Preschool

August 25, 2013
8:45am
The time of the judges continued after the death of Ehud. The Israelites fell into a continuous cycle of sin, bondage, deliverance, and peace. The people of Israel were oppressed by the king of Canaan. At this time, 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 under one condition: that Deborah would go with him. Deborah went, but she informed Barak that he would get no glory for the battle; God was going to use a woman to defeat Sisera.

When Barak went down from Mount Tabor with 10,000 men, “The Lord threw Sisera and all his army into confusion with the sword before Barak” (Judges 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 kids this week, use Psalm 115:3 and Romans 8:28 to help kids understand that God does whatever He pleases, and His purposes are for His glory and our good.

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.
Session Title: Deborah and Barak
Bible Passage: Judges 4–5
Big Picture Question: How does God act? God does what is good for us.
Key Passage: Judges 2:18
Unit Christ Connection: God used the judges to deliver His people from their enemies; Christ delivers people from the greatest enemy, Satan.

Small Group Opening

Large Group Bible Study

Small Group Activities

Snack and Transition

Each child will take home their Journal Page, a Family Journal Page and a Big Picture Card for Families.
Deborah and Barak
Judges 4–5

The judge of Israel died, and the Israelites forgot about God. So God allowed the king of Canaan to overtake them. He was cruel to the people of Israel. The Israelites remembered how good they had had it when they loved and obeyed God. They cried out to God, “Save us!”

Deborah was the judge over Israel at this time. 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 make the army of Canaan and their commander Sisera (SIS uh ruh) come to the river below the mountain. God will help you beat Sisera.”

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

“I’ll go with you,” Deborah said. So Deborah, Barak, and all the men in the army went to Mount Tabor. Sisera took his chariots and all the men who were with him toward the river to fight.

“Barak, go! God will help you beat Sisera today,” Deborah said. 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. Everyone in the army was killed. But Sisera escaped!

Sisera went to the tent of Jael (JAY uhl) because he and Jael’s husband were friends. 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 took a tent peg and a hammer, and she killed him.

Barak soon arrived. He was looking for Sisera. Jael said, “I will show you the man you are looking for.” Barak went into her tent and saw Sisera lying dead on the floor.

The Israelites had won the battle! Deborah and Barak sang a victory song.
“I will sing to the LORD; I will sing praises to the LORD God of Israel,” Deborah sang. They praised God for helping them beat the people of Canaan, and they remembered the events of the battle. “LORD, may all your enemies die as Sisera did.” And 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.
Welcome and Session Starter
Play “My Deliverer” in the background as kids arrive. Set out a few favorite toys such as puzzles and blocks. Welcome each child and parent with a smile as they arrive.

Activity Page: Who Won the Battle?
Say • Follow the squiggly line to see who won the battle.
Was it the huge army with 900 scary chariots made of iron, or was it Deborah and Barak’s army with no iron chariots? Which army do you think God helped?

Review the cycle of sin in Judges
Arrange five chairs in a circle. Prepare signs and tape them to each chair as follows:
- Chair #1 – a happy face
- Chair #2 – the word NO
- Chair #3 – a sad face
- Chair #4 – praying hands
- Chair #5 – a judge or ram’s horn
Read the following questions and encourage kids to hop, slide, or take baby steps to the chair that shows the feeling or action to match the question.
The questions will lead kids to move around the circle beginning and ending with the happy face.
#1 – Who helped Israel win battles and be at peace?
   (God)
#2 – What made God angry? (The Israelites quit obeying Him.)
#3 – What happened when their enemies won battles?
   (The Israelites became servants of their enemies.)
#4 – What did the Israelites do? (They asked God for help.)
#5 – What did God do? (He sent a judge to lead them.)

Say • When the people disobeyed, God sent their enemies to punish them. When the people asked for help, God sent a person, a judge, to lead them to victory. How does God make His plan happen? God uses people in His plan. How does God act? God does what is good for us.

Who did God send to save us from sin? (Jesus!)

**Transition to Bible study**
Clap a simple rhythm for children to copy to gain attention.
Introduce the Bible story

Read the key passage and sing the key passage song.

Show the timeline picture called “The First Judges.”

Ask whether anyone can say the names of some of last week’s judges. Say the names together, exaggerating their pronunciation to make it memorable and fun. (Othniel, AHTH nih el; Ehud, EE huhd; Shamgar, SHAM ghar) Ask which judge is shown in the picture. (Ehud; he is calling for an army.)

Say • The story of Othniel began: “The Israelites did what was evil in the LORD’s sight.” What did that mean? (They did not worship and obey God.) Do you remember the first and most important commandment that God gave Moses? (“Do not have other gods besides Me. Do not make an idol for yourself.”) That’s what God’s people did—worshiped idols instead of Him, the one, true God.

The story of Ehud began: “The Israelites again did what was evil in the LORD’s sight.”

Today you will hear the story of Deborah and Barak. Guess how this story in the Bible begins! “The Israelites again did what was evil in the sight of the LORD after Ehud had died.”
Tell the Bible story
Explain that this is a true story from the Bible. Point to Judges 4. Tell the story with the Bible open to Judges 4.

Talk about the Bible story
Say • A judge in the Book of Judges was a leader whom God gave His people when they asked for help. Something was different about this judge—she was a woman. All the other judges were men.

This story had two parts. The first part was the battle. God told Deborah where Barak should fight the battle—beside a small river. How did God help His army win the battle? (He confused the enemy army.) God sent rain that caused the enemy chariots to get stuck in the mud. Isn’t that great? Only God could help by sending rain!

In part two of the story, Sisera, the commander of the enemy army, escaped. He found the tent of a friend. The friend’s wife was named Jael. She is the one people remember for defeating Sisera.

Jael welcomed Sisera. How did she make Sisera comfortable? (gave him milk to drink, covered him for a nap) What did she do while he was sleeping? (killed him)

Deborah and Barak sang a victory song. The land was peaceful again.

What did God do for His people? (saved them from their enemy) Who got the glory for the victory? (God and Jael) How does God act? God does what is good for us. God sent judges to help His people. He sent His Son, Jesus, to help us.

Transition to small groups
Introduce the small group activities.
Session Title: Deborah and Barak  
Bible Passage: Judges 4–5  
Big Picture Question: How does God act? God does what is good for us.  
Key Passage: Judges 2:18  
Unit Christ Connection: God used the judges to deliver His people from their enemies; Christ delivers people from the greatest enemy, Satan.

Small Group Activities

Sing a song of praise
Invite kids to help you think of words to a song. Put words to a familiar tune, such as “God Is So Good.” You might sing: “We sing to God,  
We sing to God,  
We sing to God,  
He is good to us.”
Or using the tune “Mary Had a Little Lamb,” you might sing: “We are singing praise to God,  
Praise to God, praise to God.  
We are singing praise to God.  
Yes, we sing praise to God.”
Say • Deborah and Barak sang a happy song. They sang about people who had won battles, and they praised God. God sent the judges to help people.  
How does God act? God does what is good for us.

Build with stems and straws
Chenille craft stems cut into fourths; bend the pieces to make angles. Straws cut in half
Help kids slide each end of a chenille stem angle into a separate straw.
Slide another chenille stem angle into the other end of one of the straws. Kids may combine them to make triangles, squares, and other shapes. Count corners of a shape for the number of chenille stem angles needed; count sides for the number of straws. To make a 3D tent, use two angles in the same end of some straws.

**Say** Jael invited Sisera into her tent. Jael was probably a strong woman. People who lived in tents and moved from place to place were called nomads. Even today, nomads live in tents which they can move easily.

Nomad women in Bible times were in charge of the tents. They took them down and set them up. Women wove the wool and hair tent covering. They used poles and pegs to set up the tents. The number of poles in a tent showed how important or rich the owner was.

The sides of a nomad’s tent roll up to let breezes through the tent. A tent protects the people from wind and rain and is warm on cold nights. Nomads today may have electricity. Some tents have satellite dishes and TVs!

**Practice weaving**

Gather a laundry basket, plastic canvas, or other household item that has holes for kids to weave yarn though. Cut lengths of yarn and ribbon, and encourage kids to weave them. Tie a knot at one end to keep the weaving in place.

**Say** Jael hid Sisera under a woven rug. She had probably woven the rug herself. God used two women, an army, Barak, and a rainstorm to win the battle. God’s plan and purpose were good. The Israelites won more of the land God had promised them. They had peace for 40 years. God received the glory. *How does God act? God does what is good for us.*
Follow instructions

Set out a Giant Game Floor Mat® and place each instruction sheet in a separate pocket. Tape a strip of masking tape to the floor nearby to use as a balance beam. Make up your own instructions which involve counting hops, claps, and so forth, or use the beanbag instructions provided.

Say • Whenever God gave the Israelites a judge, He told the judge what to do. The judge told the people what to do. When everybody followed the instructions, they defeated their enemies and there was peace in the land.

Let’s play a game. When it is your turn, toss the beanbag onto an instruction. I will read it to you. You do what it says. We will all count aloud.
Snack and Transition

Clean up the room to prepare for the snack. Take a restroom break and wash hands or use hand sanitizer.
Remind kids to say thank you to snack servers.
Thank God for the food.

Transition - Journal Page

After finishing the snack and throwing away her trash, a child may write or draw on the journal page something that was interesting from today’s Bible story. It doesn’t have to be perfect. It just needs to help them remember the story. Help print a title on the picture.

- Journal Page
- crayons
The Judges

Key Passage: Judges 2:18

Session 1: The First Judges
Judges 3:7-31

Session 2: Deborah and Barak
Judges 4–5

Session 3: Gideon
Judges 6–8

Session 4: Samson
Judges 13–16
Whenever the LORD raised up judges for them, the LORD was with the judge, and he saved them from the hand of their enemies.

Judges 2:18
How does God act?

God does what is good for us.
Who Won the Battle?

Instructions: Follow the dashed line to see who won the battle. Was it the huge army with 900 scary chariots made of iron, or was it Deborah and Barak’s army with no iron chariots? Which army do you think God helped?
Beanbag Activities

**Instructions:** Cut apart these instructions. Glue them to half sheets of construction paper and tape them to the floor, or place them in pockets of a Giant Game Floor Mat®. Spread them apart.

- **March in place six steps. Raise your knees high!**
- **Touch your right hand to your left shoulder; then touch your left hand to your right shoulder—four shoulder touches.**
- **Jump (both feet off the ground) three times.**
- **Touch your right hand to your left toe; then touch your left hand to your right toe—four toe touches.**
- **Cross arms and pull your ears with opposite hands (right hand pulls left ear/left hand pulls right ear)—one pull.**
- **Jump (both feet off the ground) three times.**
Clap your hands five times over your head.

Hold your arms at shoulder height and swing them, twisting your body from right to left—four swings.

Put your hands on your waist and bend from one side to the other—two bends.

Do any exercise you choose three times.

Walk along a balance beam. (strip of masking tape on the floor)

Walk backward four steps.
Deborah and Barak
Judges 4–5
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