

**Preschool**  
**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 preschoolers 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.

## Preschool BIBLE STORY

### *Deborah and Barak*

*Judges 4–5*

When the judge of Israel died, the Israelites forgot about God again. This time, God allowed the king of Canaan to overtake Israel. The king was cruel to the people. The Israelites 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. One day, Deborah sent a message to a man named Barak (BAY rak). “Come here, Barak,” she said. Barak came to Deborah, and Deborah said, “This is what God wants you to do: Gather an army of men. Lead them to Mount Tabor (TAY bawr). God will help you win the battle against the army of Canaan and their leader, Sisera (SIS uh ruh).”

Barak said to Deborah, “I will go if you will come with me.”

“I’ll go with you,” Deborah said, “but you will not get the honor when Sisera is defeated.”

So Deborah, Barak, and all the men in the army went to Mount Tabor. Sisera took his chariots and army toward the river to fight.

“Go, Barak!” Deborah said. “God will help you beat Sisera today.” Barak and his men moved down the mountain toward Sisera and his army.

The Lord made Sisera and his army very confused. Sisera ran away. Barak and his men defeated Sisera’s army, but Sisera escaped.

Sisera ran to the tent of Jael (JAY uhl). Jael said, “Come in! Don’t be afraid.” Jael gave Sisera something to drink and covered him with a rug. “If a man comes looking for me,” Sisera said, “tell him I’m not here.” Sisera was so tired that he fell into a deep sleep. While Sisera was sleeping, Jael killed him.

The Lord gave His people victory over their enemies! Deborah and Barak sang a victory song. They praised God for helping them beat the people of Canaan. The land was peaceful for many more years.

*Christ Connection: Everything God does is for His glory and our good. (Psalm 115:3; Romans 8:28) God used Deborah, Barak, and Jael to help the people of Israel win battles against Canaan. 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.*

#### **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.”