

# He is Faithful

Judges 4:4-10, 12-16

## This Week's Focus

Is it difficult for you to take people at their word? Do you tend to be more naturally trusting of other people, or more suspicious? The degree to which we are willing to trust others depends upon their character and the degree to which they have shown themselves trustworthy toward us and others in the past. If someone fails to follow through with their commitments, we will lose their trust.

God has a perfect track record of faithfulness. We can trust that He will do what He says because He always has. We serve a God who is faithful to us despite our unfaithfulness. He will deliver those who humbly cry out to Him.



## Judges 4:4-10, 12-16

Begin by reading  
the passage  
through two times.

**4** Deborah, a woman who was a prophetess and the wife of Lappidoth, was judging Israel at that time. **5** It was her custom to sit under the palm tree of Deborah between Ramah and Bethel in the hill country of Ephraim, and the Israelites went up to her for judgment. **6** She summoned Barak son of Abinoam from Kedesh in Naphtali and said to him, "Hasn't the LORD, the God of Israel, commanded you: 'Go, deploy the troops on Mount Tabor, and take with you 10,000 men from the Naphtalites and Zebulunites?' **7** Then I will lure Sisera commander of Jabin's forces, his chariots, and his army at the Wadi Kishon to fight against you, and I will hand him over to you." **8** Barak said to her, "If you will go with me, I will go. But if you will not go with me, I will not go." **9** "I will go with you," she said, "but you will receive no honor on the road you are about to take, because the LORD will sell Sisera into a woman's hand." So Deborah got up and went with Barak to Kedesh. **10** Barak summoned Zebulun and Naphtali to Kedesh; 10,000 men followed him, and Deborah also went with him.

**12** It was reported to Sisera that Barak son of Abinoam had gone up Mount Tabor. **13** Sisera summoned all his 900 iron chariots and all the people who were with him from Harosheth of the Nations to the Wadi Kishon. **14** Then Deborah said to Barak, "Move on, for this is the day the LORD has handed Sisera over to you. Hasn't the LORD gone before you?" So Barak came down from Mount Tabor with 10,000 men following him. **15** The LORD threw Sisera, all his charioteers, and all his army into confusion with the sword before Barak. Sisera left his chariot and fled on foot. **16** Barak pursued the chariots and the army as far as Harosheth of the Nations, and the whole army of Sisera fell by the sword; not a single man was left.

Share about a time when you experienced déjà vu, when it seemed like you had the exact same experience twice.

What happened? How did it make you feel?



## What happened to Sisera?

When his army was routed by Barak and Deborah, Sisera hid in Kadesh where Jael, the wife of Heber gave him refuge. When Sisera fell asleep, Jael killed him by driving a tent peg through his temple (Judg. 4:21). For Sisera to die at the hand of a woman rather than in battle was a grave disgrace for a professional soldier.

## Judges 4:4-7

Look at verses 1-4. What was Israel's current situation? How did they end up there?

Who is ultimately responsible for the Israelites' predicament? Why is that important to note?

Why might Barak have been hesitant to go into battle without Deborah? What does this tell us about him?

What do we learn about Deborah and her leadership roles from these verses?



Why did the Israelites cry out to the Lord for help?

What did Deborah command Barak to do? What did Deborah remind Barak about? How might this reminder have been critical to the task?

## Judges 4:8-16

What did Barak ask of Deborah (v. 8)? What difference did Deborah's presence make for Barak and the army (vv. 10, 14)?

Despite Barak's fears, God used him and Deborah to utterly defeat Sisera and Jabin's 900 chariots. What does this tell us about God? How does this encourage or challenge you?



## Central Truth

Our God is faithful to deliver those who humbly cry out to Him.

### Now What?

How has God shown Himself faithful to you and your family in the past?  
How might you deepen your awareness of His faithfulness?

Journal a list of promises in Scripture that God kept. Why is it crucial to remember that God did not keep these promises because of our faithfulness, but because of His own?

What are some ways in your own life that courage is needed to take a stand for God?

Read Romans 12:1. How did Deborah model this passage? What can we learn from her example?



# Personal Challenge

**Dwell:** Schedule a time this week to take a spiritual inventory of your life and how God has guided and directed you. It is important to remember that as a human being with a sin nature, you have a limited perspective on what God is doing in your life, but nonetheless, it is important that we acknowledge God's hand in our everyday lives. In an effort to do so, journal your answers to the following questions.

- What would my life be like today if I had never heard the good news about Jesus?
- When has God used other people to keep me from making a bad decision?
- When have you been really frustrated by your circumstances in life? How do you see God's hand in this? How might He have been working in that situation to tell a better story than you could write for yourself?

**Memorize:** Judges 5:3

**Pray:** Thank God for His promises to provide for us, protect us, and redeem us. Ask Him to help you trust that He is writing a better story for you than you could write for yourself. Pray that you would trust that this is the case even when you face frustrating trials and difficult situations. Look to Him to humble you to see His hand at work, drawing you to Himself in all that you do and in everything that you face.

## Keep on Digging

Read 1 Thessalonians 4:1-12 and journal your findings on what this passage tells you about God's work and His will for your life.