



Lesson	Deborah
Bible Passage	Judges 4-5
Story Point	Deborah trusted in the Lord to <b>Lead</b>
Key Passage	<p><b>Psalm 100 NIV</b></p> <p><sup>1</sup> Shout for joy to the Lord, all the earth.</p> <p><sup>2</sup> Worship the Lord with gladness; come before him with joyful songs.</p> <p><sup>3</sup> Know that the Lord is God.</p> <p>It is he who made us, and we are his; we are his people, the sheep of his pasture.</p> <p><sup>4</sup> Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.</p> <p><sup>5</sup> For the Lord is good and his love endures forever; his faithfulness continues through all generations.</p>
Big Picture Q & A	<p><b>Why can I trust the Lord in every situation?</b></p> <p>I can trust in the Lord because I know His character and He is God.</p>



# leader bible study

Following Joshua's death, the Israelites were without a leader. They fell into a cycle of sin that can be seen during each reign of the Judges. The cycle is marked by an A-B-C-D-E pattern.

A look at the first judge, Othniel, reveals this pattern.

First, the people fell into **Apostasy**. They turned away from God and served other gods. (Judg. 3:7) Next, they experienced a period of **Bondage**. God was angry with the Israelites, and He gave them into the hand of the king of Aram. (v. 8) Third, the people **Cried** out to God. (v. 9) Then, God sent a **Deliverer** to save them. (vv. 9-10) Finally, they had **Ease** in the land. (v. 11) Then Othniel died.

This pattern continued with Ehud. The people had again turned from God. Their apostasy made God angry. He sent them into bondage by strengthening the king of Moab to defeat Israel. The Israelites served the king of Moab for 18 years.

After the Israelites struck down the Moabites there was peace in the land for eighty years. But Ehud would die, and they would need another Judge to lead them.

Every Judge was imperfect, yet God worked through the Judges. At the time when the Israelites were oppressed by the king of Canaan, 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.

When Barak went down from Mount Tabor with 10,000 men, "The LORD threw Sisera ... and all his army into a panic before Barak's assault" (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.

Vision for Grace Airways  
We navigate the scriptures,  
training up bold disciples,  
on our ongoing journey to Jesus!



## KEY NOTES: TRUE NORTH SUMMER

There are many stories- both from scripture and after the Bible was written- about people who find themselves in wild situations! Oftentimes people face fear, uncertainty, and confusion in these places and feel like they can't get out of it alone. We are going to look at some people and their stories and see how they trusted in the Lord to get them through.

**We can trust the Lord in a wild world!**

Grace Airways True North Content in Children's Ministry will focus on "wild stories" in the Bible and some Missionary highlights to continue our VBS theme of trusting in the Lord.

**SUMMER PSALM**—let's all learn Psalm 100 to give the students consistent excitement and practice each week! We will practice all summer to create a video to share with the rest of Grace Community Church at the Fall-Kick off (Sept 7th) on the big screen.

### Key Dates:

**Aug 9<sup>th</sup>** GCC BBQ (baptisms)

**Aug 24<sup>th</sup>** Film Summer Psalm & All Sunday Teams Fall Training

**Sept 7<sup>th</sup>** FALL KICKOFF

### **Gospel—Centered Preparation:**

The heart of preparation is rooted in your understanding of the gospel and your personal application of the story.

### **After your study ask yourself:**

- How do the verse and Big Picture Question connect to this story?
- What am I excited to teach from this passage?
- The main point this week is: \_\_\_\_\_
- Where is the gospel in this story?

# We can trust in the Lord in a Wild World



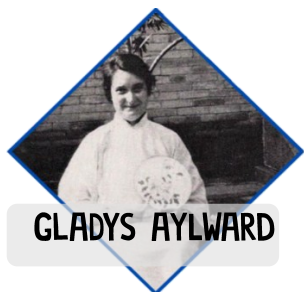
**NOAH & THE ARK**



**PATRICK OF IRELAND**



**BATTLE OF JERICO**



**GLADYS AYLWARD**



**DEBORAH**



**DAVID & GOLIATH**



**LILLIAN TRASHER**



**KING JOSIAH**



**CORRIE TEN BOOM**



**DANIEL & THE LIONS**



**JOHN GASANGWA**



**ELIJAH & THE WIDOW**

## Co-Pilot—Included Preparation:

On a Sunday morning, the Pilot is leading everyone in our ongoing journey to Jesus— that includes both flyers and Co-Pilots! The more consistency and continuity we have between Pilots, the better we can prepare our helpers to succeed and grow! With that consistency comes the mentorship aspect for our youth volunteers in particular, and utilizing our adult co-pilots as well: sharing activities, engaging them in the morning, and encouraging their involvement.

**As you prepare for the lesson, ask yourself:**

- **Does my planning allow for Co-Pilot participation throughout the morning?**
- **How did I prepare my Co-Pilot to help with classroom management?**
- **What specific activities will my Co-Pilot assist with today?**
- **In what ways can I encourage my Co-Pilot?**

### Engagement

- Sit with child during the story
- Playing alongside flyers
- Reengage chatty/distracted kids
- Ask to volunteer an example during discussion
- Help play to Co-Pilot's strengths

### Activities

- Attendance stickers
- Timeline
- Joining in the verse and BPQ&A
- Assigned to a specific flyer
- Helping find books in the Bible
- Leading crafts & songs

### Encouragement

- Thank you for stepping in there!
- You did a great job with \_\_\_\_\_.
- You really helped me while I was \_\_\_\_\_.
- Thank you for being \_\_\_\_\_'s buddy today.
- Your help really made this morning go smoothly.
- \_\_\_\_\_ was the right thing to do. You handled it well!
- I'm so glad you are here today!

# Sunday Morning Flight Plan



## Take Off

- Open in Prayer
- Hook
- BPO and A & Key Passage
- Timeline & Introduce Story

10 Min

## Journey

- Attendance & Bible Sticker
- Bible Story
- God's Attributes

15 Min

## Flight Lab

- Experience of the Bible Story  
(Make connections through an activity & motion)

15 Min

## Pilot's Log

- Pray
- Calm activity during pick-up
- Give activity sheets to parents as they pick up students

5 Min

Pick up expected to begin at 9:40



10 min

# Take Off

*Celebrate being here! Introduce the morning.*

## Open in Prayer

### Hook

- Have you ever been asked to do something that seemed extremely difficult and a little scary (learning to swim, riding a bike without training wheels, going on a rollercoaster)? In our story today, we will hear how Deborah overcame a difficult situation because of her trust in the Lord.

### Big Picture Question

Throughout our time together, we are focusing on the big picture question: **Why can I trust the Lord in every situation?**

I can trust in the Lord because I know His character and He is God.

### Key Passage

Our key passage helps answer the BPQ!

<sup>3</sup> **Know that the Lord is God.**

It is he who made us, and **we are his**;  
we are his people, the sheep of his pasture.

<sup>5</sup> **For the Lord is good and his love endures forever**;  
his **faithfulness continues** through all generations.

### Timeline/Introduce Bible Story:

- During Deborah's life and the time of the Judges, God's people were stuck in the cycle of sin, consequences, repentance, rescue, peace, and then sin again. God gave Deborah wisdom and the ability to help the people remember God's power, protection, and provision.
- Transition to Bible Story: (OPTIONAL) Show the Bible Story Video.





15 Min

# Journey

*Where we travel into God's word*

## Bible Story

Open your Bible to **Judges 4-5** Read from the Bible or use the story example to help you tell the story. Wrap up with the insights below.

God's people had turned away from Him so God allowed the people of Canaan to take over the Israelites' land. The king of Canaan was cruel, and soon God's people remembered how much better their lives were when they followed God. God raised up Deborah—a prophetess and judge—to guide the people. She told Barak to lead the people into battle. Barak said he would obey if Deborah went with him. It seems Barak may not have trusted God fully to provide the victory. Yet even though the Israelites were outnumbered and the outcome of the battle did not look good, **Deborah trusted in the Lord to lead.**

It was God who threw Sisera's army into confusion and chaos. God used Deborah, Barak, and Jael to rescue the people of Israel, and it was God who gave them victory. The Israelites knew that God had saved them. Just like with Deborah, God uses people and events to help us remember and return to Him. The Israelites needed someone better than a Judge, and the world needs someone better than people. We need a King who will save, not only from the consequences of sin, but sin itself. God sent a true deliverer; His Son, Jesus, who died for us and delivered us forever from the oppression of sin and death.





# Age Appropriate Story

## God Used Deborah to Rescue Israel

Judges 4-5

Ehud and Shamgar had been judges over Israel. After they died, the Israelites ignored God and forgot about Him. So God allowed the king of Canaan to overtake them. The commander of the king's army was named Sisera (SIS uh ruh). He was cruel to the Israelites. God's people remembered how good life was when they loved and obeyed God. They cried out to God, "Save us!"

At this time, Deborah was the judge over Israel. Deborah called for Barak to give him a message from God. God wanted Barak to gather an army and lead them to Mount Tabor. God would help Barak 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."

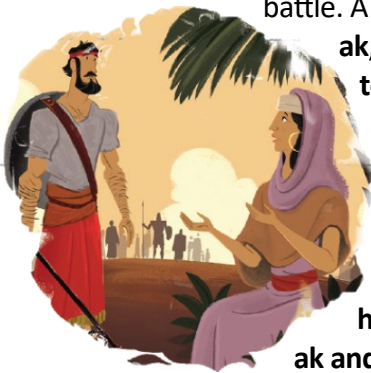
"I'll go," Deborah said, "but you will receive no honor for the battle. A woman will defeat Sisera." So Deborah, Barak, and the army went to Mount Tabor. Sisera took his chariots and his army to fight against Israel.

"Go, Barak!" said Deborah. "God will help you defeat Sisera today." Barak and his army moved down the mountain toward Sisera and his army. The Lord made Sisera and his army very confused. Sisera ran away. Barak and his men defeated Sisera's army, but Sisera

escaped. A woman named Jael let Sisera hide in her tent, but God used her to defeat Sisera.

Barak came, looking for Sisera. Jael greeted him and said, "The man you are looking for is inside." Barak went into Jael's tent and saw Sisera lying dead.

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.



## Discussion & Bible Skills

Distribute a Bible to each kid. Help them use the table of contents and large chapter numbers to find **Judges 4–5**. Lead the group to discuss:

1. **Why did God allow Canaan to overtake the Israelites?** *(The people did what was evil in God's sight, so He allowed their enemies to conquer them; Judg. 4:1-2)*
2. **Why didn't Barak get the honor for defeating Sisera and the army of Caanan?** *(He said he would only go where God told him to go if Deborah went with him, Judg. 4:8-9)*
3. **Who ended up getting the honor for killing Sisera?** *(Jael, a woman who was not an Israelite; Judg. 4:22)*
4. **Why did God keep rescuing His people if they kept turning away from Him?** *God is faithful and merciful. He loves even those who sin against Him. He still planned to use the Israelites to send Jesus, so He showed His love to them.*
5. **Whom does God use in His plans?** *God can—and does—use all kinds of people. In the story today, God used a man and two women. He used Israelites and non-Israelites. Remind kids that God is all-powerful and can use anyone in His plans. Help them see that when we have faith, God will do great things in us and through us.*

### Flying Higher (higher level of thinking):

1. **Why does God use people in His plans?** God doesn't need our help to do anything, but He lovingly includes us in His good work. By using people, He shows His power to do amazing things through ordinary people.

**God's attributes-** helping the children understand what God is like, shown to us in the Bible. In today's story we see that God is:

**-Trustworthy      -In Control**

## Travel Guide:

Use the travel guide for maps, charts, etc... as useful with helping the children learn and understand today's story.



15 min

# Flight Lab

*Instill Wonder as you experience the Bible*

## Alone or Together?

**CHOOSE ONE ACTIVITY**

Designate one side of the room as “alone” and the other as “with help.” Make statements and instruct the kids to stand on the side of the room that represents how they would do the task mentioned. Suggested tasks:

- You must pick up your room.
- You have difficult homework.
- You want to read a book.
- You plan to learn to juggle.
- You are baking cookies.
- You have presents to wrap.

Sometimes we want help to do things, and sometimes we like to do things on our own. Today we learned about a man who asked for help to defeat an enemy of God’s people.

## Pick-up Sticks

Form groups of two or three kids. Instruct one kid to hold the set of pick-up sticks about 12 inches above the floor and drop them so they form a pile. The kids will then take turns trying to remove one stick at a time without moving the other sticks. Each time a kid is successful, she keeps the stick she removed. The kid with the most sticks wins.

- It was difficult to move one stick without affecting the other sticks around it. In a way, our decisions are like that. What we do affects those around us. Today we heard how one man’s choice affected others.

## Victory Song

Give each kid a “Victory Song” printable and a pencil. Provide Bibles and instruct kids to find Judges 5. Point out that after the Israelites’ victory, Deborah and Barak sang a song about what had happened. They praised God for the victory.

Encourage kids to think of a time—in their own lives or in a familiar Bible story—that God did something wonderful. Lead them to list a few

phrases describing what happened and a few words to describe God's actions or His character.

Give kids time to write a few sentences of their own victory song. Kids may work individually or in small groups. Allow volunteers to read or sing their songs.

- **God used Deborah, Barak, and Jael to rescue His people.** God does what is for His glory and our good. He uses people and events to not only save us from our enemies but to teach us about our ultimate good: salvation through His Son, Jesus Christ. We can praise Him for victory over sin and death.

## Drive a Chariot

Remove the top and one side of a large box to create a chariot. Draw spokes on large paper plates and glue them to two sides to serve as wheels. Allow children to take turns pretending to drive the chariot. You may also provide pieces of shiny wrapping paper for children to glue to the chariot.

- The army from Canaan was a strong army. Sisera, their leader, probably drove a fast, beautiful chariot. The Israelites may have been afraid because they didn't have a strong army with chariots and horses to pull them, but **God used Deborah and Barak to rescue His people.** If we confess our sins, God is faithful and righteous to forgive us. Everything God does is for His glory and our good. Because the Israelites repented and turned from their sins, God helped them defeat the army.

## Make a Thank-you Card

Encourage children to name people who help them and tell them about Jesus such as parents, teachers at church, or a pastor and other church staff. Invite children to fold a sheet of construction paper in half and make a card for one of the people they named. Provide markers or crayons for the children to decorate their cards.

- The people we named help you learn the stories in the Bible and that God loves you. You can say "thank you" by giving one of them the card you made. **God used Deborah and Barak to rescue His people.** 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.



# 5 min Pilot's log

*Where we prepare to depart.*

## **Pray:**

If time, share prayer requests and allow kids to record in the **prayer journal section of their *Travel Guide***.

## **ALWAYS CLOSE THE MORNING WITH PRAYER.**

This is how we model incorporating prayer into their lives.

## **Waiting for parents/Activity Page:**

Tie back into the lesson, remind them of the Big Picture Question/verse, etc...

Be sure to **re-set expectations on what their choices are while waiting for mom and dad:**

- Activity page
- Key Passage Activity (See next page for list of options)
- Coloring page
- Gospel Kit Activities
- Anything quiet at the tables you are ok with (*origami, free draw on blank paper, hangman game at white board, putting Book of the Bible cards in order, etc....*)

**Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents so they can go home with families.**

## Prayer Extra Ideas:

**Prayer Chain**—In small groups, ask children/co-pilot to write prayer requests on a few paper strips. Connect paper strips into a chain and display our growing conversation to the Lord. Feel free to revisit older requests as well.

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**Painted Rocks**—Have each child choose a painted rock to write on. Write a word of encouragement, a word about Jesus, a name, etc. The goal is to take it with them and place it somewhere near their typical living space— a neighbor's house, a store, a playground, etc. Then pray over the place or the people who are there.

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**Pointing to a Map**—Choose one or two kiddos to spin/close their eyes/ find a certain color (you can be creative and have fun) and point to a country on the map. Place a pin in the place(s) and pray over it as a group. Even if you don't know anything about the country, we can lift up the people, pray for Jesus' light to shine there, the Gospel to be active there, and churches to grow, etc.

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**Looking out the Window**—Grab a dry erase marker, have the kids gather at the windows, and look outside. Ask the children to look for 3 things they can see out of the window to pray over. Using the dry erase marker, write those things on the window (PreK & K may draw things) and then pray over those things. Feel free to leave them on the window, so whenever we look through, those things are brought to our mind to pray for again.

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**Head Shoulders Knees and Toes**—Pray through the song.

- Head (mind, imagination, thoughts, creativity)
- Shoulders (physical strength, things we might be dealing with)
- Knees (dancing, playing, jumping, etc.)
- Toes (walking and following after Jesus, standing strong in our faith)
- Eyes, ears, mouth & nose (seeing goodness, listening to Him, speaking truthful words, our senses, etc.)

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**Preschool Carpet Bag Prayers**— Choose an item(s) out of the carpet bag. Discuss the item and different people/things the item could represent (car—driving safely, mechanics, trips, first responders, etc) Encourage kids to “think outside the bag” and help them make connections. Pray over the people, places, and things that were discussed.