Preschool–Grade 6

Deborah and Barak

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: God goes before me.
Bible passage: Judges 4. Read Judges 4:1–24 yourself before class.
Memory verse: "is not the LORD gone out before thee?" *Judges 4:14 (KJV)*. **Gone out before thee** means gone ahead of you.
You need: a Bible, a chair for you to sit on, crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Judges 4. Set your chair in one corner of the room.

1. Opening game: Tall Palm Trees (5 minutes)

Kids stand up tall like palm trees, with arms up high like palm branches. Say, "The wind blows!" and they sway. "The wind stops!" and they freeze. Then sit on your chair and say, "Come to me under the palm tree!" The kids sit down at your feet. Say: "Today we will hear a true story about a woman who lived under a palm tree, and people came to her for help."

2. Bible story (5 minutes)

Hold up your Bible open to Judges 4. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

A mean king hurt God's people for a long time (Judges 4:2–3). *(Make a sad face.)*
The people cried out to God (4:3). *(Fold your hands and pray.)*
Deborah lived under a palm tree (4:5). *(Make a tree with your arms.)*
People came to her for help (4:5). *(Walk your fingers on your knee.)*
Deborah told Barak that God said go (4:6). *(Point far away.)*
Barak said he would go if she went with him (4:8). *(Hold a friend's hand.)*
Deborah said, "I will surely go with thee" (4:9). *(Nod your head yes.)*
Sisera had lots of chariots, carts for battle (4:13). *(Roll your hands like wheels.)*
Deborah said, "Up" (4:14)! God had gone out before Barak. *(Jump up!)*
Barak went down the mountain (4:14). *(March in place.)*
God won the battle for His people (4:15, 4:23). *(Arms up: hooray!)*
Say it with me: "God goes before me!"

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3. Questions to ask (3 minutes)

1. Where did Deborah sit? *(Under a palm tree, Judges 4:5)*
2. Who went with Barak? *(Deborah, 4:9)*
3. Who went before Barak? *(God, the LORD, 4:14)*

4. Memory verse (3 minutes)

Say: "Deborah said, 'is not the LORD gone out before thee?' That means God has gone ahead of you." Teach the motion: point to yourself, then point far out in front of you. Say the verse with the motion three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Judges 4:14" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Under the Palm Tree (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a tall palm tree: a long trunk and big leaves at the top. They can draw Deborah sitting under it in a long dress. While they color, ask: "Who went before Barak? Who goes before you?" Kids who finish early can be "palm trees" and sway again.

7. Prayer

Say each line, and the kids say it after you:
"Thank You, God, for going before me.
Help me be brave and obey You. In Jesus' name, amen."

Tips for little ones: keep the story moving and let every child jump up on "Up!" If they get wiggly, march down the mountain again. Send the take-home sheet home so parents can tell the story again this week.

Left out on purpose: Sisera ran away and died in the tent of a woman named Jael (Judges 4:17–22). That part is not told to preschoolers. If a child asks about the bad captain, say, "He ran away, and God gave His people the win."

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