



Session 6



DEBORAH, GOD'S SERVANT

Judges 4–5

The Book of Judges lays out for the reader a consistent cycle of sin, repentance, and rescue. Not unlike our compulsion to sin and subsequent need for repentance, the nation of Israel would continually forget God, get into trouble with a neighboring power, and God would graciously send a judge to rescue Israel from oppression. The first three chapters of this book highlight some of the earliest judges God set up and how those men were used to rescue Israel.

Chapters 4–5 begin the first of some more detailed looks at some of the judges in Israel. Deborah—a woman—is introduced to us as a prophetess, and a judge, and we see her eventually as the military leader of Israel when she lays out the battle plan to defend Israel against the Canaanites. Apart from Moses and Samuel, Deborah is the only other person in Scripture given authority in all three areas—prophecy, judgment, and military leadership.

As a prophetess, Deborah received a word from God questioning whether or not a military leader named Barak was going to fight against the forces of Sisera, the commander of the Canaanite army. God had given Barak instructions to go, and it seemed that Barak was a bit apprehensive to go. When Barak was summoned by Deborah, he agreed to go fight, but only if Deborah would go fight with him.

From the time Israel moved into the promised land, they were never the strongest military power around. The Canaanites were the ruling super power at that time and they possessed one of the elite military vehicles of the ancient world—iron chariots. The Canaanites had 900 of these chariots that would have been impervious to stones and other weapons most powers used at that time.

Barak, with 10,000 men, came down the slopes of Mount Tabor and pursued Sisera and his army. Sisera was defeated once again as he and his army were confused by the Lord, rendering their chariots useless and ending the reign of Canaan over Israel.

SESSION FOCUS

TEXT TRUTH

Deborah helped people know what to do.

BIBLE STORY

Judges 4–5

BIBLE VERSE

Psalm 50:15

CHRIST IN CONTEXT

The judges were temporary deliverers rescuing the Israelites from their enemies. Jesus became our deliverer through His death and resurrection.

BIBLE SKILLS: Preschoolers will . . .

- Know there are two main parts of the Bible—the Old Testament and the New Testament.
- Begin to pronounce the names of the books of the Bible.



CONNECT WITH FAMILIES

Provide these weekly resources to help families explore the Bible together.

- Explore the Bible at Home (Printable: Music & Print Extras)
- Preschool Activity Page
- Preschool Family Card

MISSIONS ACTIVITY: WORK PICTURE PUZZLES



Tools: Bible, Disciples Puzzle (Pack Item 22), Missionary Photos (Music & Print Extras), scissors

- Cut the Missionary Photos in half and put them with the Disciples Puzzle. Open the Bible to Matthew 28:19-20.
- Invite a child to put together the Disciples Puzzle. Mention that Jesus told His disciples to go to the whole world and tell about Him. Show the preschooler the verses in the Bible.
- Say: “These verses are often called the Great Commission. That means that Jesus wants all of us to tell others about Him.”
- Show another child the Missionary Photo puzzle pieces. Challenge the preschooler to move the pieces together to form complete pictures of some current missionaries. Say the names of the families and the countries in which the missionaries serve.

LEADER TIP!

Include this special missions-focused activity in addition to preschoolers' Bible Explorations.

TEXT TRUTH

Deborah helped people know what to do.

BIBLE STORY

Deborah Helped the People
Judges 4–5

BIBLE VERSE

Call on God. He will rescue you.
Psalm 50:15

DEBORAH HELPED THE PEOPLE

Judges 4–5

The Israelite people had disobeyed God and had not served Him with their whole hearts. God chose a woman named Deborah to warn people to give up their wrongdoing and love only God. Deborah followed God and did what He said to do.

Deborah often sat under a tree and waited for people to come. Deborah listened to the people and helped them know what to do. Deborah was a leader for the people in her land. The Bible calls her a judge.

One day, Deborah told a man named Barak to take soldiers to a mountain. “Hasn’t God told you to go fight for Him?” Deborah asked.

Barak said he would go if Deborah went with him.

So, Deborah went with Barak and the soldiers to the mountain. God helped the soldiers.

Deborah knew God helped her and the soldiers be successful. Deborah sang a song to praise God. Deborah sang: “Listen! I will sing to the Lord; I will sing praise to the Lord God. Let the people tell about the goodness of God.”

Deborah sang about the times God chose people to do His work. She sang about how God made everything work out. Deborah sang about the men and women who loved God and served Him.

LEADER TIP

You choose! Are your preschoolers ready to learn memory verses? Decide which wording of the session Bible verse you want to use with your group.

BIBLE VERSE

From the Bible text:

Call on me in a day of trouble. I will rescue you. Psalm 50:15

Paraphrase:

Call on God. He will rescue you. Psalm 50:15



CIRCLE TIME (10-15 MINUTES, DEPENDING ON YOUR AGE GROUP)

GATHER

- Shake a tambourine as you invite preschoolers to complete their activities and join you in the Circle Time area.
- Ask preschoolers if they know any praise songs. Be prepared to give a few examples to help children. If you have time, play a praise song on your device. Wave your arms or clap hands as the song plays.

HEAR THE BIBLE STORY

- Say: “God is pleased when we sing to Him and play instruments to praise Him. A woman named Deborah sang to God. Let’s listen to the Bible story to learn more about Deborah.”
- Open the Bible to Judges 4. Tell the story in your own words.
- Say: “The people needed help to know what God wanted them to do. God chose Deborah to help lead the people to understand how to live as God wanted them to. Deborah praised God for His help.”
- Add today’s Text Truth Flower to the Spring Wall Poster in the appropriate place. Say the Text Truth to the children.

PRACTICE BIBLE SKILLS

- Ask children if they remember the two main parts of the Bible (Old and New Testaments). Remark: “For several weeks we learned about Jesus from the New Testament. Today we begin learning about people who lived before Jesus was born. Their stories are in the Old Testament.”
- Place ribbons in the Bible to mark the Books of Matthew and Judges. Guide one preschooler to open the Bible to the Book of Matthew.
- Call on a different preschooler to open the Bible to the Book of Judges.

PRAY

- Say a prayer to thank God for being with us and helping us.
- Thank God for people in your church who teach preschoolers and others the things God wants them to do.

TOOLS

- Bible
- Music & Print Extras
- praise music
- smartphone or tablet
- tambourine

PACK ITEMS

6 Story Picture: Deborah
Helped the People
16 Spring Wall Poster
17 Text Truth Flowers

LEADER TIP!

Show preschoolers where the Book of Judges is located on the Bible Timeline for Kids.

EXPLORATION STATIONS (45-60 MINUTES)

TEXT TRUTH

Deborah helped people know what to do.

BIBLE STORY

Deborah Helped the People
Judges 4-5

BIBLE VERSE

Call on God. He will rescue you.
Psalm 50:15

PACK ITEMS

6 Story Picture: Deborah Helped the People
20 Palm Tree Gameboard
21 Number Cube
28 Prayer Lacing Cards

PRINTABLES

Shoe Tracks

LEADER TIP!

Before the session, tape two clear plastic plates together, leaving a small opening. Make one set of plates for each child.

Set up at least three stations to provide choices of multisensory activities and movement for busy preschoolers. Use the Bible in every exploration.

MAKE A TAMBOURINE

Tools: Bible, small plastic plates (2 per child), clear packing tape, uncooked beans or rice, stickers, colored electrical tape, Music & Print Extras

- Give each child a set of plates and direct her to put some beans or rice in the opening of the taped plates. Seal the opening with the packing tape.
- Tell the child she may use the stickers and colored tape to decorate her tambourine.
- Play songs and encourage the preschooler to shake her tambourine. Listen for songs about God.
- Remark: "Deborah sang a song about God. We can find her song in the Bible."
- Turn to Judges 5 and show the preschooler the words of Deborah's song.

PLAY A GAME

Tools: Bible, Palm Tree Gameboard, Number Cube, Preschool Family Card

- Put the Gameboard and Cube on a table and use the Family Card to mark Judges 4 in the Bible.
- When a child shows interest in the game, say: "See the palm tree. Our Bible story tells that a woman named Deborah sat under a palm tree to talk to people."
- Encourage the child to open the Bible to the card to see a picture of Deborah. Find Deborah's name on the Bible page.
- Guide the child to toss the Cube and move the number of spaces on the Gameboard.

HANG UP WORDS

Tools: Bible, poster board cut into geometric shapes, markers, hole punch, chenille stems, yardstick, Prayer Lacing Cards

- Print words of the Bible verse and Scripture reference on separate shapes. Punch a hole in the top of each shape. Make chenille stem hooks to slip through the shape holes.
- Open the Bible to Psalm 50:15 and point to the words. Say: "These words from the Bible tell us something important—'Call on God. He will rescue you.' God helped Deborah know that He would help her. God helps us, too."
- Lead the child to hang word shapes on the yardstick in the correct order to form the verse. Assist if needed.
- Show the child the Prayer Cards. Remark that praying is a form of worship, and we can pray and ask God to rescue us.

STEP ON A BIBLE VERSE PATH

Tools: Bible, Shoe Tracks, washable marker, crayons, scissors, tape

- Print a page of Shoe Tracks for each preschooler. Give the children crayons to decorate their shoes.
- Cut out extra sets of tracks and write one word of the Bible verse on each cutout.
- Enlist the help of children to arrange the words of the verse in order as you place the tracks on the floor. (Tape the tracks if possible.)
- Make several Bible verse paths around the room.
- Lead children to step from track to track, saying the words of the verse.
- After a while, turn to Judges 5. Say: "Deborah trusted God to help her and Barak. Deborah praised God for His help. We can call on God and He will rescue us."

SHAPE LETTERS WITH DOUGH

Tools: Bible, fresh play dough, two vinyl place mats (solid color), permanent marker, Story Picture: Deborah Helped the People

- Use the marker to write the word *Judges* in large letters on each place mat. Place a mound of play dough on each mat.
- Invite two children to pound and roll play dough. While they play, read the word on their mats.
- Say: "*Judges* is the name of a book in the Bible. This book tells about persons God chose to lead the people. A woman named Deborah was a judge."
- Show children the Story Picture.
- Suggest that children shape play dough to form the letters of the word *Judges* on their mats.

LEADER TIP!

For children's health and safety, discard play dough after use during a session.