

DEBORAH AND BARAK

GOOD LEADERS OBEY GOD.



DAGGERS

DEBORAH, a prophetess and judge in Israel, would meet with and **HELP THE ISRAELITE PEOPLE**. One day Deborah met with a man named **BARAK**. Deborah wanted to talk to Barak about obeying the instructions God had given him to defeat the enemy commander, **SISERA**.

Barak gathered **10,000 SOLDIERS** and asked Deborah to go with him to fight Sisera.

Deborah and Barak lived in **ISRAEL IN THE 11TH CENTURY BC**. The weapons in this picture are from a similar time period. The Israelite army may have used **DAGGERS AND SWORDS** like these in their fight against Sisera.

WHAT'S IN A NAME?



DEBORAH

MEANING: BEE

Like the queen bee leads a hive, Deborah led the Israelites as a prophetess and judge.

JAEI

MEANING: GOAT

Like mountain goats skillfully climb steep terrain, Jael had a skilled and masterful plan to defeat Sisera.



BARAK

MEANING: LIGHTNING STRIKE

Barak helped lead the Israelites to strike down their Canaanite enemies.



BIBLE PASSAGE:
JUDGES 4-5

MEMORY VERSE:
EPHESIANS 2:8-9

DID YOU KNOW...

INDIA IS THE COUNTRY WITH THE LARGEST NUMBER OF MILK COWS.

COWS PRODUCE 85% OF THE WORLD'S MILK.

WATER BUFFALO, GOATS, SHEEP, CAMELS, DONKEYS, HORSES, REINDEER, AND YAK ALSO PRODUCE MILK PEOPLE CAN DRINK.

DRINKING WARM MILK CAN MAKE YOU FEEL FULL, RELAXED, AND SLEEPY.

ALMONDS, CASHEWS, RICE, OATS, AND COCONUTS ARE NON-DAIRY SOURCES OF MILK PRODUCTS.

MILK IS A SOURCE OF MANY OF THE VITAMINS, NUTRIENTS, AND PROTEINS YOUR BODY NEEDS TO GROW STRONG.

AMERICANS DRINK 21,780,000 METRIC TONS OF MILK A YEAR. THAT'S OVER 5 ½ BILLION GALLONS!

Jael gave Sisera some milk and he fell asleep. Check out **JUDGES 4** to see what happened next!

WHAT MAKES A GOOD LEADER?

Work with a friend to think of words that describe a good leader.

(Example: kind, wise) Write each word you think of inside the person outline. Do any of these

words describe you?

Do any of these words describe Deborah in today's Bible story?

HELP ME OBEY!

Use your Bible to locate Psalm 119:34.

The psalmist asked God for help in obeying God's commands. You can also ask God for help obeying Him. Read Psalm 119:34 again and write your own prayer for help in the space provided.