We Can Trust God

Preparing for Worship

The Book of Judges tells about Israel from Joshua’s death until the time Saul became the first king. During this period, God appointed judges to lead tribes, both in military and legal matters. The people came to these judges to hear an answer from God, seek help with disputes, and receive military guidance.

The Israelites went through cycles of disobedience to God and repentance. We learn in Judges there were consequences for Israel’s disobedience. The people of nearby countries banded together to defeat and oppress the Israelites. For 20 years, the Israelites had been oppressed. God heard their cries and anointed Deborah to serve and lead the people of Israel. Deborah knew and trusted God.

God gave Deborah instructions for Barak, the leader of Israel’s military forces, to gather men to defeat Sisera’s army. The Israelites were victorious only because God helped them.

As you are preparing for this lesson, think about things in your life that might leave you feeling discouraged or hopeless. In those situations you can trust God to help you through His power.

WORSHIP TIME PLANNER

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BIBLE STORY
Judges 4:1-16
“Deborah Trusts God”

UNIT BIBLE VERSE
“Trust in the Lord with all your heart and lean not on your own understanding.”
PROVERBS 3:5

BIBLE TRUTH
God wants people to trust Him.

WORSHIP GOAL
To help children know they can trust God to help them.

WORSHIP WITH YOUR KIDS
God wants children to trust Him. Children at an early age learn what it means to trust someone. They have special people in their lives whom they trust. This story about Deborah will teach children they can place their trust in God, even when they feel hopeless. Take this opportunity to teach your children to trust in the One who never fails.

TIPS & TOOLS

WORSHIP TIPS
Teaching tips for a lesson activity.

30-SECOND SKILLBUILDER
General teacher training helps.
Can We Trust Him? Yes, We Can!

Before worship, set up some obstacles in the classroom (chairs misplaced or upside down, desks/tables out of place, sheet draped between two chairs) for children to maneuver their way through and around.

During worship, say, We have an obstacle course to walk through today. I’m going to pick someone whom we can trust to lead us safely through the course. When we choose a leader, we’ll say together: “Can we trust him (or her)? Yes we can!” Then they will lead us safely through the maze.

Choose a child to be the leader for the first round. Make sure all the children line up behind the leader. When the leader has made it safely back to the starting point, say, We trusted our friend to lead us through this maze and he (or she) did! Today we are going to learn about how we can trust God. Can we trust God? Yes we can!

Worship Through Music

Music is a great way to bring children together. Use the Great Big Praise for a Great Big God, Book 1 songbook, CD or cassette to sing the following songs:

- “My God Is So Big,” No. 14
- “God Cares for You and Me,” No. 38

Worship Through Movement

“Hit the Hoop” Bible Verse Game

Before worship, place a hula hoop on the floor. Use masking tape to mark a line three feet away from the hoop. If you do not have a hula hoop, use masking tape to create a circle on the floor. Purchase or make a beanbag to use. Learn today’s Bible verse.

During worship, gather children at the masking tape line. Allow each child several tries to toss the beanbag into the center of the hula hoop. Each time the beanbag lands inside the hoop, say the Bible verse with the child.

T-R-U-S-T

During worship, gather the children. Sing the song, clapping for the letters, T-R-U-S-T. Invite children to sing with you. Sing the song three times. Say, We can trust God anytime. We can believe God does what He says He will do. He helped the Israelites, and He will help you.

T-R-U-S-T

(Tune: “B-I-N-G-O”)

There was a woman who trusted God,
And Deborah was her name-o.
T-R-U-S-T
T-R-U-S-T
T-R-U-S-T
Oh, Deborah trusted God.

God is mighty, God is strong.
We can trust Him always.
T-R-U-S-T
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We can trust God always.

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Deborah Trusts God

**Before worship**, place an artificial tree in the Bible story area.

**During worship**, have the children join you at the Bible story area. Say, **Join me under this tree to hear today’s Bible story.** Tell the story.

Deborah was a judge, or leader of God’s people. She loved and trusted God. Deborah listened to God and helped the Israelites know what God wanted them to do. Deborah met with the people beneath a palm tree to speak with them.

One day, God spoke to Deborah. He said he had a special job for Captain Barak (BAIR-ak), the leader of the Israelite army. Deborah told Captain Barak God wanted him to fight King Jabin’s army. King Jabin (JAY-bin) was the king of the land of Canaan. He had attacked the Israelites and had been mean to them for 20 years!

Deborah told Barak to take his army to Mount Tabor (TAY-buhr) and wait for God’s help. God would lead the king’s army into a trap by the river.

Barak was afraid to go by himself. He told Deborah he would go, but only if Deborah went with him.

Deborah agreed to go with Barak, but she knew Barak should trust God. Deborah knew God would do what He promised.

Deborah went with Barak to Mount Tabor. When Deborah saw King Jabin’s army, she said to Barak, “Go now!”

Barak and the Israelites did what God asked them to do that day. God kept His promise. He led King Jabin’s army into a trap. The Israelites won the battle that day because God did what He promised. Deborah trusted God to help, and He did help. (From Judges 4:1-16)

Trust Walk

Explain to the children that they have been learning about trust. Trust means believing people will do what they say they will do. Say, **In this game we are going to learn to trust our friends in this class.** Divide the children into pairs. Partner with a child if needed to make even pairs.

Show the children how to lead someone gently by the hand. Make sure the floor is clear of all toys and obstacles. Then have the partners take turns leading one another across the room. The child who is leading should walk slowly. The child who is being led should close his or her eyes.

Say, **God wants us to trust Him.** In today’s Bible story, Deborah trusted God to help the Israelites win a battle against the Canaanite army. Deborah did not know how God would help them win, but she trusted Him. Today when you were led across the room, you did not know which way you were going because you could not see. But you trusted your partner to lead you safely in the right direction.

Trust the Leader

**Before worship**, place four numbered index cards in different places in the room. Make the cards easily visible.

**During worship**, play a review game similar to “Follow the Leader.” Choose one child to be “Deborah,” the leader. Have the other children line up behind the leader.

Say, **Deborah was a judge, a leader of Israel.** She trusted God and did what He
Connecting Worship to Everyday Life

Trust Snack

**Before worship,** purchase the canned peaches and remove the labels. Locate a can opener. Set out the snack supplies on a table or tables.

**During worship,** show the cans to the children. Ask, **Would you like a snack?** (Let children respond.) **Do you know what is inside these cans?** (No) **You can trust me. It is a fruit. It will be a good snack. Let's open the cans and see what is inside.**

Open the cans and show the peaches. Distribute the snack. Pray, thanking God for the food. As children eat, say, **You trusted me to give you a good snack. Deborah trusted God to do what He promised and help the Israelites. You can trust God too.**

**Trust Experiment**

**Before worship,** gather a candle in a holder and matches.

**During worship,** have the children seated. Show the children the candle and matches. Light the candle, but keep the candle a safe distance from any child. The candle will need to burn for a few minutes as you talk.

Say, **I had to hold the flame to the candle wick to light this candle. The fire had to touch the candle to light it. Next I am going to blow it out. Do you think I can light the candle again without touching the match's fire to the candle wick?** (Let children tell their opinions.) **You can trust me to tell you the truth. I will light this candle without touching the match to the candle wick. Watch and see!**

Blow out the candle (the more smoke the better). Light the second match, immediately placing the flame within the smoke about two inches (5 cm.) from the candle wick. The flame will jump through the smoke and relight the candle. When all children have observed the flame, extinguish the flame.

Say, **I did what I said I would do. God always does what He says He will do. You can trust God to be with you. You can trust God to care for you. Each day, pray to God. Tell Him about everything you need. God listens when you talk to Him.**