

# Deborah's Trust

## BIBLE STORY

Deborah Trusts God  
*Judges 4:1-16*

## BIBLE TRUTH

God wants people to trust Him.

This lesson will help preschoolers know that Deborah trusted God and they can too.

This lesson will help kindergartners understand they can choose to trust God.

## VERSE-A-MONTH

"Trust in the LORD with all your heart and lean not on your own understanding" (*Proverbs 3:5*).

## LESSON HELPS



**HELPING HAND**  
Tips for teachers.

## DIGGING DEEPER

Important biblical and theological insights.



Foundational words of the faith.

# Reflect on the Word

**Read Judges 4:1-16.** The history of Israel's sin and redemption reads like the instructions on a shampoo bottle. "Shampoo. Rinse. Repeat." Shampoo: the people would sin against God and reject Him. God would allow a rival king to oppress and conquer the people of Israel. Rinse: the people would grow tired of the oppression and cry out to God for deliverance. God would send a judge to deliver the people of Israel from their oppression. Repeat: after

Watch as preschoolers talk with God. This shows a growing trust in God's presence.

the judge died, the people would fall into sin and the cycle would begin again. In Judges 4:1-3, Ehud is dead and the Israelites flounder and fall into sin.

Ask kindergartners to name people they can trust to care for them. Relate this feeling of trust to God's care for them.

They are oppressed by a Canaanite king and his commander Sisera. The people cry out to God for mercy, and God speaks to Deborah, the prophetess.

The term prophetess shows that God spoke through Deborah. She had authority to judge in cases on which the lower courts could not decide. Her role seems to be that of judge and guide, but not the role of military leader. Part of this role was to listen for God's voice to discern His leading for the nation.

God told Deborah that Barak would defeat Sisera and free Israel from Jabin, the king of Canaan. When God promised victory for Barak, Deborah immediately trusted God's word to be fulfilled. Barak, however, was afraid it wouldn't work. He refused to go unless Deborah went with him.

In the military culture of the day, the leader of an army was honored for killing the leader of the defeated army. Because Barak did not trust God for the victory, he lost the honor of the battle. Jael, a woman, killed Sisera adding more dishonor to Barak's unbelief.

Just as Deborah trusted God's words to her, we, too, can trust the words God speaks to us. Deborah took the time to hear God's voice and obey. Trusting that God's words to her were true came easy because she was used to listening to God and obeying Him.

This week, spend time quietly listening for God's voice. Often God is willing to speak, but the busyness and noisiness of life drowns Him out. Sit quietly. Wait on the Lord. Ask God to help you to listen to His voice and respond in trust.

## BASIC LESSON PLANNER

1. Choose preschool or kindergarten. Check the appropriate box.
2. Go step-by-step through each section of the lesson. A=3 steps. B=3 steps. C=3 steps.
3. If you would like additional lesson options, turn to pages 10 and 11.
4. Look at each activity to find needed supplies.

Activity Category	Activity	Preschool (P)	Kindergarten (K)	Resources
Attention Getters	1—"Trust" Bulletin Board	<input type="checkbox"/>	<input type="checkbox"/>	Resources, Items 2A and 3
	2—Say and Sign Bible Verse	<input type="checkbox"/>	<input type="checkbox"/>	Resources, Item 1
	3—Who Is Sad?	<input type="checkbox"/>	<input type="checkbox"/>	
Bible Explorations	1—Bible Story Transition	<input type="checkbox"/>	<input type="checkbox"/>	
	2—Tell the Bible Story	<input type="checkbox"/>	<input type="checkbox"/>	Resources, Item 2A
	3—Bible Story Review Questions	<input type="checkbox"/>	<input type="checkbox"/>	
Connections To Life	1—Preschool Connections Activity Sheets 1/1b & Sticker	<input type="checkbox"/>	<input type="checkbox"/>	Preschool Connections, Sheets 1/1b & sticker insert
	1—Kindergarten Connections Activity Sheets 2/2b & Sticker	<input type="checkbox"/>	<input type="checkbox"/>	Kindergarten Connections, Sheets 2/2b & sticker insert
	2—Are They Trusting?	<input type="checkbox"/>	<input type="checkbox"/>	
	3—Connecting with God Through Prayer	<input type="checkbox"/>	<input type="checkbox"/>	

## “Trust” Bulletin Board

5 MIN.

### You'll need

- Resources, Items 2A and 3
- Bulletin board, background paper, and border
- Masking tape • Stapler and staples
- 10 push pins • Glue • Scissors
- Crayons or washable markers
- Jumbo craft sticks

**Before class,** Follow the directions on Items 2A, 2B, and 3 to prepare the bulletin board for the next five lessons. You will need five photocopies of the child puppet pattern for each child. You will want to pre-cut the child puppets for preschoolers. Kindergartners can cut out the puppets.

**In class,** Add the letter “T” from Item 3 to the bulletin board. Say, **I wonder what that “T” is for. Can anyone guess?** Place Deborah puppet, sad/disappointed face showing, on the bulletin board between two push pins. Give each child the blank “child puppet” pattern. Ask, **Have you ever been disappointed? How did you feel? Draw a disappointed face on your puppet.** Help children attach the puppet to a jumbo craft stick for take home.

**Preschool option,** Ask, **Why do you think this woman may be sad?** Say, **This is Deborah. We will find out why she is sad in our Bible story. What do you think it might be?**

**Kindergarten option,** Say, **This is Deborah. How do you think Deborah is feeling? What could make her feel this way? Can you use your puppet to tell us about a time when you were disappointed?**

Have children store their puppets for take home. Do not reveal the second side of the puppet until directed during the story.

## Say and Sign Bible Verse

5 MIN.

**In class,** Place the Bible verse poster on the wall at children's eye level. Read the verse aloud to the children. Say, **Some people cannot hear the words we are saying. They use sign language to understand words. Let's learn the sign language to this verse as we learn the spoken words.**

**Preschool option,** Demonstrate each sign for the children. Have them join in as you do the signs and read the verse. Repeat several times until every child seems to be comfortable with the verse.

**Kindergarten option,** Say and sign the verse several times or until children are comfortable with it. Have children break up into pairs. Have one child do the signs as the other child translates (says the words) for what the signs are saying. Have children switch roles and repeat.

## Who Is Sad?

5 MIN.

**Before class,** Draw a happy face on half of the paper plates and a sad face on the other half of the paper plates. Use scissors to cut the eyes out of the faces for children to see through. You will need a happy and sad face plate for each child.

**In class,** Give each child a happy face and a sad face.

**Preschool option,** Say, **Sometimes sad things happen to us. We can feel very sad about these things. We may cry too. It's OK for people to cry and be sad when something bad happens. If you have ever felt sad or disappointed, hold up your sad face.** Say, **Let's find out how Deborah felt in today's Bible story. Let's find out if Deborah chose to trust God.**

**Kindergarten option,** Ask, **What makes you sad? What makes you disappointed?** Have children hold up the sad face each time they share something. Say, **Let's find out what Deborah does in today's Bible story.**

### You'll need

- Paper plates (2 per child)
- Marker
- Scissors

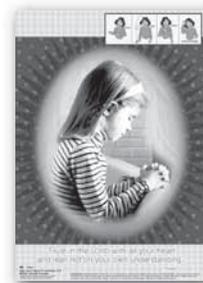


As children arrive, allow them to do activity centers as suggested in the unit pages. When you are ready to begin, do the three *Attention Getters* activities on this page before moving to *Bible Explorations*. Each *Attention Getters* activity can be used with preschoolers or kindergartners.

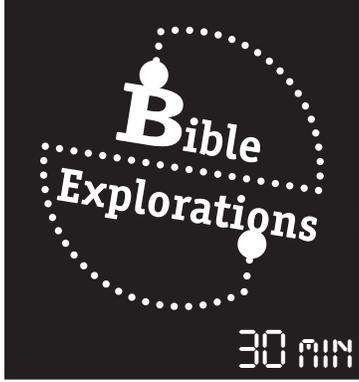


### You'll need

- Resources, Item 1
- Plasti-Tak or removable tape



Go to page 10 for additional Attention Getters options.



Transition children to the Bible story time, tell the Bible story, and ask the review questions. If needed, retell the Bible story to children for understanding. Then go to *Connections to Life*.



**Trust:** *Trust* is believing that God always does what is right.



**Kindergartners ONLY!**

Photocopy onto colored paper and cut out the **Faith Word** card for **Trust** from page 94 and the kindergarten sight word **she**, from page 95.

Invite two kindergartners to hold these word cards during the Bible story. When **she** is said in the story, the child holds up the word card and the kindergartners repeat, **she**. Each time you read the sight word, stop and have the children read it along with you.

Go to page 10 for an optional Bible story activity.

**Preschool Bible Story Transition** **5 MIN.**

In class, Hold up the puppet (*from the bulletin board activity*) of Deborah's sad face. Have children march with you to the Bible story area. Say, **Today we saw that this woman was sad. Her name is Deborah. Can you all show me how your sad face looks? The story of Deborah trusting God is in the Bible. Today we are going to find out more about Deborah.**

- You'll need**
- Resources, Item 2A, Two-sided Deborah puppet
  - Faith Word card **Trust**
  - Kindergarten Sight Word card

**Kindergarten Bible Story Transition** **5 MIN.**

In class, Sit with children for the Bible story. Show the puppet of Deborah's sad face from Item 2A. Say, **We talked about some of the things that we think make people feel sad. What kinds of things might make this woman feel sad? Let's see what happens in today's Bible story.** Distribute the word cards to two children to display during the Bible story.

**Tell the Bible Story** **20 MIN.**

**DEBORAH TRUSTS GOD** – (*Begin the story holding the Deborah puppet with the happy face showing.*) Deborah was a woman who lived in Bible times. **She** was a great leader of the Lord. **She** helped the people of the Lord settle arguments and get along.

Deborah could **trust** God to take care of her. Deborah did **trust** God to help her make good decisions for His people. Deborah would **trust** God to protect her from the king of the country **she** lived in because this king did not believe or **trust** in God.

One day God told Deborah to call another helper of the Lord. This helper was Barak. Deborah told Barak, "The Lord God of Israel, commands you: 'Go and take ten thousand men and lead the way to Mount Tabor.' God has told me to bring the bad King Sisera there and God will help you defeat him."

"What?" Barak trembled. Barak did not **trust** the Lord like Deborah. (*Turn the puppet to the sad face.*) This made Deborah sad. He told Deborah, "If I go you have to go with me. If you won't go then neither will I." Do you think Barak was afraid? I think he was very afraid.

"Very well," Deborah said, "I will go with you. But because you do not have enough **trust** in the Lord, the honor of this battle will fall on a woman and not on you." So Deborah went with Barak to Mount Tabor. **She** got King Sisera to come to Mount Tabor just as God had told her. Deborah trusted God and knew He would do as He had promised.

When Barak and Deborah and the rest of the Israelites saw King Sisera coming near Mount Tabor, Deborah said, "Go, this is the day the Lord will help us defeat King Sisera. The Lord has gone before you." The army of God's people believed Deborah. They chose to **trust** God. They were ready to fight, fight, fight!

Barak and the rest of the army of God began to chase after the army of King Sisera! And the king's army ran away! God kept His promise to help the Israelites defeat the bad king's army. (*Turn the puppet to the happy face.*) This made Deborah happy. It is true, Deborah did **trust** the Lord to help them win the battle. And that is just what God did. *Return the puppet to the bulletin board after the review questions. Place on the bulletin board "happy" side out.*

**Bible Story Review Questions** **5 MIN.**

**Ask Preschoolers,**

1. Who was Deborah?
2. What made Deborah sad? What made Deborah feel happy?
3. What happened when Deborah trusted God?

**Ask Kindergartners,**

1. What did God ask Deborah to do?
2. How did Deborah change from sad to happy?
3. Do you think Deborah showed God that she trusted Him?

## Preschool Connections

5 MIN.

OR

## Kindergarten Connections

5 MIN.

In class, Give each child Sheet 1 and the sticker. Ask, **Who can trust God? Who trusted God in our story?** Place the sticker of Deborah in the first box. Color the pictures of people who can trust God. Can you trust God? Yes! Draw a picture of yourself! Have children turn over the page.

Help children follow the directions.

### You'll need

- Connections, Sheets 1/1b & sticker
- Crayons and pencils

In class, Hand out Sheet 2 and the stickers. Help children read through the page, following the directions. Have children turn over the sheet. Say, **Trace the numbers to see what the child found. How do you think this child feels? Put your sticker in the space. Who can you choose to trust?**

### You'll need

- Connections, Sheets 2/2b & sticker
- Crayons and pencils

That's right! You can choose to trust God anytime and anywhere.

## Are They Trusting?

5 MIN.

Before class, Write the following statements on note cards and find or draw pictures to help children understand the meaning.

In class, Read each statement to the children and show them a picture that illustrates it.

1. Ashton was afraid because she could hear a big storm. She prayed that God would protect her.
2. Lee could not find anyone at school that would play with him so he began to push other kids because he was mad.
3. Jordyn was sad that she had to move. She prayed that God would help her make new friends.
4. Lyndon had a bad day at school so he came home and yelled at his sister.

Preschool option, Say, **Nod your head when you feel like a child is trusting God. Then, shake your head if you feel like they could have done something different.** Read each statement again, allowing the children to respond.

Kindergarten option, Read through each statement again. After reading each statement, discuss with children what trusting in God looks like and if these children are choosing to trust God through their actions. Ask, **What are some different ways we can trust God? Why can we choose to trust God?**

### You'll need

- Note cards
- Pencil • Pictures

## Connecting with God Through Prayer

5 MIN.

In class, Note children's requests and praises. Write them on the flip chart or in a journal. Pray, **Thank You, God, for giving us wonderful leaders like Deborah to show us that we can trust You. Help me to know and trust You with everything in my life. Amen.** Bless children as they leave, **Thank You, God, for [child's name]. Help [him or her] to trust You.**

Kindergarten Enrichment, Allow volunteers to pray for prayer requests that were mentioned. Ask the children to think of any answers to prayer and share them.

### You'll need

- Take-home items for each child (including the unit take-homes from Connections activities)

# Connections To Life

15-20 MIN

Connect this lesson to life for children. Do one activity sheet, one additional activity, and end with a time of prayer.



60-65 MIN.

60-65 min. is your total lesson time. Add or take away activities to adjust your class time.

Trust is a difficult concept for young children. They have been experiencing the building of trust (or mistrust) in others since birth, but defining and understanding it is another thing all together. It will help to relate trust to the people in their lives who have proven to be trustworthy. Ask young children to tell who they count on to care for them. Then talk with them about the eternal truth that God always does what is right. Also realize that you are teaching them trust in God through your consistent actions each week.



Go to page 11 for additional Connections to Life options.



## Trust March (P/K)

### You'll need

- CD of praise music
- CD player

In class, Say, Deborah will be marching into a battle. Do you think she will trust God? Let's march whenever we hear the music. When the music stops, freeze and say, "Deborah, you can trust God!" Continue playing this game as time allows. When you stop the music the last time, say, Quietly march over to the Bible story area to find out if Deborah chose to trust God.

## Tasty Face (P/K)

Before class, Gather materials and check for food allergies. Slice apples into wedges and dip in lemon juice to keep fresh. Rinse juice from the slices before serving to the children.

### You'll need

- Apples (sliced into wedges for smiles or frowns)
- Raisins • Pretzel sticks
- Paper plates

In class, Give each child a paper plate, an apple slice, several raisins, and a handful of pretzel sticks. Say, Can you use these items to make a happy face on your paper plate? Allow children to create the faces in different ways. Say, The woman in our Bible story trusted God. This made her happy. Then something made her feel sad. Can you make a sad face? Let's eat our face snacks. Let's find out more about Deborah in today's story.

## Bible Story

### Deborah's Tree Time Bible Story

Based on Judges 4:1-16

Gather with children beneath the tree. Say, Deborah would sit beneath the branches of a tree.

People would come to ask for her advice because they knew Deborah listened to and obeyed God. The people trusted God, so they trusted Deborah too. Let's sit beneath this tree for our story. Do what I do as I tell you the Bible story.

Deborah lived in Bible times. She was a great leader of the Lord.

*(Make muscles.)* She helped the people get along. *(Hug self.)*

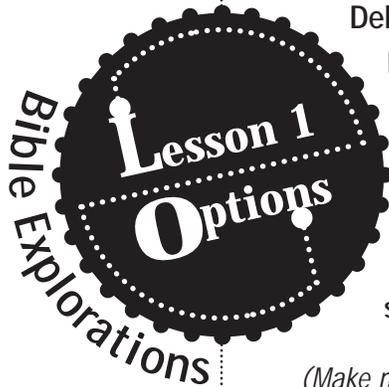
Deborah trusted God. *(Make a letter "T" with your hands.)* Deborah did trust God to help her make good decisions for His people.

One day God told Deborah to call another helper of the Lord. *(Cup hands around mouth.)* This helper was Barak. Deborah told Barak, "The Lord God of Israel, commands you: 'Go and take ten thousand men and lead the way to Mount Tabor.' God has told me to bring the bad King Sisera there and God will help you defeat him."

"What?" Barak trembled. *(Shiver.)* Barak did not trust the Lord like Deborah. *(Shake head "no.")* This made Deborah sad. He told Deborah, "If I go you have to go with me. If you won't go then neither will I."

*(Nod head.)* "Very well," Deborah said, "I will go with you. But because you do not have enough trust in the Lord, the honor of this battle will fall on a woman and not on you." So Deborah went with Barak. Deborah trusted God and knew He would do as He had promised.

King Sisera came near Mount Tabor. Deborah said, "Go, this is the day the Lord will help us defeat King Sisera. The Lord has gone before you." The army of God's people believed Deborah. They chose to trust God. They were ready to fight, fight, fight! *(Pump fist in air three times.)*



### You'll need

- Outside space and tree or artificial tree for inside the classroom

Barak and the rest of the army of God began to chase after the army of King Sisera! And the king's army ran away! God kept His promise to help the Israelites defeat the bad king's army. Deborah did trust *(Make a "T" with your hands.)* the Lord to help them win the battle. And that is just what God did. *(Jump up and applaud.)*

## Sing Your Trust (P/K)

In class, Gather children in a circle. Say, **God wants us to trust Him. We can choose to trust God because we know God always does what is right. Let's sing about it!** Sing together. Then sing and do the actions.

T-R-U-S-T

*(Tune: "B-I-N-G-O")*

God is great so I will trust Him

Each and every day-O!

T-R-U-S-T,

T-R-U-S-T,

T-R-U-S-T,

Yes, I will trust in God! Yeah!

God *(point up)* is great so I *(point to self)* will trust Him

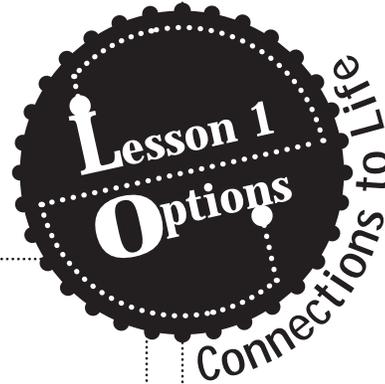
Each and every day-O! *(Spread arms wide.)*

T-R-U-S-T, *(Clap on each letter.)*

T-R-U-S-T, *(Stomp on each letter.)*

T-R-U-S-T, *(Hop on each letter.)*

Yes, *(pump fist in air)* I will trust in God! *(point up)* Yeah! *(Pump fist in air.)*



## Follow Deborah (K)

In class, Ask for a volunteer to be Deborah. Say, **Deborah, you trust God. Walk around the room and have everyone follow you. Everyone, follow Deborah. She trusts God.** Encourage children to follow "Deborah." Allow everyone to have a turn to be Deborah as time allows. When finished, say, **Deborah trusted God. That is why people could follow her. How can we trust in God this week?** *(Allow responses)*