



Deborah, the Judge

Lesson Aim: To know God gives us people to help us.

THE WORSHIP

Who God Is: The King Who Watches Over Us

THE WORD

Bible Story: Judges 4:4-5; 5:7

What He Has Done: God gave the Israelites a judge named Deborah.

THE WAY

"I can do everything through Him who gives me strength." Philippians 4:13

Unit 7: The King Who Watches Over Us			
	Bible Story	What He Has Done	Lesson Aim
33	Deborah, the Judge, Judges 4:4-5; 5:7	God gave the Israelites a judge named Deborah.	To know God gives us people to help us.
34	Gideon Goes to Battle, Judges 7:17-21	God gave Gideon and His people a victory.	To know we can trust God.
35	Samson and the Gate, Judges 13:5; 16:2-3	God made Samson strong.	To know God makes us strong.
36	Ruth and Naomi, Ruth 1:8-18	God gave Ruth and Naomi a special friendship.	To know God gives us special friends who worship Him with us.
37	Samuel and Eli, 1 Samuel 3:1-10	God called Samuel.	To know we should listen to God.

TEACHER'S ENCOURAGEMENT

This week, read Isaiah 11:1-5. Please join us in praying, "Lord, thank You for giving us judges like Deborah. We pray you would raise up future leaders and judges who follow You, so they may lead the next generation in righteousness. Amen."

TEACHER'S TIP

Be one step ahead. One of the best ways to be an effective teacher is to be prepared! Review your lesson before you enter the classroom, arrive early, check to make sure you have all your supplies, and most importantly, pray for your kids during the week. Ask God to prepare you and the children who will enter your classroom for what He has in store for you that day.



THE WORSHIP THE WORD & THE WAY

Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Welcome	Treasure chest, stamp or sticker of a palm tree
		Coloring Center: Deborah Helps the People	Coloring pages of Deborah under the palm tree, crayons or markers
		Play-Dough Center: Praising God	Play-dough, cookie cutters, play-dough tools
		Activity Center: A Helping Hand	Blocks or another toy with many parts, container the toys are stored in
		Dramatic Play Center: Caring for Others	Dishes, cups, napkins, play food, baby, baby blanket
	Up to 5	Prepare for Worship	None
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org. Additional Song Suggestions: "He's Got the Whole World in His Hands"	Praise music, optional: musical instruments, rope Unit 7 Bible Memory Verse Song: "I Can Do Everything" Other Bible Memory Verse Song Suggestions: "Do Not Let Your Hearts Be Troubled" "He Is Mighty to Save" "Here Am I" "I Am with You" "I Will Listen" "Praise Time: Love the Lord Your God" "Sing Praises"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Kings & Kingdoms Unit 7, Lesson 33
THE WORD	Up to 10	Watch the Word: Judges 4:4-5; 5:7	Teacher's Bible with bookmark at Judges 4:5 Visual: Picture of the Bible story, stethoscope
THE WAY	Up to 25	Craft: Deborah's Tree	Small cup (6-8 oz) with a flat bottom, sturdy green and white paper, tape, crayons or markers, optional: sturdy brown paper
		Game: People to Help	None
		Game: Pray for Our Judges	Palm branch (real or cut from sturdy green paper)
		Snack: A Fair Snack	Crackers (or any snack with bite-size portions)
	Final 5	Final Five	Ponder, Pray & Play for 2-3's: Unit 7, Lesson 33
GOT TIME?	Up to 10	Say & Do: Judges 4:4-5; 5:7	None
	Up to 10	Game: Jesus Gives Me Strength!	Soft ball for rolling
	Up to 10	Game: Memory Verse Echo	None
	Up to 10	Story Time	Any story about Deborah or about judging what is right and fair

RESOURCES: Supplemental materials are available at ResourceWell.org.



The King who watches over us

THE WELCOME

WELCOME

Welcome each child as they arrive. **Hello _____.** I'm glad you are here! **Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of a palm tree. **Let this stamp (or sticker) of a palm tree help you remember how Deborah helped the people under the shade of the palm tree.**

Teacher's Note: These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

COLORING CENTER: DEBORAH HELPS THE PEOPLE

SUPPLIES

Coloring pages of Deborah under the palm tree, crayons or markers

DO

Children color their picture as they talk about today's story.

TALK ABOUT

The Israelites were God's people. God sent a woman named Deborah to help them to do the right things and to follow Him. Who helps you? (Children respond.) God gives you people to help you do the right thing, just like He did the Israelites.

PLAY-DOUGH CENTER: PRAISING GOD

SUPPLIES

Play-dough, cookie cutters, play-dough tools

DO

Children play with the play-dough while talking about praising God. Encourage children to make hearts with the play-dough.

TALK ABOUT

Today, we will hear about a woman who loved God very much. Her name was Deborah. She loved to sing songs to thank God for helping His people and for watching over them. What songs do you like to sing to God? (Children respond.) Sing a few choruses of favorite children's worship songs such as "He's Got the Whole World in His Hands" or "How Great Is Our God."

THE WELCOME *continued...*

BLOCK CENTER: A HELPING HAND

SUPPLIES

Blocks or another toy with many parts, container the toys are stored in

DO

Children are encouraged to help each other.

TALK ABOUT

Ask a child to fill the container with the toys by him or herself quickly. After a short time, ask other children to help. When they are done picking up the blocks, discuss what it was like to have help or to be the ones who were helping: **Was it nice to have help? Did the job go faster? What was it like to help?**

God gives us friends to help us when we need help. Have you ever helped a friend? (Children respond.) **What did you help your friend do?** (Children respond.)

DRAMATIC PLAY CENTER: CARING FOR OTHERS

SUPPLIES

Dishes, cups, napkins, play food, baby, baby blanket

DO

Children talk about the people in our lives who help us.

TALK ABOUT

Who takes care of you at home? (Children respond.) **God watches over us by giving us people who can take care of us. Today, we have a baby to take care of. What do babies need to grow?** (Children respond.) **Can you take turns caring for the baby?** Encourage the children to take turns wrapping the baby in the blanket, feeding the baby, and caring for it. **What can you do to care for the people you know?** (Children respond.)

PREPARE FOR WORSHIP

It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away. Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

BIBLE MEMORY VERSE SIGN LANGUAGE

(For visual demonstrations, see www.signingsavvy.com)

"I can do everything through Him who gives me strength."	(I) Point to self. Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body.
Philippians 4:13	(Him) Point to heaven. (gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body. Both closed fists are thrust forward in a forceful manner. Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



The King who watches over us

THE WORSHIP

Supplies: Praise music, optional: musical instruments, rope

Teacher Tip: To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



Who can we depend on to help us? (God.) God is always watching over us and He gives us people, like our parents and teachers, who can help us. Let's talk to God and thank Him for caring for us. Have children bow their heads and close their eyes. **Dear God, thank You for always watching over us and for giving us people who can help us follow You. Amen.**



God is the King of all the earth. Let's sing praise to Him. Sing: "Sing Praises."

God is watching over us as we sing and give our offering to Him. Let's give our offering now. Sing: "I Am with You" as background music while collecting the offering.



God helps us in everything we do. Our Bible Memory Verse says, "I can do everything through Him who gives me strength," Philippians 4:13. Who do you think "Him" is? (God.) Let's say the verse together. Repeat the verse with the children. **Now let's try it with the motions. The first time you watch me do it and then you can do it with me.** Practice a few times together. Be sure to praise the children for doing a good job.

"I can do everything

(I) Point to self.

through Him who gives me

Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body.

strength."

(Him) Point to heaven.

Philippians 4:13

(gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body.

Both closed fists are thrust forward in a forceful manner.

Hold hands open, as if holding a Bible.



Long ago, when God's people needed a leader, He gave them judges. A judge is a person who makes fair and good choices. Do you think Delbert and Lello know about judges? Let's call them out here and see! Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Kings & Kingdoms Unit 7, Lesson 33.



Can you imagine being an important judge like Deborah? God helped Deborah and God helps us in everything we do. That's what the Bible says! Sing Unit 7 Bible Memory Verse Song: "I Can Do Everything."



God sent Deborah to help

THE WORD

Supplies: Teacher's Bible with bookmark at Judges 4:5, picture of the Bible story, stethoscope

Before we begin our Bible Time, let's say our Classroom Promise with the motions.

With my eyes on my teacher;	Point to eyes.
My mouth quiet as can be,	Place index finger over mouth as quiet sign.
I will listen to hear,	Cup hand around ear.
How God loves you and me.	Hug self, point to others, and then self.

Let's reach deep in our pockets and pull out our listening ears. Reach in your pocket and cup your hands behind your ears as if listening.

Does anyone know what this is? Hold up the stethoscope. **This is a stethoscope. Do you know who uses a stethoscope?** (Doctors, nurses.) **What do they use it for?** (To listen to your heart.) Choose a volunteer and demonstrate how a stethoscope works.

God gives us doctors and nurses to help us when we are sick. Who else does God send to help us? (Parents, other family members, firefighters, police officers, teachers, etc.) **God sent a special helper to His people, the Israelites. Let's find out who she was.** Handle the Bible as a special treasure, leaving it open to Judges 4:5.



WATCH THE WORD: JUDGES 4:4-5; 5:7

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **God watched over His people;**
- **They needed a judge and leader.**
- **God sent Deborah to be like their mother,**
- **At the palm tree they would meet her.**

- **Whenever God's people disagreed,**
- **On who was wrong or right;**
- **They always came to her palm tree,**
- **And Judge Deborah would decide!**

What did God send Deborah to do? (Help the people.) **Where did the people meet with Deborah?** (Under a palm tree.) **Who does God send to help us?** (Parents, teachers, leaders.)



God sends people to help us

THE WAY

Teacher Tip: Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

CRAFT: DEBORAH'S TREE

Purpose: To remind the children of the story of Deborah.

Supplies: Small cup (6-8 oz) with a flat bottom, sturdy green and white paper, tape, crayons or markers, optional: sturdy brown paper

Prepare: From sturdy green paper, cut the shape of four palm leaves. On one of the palm leaves, print:
"Judge fairly."

Deuteronomy 1:16

From sturdy white paper, draw or print and cut out a 2-inch tall figure of a woman to be Deborah.

Directions:

1. Decorate four palm leaves with crayons or markers.
2. Optional: Color the cup brown or cover it with brown paper for the tree trunk.
3. Turn the cup upside down (tree trunk) and tape the leaves to the top of trunk (bottom of the cup).
4. Color Deborah.
5. Tape Deborah to the side of the cup, under the palm leaves.

Craft Discussion:

- **God gives us people to help. One of the people God sends is called a judge. A judge is someone who decides between right and wrong.**
- **Deborah was a judge. Where did Deborah sit when she judged? (Under a palm tree.)**
- **When God's people disagreed, they went to Deborah. When they had a problem, they went to Deborah. Deborah would help them decide what to do.**
- **Who helps you decide what to do?**

THE WAY *continued...*

GAME: PEOPLE TO HELP

Purpose: Children will play "Follow the Leader" to understand God gives them people to help.

Supplies: None

Directions:

1. This activity can be done while walking around the room or have children stand in a circle.
2. **God gives us people to help us. Let's pretend to be some of the people God has given us. Follow me and I will show you what to do.**
3. Act out various roles:
 - Firemen put out fires
 - Police officers help people cross the road
 - Doctors apply bandages
 - Nurses take our temperature
 - Teachers read books or teach a lesson
 - Moms and Dads cook meals
 - Grandparents give hugs
 - Pet walkers walk pets
 - Zoo keepers feed the animals
 - Bus drivers take us where we need to go
4. **Great job! Would one of you like to be the leader and help us play this game?** Let children take turns being the leader.

GAME: PRAY FOR OUR LEADERS

Purpose: Children will consider who God gave them as leaders and pray for them.

Supplies: Palm branch (real or cut from sturdy green paper)

In this game, we will thank God for some of the people He has given to help us.

In your home, who is the person that decides what is right when you disagree with a brother, sister, or friend? (Parent, grandparent or caretaker.) **When you are in a classroom, who decides what is right when you disagree with a classmate?** (Teacher, helper.)

Directions:

1. Seat children on the floor in a circle.
2. Teacher walks around the outside of the circle with the palm branch.
3. Teacher touches a child's shoulder with the palm branch and asks,
"Who did God give you to help you know right and wrong?"
4. Child answers with the name of a parent, grandparent, caretaker, or teacher.
5. Everyone responds, **"Lord, thank You for name of person child named."**
6. Continue playing until each child has a turn.

THE WAY *continued...*

SNACK: A FAIR SNACK

Purpose: Children will divide the snack into equal portions to consider the role of a helper.

Snack Suggestion: Crackers (or any bite-size snack such as small cookies, grapes, raisins, etc.)

Directions:

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.
God our Father, God our Father. Once again, once again.
Thank You for our blessings. Thank You for our blessings. Amen. Amen.
3. Lead discussion below while children enjoy their snack.
 - **Who sent Deborah to help the people?** (God.)
 - **Who does God send to help you?** (Parents, teachers, etc.) **What do they help you to do?** (Children respond.)
 - **Have you ever fought with someone who didn't want to share?** (Children respond.)
Did you ask a grownup for help? (Children respond.) **How did they help you?** (Children respond.)
 - **Have you ever lost a favorite toy? Who did you ask for help?** (Children respond.)
 - **How else do the people you know help you?** (Children respond.)



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

BIBLE MEMORY VERSE

Gather children in a circle sitting or standing and practice the words and motions.

"I can do everything	(I) Point to self. Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body.
through Him who gives me	(Him) Point to heaven. (gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body.
strength."	Both closed fists are thrust forward in a forceful manner.
Philippians 4:13	Hold hands open, as if holding a Bible.

PRAY

Let's pray together. Say a closing prayer with the children.

PLAY

Allow children to play with selected toys or centers or choose a book to read to them.

DISMISSAL

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

GOT TIME?

SAY & DO: JUDGES 4:4-5; 5:7

Purpose: This pantomime version of the Bible Story helps children remember the Bible Story details.

Supplies: None

Directions: With each phrase, the teacher says the phrase and acts it out with hand motions; then repeats the same phrase and motions with the children.

- **God watched over His people;** (Use hands, as binoculars.)
- **They wanted a judge and leader.** (Praying hands.)
- **God sent Deborah to be like their mother,** (Point to heaven.)
- **At the palm tree they would meet her.** (Wave arms, like palm branches.)

- **Whenever God's people disagreed,** (Fold arms and shake head no.)
- **On who was wrong or right;** (Shrug shoulders with palms facing up.)
- **They always came to her palm tree,** (Walk in place.)
- **And Judge Deborah would decide!** (Thumbs up.)



BIBLE MEMORY VERSE ACTIVITIES

"I can do everything through Him who gives me strength." Philippians 4:13

GAME: JESUS GIVES ME STRENGTH!

Purpose: Children will realize Jesus gives them strength.

Supplies: Soft ball for rolling

**Our Bible Memory Verse tells us, "I can do everything through Him who gives me strength."
Jesus is the one who gives us strength.**

Directions:

1. Children sit in a circle.
2. Teacher rolls the ball to a child.
3. Child holds the ball and says, "**I can do everything through Jesus.**"
4. **Optional:** Child names an activity that is hard for him or her to do. For example: tying a shoe, riding a bike, sharing toys, counting, reading, or swimming.
5. Together, everyone says to the child with the ball, "**Jesus gives name of child strength!**"
6. Child rolls the ball to another child.
7. Continue playing until each child has a turn.

GOT TIME? *continued...*

GAME: MEMORY VERSE ECHO

Purpose: To help children memorize and review the Unit 7 Bible Memory Verse.

Supplies: None

Let's practice our Bible Memory Verse, "I can do everything through Him who gives me strength."

Directions:

1. Have the children stand in a circle.
2. Divide your class into two groups: the loud echo and the whisper echo.
3. Have them all crouch down until it is their turn to echo the verse.
4. Say the verse. Have the loud group stand and echo your words and then the whisper group.
5. Repeat a few times.
6. If you have time, reassign which group does which kind of echo and play again.
7. Optional: Add some variety to the echo. Do it faster each time or slower or have the children jump up and down, clap, or spin in a circle when it is their turn to echo.



STORY TIME

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about Deborah or about judging what is right and fair.

PONDER, PRAY & PLAY

Unit 7, Lesson 33: Deborah, the Judge

PONDER! When people had disagreements they could not solve, they went to Deborah (Judges 4:4-5; 5:7). Judges help people decide what is right and fair. Who judges what is right and fair in your family?

PRAY! Pray this prayer each day this week: "Lord, thank You for giving us judges to help us decide what is right and fair. Help them to judge fairly. Amen."

PLAY! Share a snack together! Set out a plate of your family's favorite cookies or crackers. Choose one person to judge a fair amount of snack for each person. Take turns judging! As you enjoy your snack, talk about a time when someone in your family had to judge what was right and fair.

BIBLE MEMORY VERSE

**"I can do
everything**

**through Him
who gives me**

strength."

Philippians 4:13

(I) Point to self.

Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body.

(Him) Point to heaven.

(gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body.

Both closed fists are thrust forward in a forceful manner.

Hold hands open, as if holding a Bible.