



## LESSON 3: JUDGES: GOD SENDS DEBORAH TO HELP BARAK

### CORE BIBLE: GOD SENDS DEBORAH TO HELP BARAK

#### SUPPLIES

- Bible
- Coin
- [Tasks handout](#)

#### Easy Prep

- Cut apart the tasks from the “Tasks” handout.

#### Guess Heads or Tails

Flip a coin, but before you flip it, you’ll vote whether you think it’s going to land heads up or tails up. If you think it’ll be heads, face me. If you think it will be tails, face away from me.

How did you decide whether to choose heads or tails?

There’s no way to know whether a coin is going to land on heads or tails. Even if you made it really far in our game, that was just lucky guessing. Today we’re going to learn about a woman in the Bible named Deborah. Deborah was a judge and a prophetess. A prophetess is someone who delivered God’s messages to his people.

She was a judge, too. At that time, God’s people didn’t have a king. They’d recently settled into their new land, and God was ruling them. He sent judges to help them settle conflicts. God gave Deborah wisdom to resolve people’s conflicts, and God gives us wisdom, too. Let’s look at the true Bible story and see why God’s people needed wise leaders like Deborah.

#### Solve Disputes

Read Judges 4:3

*Sisera, who had 900 iron chariots, ruthlessly oppressed the Israelites for twenty years. Then the people of Israel cried out to the LORD for help.*

**So this mean King Sisera treated the Israelites badly for 20 years. Twenty! And *then* they asked God for help. Why do you think they waited so long?**

**Tell about a time you tried to solve a problem instead of asking someone for help.**

**Sometimes we try to solve problems without God's help, even though he's right there, ready to give us wisdom. God gives us wisdom. Let's see where Deborah comes in.**

Read Judges 4:4-5

*<sup>4</sup>Deborah, the wife of Lappidoth, was a prophet who was judging Israel at that time. <sup>5</sup>She would sit under the Palm of Deborah, between Ramah and Bethel in the hill country of Ephraim, and the Israelites would go to her for judgment.*

**Think of an argument that might come up between you and your friends today.**

**Those are the kinds of problems Deborah may have helped solve. Some of our arguments were hard to resolve! But God gives us wisdom, and he gave Deborah wisdom when she helped people.**

### **Ask Questions**

**God also gave Deborah wisdom when he gave her a message for a man named Barak. Here's the message.**

Read Judges 4:6-7

*<sup>6</sup>One day she sent for Barak son of Abinoam, who lived in Kedesh in the land of Naphtali. She said to him, "This is what the LORD, the God of Israel, commands you: Call out 10,000 warriors from the tribes of Naphtali and Zebulun at Mount Tabor. <sup>7</sup>And I will call out Sisera, commander of Jabin's army, along with his chariots and warriors, to the Kishon River. There I will give you victory over him."*

**That sounds like a hard task! Let's think about what kinds of tasks God might ask *us* to do.**

**Choose a task from the Tasks handout. Imagine if God asked you to do what it says on your slip of paper. Think about what questions or concerns you might have. What would you ask God?**

**Barak had some concerns about his task, too. He didn't want to go into battle alone. Here's what he said.**

Read Judges 4:8

*Barak told her, "I will go, but only if you go with me."*

**What do you think would be a wise response to Barak?**

**God gives us wisdom, and he gave Deborah wisdom to know how to handle Barak's concerns. Here's what she said.**

Read Judges 4:9.

*"Very well," she replied, "I will go with you. But you will receive no honor in this venture, for the LORD's victory over Sisera will be at the hands of a woman." So Deborah went with Barak to Kedesh.*

### **Go to Battle**

**Let's find out how Deborah and Barak's army did. As Deborah and Barak's army went into battle, God did something to help them win. Check this out.**

Read Judges 4:15

*When Barak attacked, the LORD threw Sisera and all his chariots and warriors into a panic. Sisera leaped down from his chariot and escaped on foot.*

**With Sisera's army in a panic, God's people easily won the battle. Hooray! Let's cheer!**

### **Talk About It**

**God gives us wisdom.** He gave Deborah wisdom to know it was time to go to battle and that the Israelites would win. She was able to share her wisdom with Barak. God puts people in our lives who can share wisdom with us, too.

**Tell about a wise person you know.**

**God also gives us wisdom from the Bible. And he can give us wisdom in our hearts when we pray. Listen to this promise from God.**

Read James 1:5.

*If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*

**What's something in your life that you'd like God's wisdom for right now?**

**Let's pray about those things.**