

Deborah and Barak

Judges 4-5

Refer to the map at <https://sites.google.com/site/biblereader77/judges> during your discussion of Judges 4-5.

1. How many times have you fallen back into a bad habit? Eating unhealthily, procrastinating, stop exercising – even though we know we will feel better if we make the better choice. Why is it so difficult for us to make the wise decisions and fall back into bad habits?
2. Watch the video **Deborah and Barak**.
3. Why were the Israelites under the rule of the king of Canaan?
4. How long had they been under the rule of Canaan?
5. Names carry great meaning in the Bible. Deborah's name means bee; Barak's name means lightning flash; Sisera means swift one or horse; Jael means mountain goat or one who ascends; Zaananim means to move away or travel. How do these names help us to understand the story found in Judges Chapter 4?
6. Looking at the map, does it seem wise for Barak to have his army posted at the top of Mount Tabor?
7. Barak leads his men down the mountain to the plains of Wadi Kishon. What advantages would Sisera have at this point?
8. How does God remove the advantages of Sisera's army?
9. Compare and contrast the two military leaders: Barak and Sisera.
10. What lessons do we learn from Judges 4?
11. How do any of those lessons apply to us today?

RETELL THE STORY AS A GROUP