY:**

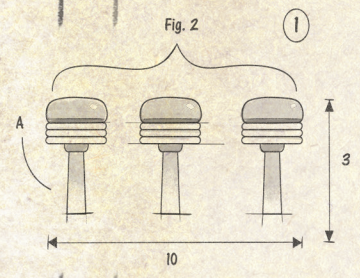
- Research how God used women in the Bible. Consider Ruth, Mary, Esther, Timothy's mother and grandmother, and so forth.
- Go further: Learn about a care ministry to women in your area and how you can get involved.

*Preschool Activity Pages*  
Unit 9, Session 2

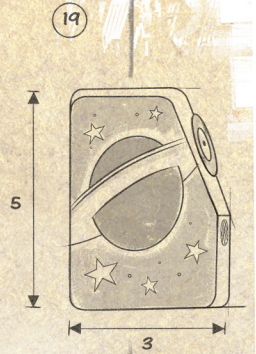
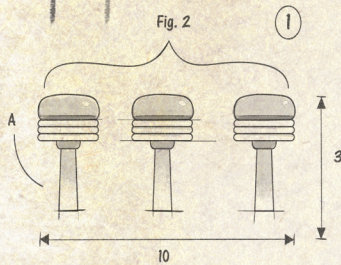




# Whom does God use in His plan?

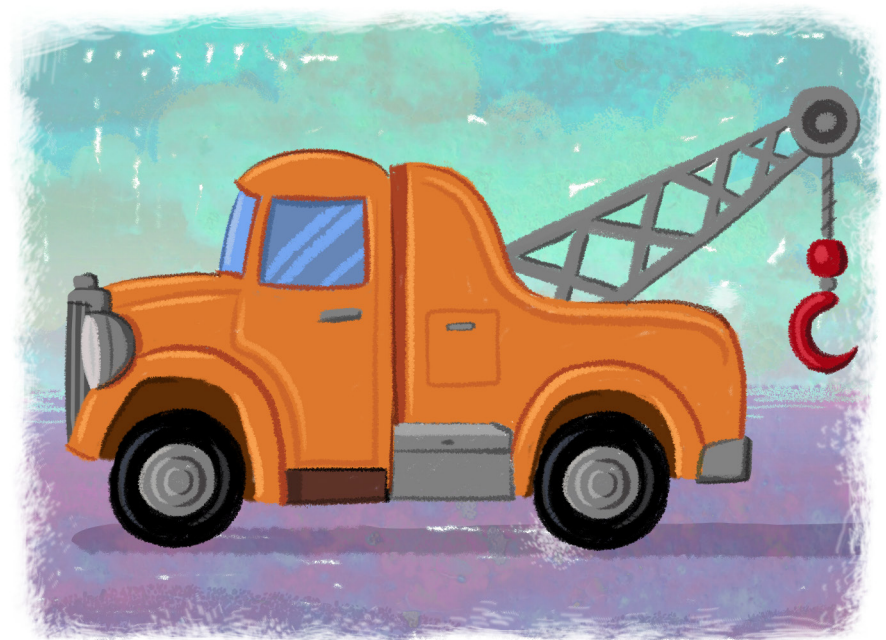
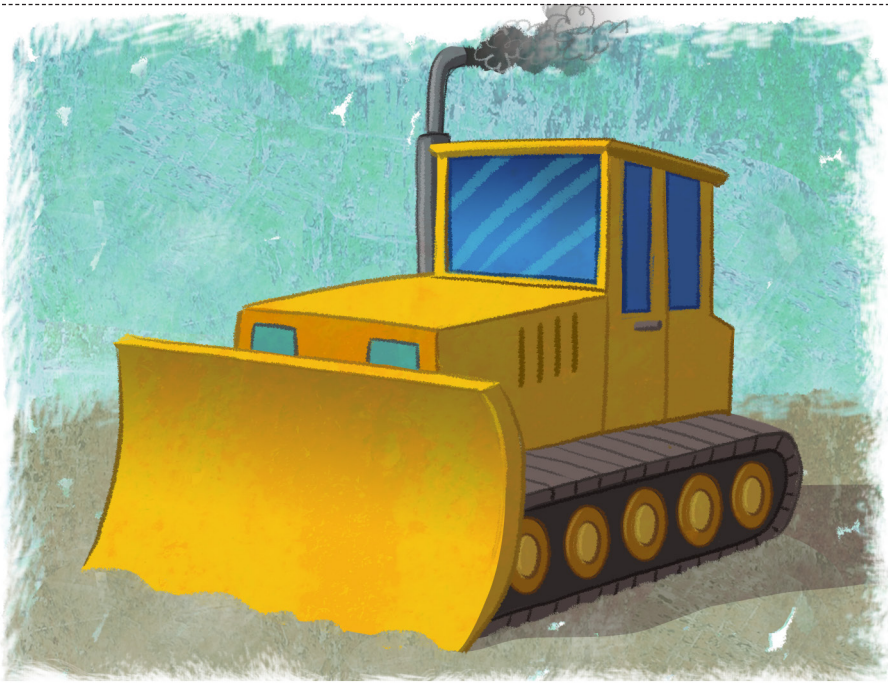


# Whom does God use in His plan?

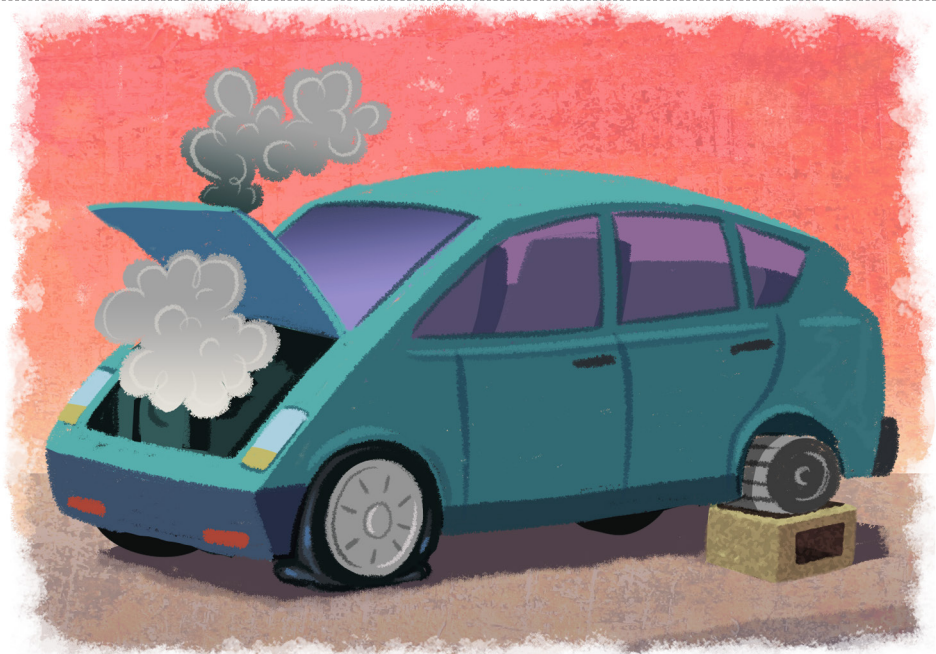
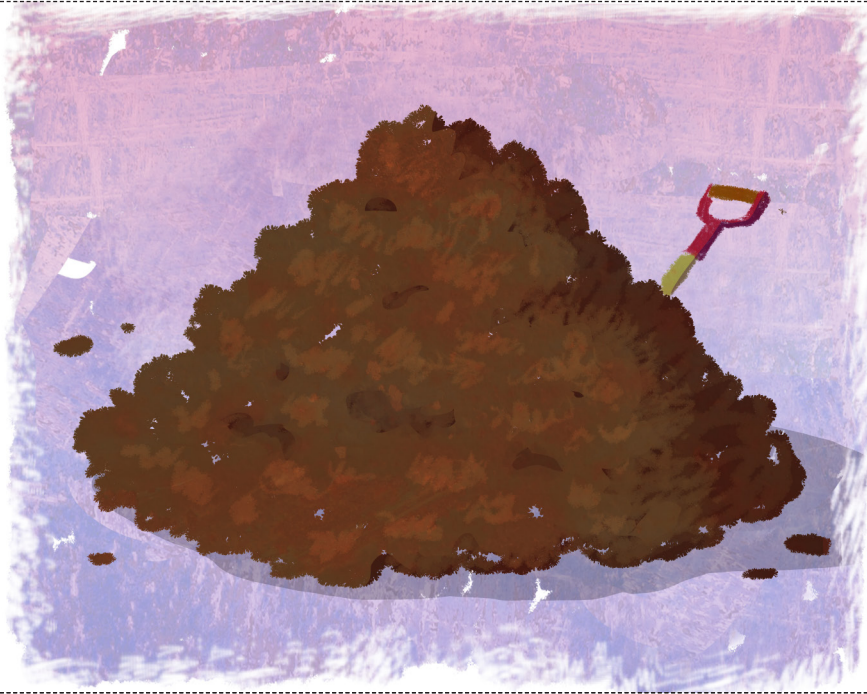


God uses people  
in His plan.











God's people forgot about God.



God let Israel's enemies defeat them.



**God's people cried out to Him for help.**



**God sent a judge to help His people.**



**God gave His people peace.**