



## JUDGES 4:17 – 5:31

### Be Still

*“O Lord, you are my God; I will exalt you; I will praise your name, for you have done wonderful things, plans formed of old, faithful and sure.” – Isaiah 25:1*

Lord, You are my God, the One who loved me before time began. You knew my sin and the burdens of my heart, and you willingly gave your Son to rescue me. Your glory shines from billions of stars... and yet it hung despised on a cross. Whether today brings joy or pain I will praise you, because you have done great things!

### Hear His Voice

Read along as you listen to Judges 4:15 – 5:31 in the ESV. Press the Listen icon at the top of this link: <http://www.esvbible.org/Judges%204%3A15-5%3A31/>

### Consider His Ways

READ JUDGES 4:15–24

DAY 1

The fate of Israel rested on the backs of three people, and each needed to play the part the Lord had assigned to them. Deborah, the prophet and judge, has called Barak to the Lord’s work of freeing Israel from the oppression of the Canaanites. Having done her part, Deborah watches from the top of Mount Tabor as God’s hand of victory unfolds in the battle below.

Barak and his coalition army, made up from the tribes of Israel, are in a full-scale rout of King Jabin’s Canaanite army and the 900 chariots of iron under the command of the great Sisera. The Canaanites are in full retreat, and Barak and his men chase the enemy army up the Kishon River, all the way back to their military base in Harosheth-hagoyim, until “not a man was left.”

But there is still one more instrument in God’s plan that must play her part. Totally unaware of her role in delivering Israel from her oppressors, Jael is busy with her everyday life and her everyday responsibilities as the wife of a nomadic metalsmith.

### SISERA, THE TERRORIST.

1. The great commander Sisera had used his chariots to terrorize and torture Israel for 20 years. God has thrown Sisera’s men into a panic and has sent a rainstorm (5:4,20) to turn the tide of the battle. In the chaos and fog of war, evil Sisera has been forced to abandon his chariot and manages to escape on foot. Read Judges 4:15–18.
  - a. Where does Sisera flee to? Why did Sisera believe he would be safe in that camp?
  - b. We were introduced to Jael’s husband, Heber the Kenite, in Judges 4:11 and told that his tents were pitched at the oak in Zaanannim near Kedesh, just a few miles northeast of Mount Tabor. While Sisera’s army is fleeing northwest from the battlefield trying to get back to their base, their great commander Sisera is fleeing to the northeast! What does this tell you about Sisera?



2. We may never embrace Sisera's end if we do not grasp the kind of man he was.
  - a. How does Judges 4:2–3 describe the way in which Sisera oppressed Israel? How long did this kind of terror last?
  - b. Sisera's mother waited for her son to return from battle with the spoils of war. Read Judges 5:28–30. What crude reference to her son's capture and rape of women does his mother make? What does this tell you about what Sisera was really like?
3. Sisera had it all. For 20 years he dominated the land and the people of Israel, using and abusing them as he saw fit. He did what he wanted, when he wanted, and absolutely no one could stop him. He had all he needed to feel invincible!
  - a. In what useless things had Sisera trusted in?

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Ps 20:7 Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

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Is 30:1 "Ah, stubborn children," declares the Lord, "who carry out a plan, but not mine, and who make an alliance, but not of my Spirit, that they may add sin to sin"

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- b. While Sisera might have appeared invincible to men, God had already appointed the number of his days. What connection do you see between the verses below and the story of Sisera?

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JUDGES 4:9 ...for the Lord will sell Sisera into the hand of a woman.

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JER 20:11 But the Lord is with me as a dread warrior; therefore my persecutors will stumble; they will not overcome me. They will be greatly shamed, for they will not succeed. Their eternal dishonor will never be forgotten.

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Is 46:9B–10 I am God, and there is no other; I am God, and there is none like me, declaring the end from the beginning and from ancient times things not yet done, saying, 'My counsel shall stand, and I will accomplish all my purpose'

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LUKE 12: 20 But God said to him, 'Fool! This night your soul is required of you, and the things you have prepared, whose will they be?'

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4. **REFLECT & RESPOND** Just as Sisera thought his horses and chariots would save him, we are often tempted to put our trust in things other than God—our homes, accomplishments, appearances, good deeds, success, money, or performance.
  - a. Describe the ways you are tempted to find security in things other than the Lord.
  - b. The things we cling to will ultimately disappoint us. How has this proven to be true in your life?



- c. From the passages below, what encouragement do you find to place the full weight of your trust in God alone?

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JER 9:23–24 Thus says the Lord: “Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he understands and knows me, that I am the Lord who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the Lord.”

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TIT 3:4–5 But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit,

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DEUT 7:6–8 ...The Lord your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. It was not because you were more in number than any other people that the Lord set his love on you and chose you, for you were the fewest of all peoples, but it is because the Lord loves you...

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### HEBER, THE HUSBAND.

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“Now Heber the Kenite had separated from the Kenites, the descendants of Hobab the father-in-law of Moses, and had pitched his tent as far away as the oak in Zaananim, which is near Kedesh.” (Judges 4:11)

The Kenites were a non-Israelite nomadic tribe who were known as skilled craftsmen in metal working. Moses had been taken in by a Kenite family after fleeing Egypt, and he eventually married into this family. The Kenites were kind to the people of Israel when they came up out of Egypt (1 Sam 15:6), and Moses welcomed their presence within Israel. He invited the Kenites to accompany them into the Promised Land and committed to do them good (Num 10:29–32). A significant portion of the Kenite clan settled in the tribal lands of southern Judah and became zealous worshippers of Yahweh (Judges 1:16; 2 Kings 10:15–23, Jer 35:12–17).

5. Life as a wife of a nomadic tribesman could not have been easy. Jael’s husband, Heber, had moved his family farther than most of his other kinsmen.
- If most of the Kenite clan was in the southern part of Judah (Judges 1:16), what do you learn about Heber’s move in Judges 4:11? (You may want to find Kedesh in Naphtali on a map.)
  - What else had Jael’s husband done according to Judges 4:17?
  - Heber had made an agreement with Sisera’s boss, King Jabin. How important do you think this alliance was to Jael and Heber’s family finances and safety?



6. Think about Heber, Jael's husband. Try to describe the kind of man you think Heber might have been under the following two scenarios:
- Give Heber the benefit of the doubt and assume the best motives possible for him moving his family and forming an alliance with the Canaanites. What kind of man, husband, and spiritual leader do you think Heber might have been if you assume the best about him?
  - Now think about Heber and assume the worst motives possible for his move and for his forming of an alliance with Israel's oppressor, King Jabin. What kind of man, husband, and spiritual leader do you think Heber might have been after assuming the worst about him?
  - REFLECT & RESPOND** Whether Jael was married to a man who was wonderful or awful, she needed to live faithfully in the marriage she had. The same is true for us, as even the best of marriages have struggles. If you are married, think of an area of friction or tension you have with your spouse. How can you demonstrate faithfulness toward God and love toward your husband in this situation?

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1 COR 13:4-6 Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth.

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7. Stop and consider the significance of the insignificant. Back in Judges 1:16, God took the time to tell us that the main Kenite clan had settled in southern Judah. Eighty years later in Judges 4:11, God paused to let us know that one particular Kenite, a man by the name of Heber, had pulled up stakes and moved way up north.
- Whatever reasons Heber and Jael might have had for moving, what other purpose did God have for this move?
  - What does this tell you about God's purposes in the seemingly ordinary events of everyday life?
  - Life's events are either meaningless and random or divinely purposeful. How do the following passages stimulate you to trust God in the ordinary events of our daily lives?

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PROV 16:9 The heart of man plans his way, but the Lord establishes his steps.

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JOB 42:2 I know that you can do all things, and that no purpose of yours can be thwarted.

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MATT 10:29-31 Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.

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JOHN 19:11 Jesus answered him, "You would have no authority over me at all unless it had been given you from above..."

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PS 121:3-4 He will not let your foot be moved; he who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep.

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8. **REFLECT & RESPOND** We don't always see God's purposes in the everyday choices and happenings in our lives. Sometimes God uses the simple things—a conversation we have, a class we take, being in a certain place at a certain time—to ultimately accomplish a much larger purpose in our lives.
- How have seemingly ordinary events in your life turned out to be far more significant, altering the course of your life and even the course of other people's lives?
  - As you reflect on these past events, what purposes do you think God was accomplishing in and through them?

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PROV 19:21 Many are the plans in the mind of a man, but it is the purpose of the Lord that will stand.

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GEN 50:20 As for you, you meant evil against me, but God meant it for good, to bring it about that many people should be kept alive, as they are today.

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READ JUDGES 4:17–21 & 5:24–27

DAY 2

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### Jael, Wife of Heber.

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- More details about Jael are told in Deborah's song of praise in Judges 5. From Judges 4:17–21 and 5:24–27, list all the facts you know about Jael. Then try to imagine what kind of woman she was. How would you describe her?
- What do you think Sisera knew about Jael, and Jael knew about Sisera, before she invited him into her tent?
- Jael's story is one of cunning, bravery, and risk. From Judges 4:17–21 and 5:24–27:
  - List every act of cunning Jael used to convince Sisera to trust her.
  - From the moment she greeted Sisera to the moment she killed him, Jael's plan was filled with risk. Consider the potential costs to her marriage, physical safety, financial security, etc., and describe every risk Jael took as she carried out her plan.



12. **REFLECT & RESPOND** Living faithfully can be risky business! Sometimes obeying the Lord means speaking up despite rejection, loving in the face of hate, ministering outside your comfort zone, or giving beyond your means. Other times, obedience means disrupting the status quo of our relationships, risking our physical and emotional safety, or sacrificing the peace we've made with our sins.
- Describe a past time you took a risk in obedience to the Lord. How did God respond as you stepped forward in faith?
  - Consider the way you are living for the Lord right now. What risks are you taking as part of your everyday obedience to Him?
  - Is there anything the Lord has been prompting you to do that just feels too risky? What fears would you have to confront to do this thing?
  - How do the following passages encourage you to take risks and live boldly for Christ?

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**ACTS 20:24** But I do not account my life of any value nor as precious to myself, if only I may finish my course and the ministry that I received from the Lord Jesus, to testify to the gospel of the grace of God.

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**MATT 16:25** For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

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13. The encampment of nomadic desert dwellers was usually multiple tents pitched in a large circle. There would be the master's tent, each wife would have her own tent, the maidservants had another, and the manservants stayed in yet another tent. At night the flocks would be gathered and sometimes brought into the center of the tents where they could be protected. The tents, along with their large awnings, were secured by spikes driven into the ground. To keep the tents anchored in the frequent winds and desert sandstorms, they had to be drawn and fastened tight, with spikes that sank long and deep. In those days, it was the job of the women to pitch, break down, and care for the tents. Jael's hands had done this a thousand times!
- Inviting Sisera into her tent, Jael came face to face with her own David and Goliath moment. The pros and cons of what to do could have been overwhelming! What competing choices lay before Jael in this moment?
  - Because Barak hesitated before the Lord's promise to give Sisera into his hand (v. 7), this unique honor would go to someone else. It would go to someone who would not hesitate. Who received this honor? At whose word was this honor given according to Judges 4:9?

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**JER 23:29** Is not my word like fire, declares the Lord, and like a hammer that breaks the rock in pieces?

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14. **REFLECT & RESPOND** God reserved a special glory for Jael, but the opportunity to kill the cruel Sisera would only come once to Jael.

- a. When you are given an opportunity to serve the Lord or speak for Him, what fears or excuses come to the surface?
  
- b. While Scripture certainly encourages us to think carefully, there are times we need to act quickly or the moment will pass. Read the verses below. How is God challenging you to respond to the specific opportunities He has placed before you?

COL 4:5 Walk in wisdom toward outsiders, making the best use of the time.

COL 3:23-24 Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

JOHN 9:4 We must work the works of him who sent me while it is day; night is coming, when no one can work.

JOHN 4:35 Do you not say, 'There are yet four months, then comes the harvest'? Look, I tell you, lift up your eyes, and see that the fields are white for harvest.

**Jael, Most Blessed of Women.**

15. We may struggle with the brutality of Sisera’s execution at the hand of Jael, but God does not and neither did the prophet Deborah. Jael is far more than just “a womb”—to God and to Deborah!

- a. What phrase is used by Deborah in Judges 5:24 to describe Jael?
  
- b. Only one other woman in the Bible is referred to in this way. Read Luke 1:41-42. Who is it and why do you think these two women share this most favored status?

16. It’s hard for us to imagine the times in which Deborah and Jael lived. Although they were contemporaries, these two women couldn’t be more different.

a. Using what you know about these women, imagine what they were like. In the table below, compare and contrast their lives in the following areas:

	DEBORAH	Jael
ETHNICITY		
ROLES & RESPONSIBILITIES		
REPUTATION IN COMMUNITY		
ATTRIBUTES & CHARACTER		
A TYPICAL DAY IN THE LIFE OF...		



- b. How did God position and use each of these women?
  
- c. Every woman longs to be used by God. We don't want our lives to be filled with triviality or frivolousness. We want to live for God and be used in His great kingdom purposes. But often our fears, feelings of inadequacy, and even our sinfulness can keep us thinking we are not useful to God. What if Jael had stopped to compare herself to Deborah... would she ever have acted? From the following passages, write out any perceived or implied inadequacies. Then write out how God equips and uses His people despite their weaknesses.

PASSAGE	INADEQUACIES	HOW GOD USES HIS PEOPLE
<p>EX 4:10-12 But Moses said to the Lord, "Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue." Then the Lord said to him, "Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the Lord? Now therefore go, and I will be with your mouth and teach you what you shall speak."</p>		
<p>1 COR 15:9 For I am the least of the apostles, unworthy to be called an apostle, because I persecuted the church of God.            EPH 3:8 To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ</p>		
<p>1 TIM 4:12 Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity.            1 COR 16:10-11A When Timothy comes, see that you put him at ease among you, for he is doing the work of the Lord, as I am. So let no one despise him...</p>		
<p>1 COR 12:14-20 For the body does not consist of one member but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many parts, yet one body.</p>		
<p>EPH 2:10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.</p>		





17. **REFLECT & RESPOND** God has made you uniquely female. But women are not cookie-cutter versions of each other. Each woman is a unique, one-of-a-kind, custom-made bearer of God's image, and He alone defines who she is and the way in which she can best glorify Him. By the typical standards of both Biblical times and today, Jael was an unconventional kind of women.
- As you look at your personality, interests, and talents, what makes you "unconventional" or different from other women?
  - How can you use even these less-traditional aspects of the way God made you to glorify Him?

### READ JUDGES 5:1-31

DAY 3

### THE SONG OF DEBORAH.

The evil oppression of Jabin and Sisera is over! God has delivered Israel through the hands of two women and a man. There is nothing left to do but to recount God's wondrous deeds and praise Him!

Deborah is not only a prophet, leader, and judge, she is a poet, songwriter, and worship leader! This woman has it all—and yet she offers all the praise back to the Lord!

### THE GOD WHO COMES.

18. Deborah and Barak did not pull this victory off all by themselves! Read Judges 5:1-3.
- For whom does Deborah bless the Lord in verse 2? What role did each of these parties play and why is this important?
  - Why is willingness such an important element in obedience, or any other kind of giving of ourselves to the Lord?

1 CHRON 29:17 I know, my God, that you test the heart and have pleasure in uprightness. In the uprightness of my heart I have freely offered all these things, and now I have seen your people, who are present here, offering freely and joyously to you.

2 COR 9:7 Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver.

- REFLECT & RESPOND** As you consider the importance of willingness, is there an area the Lord is bringing to mind where you are not acting with a willing heart? Take time to confess your reluctance before Him and ask Him to give you a willing spirit.



19. No matter how great the leaders or how courageous the volunteers, there is no victory apart from the Lord!  
Read Judges 5:4–5.

- a. How does Judges 5:4–5, 19–21 describe the Lord coming to the aid of His people on the battlefield?
  
  
  
  
  
  
  
  
  
  
- b. How is it similar to the description of the Lord in Ex 15:3–6?

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EX 15:3–6 The LORD is a man of war; the LORD is his name. “Pharaoh's chariots and his host he cast into the sea, and his chosen officers were sunk in the Red Sea. The floods covered them; they went down into the depths like a stone. Your right hand, O LORD, glorious in power, your right hand, O LORD, shatters the enemy.”

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20. “The Lord is a man of war” is just as true as “what a friend we have in Jesus.”

- a. After reading the passages below, why do you think it is important that God is a man of war?

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EPH 6:11–12 Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

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2 CHRON 20:12 O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you.

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REV 19:11 Then I saw heaven opened, and behold, a white horse! The one sitting on it is called Faithful and True, and in righteousness he judges and makes war.

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- b. **REFLECT & RESPOND** What battles do you need God to fight on your behalf right now? How will you apply the truths from the table above to your personal battles?

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## WHO IS ON THE LORD’S SIDE?

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21. In these desperate days, God raised up new leaders in Israel and a new generation willing to say ‘Yes’ to the Lord’s call to arms (v. 8–9). In verses 10–11, Deborah calls on the rich and the poor alike to bear witness to the mighty acts of God!

- a. The song of victory continues with a call for the leaders to lead! Who were the leaders the Lord raised up (v. 12–13a)?
  
  
  
  
  
  
  
  
  
  
- b. The song then names the people who responded to God’s call and came down to do battle against the mighty Canaanites. From verses 14–18, list the tribes that are praised for their faithfulness and bravery. (Note: Machir is a division of the tribe of Manasseh.)



- c. Six tribes have answered God's call to battle, which takes place near the waters of Megiddo (v. 19). Verses 20–22 describe the battle that ensues. What phrase in these verses serves as Israel's rallying cry as they witness God summon nature to come to their aide?

22. Unfortunately, not every tribe responded to God's summons (v. 15b–17).

- a. Which tribes are named and scorned for playing it safe and refusing to join Deborah's call to arms? (Note: Gilead is where the tribe of Gad and the other part of the tribe of Manasseh lived.)
- b. How does Deborah explain the absence of these tribes? What were these tribes doing instead? Try to put their reasons or excuses in today's language.

- c. **REFLECT & RESPOND** Just as the tribes of Israel occupied different portions of land, so the body of Christ is scattered in different parts of the world. What excuses do we make for failing to help our brothers and sisters in Christ who live far away? How could you increase your support and care for the body of Christ in other parts of the world?

- d. Read verse 23 along with Matt 25:41–46. What warning do you find in these passages about an unwillingness to help in the Lord's causes?

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**JUDGES 5:23** Curse Meroz, says the angel of the Lord, curse its inhabitants thoroughly, because they did not come to the help of the Lord, to the help of the Lord against the mighty.

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**MATT 25:41–46** "Then he will say to those on his left, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, saying, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, saying, 'Truly, I say to you, as you did not do it to one of the least of these, you did not do it to me.' And these will go away into eternal punishment, but the righteous into eternal life."

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23. Compare Meroz being cursed bitterly "because they did not come to the help of the Lord" (v. 23) with Jael's "most blessed" status (v. 24). What do you learn from this?



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SISERA'S MOTHER, A DIFFERENT KIND OF WOMAN.

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24. Deborah's song of praise for God's deliverance of His people ends by contrasting the lives of two women. Each woman's life is frozen for us at one moment in time, and that moment defines her as a woman. Read Judges 5:24–30.
- Even though it's hard for us to relate to the violence of Jael, she is a woman to be praised. What action defines Jael? What does it reflect about her character?
  - In contrast, even though we can feel for Sisera's mother, there is something very disturbing about her. What words and attitudes define her? What do these reflect about her character?
25. **REFLECT & RESPOND** Sisera's mother dehumanized women by labeling them and referring to them as nothing more than spoils of war to be taken and abused! We, too, can use labels to categorize people and make it easier to distance ourselves, dismiss them, and justify our dislike or mistreatment of them. When we label someone, they are no longer a real person with family, feelings, hurts, and struggles; instead they become just the label—conservative, liberal, feminist, legalist, black, white, immigrant, homeschooler, public schooler, gay, Muslim, wealthy, poor, pro-life, pro-choice, stay-at-home mom, working mom, divorced, etc.
- Have you ever felt judged by others because of a label? Describe your experience.
  - What did you feel others failed to understand about you because they viewed you through a label?
  - (Personal) Most, if not all of us, find it easy to label certain types of people and make assumptions about them. What categories of people do you tend to label, and what assumptions are associated with them?
  - How do the verses below challenge us to put aside the sins of racism, favoritism, sexism, elitism, nationalism, and any other forms of pride or superiority?

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ACTS 10:28 And he said to them, "You yourselves know how unlawful it is for a Jew to associate with or to visit anyone of another nation, but God has shown me that I should not call any person common or unclean."

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JAMES 2:9 But if you show partiality, you are committing sin and are convicted by the law as transgressors.

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JOHN 13:34 A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.

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- e. Usually, the labels we use make it easier for us to keep our distance from others. Think of one person in your life whom you tend to see through the view of a label rather than as a unique individual. How could you move toward this person by praying for them or even reaching out to them?

**CELEBRATING THE LORD.**

26. The story of Deborah, Barak, and Jael ends in Judges 5:31.

- a. There are only two kinds of people in this world. From verse 31, name them and their destiny.
- b. To perish as an enemy of the Lord is the worst possible thing. From the passages below, write in the destiny of those who do not love the Lord and refuse the gospel of Jesus Christ.

PASSAGE	DESTINY OF THOSE WHO REFUSE JESUS
JOHN 3:16 For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.	
1 COR 6:9-10 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God.	
2 THESS 1:7-9 ...when the Lord Jesus is revealed from heaven with his mighty angels in flaming fire, inflicting vengeance on those who do not know God and on those who do not obey the gospel of our Lord Jesus. They will suffer the punishment of eternal destruction, away from the presence of the Lord and from the glory of his might	

- c. To rise in strength is the destiny of those who love the Lord! From the passage below, write in the future and destiny of those who believe on and love the Lord Jesus Christ.

PASSAGE	DESTINY OF THOSE WHO LOVE JESUS
JOHN 3:16 For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.	
MATT 25:34 Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world.'	
1 THESS 4:15-17 For this we declare to you by a word from the Lord, that we who are alive, who are left until the coming of the Lord, will not precede those who have fallen asleep. For the Lord himself will descend from heaven with a cry of command, with the voice of an archangel, and with the sound of the trumpet of God. And the dead in Christ will rise first. Then we who are alive, who are left, will be caught up together with them in the clouds to meet the Lord in the air, and so we will always be with the Lord.	
MATT 13:43 Then the righteous will shine like the sun in the kingdom of their Father. He who has ears, let him hear.	

- d. **REFLECT & RESPOND** "Turn to me and be saved, all the ends of the earth! For I am God, and there is no other" (Is 45:22). Who do you need to pray for, right now, to turn to the Lord and be saved?



27. It is a glorious thing when evil is vanquished! Read verse 31.

- a. What did Deborah pray for in verse 31?
- b. When evil was vanquished, what happened in the land of Israel?
- c. The Hebrew word for peace is “shalom” and means much more than an absence of hostility. When the Bible speaks of peace it is speaking of wholeness, well-being, and security on every level—heart, soul, body, and mind. What do you learn about peace in the following passages?

PASSAGE	PEACE
Is 48:22 “There is no peace,” says the Lord, “for the wicked.”	
Ps 29:11 May the Lord give strength to his people! May the Lord bless his people with peace!	
JOHN 14:27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.	
ROM 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.	
MATT 11:28-30 Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.	
PHIL 4:6-7 Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.	
Is 9:6-7 For God so I For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and of peace there will be no end...	

- d. **REFLECT & RESPOND** As you think about the many places you long for peace in your life, how are you encouraged by the peace God promises, both now and in the future?

28. Deborah and Jael were not attached to prominent families nor did they marry powerful men. In many ways they represent ordinary women. In Israel women like Deborah and Jael were celebrated, while in the surrounding pagan cultures ordinary women were marginalized and subject to degrading conditions, as Sisera’s mother attests.

- a. What do you think accounted for the greatness of Deborah and Jael?
- b. **REFLECT & RESPOND** Every woman has an opportunity for greatness. Not the greatness of fame or fortune. Not the greatness of raw beauty or raw power. But greatness in the eyes of her loving God. What can you do to pursue the kind of greatness God has for you?



WOMEN OF THE JUDGES.

29. As you think back over the example of Jael in this week's study, what has the Lord taught you about being and becoming a woman of strength?

## Internalize

Heavenly Father,

When trials come, when the enemy presses in hard, when my hands feel so very weak... you are my strength. When the task before me is daunting and seems far beyond my abilities, you are sufficient for my every need.

In a world that is often dark and full of trials, you are my song. No matter how bad things get, I rest in the truth that you rule over nations and individuals, and I rejoice that you use even the most ordinary to play a part in the grand purposes of your kingdom.

And when the taunts of the enemy are loud and the weight of my sin mounts against me, you are the God who rises to fight on my behalf. Indeed, the victory is won and you have become my salvation.

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“The LORD is my strength and my song,  
and he has become my salvation...”

— Exodus 15:2

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