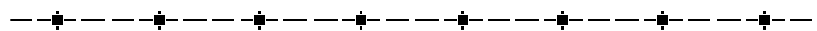


Old Testament

Mission Arlington • Mission Metroplex Curriculum • 2009

Through the Old Testament in Two Years

Part One



Created for use with young, unchurched learners
Adaptable for all ages including adults

Old Testament

Deborah

Last week we learned Joshua and the elders did not consult God about the treaty with the people of Gibeon and they were deceived. The Israelites made a mistake, but God was faithful to protect Israel.

Judges 4-5

Read the Bible

READ: Judges 4: 1-16 (Hold your Bible open throughout the story.)

Memory Verse:

If you love me, you will obey
what I command.
(John 14:15 NIV)

Begin With Prayer

After Joshua died, God used people called judges to rule the people. They guided the people in times of peace and times of war. They helped make sure the people did the right thing and followed God.

One prophet was named Ehud. When he died, Israel did evil. So the Lord allowed their enemies to overtake them. The king of Canaan and his commander, Sisera, oppressed the Israelites for twenty years. They had nine hundred chariots. They were cruel. Israel cried to God for help. (Judges 4:1-3)

Goals:

1. Understand that Deborah was a judge.
2. Learn that the people of Israel trusted Deborah.
3. Understand that God spoke to Deborah.
4. Recognize that God was faithful to protect Israel.

After Ehud died, a woman named Deborah became the judge or ruler of God's people. She would sit near a palm tree and hold court, helping people with their problems. (Judges 4:4-5)

God gave her a message to tell a man named Barak. He was the head of the army. She told him that God commanded him to take 10,000 men to Mount Tabor. Deborah would lure an evil enemy named Sisera and his 900 troops into the area and God would help them win the battle. (Judges 4:6-7) Deborah understood the importance of obeying God's command.

Barak was afraid. He told Deborah that he would not go unless SHE went with him! Barak said to her, "If you go with me, I will go; but if you don't go with me, I won't go." (Judges 4:8 NIV)

The Bible tells us that if we love God, we should obey Him. "If you love me, you will obey what I command." (John 14:15 NIV) Deborah knew they had to obey God. She agreed to go with Barak. But, she told him that because of his cowardice, a woman would get the credit for killing Sisera. Barak assembled 10,000 men and they went to the Mount with Deborah. (Judges 4:9-10)

The Bible tells us that if we love God, we should obey Him. "If you love me, you will obey what I command." John 14:15 NIV

Deborah — Bible Facts

1. The people of Israel sinned against God.
2. God allowed their enemies to oppress them.
3. The Israelites cried out to God.
4. God sent Deborah to judge and deliver Israel.

Close to the area was a man named Heber and his wife Jael. They set up a tent near a big tree. When Sisera and his men came to the Mount with their chariots, Deborah gave the word for God's men to charge. God was with His people and they defeated the men. "All of Sisera's men were killed with swords. Not even one was left." (Judges 4:11-16 NIV)

Sisera saw what was happening and he left his chariot. As he was running, he saw a tent by a big tree. Jael saw Sisera coming and invited him into their tent. (Judges 4:17-18) Jael gave Sisera milk to drink because he was thirsty. She gave him a place to lay down and she covered him with a blanket. He was so tired that he fell into a deep sleep. (Judges 4:18-19) Jael knew that Sisera was an evil commander. She knew that he must be stopped. So, she very bravely got a tent spike and hammered it into Sisera's skull. She killed him! (Judges 4:20-21)

When Barak arrived, she went out to meet him. She brought him into her tent and showed him Sisera's dead body. (Judges 4:22)

Deborah sang a song to God to thank Him for helping them and watching over them. God heard their words of thanksgiving and they had peace for 40 years. (Judges 5)

God took care of His people and helped them win the battle. He took care of all their needs. When God gives us direction, He will see His plan through. Barak needed to trust God's plan. Deborah trusted God completely—not doubting Him even for a moment.

Review

1. **What did the people of Israel do?** (The people of Israel sinned against God.)
2. **What did God do?** (God allowed their enemies to oppress them.)
3. **What happened next?** (The Israelites cried out to God.)
4. **What did God do next?** (God sent Deborah to judge and deliver Israel.)

Do You Know Jesus?

Because of all the wrong things we have done, we are separated from God. God knew this and made a way to bring us back to Him. God sent His Son, Jesus. Jesus paid the price for our wrongs when He died on a cross. Three days later, He came back to life. If we believe this and ask God to forgive all our wrongs, He will forgive them and come into our life. God promises to stay with us forever and take us to Heaven one day. Would you like to go to Heaven?

Prayer Time

1. Take a moment to listen to God.
2. Thank God for sending Jesus to pay for our sins.
3. Ask God to help you trust Him to protect and take care of you.
4. Pray for friends and family members who trust God to take care of them.

Application

God sent people like Deborah to judge Israel and help them understand what God wanted. Israel trusted Deborah. God spoke to Deborah and told her what to do. Deborah understood the importance of obeying God. God was faithful to protect Israel.

Planning for the next week:

Gideon — Judges 6-8

Preschool Lesson

Read the Bible

READ: Judges 4:1-16 (Hold your Bible open throughout the story.)

Teachers: Bring army men to help tell the story today. Make a mountain out of paper, dirt etc.

After Joshua died, a woman named Deborah became the judge or ruler of God's people. She would sit near a palm tree and hold court, helping people with their problems.

God gave her a message to tell a man named Barak. He was the head of the army. She told him that God commanded him to take 10,000 men to Mount Tabor. Deborah would lure an evil leader named Sisera and his 900 troops into the area and God would help them win the battle.

Barak was afraid. He told Deborah that he would not go unless SHE went with him! Deborah agreed. She knew that God would win the battle.

Barak assembled 10,000 men and they went to the Mount with Deborah. (Put lots of army men on top of a little sand hill.)

When Sisera and his men came to the Mount with their chariots, Deborah gave the word for God's men to charge. God was with His people and they defeated the men. (Have Sisera's men march up to the mountain and let Deborah's army run down the army and defeat them.)

God took care of His people and helped them win the battle. He took care of all their needs.

Deborah sang a song to God to thank Him for helping them and watching over them. God heard their words of thanksgiving and they had peace for 40 years.

God takes care of us too. He wants us to pray and share our needs with Him.

Prayer Time:

1. Take a moment to listen to God.
2. Thank God for sending Jesus to pay for our sins.
3. Ask God to help you trust Him to protect and take care of you.

Memory verse for younger children

If you love me, you will obey what I command. John 14:15

Learning Activities

Memory verse activity — Cut out palm leaves and write the memory verse on the leaves. Practice the verse.

Write each word of the verse on a piece of 8 1/2 X 11 paper. Design a path using the words of the verse in order. Now scramble the pages and make a new path.

Test your memory — Draw a palm tree on newsprint. Have someone dress up like Deborah and someone dress up like Barak. Let the children retell the story.

Taste activity — Bring dates for a snack. Tell the children that dates grow on the palm trees in Israel.

Think about it — Talk about how Deborah was a woman in a culture that did not really recognize women as leaders.

Talk about how God sent judges to deliver Israel. After that Israel would sin again. God would allow their enemies to oppress them. Israel would cry out to God. God would send a judge. Talk about the cycle of sin. Tell the children God sent Jesus to deliver us from sin.

Touch activity — Make palm trees using construction paper. Make the palm trees as tall as the children.

Make chariots by cutting a paper plate in half. Glue the halves together. Wrap them in foil. Cut out wheels using construction paper.

Make swords out of construction paper.

Bring army men to help tell the story today. Make a mountain out of paper, dirt etc.

Run and play — Play a game that mimics Israel's behavior. Have the children pretend to fight each other with swords made out of construction paper. Then have them run from their enemies. Next have them kneel and cry out to God. Then have someone pretend to be the judge sent by God. Have the children follow and do whatever the judge does.

Listen — As the children take time for silence, remind them that God wants us to obey Him.

Sing — Sing "Have Faith in God," "He Is Able to Deliver Thee," "Trust and Obey," "Obedience," or another song related to the story.

Reach out — During class, pray for kids that did not come today. Ask the children to go with you to deliver the handouts to those who were absent. Take the palm leaves with the memory verse for them.

Memory Verse

If you love me,
you will obey
what I
command.

John 14:15

Word Puzzle

Trace the letters.

God

spoke to

Deborah

Word Search

A B T T R V P K A A J G W J K C
P R D H S K S C L P I O O C H L
S I K S G N A I A C V S S P C J
Y D A O O I O L E E H R H H V D
P S O U F H M O R L N E A B E M
H S R B C T E R T P D R R V P A
S E R E K S H G U E I F I M K S
R E N E D O P E D O U E B E E E
N E N I S L Y I T U C R S P S N
J E A U N T H S K E J G T L N O
N S T E S A A Y D A V S Y S G T
J B S O R I M R A N F K H G N S
G F T O M A V A E L W P A U F L
S C B E R J R E B S F T C R A I
M E N C S N G R D F I P B V A A
D E H Q W V B T D G S S K M P B

DEBORAH

BARAK

JUDGE

NINE

CHARIOTS

PALM

TROOPS

TEN

SISERA

Word Search

A	B	T	T	R	V	P	K	A	A	J	G	W	J	K	C
P	R	D	H	S	K	S	C	L	P	I	O	O	C	H	L
S	I	K	S	G	N	A	I	A	C	V	S	S	P	C	J
Y	D	A	O	O	I	O	L	E	E	H	R	H	H	V	D
P	S	O	U	F	H	M	O	R	L	N	E	A	B	E	M
H	S	R	B	C	T	E	R	T	P	D	R	R	V	P	A
S	E	R	E	K	S	H	G	U	E	I	F	I	M	K	S
R	E	N	E	D	O	P	E	D	O	U	E	B	E	E	E
N	E	N	I	S	L	Y	I	T	U	C	R	S	P	S	N
J	E	A	U	N	T	H	S	K	E	J	G	T	L	N	O
N	S	T	E	S	A	A	Y	D	A	V	S	Y	S	G	T
J	B	S	O	R	I	M	R	A	N	F	K	H	G	N	S
G	F	T	O	M	A	V	A	E	L	W	P	A	U	F	L
S	C	B	E	R	J	R	E	B	S	F	T	C	R	A	I
M	E	N	C	S	N	G	R	D	F	I	P	B	V	A	A
D	E	H	Q	W	V	B	T	D	G	S	S	K	M	P	B

DEBORAH

BARAK

JUDGE

NINE

CHARIOTS

PALM

TROOPS

TEN

SISERA

Word Search

F C K B P V S I S E R A
P R J V H B H L N V J S
P R G P M T S B A R A K
B F R R T R B H T Y K F
J R V M P D E B O R A H
M F P K S B N K J M P T
W B M L S T F G P A L M
J F R G S T B H L N R D
S M V D N C S J U D G E
H K N J G C S H B H K D
F R G S C H A R I O T S
J C R M D N B M H B S T

DEBORAH

BARAK

SISERA

CHARIOTS

PALM

JUDGE

Word Search

F	C	K	B	P	V	S	I	S	E	R	A
P	R	J	V	H	B	H	L	N	V	J	S
P	R	G	P	M	T	S	B	A	R	A	K
B	F	R	R	T	R	B	H	T	Y	K	F
J	R	V	M	P	D	E	B	O	R	A	H
M	F	P	K	S	B	N	K	J	M	P	T
W	B	M	L	S	T	F	G	P	A	L	M
J	F	R	G	S	T	B	H	L	N	R	D
S	M	V	D	N	C	S	J	U	D	G	E
H	K	N	J	G	C	S	H	B	H	K	D
F	R	G	S	C	H	A	R	I	O	T	S
J	C	R	M	D	N	B	M	H	B	S	T

DEBORAH

BARAK

SISERA

CHARIOTS

PALM

JUDGE

Anagram

JEDUG

SEAIRL

EEEMSNI

REEDLIV

EBYO

AIUHLTFF

EOPRCTT

EOADBRH

NOGS

Anagram

JUDGE

ISRAEL

ENEMIES

DELIVER

OBEY

FAITHFUL

PROTECT

DEBORAH

SONG