

Use Week of:

## Unit 9 • Session 2

# Deborah and Barak

### BIBLE PASSAGE:

Judges 4–5

**STORY POINT:** God used Deborah and Barak to rescue His people.

### KEY PASSAGE:

1 John 1:9a

### BIG PICTURE QUESTION:

What is repentance? Repentance is turning away from sin and turning to Jesus.

**INTRODUCE THE STORY**  
(15–20 MINUTES)  
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**TEACH THE STORY**  
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**EXPERIENCE THE STORY**  
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Additional resources are available at [gospelproject.com](http://gospelproject.com). For free training and session-by-session help, visit [www.ministrygrid.com/web/thegospelproject](http://www.ministrygrid.com/web/thegospelproject).

## 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. 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.

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 preschoolers 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.

# The BIBLE Story

## Deborah and Barak

*Judges 4–5*

When the judge of Israel died, the Israelites forgot about God again. This time, God allowed the king of Canaan to overtake Israel. The king was cruel to the people. The Israelites 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. One day, Deborah

sent a message to a man named Barak (BAY rak). “Come here, Barak,” she said. Barak came to Deborah, and Deborah said, “This is what God wants you to do: Gather an army of men. Lead them to Mount Tabor (TAY bawr). God will help you win the battle against the army of Canaan and their leader, Sisera (SIS uh ruh).”

Barak said to Deborah, “I will go if you will come with me.”

“I’ll go with you,” Deborah said, “but you will not get the honor when Sisera is defeated.”

So Deborah, Barak, and all the men in the army went to Mount Tabor. Sisera took his chariots and army toward the river to fight.

“Go, Barak!” Deborah said. “God will help you beat Sisera today.” Barak and his men 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.**

**Sisera ran to the tent of Jael** (JAY uhl). Jael said, "Come in! Don't be afraid." Jael gave Sisera something to drink and covered him with a rug. "If a man comes looking for me," Sisera said, "tell him I'm not here." Sisera was so tired that he fell into a deep sleep. **While Sisera was sleeping, Jael killed him.**

The Lord gave His people victory over their enemies! **Deborah and Barak sang a victory song. They praised God for helping them beat the people of Canaan. The land was peaceful for many more years.**

*Christ Connection: Everything God does is for His glory and our good. (Psalm 115:3; Romans 8:28) God used Deborah, Barak, and Jael to help the people of Israel win battles against Canaan. 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.*

## **Bible Storytelling Tips**

- **A hand up for Deborah:** Review the judges from last week's Bible story (Othniel, Ehud, Shamgar). Ask if the children know anyone with those names. Comment that today we will hear about a woman judge. Ask the preschoolers to raise their hands when they hear her name.
- **Invite a soldier:** Invite a soldier from your congregation to visit in his uniform and tell the Bible story.

# INTRODUCE the Story



**SESSION TITLE:** Deborah and Barak

**BIBLE PASSAGE:** Judges 4–5

**STORY POINT:** God used Deborah and Barak to rescue His people.

**KEY PASSAGE:** 1 John 1:9a

**BIG PICTURE QUESTION:** What is repentance? Repentance is turning away from sin and turning to Jesus.

## Welcome time

- “He Watches Over Me” song
- offering basket
- Allergy Alert
- favorite toys related to the Bible story theme

Play the theme song in the background as you greet preschoolers, and follow your church’s security procedures. Set an offering basket near the door to collect at an appropriate time. Post an allergy alert, if necessary. Set out a few favorite theme-related toys, such as puzzles and blocks.

## Activity page

- “What Would Help?” activity page, 1 per child
- crayons or markers

Guide preschoolers to draw a line connecting the item to the person who needs it.

**SAY** • God wants us to help others. When we bring a bandage to a friend who fell off his bike or share our umbrella with a friend when its raining, we are being helpers. In our Bible story today, we will hear about some people God used to help the people of Israel win battles against their enemies.

## LOW PREP

## Play a stand-up, sit-down game

Name an activity. Ask preschoolers to stand up if they like that activity or sit down if they do not. Use the following activities or create your own:

- play soccer
- clean your room
- ride a bike
- set the dinner table
- play with dolls
- eat ice cream
- help wash a car
- read the Bible

**SAY** • Sometimes we have to do things we do not want to do. Hard things are easier if we have someone to help us. In our Bible story today, we will hear about Deborah and Barak. God told Barak to do something he did not want to do. Barak said he would only do what God said if Deborah went with him. Listen to what happened.

## Build Bible skills

Before the session, print six or more copies of the “Genesis–Ruth” printable. Cut the book names apart. Set aside Ruth to be used in session four. Use all but one set of strips to mark the beginning of each book in five Bibles.

Set the marked Bibles on a table. Use the extra set of strips and hold up a Bible book name. Encourage preschoolers to find that book in one of the Bibles. Provide assistance as needed. Continue holding up book names and finding them in Bibles as time allows.

**SAY** • The Bible tells us that everything God does is for His glory and our good. Many stories in the Bible show us how God helps His people. We will hear one of those stories today!

## Transition to tell the story

To gain the attention of all the preschoolers to move them to Bible study, show the countdown video, turn the lights off and on, or clap a simple rhythm for the children to copy. Encourage children to gallop like horses as they move to Bible study.

• “Genesis–Ruth” printable, 6 or more  
• scissors (adult use)  
• Bibles, 5 or more

Tip: Adjust the number of copies and Bibles to the size of your group.

Tip: Save the “Genesis–Ruth” printable to use in the next session.

• countdown video (optional)

# TEACH the Story



**SESSION TITLE:** Deborah and Barak

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**KEY PASSAGE:** 1 John 1:9a

**BIG PICTURE QUESTION:** What is repentance? Repentance is turning away from sin and turning to Jesus.

## Introduce the Bible story

- Bible
- bookmark
- Giant Timeline

Place a bookmark at Judges 4 in your Bible. Invite a preschooler to open it. Reverently display the open Bible.

**SAY** • No other book is like the Bible. The Bible is God’s Word. Everything we read in the Bible is true.

Today’s Bible story comes from the Book of Judges in the Old Testament.

Point to the Bible story picture on the giant timeline.

Remind children that all the stories in the Bible fit together to tell an even bigger story. The Bible tells us the big story of how God rescues sinners through His Son, Jesus.

## Tell or watch the Bible story

- Story Point Poster
- “Deborah and Barak” video (optional)
- Bible Story Picture Poster

Show the video or tell the Bible story using the provided storytelling tips. Use the bolded version of the Bible story for young preschoolers.

**SAY** • Everything God does is for His glory and our good, so when God’s people forgot about God again, God let the king of Canaan overtake them. The Israelites cried out to God, “Save us!” Then **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.

## Practice the key passage

Place the key passage marker at 1 John 1:9. Invite a child to open your Bible to the key passage. Read the key passage aloud. Ask the girls to stand tall and strong like the judge Deborah and say the key passage. Then ask the boys to stand tall and strong like Barak and say the key passage.

**SAY** • When the Israelites confessed their sin, God forgave them and helped them win over the people who were being cruel to them. God is also faithful to care for us and to forgive our sin when we trust in Jesus.

Sing the key passage song, “He Is Faithful,” and the theme song “He Watches Over Me.”

- Key Passage Marker
- Key Passage Poster
- “He Is Faithful” song
- “He Watches Over Me” song

## Learn the big picture question

**SAY** • Our big picture question is, *What is repentance?* *Repentance is turning away from sin and turning to Jesus.* God’s people had forgotten about Him again. God was kind to allow their enemies to defeat them so they would repent and turn back to Him. When the people cried out to God for help, He rescued them from their enemies.

- Big Picture Question Poster



## Missions moment

**SAY** • God wanted Matt Dye and his family to move to a place where there were not many churches. Matt marked Atlanta, Georgia off his list because he thought Atlanta already had plenty of churches. Listen to how God surprised Matt and his family. Show the “Casting the Dye (Part 1)” missions video.

- “Casting the Dye (Part 1)” video

## Pray and transition to experience the story

# EXPERIENCE the Story



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## LOW PREP

- construction paper
- markers or crayons
- pictures or stickers (optional)

### 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. Consider taking a walk around the church and delivering the cards. Thank each church helper that you meet on your walk for helping your class to learn about Jesus.

**SAY** • 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.

- large box
- scissors or utility knife (adult use)
- 2 large paper plates
- marker
- glue
- shiny wrapping paper
- glue stick

### 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 preschoolers to take turns pretending to drive the chariot. You may also provide pieces of shiny wrapping paper for preschoolers to glue to

the chariot.

**SAY** • 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.

## Sing and wave scarves

Give each child a scarf or a crepe paper streamer. Play familiar praise songs and encourage children to sing along and wave the scarves or streamers to the music. Choose songs with happy, victorious melodies. You may also use the key passage or theme song.

**SAY** • After **God used Deborah and Barak to rescue His people**, Deborah and Barak sang a victory song. They praised God for helping them beat the people of Canaan. They gave God glory for the good things He had done.

- scarves or crepe paper streamers
- praise music
- "He Is Faithful" song (optional)
- "He Watches Over Me" song (optional)

## Build a mountain

Print one copy of the "Bible Story Block People" for each preschooler. Help preschoolers cut out their puppets and glue them to craft sticks. Encourage children to stack blocks to form a mountain. Cover the mountain with a green or brown plastic tablecloth. Use a blue plastic tablecloth to add a river beside the mountain. Lead preschoolers to act out the battle in the Bible story.

- "Bible Story Block People" printable, 1 per child
- blocks
- brown or green plastic tablecloth
- blue plastic tablecloth
- blunt-tipped scissors
- craft sticks
- glue or tape

**SAY** • Everything God does is for His glory and our good. When the Israelite people called out to Him for help, God used Deborah, Barak, and Jael to help the people of Israel win battles against Canaan. The Israelites repented for forgetting about God. Remember our big picture question? *What is repentance? Repentance is turning away from sin and turning to Jesus.*



### Plan a party

Gather party items such as streamers, plates, cups, balloons, party hats, and favors, and place them on a table. Invite preschoolers to help you decorate the room for a party. Play party music, and offer a fun party snack. Consider using the snack option in “Snack and Review.” Show the “Dye Family Photograph,” and read the caption.

**SAY** • You might wonder what a party has to do with sharing the gospel with others. The Dye family creates events and opportunities to invite people into their lives so that they can share the gospel with many people. Like in today’s Bible story, God uses events and all things to bring glory to Himself. We can plan ways to share Jesus with others.

- “Dye Family Photograph” printable
- party items (streamers, plates, cups, balloons, party hats, and favors)
- party music
- party snack

## Snack and review

Play the countdown video to signal the end of activities. Wash hands, and gather preschoolers for snack time. Pray, thanking God for the snack.

Give each child a marshmallow. Guide them to stand two circle-shaped candies on the sides of the marshmallow to serve as wheels. Lead them to set a bear-shaped gummy candy on top to serve as a driver. Help them stand up an animal cracker in front of the marshmallow to serve as a horse. Sisera had a whole army of men and chariots, but

### **God used Deborah and Barak to rescue His people.**

Show the Bible story picture as you ask the following questions. Retell parts of the Bible story as needed.

1. Who was the judge over Israel in this Bible story? (*Deborah*)
2. Who helped Deborah, Barak, and all the men in the army? (*God did. He confused Sisera and his army.*)
3. Who killed Sisera while he slept? (*Jael*)
4. What did Deborah and Barak do afterward? (*They sang a victory song and praised God.*)
5. ***What is repentance? Repentance is turning away from sin and turning to Jesus.***

## Transition

When preschoolers finish their snack, they may color the Bible story coloring page, play a simple game to practice the key passage or big picture question, or sing along to the key passage or theme song.

If parents are picking up their children at this time, tell them something that their child enjoyed doing or did well during the session. Distribute the preschool big picture cards for families.

- countdown video (optional)
- Allergy Alert
- paper cups and napkins
- snack food
- Bible Story Picture Poster
- Big Picture Question Poster
- marshmallows (optional)
- circle-shaped candies (optional)
- bear-shaped gummy candies (optional)
- animal crackers (optional)

- Bible Story Coloring Page
- crayons
- Key Passage Poster
- Big Picture Question Poster
- "He Is Faithful" song
- "He Watches Over Me" song
- Big Picture Cards for Families: Babies, Toddlers, and Preschoolers