

Judges 4:1-10, 12-16 (ESV)

And the people of Israel again did what was evil in the sight of the LORD after Ehud died. ²And the LORD sold them into the hand of Jabin king of Canaan, who reigned in Hazor. The commander of his army was Sisera, who lived in Harosheth-hagoyim. ³Then the people of Israel cried out to the LORD for help, for he had 900 chariots of iron and he oppressed the people of Israel cruelly for twenty years.

⁴Now Deborah, a prophetess, the wife of Lappidoth, was judging Israel at that time. ⁵She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the people of Israel came up to her for judgment. ⁶She sent and summoned Barak the son of Abinoam from Kedesh-naphtali and said to him, "Has not the LORD, the God of Israel, commanded you, 'Go, gather your men at Mount Tabor, taking 10,000 from the people of Naphtali and the people of Zebulun. ⁷And I will draw out Sisera, the general of Jabin's army, to meet you by the river Kishon with his chariots and his troops, and I will give him into your hand?'" ⁸Barak said to her, "If you will go with me, I will go, but if you will not go with me, I will not go." ⁹And she said, "I will surely go with you. Nevertheless, the road on which you are going will not lead to your glory, for the LORD will sell Sisera into the hand of a woman." Then Deborah arose and went with Barak to Kedesh. ¹⁰And Barak called out Zebulun and Naphtali to Kedesh. And 10,000 men went up at his heels, and Deborah went up with him.

¹²When Sisera was told that Barak the son of Abinoam had gone up to Mount Tabor, ¹³Sisera called out all his chariots, 900 chariots of iron, and all the men who were with him, from Harosheth-hagoyim to the river Kishon. ¹⁴And Deborah said to Barak, "Up! For this is the day in which the LORD has given Sisera into your hand. Does not the LORD go out before you?" So Barak went down from Mount Tabor with 10,000 men following him. ¹⁵And the LORD routed Sisera and all his chariots and all his army before Barak by the edge of the sword. And Sisera got down from his chariot and fled away on foot. ¹⁶And Barak pursued the chariots and the army to Harosheth-hagoyim, and all the army of Sisera fell by the edge of the sword; not a man was left.



Being _____ in ways that lead to _____

[vvs. 9-10]

Psalm 131:1-2 (NLT)

- ¹ LORD, my heart is not proud;
 my eyes are not haughty.
 I don't concern myself with matters too great
 or too awesome for me to grasp.
- ² Instead, I have calmed and quieted myself,
 like a weaned child who no longer cries for its mother's milk.
 Yes, like a weaned child is my soul within me.



_____ in the direction of _____

[vvs. 6-7, 14]



_____ pathway for _____

Hebrews 11:32-34 (ESV)

- ³² And what more shall I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets—
³³ who through faith conquered kingdoms, enforced justice, obtained promises, stopped the mouths of lions, ³⁴ quenched the power of fire, escaped the edge of the sword, were made strong out of weakness, became mighty in war, put foreign armies to flight.

Application:

1. Where do you need to grow? Who can help (is helping) you? [**Ask!**]
2. Who can you help you grow in his/her faith in Christ? [**Disciple!**]
3. Who can you thank this week (for being to you, what Deborah was for Barak)? [**Thank!**]