

**K-5th Grade**  
**Deborah & Barak**  
*Parent Devo & Bible Study*

**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.

**Parent Devotional**

The time of the judges continued after the death of Ehud. The Israelites fell into a continuous cycle of sin, bondage, deliverance, and peace. Every judge was imperfect, yet God worked through the judges. At the time when the Israelites were oppressed by the king of Canaan, 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, but only if Deborah went with him. Deborah went, but she informed Barak that he would get no glory for the battle.

When Barak went down from Mount Tabor with 10,000 men, “The Lord threw Sisera ... and all his army into a panic before Barak’s assault.” (Judg. 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, highlight the actions of Deborah and Barak, who willingly served God and used their gifts for His glory.

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.

## KINDERGARTEN - 5TH GRADE BIBLE STORY

### *Deborah and Barak*

*Judges 4–5*

Ehud and Shamgar had been judges over Israel. After they died, the Israelites ignored God and forgot about Him. So God allowed the king of Canaan to overtake them. The commander of the king's army was named Sisera (SIS uh ruh). He was cruel to the Israelites. God's people remembered how good life was when they loved and obeyed God. They cried out to God, "Save us!"

At this time, Deborah was the judge over Israel. Deborah called for Barak to give him a message from God. God wanted Barak to gather an army and lead them to Mount Tabor. God would help Barak defeat Sisera there.

Barak said to Deborah, "I will go if you will come with me. If you won't come, I'm not going."

"I'll go," Deborah said, "but you will receive no honor for the battle." So Deborah, Barak, and the army went to Mount Tabor. Sisera took his chariots and his army to fight against Israel.

"Go, Barak!" said Deborah. "God will help you defeat Sisera today." Barak and his army moved down the mountain toward Sisera and his army. Barak chased the chariots and the army, and everyone in the army was killed. None of them survived except Sisera. He had escaped!

Sisera ran to the tent of Jael (JAY uhl) because he and Jael's husband were friends. Jael said, "Come on in. Don't be afraid." Jael gave Sisera some milk to drink and covered him with a rug. Sisera was so exhausted that he fell into a deep sleep.

Jael knew that Sisera was an evil man, an enemy of God. She took a tent peg and a hammer, and used them to kill Sisera while he slept.

Barak came, looking for Sisera. Jael greeted him and said, "The man you are looking for is inside." Barak went into Jael's tent and saw Sisera lying dead.

That day, God allowed the Israelites to defeat the Canaanites. The Israelites had won the battle! Deborah and Barak sang a victory song. They praised God for helping them beat the Canaanites. The land was peaceful for 40 more years.

*Christ Connection: God does what is for His glory and our good. (Psalm 115:3; Romans 8:28) God fought for the Israelites and used Deborah, Barak, and Jael to defeat Canaan. In a similar way, God uses people and events to not only save us from our enemies, but to teach us about our ultimate good: salvation through His Son, Jesus Christ.*

#### **Memory Verse:**

#### **1 John 1:9**

"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."