

# Old Testament

## Deborah the judge Judges 4-5

Younger Verse

Depend on the Lord in whatever you do. Proverbs 16:3

Older Verse

Depend on the Lord in whatever you do. Then your plans will succeed. Proverbs 16:3

Teachers: This new unit is designed to help your children understand some of the stories in the Old Testament. Each lesson will have both Old Testament and New Testament passages.

PLEASE remember to always include the New Testament verses—this helps each child see how God's ultimate plan was fulfilled in Christ!

Welcome Time

Have you ever been afraid to do something that you were supposed to do? Listen and see who is afraid in our story. You may be surprised!

Bible Story

*Please note: This portion of the lesson is given to help in teaching the lesson. Please read through the story and read it in the Bible. Do **NOT** read from this piece of paper. Instead, make a note sheet and place it next to the story in the Bible.*

After Joshua died, God used people called judges to rule the people. They guided the people in times of peace and times of war. They helped make sure the people did the right thing and followed God.

Each time a judge died, the people started doing wrong things against God. Each time God would allow the enemies to overtake them. When God's people were in trouble, they always came back to God and asked for help.

After a left-handed judge named Ehud 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 enemy 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 but told him that because of his cowardness, a woman would get the credit for killing Sisera.

Barak assembled 10,000 men and they went to the Mount with Deborah.

Lesson Goals

**Be faithful to God in good and bad times**  
**Trust God to help when you are afraid**  
**Listen and do what God says**

Teachers: obviously the way Sisera was killed is gruesome. You may want to only share that he was killed and not share the details.

Close to the area was a man named Heber and his wife Jael. They set up a tent near a big tree.

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.

Sisera saw what was happening and he left his chariot. As he was running, he saw a tent by a big tree. Jael saw Sisera coming and invited him into their tent.

Jael gave Sisera milk to drink because he was thirsty. She gave him a place to lay down and she covered him with a blanket. He was so tired that he fell into a deep sleep.

Jael knew that Sisera was an evil commander. She knew that he must be stopped. So, she very bravely got a tent spike and hammered it into Sisera's skull. She killed him!

When Barak arrived, she went out to meet him. She brought him into her tent and showed him Sisera's dead body.

God took care of His people and helped them win the battle. He took care of all their needs. When God gives us direction, He will see His plan through. Barak needed to trust God's plan. Deborah trusted God completely—not doubting Him even for a moment.

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 requests with Him. He will listen and help us with our needs.

One way that God shows us that He loves us was when He did something special just for us. Because of all the wrong things we have done, we are separated from God. God knew this and made a way to bring us back to Him. God sent His Son, Jesus. Jesus paid the price for our wrongs when He died on a cross. Three days later, He came back to life. If we believe this and ask God to forgive all our wrongs, He will forgive them and come into our life. God promises to stay with us forever and take us to Heaven one day. Would you like to go to Heaven? If you want to know how, talk to us about it.

#### Learning Activities

Try ways to help the kids apply the lesson to an area of their lives.

#### Memory Verse Activities

Write each word of the verse on a piece of 8 1/2 X 11 paper. Design a map to locate each word of the verse. Talk about how God will help our plans succeed when we depend on Him.

#### Prayer Time

Deborah trusted God and listened to what He said. Ask God to help us listen to Him and obey Him like Deborah did.

#### Snack Time/CleanUp

Enjoy snacks together!

Planning for July 4th  
Gideon the judge  
Judges 6—8:23

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Preschool Lesson  
For  
Deborah the Judge

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 lots men to Mount Tabor. Deborah would lure an evil leader named Sisera and his 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 many 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.

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Hands-On Activities  
For  
Deborah the Judge

The Bible mentioned that God's people would follow Him faithfully when times were hard. It also says that when times were good, they forgot about God and did things their own way. Many times, we still do this. When we are doing well, we don't talk to God. However, when things get hard, we run to God for help. Talk about what it means to be faithful to God during all the times of our lives. Share how He wants us to come to Him daily for help and advice.

The people used tents back in that time. Set up a tent or use a blanket draped over a table. Tell the story in the "tent."

Jael gave Sisera milk to drink. Bring milk to drink with the snack today. Share how milk was kept in animal skins in Deborah's day. Try different kinds of milk like Strawberry or Banana.

Bring green Army men to act out the story.

Make a Palm tree out of paper sacks. Sit under the tree and tell the story OR let the kids be the "judge" and decide different case scenarios.

Make Finger puppets of Deborah, Barak, Sisera and Jael.

Sisera's men used iron chariots. Unfortunately, these chariots did not work well in the mountain area where Deborah's men were hiding. God knew that His people would win. Make a chariot out of a box and show the kids how it worked.

Deborah was a great leader and judge. She listened to God and did things His way. God can lead us just as He led Deborah. We must trust in Him and believe in Him.

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