

**K-5th Grade**  
**Deborah & Barak**  
*Activity Ideas*

**Session Title:** Deborah and Barak

**Bible Passage:** Judges 4–5

**Story Point:** God used Deborah, Barak, and Jael to rescue His people.

**Key Passage:** 1 John 1:9

**Big Picture Question:** What is repentance? Repentance is turning away from sin and turning to Jesus.

**Activities**

Option 1: Alone or together?

Designate one side of the room *alone* and the other as *with help*. Make statements and instruct the kids to stand on the side of the room that represents how they would do the task mentioned.

Suggested tasks:

You must pick up your room.

You have difficult homework.

You want to read a book.

You plan to learn to juggle.

You are baking cookies.

You have presents to wrap.

*Say • Sometimes we want help to do things, and sometimes we like to do things on our own. Today we will learn about a man who asked for help to defeat an enemy of God's people.*

Option 2: Dizzy walk

Clear the room of obstacles. Guide the kids to spin in a circle 10 times and then try to walk in a straight line. Discuss how difficult it is to walk straight while dizzy. Hold a competition to see who can walk the furthest without falling over after spinning 10 times. For added dizziness, you may use a bat and ask the kids to place one end on the ground and bend forward so their forehead touches the other end while they spin.

*Say • Spinning in circles makes us dizzy, and that means it is difficult to walk straight. It's kind of like being very confused! You can hardly tell which way is up.*

*In our story today, God threw Sisera's army into confusion. They were fleeing and disorganized in the face of Deborah and Barak's attack. God used Deborah, Barak, and Jael to rescue His people. Although they did the fighting, God gave the victory.*

### **Make a thank-you card**

Encourage children to name people who help them and tell them about Jesus such as parents, teachers at church, or a pastor and other church staff. Invite children to fold a sheet of construction paper in half and make a card for one of the people they named. Provide markers or crayons for the children to decorate their cards. Consider taking a walk around the church and delivering the cards. Thank each church helper that you meet on your walk for helping your class to learn about Jesus.

Say • The people we named help you learn the stories in the Bible and that God loves you. You can say "thank you" by giving one of them the card you made. **God used Deborah and Barak to rescue His people.** 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

# It Takes Two

**INSTRUCTIONS:** Circle the pictures that show activities that are better with two or more people. Draw boxes around the activities that can be enjoyed alone.



**BIBLE STORY SUMMARY:**

- Israel turned from God, and enemies attacked them.
- The prophetess and judge Deborah called on a man named Barak to lead God's people.
- Barak said he would only go if Deborah went with him.
- God used Deborah, Barak, and Jael to rescue His people.
- Deborah and Barak sang a song glorifying God for the victory.

**KEY PASSAGE:** 1 John 1:9

**BIG PICTURE QUESTION:**

- What is repentance? Repentance is turning away from sin and turning to Jesus.

**FAMILY DISCUSSION STARTERS:**

- Why does God use people in His plans?
- How can we know His plans are good?
- What part of God's plan benefits us most?

**FAMILY ACTIVITY:**

- Encourage your kids to invite friends to church. Arrange to transport those friends to church or invite their parents to come too!

