

Deborah

Judges 4:1-10, 23-24

Aim: to see how God helps people be strong and brave



SpT1E



The book of Judges tells of Israel's history before they had a king. A recurring theme in Judges is God's mercy and faithfulness despite the people of Israel repeatedly neglecting God's commands and worshipping other gods. The story of Deborah matters because she was a judge appointed by God to lead and guide the people of Israel into ways of righteousness. Judges were regional leaders who arbitrated cases between people, helped the people follow God, and occasionally fought battles against their enemies. This is what Deborah did. She's unique in that she's the only recorded female judge. She is also the only judge who is also referred to as a prophet—she speaks on behalf of the Lord. Under Deborah's faithful leadership, Barak leads Israel into a military victory that restores peace to the land of Israel.



Have a pile of letters, cards, leaflets, and your phone to hand. Go through them talking about how they are used to send messages and give you important information that you need.

In today's story, we are going to hear about God gave an important message to a woman called Deborah and how that message helped God's people be brave and stand up for what is right



Ask for a couple of volunteers to pretend to be Deborah and Barak. Dress Barak in a helmet and put a scarf around Deborah's head. Carry out the following directions with your volunteers as you tell the story. If needs be do the story twice so that your volunteers get the hang of it

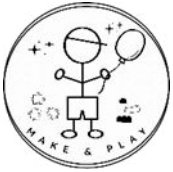
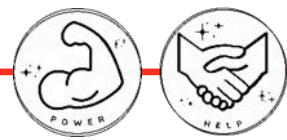
Deborah was a leader (gently raise her arm)
God gave Deborah a message (put her hands together and/or kneel as is listening to God in prayer)
'Barak' (call Barak over and give him the message)
'Will you come too' (Barak to hold on to Deborah)
Deborah led the army (Put a helmet on Deborah and give both of them a shield)
Met the enemy army (hold up the shields)
They all ran away (cheer)
Thanks to God (hands together in prayer)



- *I wonder how Deborah and Barak felt facing the enemy army*
- *I wonder what messages God has for me*
- *I wonder where God wants me to be brave and strong*

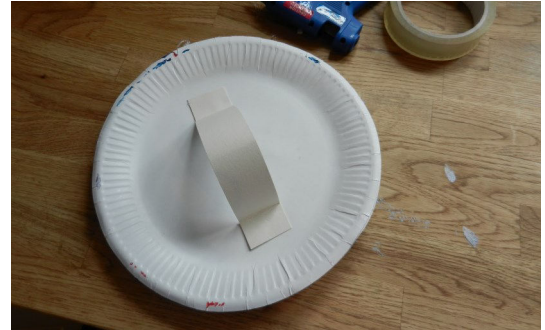


Print out copies of 'Deborah's facebook page' (see below) to explore the story of Deborah and talk about the things that God might want us to do that require us to be brave and strong



- **Make shields out of paper plates with a cardboard handle on the back. Print out the circles with the verse from Isaiah to be stuck on the front of the shield before the shield is decorated with silver foil or coloured paper**

- **Play a game where 'Deborah and/or Barak' face the wall while people creep up on them and then run away when they turn around.**
- **Put stickers on a world map to show where there are still wars and conflict. Encourage everyone to take turns to put their hands on the stickers and ask God to bring peace**



If you made shields during the session you can hold these up during the prayer

Thank you God for all the strong women who help us.

Please help them to listen to you and do what you say.

Thank you God that you are always with us.

Please help us to listen to you and do what you say.

Please help all those people who are leaders in our homes, churches, schools and communities listen to you and do what you say.

Amen



- **Bigger than big**
- **My God is so big**



Encourage everyone to remember the verse from Isaiah, each time they hold hands during the week

'I am the LORD your God. I am holding your hand, so don't be afraid. I am here to help you.' Isaiah 41:13

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Deborah— judge and prophet for the people of Israel (Judges 4 & 5)

Wall

Info

Photos

Boxes

Write something...

Share

View photos

Send Deborah a message

Poke message

Information

Networks

Israelites

Birthday:

1204-1144 BC

Religion:

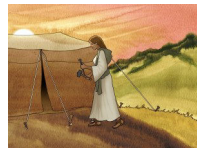
Loves God

Hometown:

Ephraim

**Deborah the Judge with Barak**

I am singing praises to God on high. Because we trusted and obeyed God the cruel Canaanites and the powerful Sisera are no longer a threat to our people

**Jael**

Just to let you know I have dealt with Sisera

Deborah the Judge

I told them that God said a woman would end our persecution

**Barak with Deborah the Judge**

Pursuing Sisera and his army from Harosheth-hagoyim to Kishon River

Deborah the Judge

Go, Go, Go! God has gone before you

**Deborah the Judge with Barak**

Just as we thought we were going to be outnumbered by Sisera's troops, God sent a mighty rainstorm that flooded the river

**Deborah the Judge with Barak**

Barak, God says despite our disobedience he will deliver us from our enemies. He give you victory over our persecutor Jabin's army and its commander Sisera

Barak

Ok. But I am only going if you come with me

Deborah the Judge

Sure, God says he will deliver Sisera in to the hands of a woman, and I trust him

**Jabeth from Capernaum**

Thanks for the wise advice Deborah. God really spoke to me through you