



# Deborah Leads the Israelites

**Lesson Aim: To know God watches over His people.**

## THE WORSHIP

**Who God is:** The King Who Watches Over Us

## THE WORD

**Bible Story:** Judges 4:4-9, 13-16

**What He has done:** God sent Deborah as a judge to lead Israel.

**Key Verse:** Judges 4:4-5

## THE WAY

**Christ Connection:** Revelation 19:11

## BIBLE MEMORY VERSE

"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." "He who watches over Israel will neither slumber nor sleep." "The Lord will watch over your coming and going both now and forevermore." Psalm 121:1, 2, 4, 8

Unit 7: The King Who Watches Over Us			
	Bible Story	What He Has Done	Lesson Aim
33	Deborah Leads the Israelites, Judges 4:4-9, 13-16	God sent Deborah as a judge to lead Israel.	To know God watches over His people.
34	Gideon Defeats the Midianites, Judges 7:2-7, 16-21	God made the army small to glorify Himself.	To give God the glory for our victories.
35	Samson and His Strength, Judges 14:5-6a; 15:12-15, 20	The Holy Spirit gave Samson strength.	To know God gives us power.
36	Ruth and Naomi, Ruth 1:16; 2:8-12; 4:14-17	God provided blessings for Ruth and Naomi.	To know God can bring good from hard times.
37	Samuel and the Ark of God, 1 Samuel 5:1-4; 7:3-5, 12-13	God protected the people from their enemies.	To know the power of God's presence.

## TEACHER'S ENCOURAGEMENT

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



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Meet & Greet	None
		Game: Battleball	A large stack of newspaper or scrap paper; floor tape, twine, or chalk
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	<b>Unit 7 Bible Memory Verse Song:</b> "I Lift Up My Eyes" <b>Other Bible Memory Verse Song Suggestions:</b> "I Am with You" "To Him Who Sits on the Throne" "Not by Might" <b>Additional Hymn Suggestion:</b> "How Great Thou Art" "How Great Is Our God" <b>Additional Song Collection Suggestions:</b> Songs 4 Worship Kids Volume 1 Sunday School Jamz by Worship Jamz
		<b>Worship Scripture Reading:</b> Judges 5:1-3	Bible
		Offering	Baskets
		Worship Illustration	Lesson 33 King City Chronicles script or storybook
THE WORD	Up to 10	<b>Read the Word:</b> Judges 4:4-9, 13-16	Bibles, Bible Story Scripture reference poster
THE WAY	Up to 25	<b>Discuss the Word</b> <b>Christ Connection:</b> Revelation 19:11	Bibles, Christ Connection Scripture reference poster, Unit 7 Bible Memory Verse poster, whiteboard with marker (or blackboard or large paper)
		Golden Bowl	
	Final 5	Final Five Minutes	Treasure Treat—Bible Memory Verse Bookmark (shaped as palm tree or with palm tree design), Daily Ways, basket, paper, pencils, crayons or markers, prayer notebook, Unit 7 Bible Memory Verse Song "I Lift Up My Eyes," CD player
GOT TIME?	Up to 10	<b>Snack:</b> Judge and Gavel Snack	Straight pretzel sticks, large marshmallows
	Up to 10	<b>Game:</b> You Be the Judge	None
	Up to 10	<b>Craft:</b> Deborah's Palm Pinwheel	Sturdy colored paper, pencils, drinking straws, markers, pipe cleaners, straight edge (a ruler or the edge of another sheet of paper or book), hole punch, scissors, Unit 7 Bible Memory Verse poster
	Up to 10	<b>Bible Memory Verse Activity:</b> Watch Tag	Unit 7 Bible Memory Verse poster
	Up to 10	<b>Bible Memory Verse Activity:</b> Hot Potato Scramble	Sturdy brown paper, Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes," CD player, Unit 7 Bible Memory Verse poster
	Up to 5	<b>Bible Timeline Review</b>	Date with story title or name printed on card

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Getting started

## THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.  
**Meet & Greet Question: Who do you watch over?**

### **GAME: BATTLEBALL**

**Purpose:** To introduce the story of Deborah by playing a paper ball battle game.

**Supplies:** A large stack of newspaper or scrap paper; floor tape, twine, or chalk

**Prepare:** Divide the room in half by running a piece of floor tape, twine, or a line of chalk down the middle. Place an equal size stack of newspaper or scrap paper on each side.

**Teacher Note:** To simplify the game, allow each student to make four newspaper balls rather than giving them an entire stack of paper.

**Let's play Battleball! We will form two teams to battle each other with paper balls. Each team defends its half of the battlefield by tossing their paper balls onto the opposing team's side. The winning team is the one who, at the end of five minutes, manages to get the largest number of newspaper balls across the line.**

**Directions:**

1. Form two teams of equal number to stand on opposite sides of the play area.
2. Each team must stay on their own side.
3. When the 5-minute timer begins, players crumple the paper into balls and toss them across the line onto the other team's side. Players may also toss back balls that have landed on their side.
4. After five minutes of play, the game is over.
5. The team with the least newspaper and the fewest paper balls on their side of the play area is the Battleball champion.

**We played this game of Battleball as a fun game between friends. But the Israelites had to fight many real battles against enemies who wanted to hurt them. Today's story is about a woman who was sent by God to lead the Israelites in a battle against their enemy.**



The King who watches over us

## THE WORSHIP

**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 music as children move to the designated area.

**Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word—knowing God is my goal."**



**Today, we worship God as the King who watches over us. God has always watched over His people. Long ago, when the Israelites cried out to God for a leader, He sent Deborah to lead them and to be their judge. In the same way, He watches over us and hears us call out to Him. God never sleeps. He watches over us while we are awake, asleep, and everywhere we go. Sing Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes."**



**When God gave Deborah the victory in battle, she led a song of praise about what God had done. Read Judges 5:1-3.**



**Let's give God our offerings and sing praise to Him for all He has done. He is watching over us as we sing to Him.** Collect offering as "How Great Thou Art" is played as background music. You may also choose to sing songs that focus on God watching over us and God's greatness.



**Perform King City Chronicles script or read storybook: Kings & Kingdoms Unit 7, Lesson 33.**



God gave Deborah the victory

## THE WORD

**Teacher Tip:** As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

**Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word—knowing God is my goal."**

**Last time, we learned Jesus told everyone the Parable of the Good Samaritan. After hearing that parable, how do you think Jesus wants us to treat our neighbors in need? (To show kindness and give all we have to help others.)**

**Today, we are going back in time over a thousand years before Jesus was born. We will find our story in the Old Testament, the part of the Bible that tells about the years before Jesus came to earth.**

If a Bible Timeline is available, point out Deborah's name, which follows Joshua in approximately 1350 B.C. For a Bible Timeline Review activity, see the Got Time? segment of this lesson. **At that time, Joshua had conquered the Promised Land for God's people, the Israelites. They obeyed God for a while but soon, they did evil in God's eyes. So, God allowed the Israelites' enemies to make their life very hard. For twenty years, they cried out to God for help. Then, God sent Deborah to lead them and be their judge. Deborah sent Barak to Mount Tabor to call forth an army to fight Commander Sisera and his Canaanite army.** If a map is available, point out Mount Tabor in Israel by the Sea of Galilee.



**If you brought your Bible, open it now and share with others.** Hand out spare Bibles. **Today's Scripture verse is behind the curtain** (or secret door, secret window, etc.). Child reveals Bible Story Scripture reference: Judges 4:4-9, 13-16.

**Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who'd like to pray that for us?** Child prays aloud. **Be seated.** Read Judges 4:4-9, 13-16.



God watches over us

## THE WAY

**God watched over His people, the Israelites. He listened to their cries for help. How did God help them?** (Children respond.) **Let's count how many ways God watched over His people in this story.** Choose a volunteer to draw a tally mark on a board or piece of paper for each way God helped His people.

**Let's count the ways God watched over His people:**

1. God sent Deborah to help them do right in His eyes.
2. God sent Deborah to help them solve their disagreements.
3. God sent Deborah as a leader to free them from slavery.
4. God kept them safe in the battle against Sisera's army.

**Let's add the ways God helped Deborah:**

1. God gave her wisdom and courage to lead His people.
2. God showed her the right time to send Barak's army down the mountain.

**Let's add the ways God helped Barak.**

1. God gave him Deborah who agreed to go with him to Mount Tabor.
2. God sent 10,000 men to join Barak's army.

**Lets add the ways God helped Barak's army.**

1. God sent Barak as a good commander for them.
2. God gave them the victory as they chased away 900 iron chariots!

**God watches over us and helps us, too. Let's say our Bible Memory Verse promise about that.** Together, say Psalm 121:1, 2, 4, 8 from the Unit 7 Bible Memory Verse poster or Bible. **Today, your Treasure Treat is a Bible Memory Verse bookmark. The palm tree shape reminds us that God sent Deborah to lead the Israelites. She sat under the palm tree and helped them with their disagreements and problems. Deborah also led them in battle. Take your bookmark home. On the back, draw or write about a disagreement or problem you have. Then ask God for His help.**

**Do you need help with a disagreement at home, at school, or with your friends?** (Children respond.) **Has God put someone in your life who can help you decide what is right and fair?** (Children respond.)



Connecting the Old Testament, the New Testament and Us

## CHRIST CONNECTION

**The people needed a leader, so God sent Deborah. He gave Deborah authority to make war and to judge Israel. Even though we have judges that help make things fair, we still have unfairness in our world. One day, God will send the perfect and all-powerful Judge to make everything right and fair. Let's find that promise from God in the Bible.**



**Everyone, place your Bible on your lap.** Choose a child to reveal the Christ Connection Scripture reference: Revelation 19:11. **Let's find this scripture.** Read Revelation 19:11.

# THE WAY *continued...*



Revelation 5:8

## GOLDEN BOWL

**Teacher Tip:** Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

**The Bible says our prayers are like sweet smelling incense in the golden bowls at God's throne. I'm going to lift each one of your names to God's throne as you pray for each person silently. Then we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.**

**Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You \_\_\_\_, \_\_\_\_, \_\_\_\_. Read names in Golden Bowl.**

**Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.**



When only 5 minutes remain, begin this segment.

## FINAL FIVE MINUTES

**TREASURE TREAT:** Today, your Treasure Treat is a palm tree bookmark to help you remember the story of Deborah, the judge. It has our new Bible Memory Verse printed on it. This week, see if you can memorize the first four lines. Remember to draw or write about some ways you need God's help. Each day, ask God for His help.

**DAILY WAY CHALLENGE:** Did anyone bring in their completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 33 Daily Way 5-day Bible study. **Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.**

**Teacher Tip:** Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

**OFFERING OF ART:** Until it is time to be dismissed, make an Offering of Art. For your offering, draw a picture of Deborah and Barak chasing Sisera's army on their iron chariots.

**PRAYER REQUESTS:** As children work on their Offering of Art, ask how you can pray for them this week. Write requests in a prayer notebook.

**BIBLE MEMORY VERSE SONG:** Play the Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes," in the background as children wait to be dismissed.





If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SNACK: JUDGE AND GAVEL SNACK**

**Purpose:** Children discuss the role of a judge while eating a snack.

**Snack Suggestion:** Straight pretzel sticks, large marshmallows

**In some courtrooms, when a judge wants everyone to listen, he or she uses a gavel. A gavel looks like a wooden hammer. Let's make gavels with our pretzel sticks and marshmallows.**

**Directions:**

1. Serve pretzels, marshmallows, and drinks.
2. To create a gavel shape, children push the end of a pretzel stick into the side of a marshmallow.
3. Child prays to thank God for the snack.
4. Ask the Snack Discussion Question: **"Why are judges important?"**

**God watched over His people, the Israelites. He sent Deborah to lead them to victory in the battle against their enemies. He also sent Deborah as a judge. Judges make decisions and settle arguments between people. They help people see what is right and fair.**

**Is there someone at home or at your school who helps you see what is right and fair?**

(Children respond.) **Have you ever helped others solve their disagreements?** (Children respond.)

### **GAME: YOU BE THE JUDGE**

**Purpose:** To consider the responsibility of acting as a judge.

**Supplies:** None

**We face many unfair situations in which we disagree with one another. Let's act out recent situations you have faced and see how our judges rule on each case.**

**Directions:**

1. Have children form teams of two or three players.
2. Have one team act out an unfair situation or disagreement. For example: someone not waiting his turn, uneven amounts to be shared, examples of favoritism, someone not doing their share of the work, disagreements in games or sports, etc.
3. Designate another team to act as judge and decide how to resolve the situation fairly.
4. Repeat steps 2 and 3 until all teams have acted out a situation and served as a fair judge.



# GOT TIME? *continued...*

## **CRAFT: DEBORAH'S PALM PINWHEEL**

**Purpose:** Create a pinwheel to remember the Bible Memory Verse: Psalm 121:1, 2, 4, 8.

**Supplies:** Sturdy colored paper, pencils, drinking straws, markers, pipe cleaners, straight edge (a ruler or the edge of another sheet of paper or book), hole punch, scissors, Unit 7 Bible Memory Verse poster

**Prepare:** From sturdy paper, cut an 8 ½-inch x 8 ½-inch square. Use the straight edge to draw a line from one corner to the opposite corner and again in the opposite corners to create an "X" across the paper. Display the Unit 7 Bible Memory Verse Poster.

**Optional:** For younger students or to save class time, teachers may want to complete steps 1-3 before class. You might also want to print the verses on slips of paper for the children to glue onto their pinwheels.

**Who does God watch over?** (His people.) **In today's story, who did God send to lead the Israelites as their judge?** (Deborah.) **In what other way did Deborah lead them?** (She lead Barak and the Israelites to a victory over Sisera's army.)

**What person has God sent to watch over you?** (Parent, caregiver, teacher, grandparent, sibling, etc.) **How do they watch over you?** (They teach us and help us get along with each other. They provide food, shelter, care and love.)

**Let's each make a palm tree like the one Deborah sat under when she judged. We will write our new Bible Memory Verse on the branches. Our Bible Memory Verse tells us God is always watching over us.**

### **Directions:**

1. Cut along each line of the "X" shape from the corner to about an inch short of the center. You will have four triangles that are connected in the center.
2. Punch a hole in the center of the paper with the hole punch.
3. Punch a hole in the top left corner of every triangle. (Turn the square a ¼ turn to the right each time before you punch to find the top left corner.)
4. Copy the Bible Memory Verse onto the triangles:  
1<sup>st</sup> triangle: "I lift up my eyes to the hills—where does my help come from?"  
2<sup>nd</sup> triangle: "My help comes from the Lord, the Maker of heaven and earth."  
3<sup>rd</sup> triangle: "He who watches over Israel will neither slumber nor sleep."  
4<sup>th</sup> triangle: "The Lord will watch over your coming and going both now and forevermore."
5. Thread the pipe cleaner through the straw and through the bottom of the paper. Loop about ½-inch of the other end of the pipe cleaner over the end of the straw to keep it in place.
6. Going around the paper in order, fold the corner holes in over the pipe cleaner end that is sticking up over the paper.
7. Loosely twist the pipe cleaner to hold the pinwheel in place.
8. Blow on your pinwheel tree top to make it spin in the wind.

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." "He who watches over Israel will neither slumber nor sleep."  
"The Lord will watch over your coming and going both now and forevermore." Psalm 121:1, 2, 4, 8

### **GAME: WATCH TAG**

**Purpose:** Children learn and practice the Unit 7 Bible Memory Verse by playing a game of tag.

**Supplies:** Unit 7 Bible Memory Verse poster

**Just as God watches over you to help you, the Watchman in this game helps you learn each part of the Bible Memory Verse.**

#### **Directions:**

1. Point out that each sentence of the Bible Memory Verse is a verse. Say all four verses together.
2. Choose one child to be "the Watchman." The Watchman chases and tags other children.
3. Tagged children must freeze and say one of the four sentences of the Bible Memory Verse to play again. By the end of the game, encourage children to say the sentences from the Bible Memory Verse without looking at the poster.
4. Children take turns as the Watchman.

### **GAME: HOT POTATO SCRAMBLE**

**Purpose:** In this variation of the Hot Potato game, children quickly pass their paper potatoes around the circle. When the music stops, the children put the Unit 7 Bible Memory Verse in order.

**Supplies:** Sturdy brown paper, Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes," CD player, Unit 7 Bible Memory Verse poster

**Prepare:** From sturdy brown paper, cut 8 potato shapes. Divide the Unit 7 Bible Memory Verse into eight phrases. Write a different phrase on each potato. Display the Bible Memory Verse poster. For groups smaller than 8, cut 4 potatoes and put a verse on each potato.

#### **Directions:**

1. Children stand in a large circle.
2. Repeat the Bible Memory Verse several times together.
3. Scramble the order of the paper potatoes ("hot potatoes").
4. Give a hot potato to 8 of the children in the circle.
5. Teacher begins chanting or playing the Bible Memory Verse song.
6. As if the potatoes are too hot to hold, each child quickly passes hot potatoes to the child on their left and receives hot potatoes from the right. Continue passing potatoes until the song is stopped.
7. When the teacher stops the song, instruct the children who have a hot potato to race to the center of the circle and place their hot potatoes in the correct order.
8. If time allows, repeat steps 3-8.

**Teacher Tip:** For non-readers, replace key words such as eyes, hills, watches, sleep, and earth with drawings or pictures. Another option would be to use four potatoes and write the number 1, 2, 3, or 4 on each potato. When the music stops, the children with the potatoes recite the four verses in order.

# GOT TIME? *continued...*



## BIBLE TIMELINE REVIEW

Kings & Kingdoms Part Two studies the miracles and stories of the Bible from Judges through Esther. Review recent Bible stories to see the continuing story of who God is and what He has done.

**We've been learning about the parables Jesus taught in the Bible. Last time, we learned about the Parable of the Good Samaritan. Today we are going back to a time over a thousand years before Jesus was born. Let's look at our Bible Timeline to see when today's story happened. This Bible Timeline gives us a picture of when the people of the Bible lived.**

**Joshua (Circa 1450 B.C.)** Let's go back to the time of Joshua. Joshua led God's people after Moses. He conquered the Promised Land. For a while, the people obeyed God.

**Deborah (Circa 1350 B.C.)** After Joshua died, the Israelites did wrong in the eyes of God, so He allowed their enemies to make their life hard. When they cried out to God for help, He sent Deborah to lead them and be their judge. What did Deborah do for the people? (She helped them solve disagreements and led the Israelites in defeating the Canaanite army.)

How to create a Bible Timeline from Judges through Esther:

1. Print each scroll on sturdy paper.
2. Choose a wall or other visible location to display the timeline.
3. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below. Add the Unit 10 card for Kings & Kingdoms Lessons 48-52.
4. To review, ask the corresponding questions as you point to the associated scroll.

**Judges – Esther:** Deborah (Circa 1350 B.C.) > Gideon (Circa 1250 B.C.) > Samson (Circa 1150 B.C.) > Ruth > Samuel (Circa 1100 B.C.) > Saul (Circa 1050 B.C.) > David (Circa 1020 B.C.) > Solomon (Circa 970 B.C.) > Josiah (Circa 640 B.C.) > Ezra (Circa 500 B.C.) > Esther (Circa 470 B.C.) > Nehemiah (Circa 430 B.C.)

**Unit 10:** Jesus on Earth (Circa 2 B.C.-33 A.D.)

**Teacher Tip:** To view Bible Timeline and lessons from Genesis through Joshua, see Year One, God of Wonders Lessons 22-47.