

## Deborah and Barak

**BIBLE PASSAGE:** Judges 4–5

**MAIN POINT:** God's people needed someone to rescue them from their enemies.

**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:** How does God accomplish His plan? God uses people for His glory and our good.

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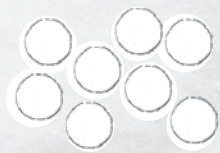
**SMALL GROUP OPENING**  
(10–15 MINUTES)  
**PAGE 142**



**LARGE GROUP BIBLE STUDY**  
(25–30 MINUTES)  
**PAGE 144**



**SMALL GROUP ACTIVITIES**  
(25–30 MINUTES)  
**PAGE 150**



## 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, but only if Deborah went 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 kids 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.



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# The BIBLE STORY

## Deborah and Barak

*Judges 4–5*

Ehud and Shamgar had been judges over Israel. After they died, the Israelites forgot about God. So God allowed the king of Canaan to overtake them. The commander of the king's army was named Sisera (SIS uh ruh). Sisera was cruel to the Israelites for 20 years. God's people remembered how good they 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 called for Barak and said, "God wants you to gather 10,000 men. Lead them to Mount Tabor. God will help you 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 10,000 men went to Mount Tabor. Sisera heard that Barak was at Mount Tabor, and he took his 900 chariots and all his men to fight.

"Barak, go! God will help you defeat Sisera today," Deborah said. Barak and his 10,000 men moved down the mountain toward Sisera and his army. The Lord confused Sisera and all of the army. Barak chased the chariots and the army, and everyone in the army was killed by the sword. None of them survived, but Sisera had 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. 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 **she killed him while he slept.**

Barak arrived, looking for Sisera. Jael greeted him and said, “I will show you the man you are looking for.” Barak went into her tent and saw Sisera lying dead with a tent peg through his head.

**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 bring about our ultimate good: salvation through His Son, Jesus Christ.*



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

Invite kids to check out this week's devotionals to discover 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’s people needed someone to rescue them from their enemies.

**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:** How does God accomplish His plan? God uses people for His glory and our good.

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## Welcome time

Greet each kid as he or she arrives. Use this time to collect the offering, fill out attendance sheets, and help new kids connect to your group. As kids arrive, ask about a time they worked with a group on a project. Was the project easier or harder when they worked with others?

**SAY** • Today we are going to learn about three people whom God used to deliver the Israelites from their enemies.

## Activity page (5 minutes)

Invite kids to complete the “Musical Note Code” on the activity page. (*Answer: God’s people needed someone to rescue them from their enemies.*)

**SAY** • People sing as a way of expressing their emotions.

Sometimes people sing when they are sad. Sometimes they sing when they are happy. In today’s Bible story, we are going to hear about a judge who sang. Do you think she sang a sad song or a happy song? We’ll find out soon.

- “Musical Note Code” activity page, 1 per kid
- pencils or markers

## Session starter (10 minutes)

### OPTION 1: All in!

Use pool noodles to form an outline of a large square on the floor with enough space for all of the kids to fit inside. Each kid must stand completely within the square. When all the kids are in, they must call out “all in!”

Tell the kids to come out of the square as you shrink the square a few feet on each side. Invite the kids to work together to fit inside the square again. Continue playing, shrinking the square each round. The game ends when kids can no longer fit inside the square.

**SAY** • Great job working together to complete your task!

Today we are going to learn about a judge named Deborah and a man named Barak whom God had work together to rescue His people.

### OPTION 2: Order the pattern

Form two teams and provide a set of “Judge Sequencing Cards” for each. Instruct kids to race to put the cards in the correct order of the pattern in the Book of Judges. Once the teams have placed the cards in order, allow volunteers to explain what is on each card.

**SAY** • Can anyone remember the three judges we talked about last week? (*Othniel, Ehud, and Shamgar.*) That’s right! God’s people fell into a cycle of sin and rescue, and it happened over and over again. Today, we are going to learn about another judge God provided to deliver His people.



- pool noodles
- rope or masking tape (optional)

- “Judge Sequencing Cards” printable

## Transition to large group

# Large Group LEADER

**SESSION TITLE:** Deborah and Barak

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## Countdown

• countdown video

Show the countdown video as your kids arrive, and set it to end as large group time begins.

## Introduce the session (3 minutes)

• leader attire  
• notepad  
• pen

*[Large Group Leader enters wearing a polo shirt, slacks, apron, and name tag. Leader is carrying a notepad and pen.]*

**LEADER** • Hello, everyone! Welcome back to our diner! It would be my pleasure to serve you today. Last week, I had trouble remembering the menu and the specials and a bunch of other things. But this week, my boss let me shadow Miss Ruby. Miss Ruby has worked in this diner since it opened, and she is so patient with me. She has been such a big help.

Right now Miss Ruby is on her break, so I suppose I should take my break too. It would be nice to sit and rest my feet for awhile. It would also give us an opportunity to talk about the judges.

## Giant timeline (1 minute)

• Giant Timeline

**LEADER** • Can anyone tell me what we learned about the judges last week? *[Invite a kid to answer. Point to the*

*timeline as you review.*] That's right. The Israelites were living in the promised land, but they did not have a king over them. Instead, the people were supposed to remember and obey God's laws. **God's people turned from Him to worship idols**, though, and God allowed their enemies to attack them. When the people cried out to God for help, He sent judges to rescue them.

Today's Bible story is about a judge named Deborah and a man named Barak. God used them in His plan to deliver His people from the king of Canaan and his army commander, Sisera.

### **Big picture question (1 minute)**

**LEADER** • Before we jump into our Bible story, let's review our big picture question. ***How does God accomplish His plan? God uses people for His glory and our good.*** Listen to our Bible story to see how Deborah and Barak fit into God's plan.

### **Tell the Bible story (10 minutes)**

Open your Bible to Judges 4–5. Tell the Bible story in your own words, or show the Bible story video “Deborah and Barak.” For a shorter version of the story, read only the bolded text of the Bible story script.

**LEADER** • After the death of Shamgar, the Israelites once again turned away from God to worship idols. God allowed the king of Canaan to attack them. The king's commander, Sisera, treated the Israelites cruelly for 20 years. **God's people needed someone to rescue them from their enemies.**

God raised up Deborah to be the judge of Israel.

- Bibles
- “Deborah and Barak” video
- Big Picture Question Poster
- Bible Story Picture Poster
- Main Point Poster



Deborah told a man named Barak to gather an army because God was going to help him fight the king of Canaan and his commander Sisera. Barak said he would go, but only if Deborah went too! Deborah said she would go with him, but he would not get any glory from the battle.

In the battle, who really did all of the fighting? It was God! God confused Sisera's army, and all Barak and his men had to do was chase them down. Sisera, however, escaped. He thought he would be safe by hiding in Jael's tent, but he couldn't hide from God. Jael killed Sisera, and God's people celebrated by praising God.

Ask kids to determine if each statement is true or false:

1. Barak was the next judge of Israel. (*False, Deborah was the judge; Judg. 4:4*)
2. Barak said he would fight if Deborah went with him. (*true, Judg. 4:8*)
3. Sisera fled the battle in his chariot. (*False, Sisera ran away on foot; Judg. 4:17*)
4. Jael hid Sisera in her tent. (*true, Judg. 4:18*)
5. The people praised Barak for defeating the Canaanites. (*False, the people praised God; Judg. 5*)
6. ***How does God accomplish His plan? God uses people for His glory and our good.***

**LEADER** • God does what is for His glory and our good.

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 bring about our ultimate good: salvation through His Son, Jesus Christ.

## The Gospel: God's Plan for Me (optional)

Use Scripture and the guide provided with this session to explain to boys and girls how to become a Christian. Assign individuals to meet with kids who have more questions.

Encourage boys and girls to ask their parents, small group leaders, or other Christian adults any questions they may have about becoming a Christian.

Tip: Provide *I'm a Christian Now* for new Christians to take home and complete with their families.

### Key passage (5 minutes)

Show the key passage poster. Lead the boys and girls to read together Isaiah 33:22.

**LEADER** • **God's people needed someone to rescue them from their enemies** because they forgot that God was their Judge, lawgiver, and King! Let's practice our key passage so we don't forget!

Divide the room into three groups. Assign each of the groups one part of the key passage. Point to the each group in order as they say their part, and then raise both hands for all groups to say "He will save us" together. Repeat once more, and then sing the key passage song.

- Key Passage Slide or Poster
- "He Will Save Us" song

### Discussion starter video (4 minutes)

**LEADER** • What's better: something that is real or a fake? Check out this video.

Show the "Unit 9, Session 2" discussion starter video.

**LEADER** • Do you think Samuel made a good decision to pass up playing on a real game system to look at a picture of one? *[Allow kids to respond.]* It's easy for us reading the Old Testament to think how silly the Israelites were for worshiping false gods. It seems like a no-brainer! Only Yahweh, the one true God, deserves our worship. But we have to be careful,

- "Unit 9, Session 2" discussion starter video

because we can do the same thing! Sure, we might not bow down to wooden, stone, or metal idols, but we can worship plenty of other things.

Guide kids to discuss things they might worship instead of the one true God. Prompt them to consider how they spend their time, what they think about most, what makes them most happy, and what motivates their actions.

• “All for Your Glory” song

### **Sing (4 minutes)**

**LEADER** • God alone deserves worship because He alone is real and He alone is good, all-powerful, and all-knowing. Let’s worship our wonderful God! Sing together “All for Your Glory.”

### **Pray (2 minutes)**

Invite kids to pray before dismissing to small groups.

**LEADER** • Dear God, thank You loving Your people and sending someone to rescue them from their enemies. Thank You for sending Your Son, Jesus, to rescue us from sin. Help us to always remember what You have done to rescue us. Help us not to worship false gods in our lives and to worship only You. Amen.

## **Dismiss to small groups**

## The Gospel: God's Plan for Me

Ask kids if they have ever heard the word *gospel*. Clarify that the word *gospel* means “good news.” It is the message about Christ, the kingdom of God, and salvation. Use the following guide to share the gospel with kids.



**God rules.** Explain to kids that the Bible tells us God created everything, and He is in charge of everything. Invite a volunteer to read Genesis 1:1 from the Bible. Read Revelation 4:11 or Colossians 1:16-17 aloud and explain what these verses mean.



**We sinned.** Tell kids that since the time of Adam and Eve, everyone has chosen to disobey God. (Romans 3:23) The Bible calls this sin. Because God is holy, God cannot be around sin. Sin separates us from God and deserves God's punishment of death. (Romans 6:23)



**God provided.** Choose a child to read John 3:16 aloud. Say that God sent His Son, Jesus, the perfect solution to our sin problem, to rescue us from the punishment we deserve. It's something we, as sinners, could never earn on our own. Jesus alone saves us. Read and explain Ephesians 2:8-9.



**Jesus gives.** Share with kids that Jesus lived a perfect life, died on the cross for our sins, and rose again. Because Jesus gave up His life for us, we can be welcomed into God's family for eternity. This is the best gift ever! Read Romans 5:8; 2 Corinthians 5:21; or 1 Peter 3:19.



**We respond.** Tell kids that they can respond to Jesus. Read Romans 10:9-10,13. Review these aspects of our response: Believe in your heart that Jesus alone saves you through what He's already done on the cross. Repent, turning from self and sin to Jesus. Tell God and others that your faith is in Jesus.

Offer to talk with any child who is interested in responding to Jesus.

# Small Group LEADER

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**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:** How does God accomplish His plan? God uses people for His glory and our good.

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## Key passage activity (5 minutes)

- Key Passage Poster
- small rug

Invite the kids to sit in a circle with a printed copy of the key passage poster on the floor. Invite the kids to read the key passage aloud with you. Then cover the bottom half of the key passage with the rug. Invite them to say the key passage again without looking at the part of the key passage beneath the rug. Next, cover the top half of the key passage as they say it. Finally, cover the entire key passage with the rug and challenge the kids to say it from memory.

**SAY • God’s people needed someone to rescue them**

**from their enemies**, so God sent judges to help the people. The judges were only a temporary fix. Ultimately God sent His Son, Jesus, to rescue His people from sin once and for all. Jesus is our ultimate Judge, lawgiver, and King! Jesus saves us.

- Bibles, 1 per kid
- Main Point Poster
- large sheets of paper or poster board
- markers

## Bible story review & Bible skills (10 minutes)

Open your Bible to Judges 4–5. Form groups of three to five kids. Provide large sheets of paper or poster board and markers for the kids. Invite kids to imagine making a movie about today’s Bible story. Assign sections of the Bible story for kids to draw a scene or movie poster for the Bible story.

Once kids finish, invite them to present their movie posters to the class.

Suggested divisions of the Bible story:

- The Israelites turned away from God. God allowed the Canaanites to attack. (Judg. 4:1-3)
  - Deborah sent for Barak to fight the Canaanites. (Judg. 4:4-10)
  - God confused Sisera's army in battle. (Judg. 4:12-16)
  - Jael hid Sisera and killed him. (Judg. 4:17-22)
  - The Israelites sang songs to praise God. (Judg. 5)
- SAY** • God's people forgot about Him and turned to idols again. Deborah and Barak rescued God's people from their enemies but even they could not help God's people remember what He had done. Many years later, God sent Jesus to change people's hearts so that they would not forget Him. Jesus died to take the punishment for our sin.

Option: Retell or review the Bible story using the bolded text of the Bible story script.

## Activity choice (10 minutes)

**OPTION 1:** Take the credit

Invite one kid to come to the front of the room, sit in a chair, and close her eyes. Select another kid to quietly tap her on the shoulder and then resume his seat. Invite the kid who was tapped to open her eyes and guess who tapped her on the shoulder. After a couple of guesses, instruct the kid who tapped her to take credit for it.

**SAY** • Wouldn't it be strange if someone else took credit for tapping the person? That would not make any sense. That's what it would have been like if Deborah, Barak, or Israel's army had taken credit for winning the battle. **God's people needed someone to rescue them from their enemies**, and God used Deborah



and Barak in His plan. They did not deserve the credit for winning the battle because God won the battle for His people! God confused Sisera's army, and God led Sisera to Jael's tent. Deborah and Barak led the Israelites in a victory song, praising God for winning the battle!

**OPTION 2:** Make a musical shaker

- paper plates, 2 per kid
- dried beans
- stapler
- colorful duct tape
- crayons or markers
- "All for Your Glory" song (optional)
- "He Will Save Us" song (optional)

Provide two paper plates, dried beans, stapler, colorful duct tape, and markers for the kids. Demonstrate how to pour a handful of beans on one plate and cover it with the second plate. Kids will then staple together the two plates with the beans between them. You may use the colorful duct tape to cover any sharp edges of the staples. Kids may decorate the plates. Once the plates are sealed and decorated, kids can tap or shake the shaker to make music. You may also play the theme or key passage song as the kids use their rhythm instruments.

**SAY •** *How does God accomplish His plan? God uses people for His glory and our good.* He used Deborah, Barak, and Jael to save His people from the king of Canaan and Sisera. After the battle, Deborah and Barak sang a song celebrating the victory God had won. They might have used instruments like these or they might have just sung with their voices. What are some things that God has done for us that we can praise Him for?

## Journal and prayer (5 minutes)

Distribute each child's journal and instruct the kids to draw a picture of a person God has provided who helps them.

This could be a parent, a teacher, a friend, and so forth.

Talk about how God uses all things—including people—for His glory and our good.

**SAY** • *How does God accomplish His plan? God uses*

*people for His glory and our good.* Just as God used Deborah, Barak, and Jael, He uses people in our lives to help us learn about Him and follow Him.

Make sure each child secures this week's sheet in the journal, and then collect them. Keep the journals in the classroom so they will be available every week or as often as you wish to use them.

If time remains, take prayer requests or allow kids to complete the coloring page provided with this session. Pray, thanking God for rescuing the Israelites once again. Thank God for sending His Son, Jesus, to rescue us from sin once and for all. In Him, we have forgiveness and eternal life! Pray that God will help the kids understand their sin and their need for a Savior.

- pencils
- Journal Page
- Bible Story Coloring Page, 1 per kid
- crayons or markers

Tip: Give parents this week's *Big Picture Cards for Families* to allow families to interact with the biblical content at home.



# Journal Page

## God Judges His People

**Key Passage:** Isaiah 33:22

**Big Picture Question:** How does God accomplish His plan? God uses people for His glory and our good.

**Session 1:** The First Judges

*Judges 3:7-31*

God's people turned from Him to worship idols.

**Session 2:** Deborah and Barak

*Judges 4-5*

God's people needed someone to rescue them from their enemies.

**Session 3:** Gideon

*Judges 6-8*

God used Gideon's weakness for His glory.

**Session 4:** Samson

*Judges 13-16*

God gave Samson power.

**Session 5:** Ruth and Boaz

*Ruth 1-4*

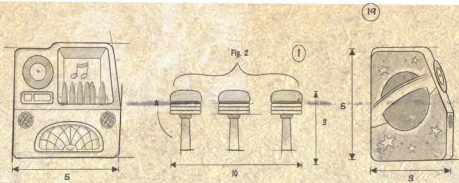
God provided a redeemer for Ruth.

**Session 6:** Eli and Boy Samuel

*1 Samuel 1-3*

God called Samuel to share God's plan.

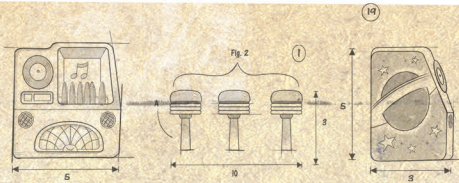




The LORD is our  
Judge, the LORD is  
our lawgiver, the  
LORD is our King.  
He will save us.

Isaiah 33:22

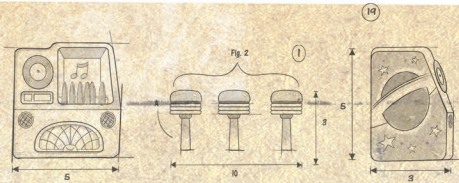




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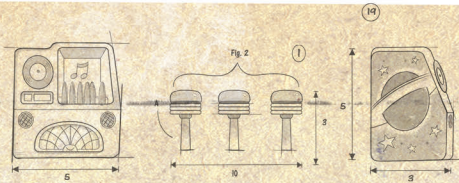




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Isaiah 33:22





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



God's people  
needed someone  
to rescue them  
from their  
enemies.





# Musical Note Code

**INSTRUCTIONS:** Use the code at the bottom to fill in the words of today's main point.



**KEY PASSAGE:** Isaiah 33:22

**BIG PICTURE QUESTION:**

- How does God accomplish His plan? God uses people for His glory and our good.

**BIBLE STORY:**

**DEBORAH AND BARAK**

- When Israel forgot about God, God allowed Canaan to overtake them.
- God used a new judge, Deborah, to deliver Israel.
- Deborah told Barak to fight Canaan. He would only go if Deborah went with him.
- Barak, his army, and Sisera defeated the Canaanites.

**FAMILY DISCUSSION STARTERS:**

- Why do you think Barak wanted Deborah to go with him?
- How can we develop our own faith in 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.

1

A large musical staff with various notes and symbols for a word search puzzle. The symbols include a sharp sign, a treble clef, a bass clef, and various note values like quarter, eighth, and sixteenth notes, as well as rests and accidentals.

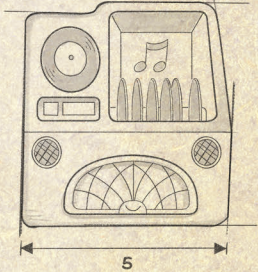
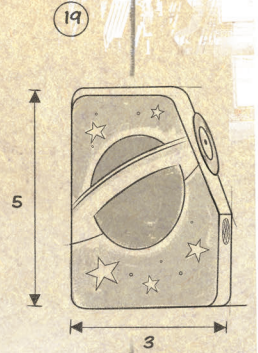
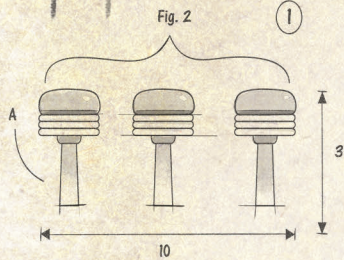
C D E F G H I L M N O P R S T U

A musical note code key showing letters C through U paired with musical symbols. C is a treble clef, D is a quarter rest, E is a quarter note, F is an eighth note, G is a sharp sign, H is a double bar line, I is a quarter note, L is a quarter rest, M is a quarter note, N is a quarter note, O is a bass clef, P is a quarter note, R is a quarter note, S is a quarter note, T is a quarter note, and U is a quarter note.

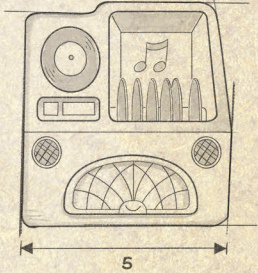
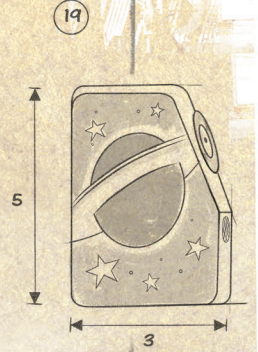
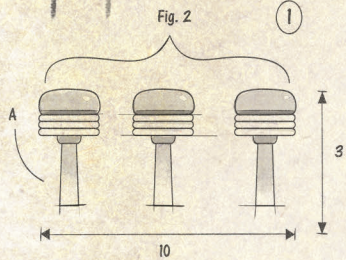




# How does God accomplish His plan?



# How does God accomplish His plan?



God uses people for His glory and our good.





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.