



Deborah



A Mother in Israel *Track 17*

Deborah sat under the shady palm tree. A long line of Israelites waited to talk to her. Every day, they told her their problems. And Deborah would *always* help solve them. She reminded them of what's right, just like moms do.

But today, Deborah must talk to *one* man about *one* big problem. "Get Barak!" she called to her helpers. She had a message for him from God.





Barak! ...

He wants
YOU to lead
His army.

When she saw Barak coming to meet her, Deborah shouted, “Barak! The Lord has heard the prayers of His people. He wants YOU to lead His army. Our enemy, Sisera, will meet you by the river Kishon with his soldiers and 900 iron chariots. And the Lord will help you win the battle.”

Barak took a step. Then he stopped. He stared at Deborah.

“Don’t you believe me?” asked Deborah. “Don’t you think it’s time we started doing what God asks?”

Oh, those stubborn children of Israel! Deborah thought. None of them remembered to obey God. They sinned so much that God had let Sisera’s cruel army rule over them for 20 long years.

Barak finally moved. He ran to Deborah. “I will only go if you go too,” he cried. He clung to her sleeve.

Deborah sighed. "I will go with you. But because you are so slow to obey God, God will make a woman famous for defeating Sisera, not you."

Then Deborah and Barak and the Israelite army climbed to the top of Mount Tabor. They saw Sisera's army camped below by the river Kishon. They waited to attack.

All of a sudden, lightning flashed. Thunder cracked. Clouds burst with rain. The river's high waves began to sweep Sisera's 900 chariots away.¹

Deborah looked at Barak. "Now!" she cried. "See how the Lord goes before you? He will fight for you!"



Barak rushed down the mountain with the army behind him. They chased Sisera's men with swords and caught every one. Every one except Sisera, that is! Sisera ran to a tent and was caught by a woman named Jael. Just like God said, a woman became famous for defeating Sisera, not Barak.

Deborah's heart filled with joy. Finally, the Israelites had listened to God. She sang, "Praise the Lord when the people do what the Lord asks. Let all Your enemies fall, O Lord. But let those who love You rise up strong like the sun."

¹ Judges 5:4 and 5:20-21 imply that God accompanied this battle with a storm and a flood.



Learn from Deborah's biography:

- God goes with His children and helps them to be strong.
- Love the Lord and be ready to do what He asks.

Parent Ideas

Deborah, a Mother in Israel

Scripture: Judges 4 and 5

KEY LEARNING POINTS

- God goes with His children and helps them to be strong.
- Love the Lord and be ready to do what He asks.

1. Read-together activity –

Act out the biography as you read it. You can play the roles of the narrator and Deborah, while your child plays the role of Barak. If your child does not read yet, read Barak's lines and have your child repeat them after you. Have fun "climbing" up Mount Tabor together. If another family member is around, ask him to think of creative ways to make sounds of a storm in the background.

2. Discussion activity – Ask your child to retell the biography to you in her own words. Then write the name *Barak* on a sheet of paper, and together say and write (or ask your child to write) words or phrases that describe Barak around his name (man, Israelite, afraid, slow to obey, climbed up the mountain, etc.). Do the same activity with the name *Deborah*. Then ask your child to identify

ways Barak and Deborah are similar and different. Focus on the fact that Barak was slow to trust and obey God, while Deborah was strong and quick to obey God. Recite Deuteronomy 6:5 together (from Red Jewel 1:2 of your child's handbook) and explain that we show our love to God best when we are ready to do what He asks in His Word, even if what He asks seems hard or if we feel afraid.

3. Application activity – Help your child draw and color a sword on a piece of paper. Beneath the sword, write a Bible verse that your child finds hard to obey. (These verses from the *WingRunner* handbook are good choices: Mark 16:15; 1 Thessalonians 5:17-18;

Ephesians 4:32; Philippians 2:14.) Explain that Barak had an actual sword, but our "sword" today is the Word of God (Ephesians 6:17). God's Word makes us strong to obey. Put the sword picture in a visible place and pray for and encourage your child to obey the verse during the week. (Lead by example: Consider drawing a sword and writing a verse for yourself too!)

4. Application activity – Put Psalm 96:2 (from the handbook) into practice. Put a verse (or verses) from Deborah's song to music and sing it together. Judges 5:2-3 or 5:31 are good verses to sing. You can make up your own tune or use a tune from a familiar song.