

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.

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.

Worship Time Planner

CHECK TO USE	Activities	Curriculum Resources	Other Materials
<input type="checkbox"/>	Worship Through Music	<i>Great Big Praise 1</i> songbook, CD or cassette	
<input type="checkbox"/>	Worship Through Movement		
<input type="checkbox"/>	"Hit the Hoop" Bible Verse Game		Hula hoop, masking tape, beanbag
<input type="checkbox"/>	T-R-U-S-T		
<input type="checkbox"/>	Can We Trust Him? Yes We Can!		Chairs, tables/desk, sheet
<input type="checkbox"/>	Deborah Trusts God		Artificial tree
<input type="checkbox"/>	Trust Walk		
<input type="checkbox"/>	Trust the Leader		Review questions (narrow column), index cards, marker
<input type="checkbox"/>	Down the Mountain	<i>Worship Time Connections</i> , Sheet 1	Crayons
<input type="checkbox"/>	Trust Snack		Canned peaches (labels removed), plastic bowls and spoons, napkins, can opener
<input type="checkbox"/>	Trust Experiment		Taper candle, candle holder, matches

CONNECTING WORSHIP TO LIFE ■ BIBLE TIME WORSHIP ■ ACTIVE WORSHIP music & movement

TIPS & TOOLS



WORSHIP TIPS

Teaching tips for a lesson activity.



30-SECOND SKILLBUILDER

General teacher training helps.

Active Worship

music & movement



WORSHIP TIP

Make and keep several beanbags in your worship center. Make a simple beanbag by filling a sock with dry beans or rice and tying the end. Use a variety of patterned or colored socks for interesting beanbags.



30-SECOND SKILLBUILDER

While memorization is not the primary focus with this age-group, these children remember things repeated often in fun and meaningful ways. Use the Bible verse often in activity and conversation.



30-SECOND SKILLBUILDER

Take any Bible Truth and set it to a familiar tune. A musical activity makes Bible Truths, verses, and stories easier for children to remember.

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

- *Great Big Praise 1* songbook, CD or cassette
- CD or cassette player



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.

- hula hoop
- masking tape
- beanbag



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,	God is mighty, God is strong.
And Deborah was her name-o.	We can trust Him always.
T-R-U-S-T	T-R-U-S-T
T-R-U-S-T	T-R-U-S-T
T-R-U-S-T	T-R-U-S-T
Oh, Deborah trusted God.	We can trust God always.

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.

- chairs
- tables/desks
- sheet



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!***

Bible Time Worship

Deborah Trusts God

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

- artificial tree



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)



WORSHIP TIP

As children answer these questions, have them stand and hop on one foot. Make sure each child gets a chance to answer at least one question.

What is the name of the judge who trusted God in this story? (*Deborah*)

Who are some people you trust? (*Answers will vary.*)

Does God always keep His promises? (*Yes*)

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**

- review questions (narrow column)
- index cards
- marker



30-SECOND SKILLBUILDER

Keep a set of numbered index cards on hand. This will save you preparation time for activities requiring numbered cards. Activities involving numbered cards help the children practice their number recognition skills.



said. Deborah told the people what God wanted them to know. Have the leader lead the class to the first card. At the first card, have the leader answer a Bible story review question. (See the narrow column.) Then, have the leader go to the end of the line. The next child will become the leader and take the class to the second card. Continue this game until all the children have been the leader.

Down the Mountain

During worship, give each child a copy of *Worship Time Connections*, Sheet 1, and a crayon. Say, **We learned that Deborah trusted God to help the Israelites win a battle. The enemy was strong. But God kept His promise to help His people win. Deborah sent Barak, the captain of the army, down the mountain to fight the Canaanites. Let's help Barak find his way down the mountain.** Have the children complete the maze.

- *Worship Time Connections*, Sheet 1
- Crayons



WORSHIP TIP

Provide crackers or cookies as an option for those children who may not like peaches.



30-SECOND SKILLBUILDER

Keep a list of children's food allergies in a file. Include a list of their favorite foods also. Consult this file when planning snacks.

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.**

- canned peaches with label removed
- plastic bowls and spoons
- napkins
- can opener



WORSHIP TIP

Do not allow young children to touch the candle or matches. Remind children that only adults can use candles and matches.



30-SECOND SKILLBUILDER

Experiments of this type will amaze and capture the attention of young children. However, use discretion about this type of activity. You know your children. Do not use this activity if you feel it will cause a dangerous situation.

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.**

- candle (taper works best)
- candle holder
- matches



WORSHIP TIP

Prayer is an important element of our relationship with God. Spend significant time in prayer during each worship session.

