



Mustard Seed Lesson for October 8, 2006

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"God Chose Deborah to Lead"

Printed Text: Judges 4:4-10, 12-16

Judges 4:4–10, 12–16

4 And Deborah, a prophetess, the wife of Lapidoth, she judged Israel at that time.

5 And she dwelt under the palm tree of Deborah, between Ramah and Beth-el in mount Ephraim: and the children of Israel came up to her for judgment.

6 And she sent and called Barak the son of Abinoam out of Kedeshnaphtali, and said unto him, Hath not the Lord God of Israel commanded, saying, Go and draw toward mount Tabor, and take with thee ten thousand men of the children of Naphtali and of the children of Zebulun?

7 And I will draw unto thee, to the river Kishon, Sisera the captain of Jabin's army, with his chariots and his multitude; and I will deliver him into thine hand.

8 And Barak said unto her, If thou wilt go with me, then I will go: but if thou wilt not go with me, then I will not go.

9 And she said, I will surely go with thee: notwithstanding the journey that thou takest shall not be for thine honor; for the Lord shall sell Sisera into the hand of a woman. And Deborah arose, and went with Barak to Kedesh.

10 And Barak called Zebulun and Naphtali to Kedesh; and he went up with ten thousand men at his feet: and Deborah went up with him.

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12 And they showed Sisera that Barak the son of Abinoam was gone up to mount Tabor.

13 And Sisera gathered together all his chariots, even nine hundred chariots of iron, and all the people that were with him, from Harosheth of the Gentiles unto the river of Kishon.

14 And Deborah said unto Barak, Up; for this is the day in which the Lord hath delivered Sisera into thine hand: is not the Lord gone out before thee? So Barak went down from mount Tabor, and ten thousand men after him.

15 And the Lord discomfited Sisera, and all his chariots, and all his host, with the edge of the sword before Barak; so that Sisera lighted down off his chariot, and fled away on his feet.

16 But Barak pursued after the chariots, and after the host, unto Harosheth of the Gentiles: and all the host of Sisera fell upon the edge of the sword; and there was not a man.

NOTES ON THE LESSON

God told the Israelites to wipe out the Canaanites, but they drove out only some of them. They did not obey fully. Then they began worshiping false gods of the Canaanites. They did not keep the covenant. They forsook God. So He allowed troubles to come to them.

Jabin, the king of the Canaanites, mustered a great army under Sisera's leadership. They easily oppressed the Israelites, who lived under suppression for twenty years. Finally they cried out to the Lord, repented of sin, and sought God's mercy.

Deborah took charge as God directed. In this time of national disaster, King Jabin's army was defeated. Peace reigned for forty years.

THE OBJECT IN VIEW:

Help the children trust God when they are afraid.

TRUTHS TO STRESS:

1. Everyone is afraid sometime in life.
2. God will help us overcome fear.
3. God gives guidelines to follow when we are afraid.

PLANNING VISUAL AIDS

For **Beginning the Lesson**, you will need the time line from previous lessons, or make a books of the Bible time line. Write the names "Deborah" and "Barak" on a chalkboard.

For **Telling the Lesson**, each child will need a Bible. You will also use the time line.

For **Helping to Remember**, each child will need a piece of white paper, a 3-by-5-inch card, a pencil, and crayons. Write "Admit Fear," "Pray," and "Trust God" on the chalkboard. Cover these words. Have the promise boxes on hand. You can also decorate tissue or shoe boxes.

BEGINNING THE LESSON

(Gather the children in a circle on the floor. Ask these questions and allow time for answers.)

Have you ever been afraid? What makes you afraid? How does what you see, hear, feel, and think make you afraid?

Today we learn about two people. (Point to the names on the chalkboard.) Deborah was a leader called a judge. Barak was the leader of the army. (Point to the word "Judges" on the time line.)

Guess which one was afraid. (Let the children guess. Do not reveal the answer.) Listen to see who guessed the right person.

TELLING THE LESSON

(Gather the children at a table with Bibles. Point to the books of the Bible on the time line. Recite the books from Genesis to Judges.)

The names of Deborah and Barak are in the book of Judges, chapter 4. (Help the children find Judges.) Whose name is in verse 4?

The Israelites broke God's covenant. They sinned. They turned away from God. They worshiped idols.

Because of this, God let the Canaanite army defeat them. The people suffered. Some must have had their food stolen. The roads were dangerous.

Finally the people realized that their sin against God caused their suffering. They began crying to God to forgive them.

When they repented, God chose Deborah to be their leader. She loved God and obeyed Him.

Find out which person Deborah called to help her in Judges 4:6.

Deborah said, "The Lord wants us to fight our enemies. You are to lead an army against them. God will win the battle."

Barak had seen the chariots and horsemen of the enemy led by a man named Sisera. They had swords and spears. The Israelites had no chariots or horsemen. How could they win a battle?

How do you think Barak felt? (Allow time for answers.)

Barak said, "I will not go unless you go with me."

"I will go with you," Deborah answered. She trusted God.

(Point to the names on the chalkboard.) Who was afraid?

Barak got an army of men together. The men were from two tribes in northern Israel. Barak led this army to Mount Tabor. When General Sisera heard about this, he gathered together his iron chariots and all the soldiers.

Soon Sisera headed out with a huge army of soldiers in chariots and on horseback. They had swords and spears.

God sent a downpour of rain. The chariots got stuck in the mud. The horses could not run in the mud. General Sisera jumped out of his chariot and ran away. Barak led the army to victory.

TELLING HOW TO LIVE

God promised to bless you if you obey Him. Without God in your life, life may become very difficult. Do not let things or people cause you to disobey God. He will help you through the problems of life.

Disobeying God is sin. Our sin hurts us. It hurts others too.

When we obey God, we are less likely to make trouble for ourselves. When trouble comes, we must ask God for help. He will give strength and guidance.

HELPING TO REMEMBER

(Distribute paper and crayons, or markers. Remove the cover from the chalkboard. Point to words.) Here are ways to help us overcome fear. Write them on your paper. Decorate the border.

Admit you are afraid. Do not pretend fear is not there.

Pray. Ask God to help you. Remember that God loves you. He promised to be with you. He does not want you hurt. Going through hard experiences makes you a stronger believer.

God promises to be with you when you are afraid. (Distribute the cards. Instruct the children to write "I am with you" and to place their card in their promise box.)

EXPLAINING THE GOLDEN TEXT

"If thou wilt go with me, then I will go: but if thou wilt not go with me, then I will not go. And she said, I will surely go with thee" (Judges 4:8-9).

Deborah told Barak, "God said go. God will be with you. He said you will win."

Barak decided to go, but he would not go without Deborah. He wanted her to direct him and pray for him, but God was his only hope.

Puzzle Activity:

God Chose Deborah to Lead

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

AFRAID
ENEMY
SIN
TRUST

BARAK
GOD
SISERA
VICTORY

DEBORAH
OBEY
SOLDIERS

11 of 11 words were placed into the puzzle.

God Chose Deborah to Lead Solution

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

(Over, Down, Direction)

AFRAID(4, 8, E)

BARAK(14, 7, SW)

DEBORAH(5, 15, N)

ENEMY(15, 12, W)

GOD(1, 4, N)

OBEY(4, 12, NW)

SIN(3, 6, NE)

SISERA(4, 1, SE)

SOLDIERS(12, 14, NW)

TRUST(10, 5, S)

VICTORY(1, 7, NE)

Lesson Summarized by:

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