

UNIT 1
SESSION 2

Deborah Judged the People

UNIT VERSE

May all the peoples
of the earth know
that the LORD is God.
There is no other!
1 KINGS 8:60 CSB

How Can I Trust and Obey
EVEN TODAY

What are my roles?

Deborah was a judge.

Abilities I have

Deborah was brave.

*How will I choose
to obey God?*

Deborah showed
courage to
God's people.



BIBLE STUDIES FOR LIFE®

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CONVERSATION

Deborah Judged the People

JUDGES 4:1-16, 23-24; 5

The Israelites disobeyed God, so God allowed Jabin (JAY bin), the king of Canaan, to rule over them. The Israelite army was no match for King Jabin's 900 iron chariots and Sisera (SIS uh ruh), the commander of Jabin's army. For 20 years Jabin treated the people of Israel badly. Finally, the Israelites turned back to God and cried to Him for help.

Deborah was a judge of the Israelites. She helped the people understand God's laws. Each day Deborah sat under a palm tree, and the people came to her. She decided what was right or wrong for them to do.

One day Deborah called for Barak (BAY rak). Deborah reminded him that God wanted him to gather 10,000 men and lead them to Mount Tabor to fight Sisera and his soldiers.

Barak said to Deborah, "If you will go with me, I will go. But if you will not go with me, I will not go."

Deborah replied, "I will gladly go with you, but if I go, you will not receive any credit for this victory."

Barak's troops marched up Mount Tabor. When Sisera heard that Barak and his men were on top of the mountain, Sisera called for 900 chariots to go there to fight.

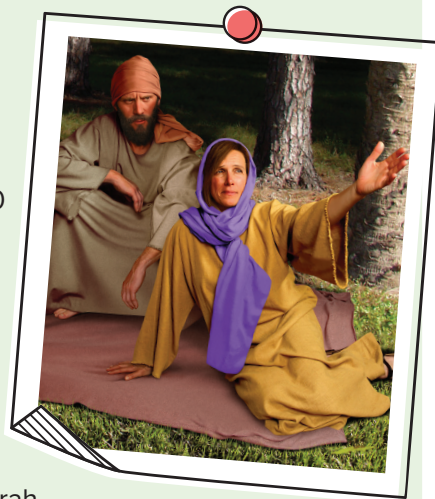
Deborah told Barak, "Go! This is the day that the Lord will hand over Sisera to you."

As Barak and his 10,000 men marched down the mountain, God confused Sisera and his men. That day God gave the Israelites victory over Sisera and his army. The Israelites defeated King Jabin and Canaan.

On that day Deborah and Barak sang a praise song to God. There was peace in the land for 40 years.

WEEKLY BIBLE VERSE: Psalm 20:7

LIFE POINT: People can use their abilities to obey God's plans for them.



THE BIBLE MEETS LIFE

Your preteen heard that people can use their abilities to obey God's plans for them. Deborah was a judge of the Israelites, and she used her abilities to help the Israelites defeat their enemy.

LIVE IT OUT

Explain that Deborah used her abilities to serve God. Invite your preteen to name some special abilities she has. Help her name ways she can use her abilities to serve and honor God.

LEVEL OF BIBLICAL LEARNING

God will help Christians know and use their spiritual gifts.

DAILY BIBLE READING

Sunday: Psalm 20:7

Monday: 1 Peter 4:10

Tuesday: 1 Corinthians 10:31

Wednesday: Ephesians 2:10

Thursday: Colossians 3:23-24

Friday: 1 Corinthians 12:5-6

Saturday: Deuteronomy 30:20