

Together @ Home

Here are some activities you could do together as a family, begin with the story and then do as many or as few as you like, in any order.

Bible Passage

Today we will be exploring the story of Deborah and Jael.

You can find it in your Bible in:
Judges 4

Read the story together – choose a Bible translation or children's story version which best suits your group.



A prayer to say together

Dear God,

Thank you for the lesson Deborah and Jael which reminds us that you give your people the victory.

As we face our own challenges and difficult times help us to remember that you are with us and that you go before us.

Help us to have faith, to listen to your voice and plans like Deborah. Help us to be brave, to trust in you and serve you like Jael.

Amen

Recap

The book of Judges is a story full of cycles. Over and over God's people turn from Him to worship false gods, when their enemies attack, they call on God for help. Throughout the book of Judges God raises up individuals (judges) to lead his people and defeat their enemies.

This story is pretty gory, and often missed out of children's Bibles. If you are looking for a simple child friendly version try this one from www.lambsongs.co.nz. Copy this link to read it online as a flip book. <https://online.flipbuilder.com/zrww/gifa/>

Discussion

A question for adults to ask children

Who was responsible for the victory?

Even though Barak led God's people into battle God went ahead of them. God confused and scattered the army of Sisera so that it was easy for Barak's army to chase and defeat them. Deborah had told Barak that God would use a woman to defeat Sisera and it was Jael who actually killed him. Everything that happened was part of God's plan – verse 23 reminds us that it was God who defeated the enemy of His people!

A question for children to ask adults

Can you think of a time when God gave you a victory?

Family Activity 1

Tent time! Why not create your own indoor tent den together as a family to spend time together in.

Why not enjoy a snack together and a glass of milk... just watch out for tent pegs!





A verse to remember

1 John 5 v 4

**Everyone who is a child of God conquers the world.
And this is the victory that conquers the world—our faith.**

Read this verse from 1 John together. What do you think it means to have victory that conquers the world? How can we build and grow our faith in God? Try to learn this verse together, you could come up with some actions to help you remember it or decorate a copy and put it up somewhere you can see it during the week.

Active Prayer



Life at the moment can feel like our own battle field – we are facing new and challenging times, with obstacles that seem impossible to overcome.

We may feel surrounded by opposition, exhausted from the fight or like we are all alone on the battle field.

The Bible promises us that God is with us, he goes before us into battle and gives us the victory. Why not put on your invisible armour and pray together today. Act out putting on your armour together and call out your prayers to God.

Lift up your **Shield of Faith** as you enter your time of prayer and ask God to **HELP** you trust in Him for victory.

Lift your **Sword of the Spirit** high above your head and **ASK** God to fill you with His power and confidence.

Put on your **Helmet of Salvation** and give a big **THANK YOU** shout to God that he saves us and always gives us the victory.

Strap on your **Breastplate of Righteousness** and take a moment of **SILENCE** to listen to God, make a promise inside your heart to live right for Him this week.

Tie on your **Belt of Truth** take it in turns to **ENCOURAGE** each person in your group with something that God says is true about them.

Lace up your **Sandals of Good News** and **SHOUT THE NAME** of a friend who you want to share God's love with this week.

Family Activity 2

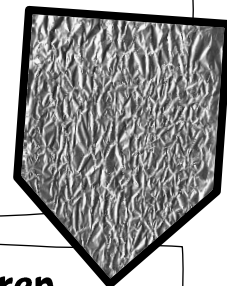
Today's story is all about God giving his people the victory. Why not spend some time playing your favourite family games together this week? You could set up a score board and see who can be champion the most times this week and emerge victorious!



Family Activity 3

Use any cardboard you have around the house to craft and decorate your own shield! You might want to read about the armour of God and the shield of faith in **Ephesians 6 v 10-18**.

If you have tin foil you could cover your shield and use a blunt pencil to create a design on the front.

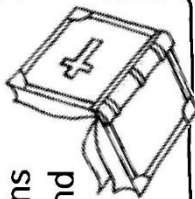


Helping Older Children

Older children might want to use the 'passage to unpack' sheet on the next page to think about the Armour of God and how we can bring our own personal challenges and battles with God.

A passage to unpack Ephesians 6 v 10-18

Find the book of Ephesians in the New Testament, find Chapter 6, and read verses 10-18.



This passage is from a letter written to the church in Ephesus. The writer, Paul wanted to encourage them in their faith.

Verse 11 tells us to put on the full armour of God, each of the pieces of the armour are important. Give some time to thinking about what each part means. Do you give time each day to get yourself ready to live for God?

What are some of the battles and challenges you are facing this week?

We can pray each day and ask God to help us put on our spiritual armour, stand strong and live right for Him.



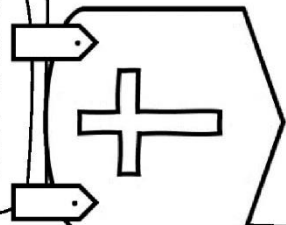
God's salvation is our helmet – salvation is the gift that God gave us through Jesus; forgiveness for our sins and relationship with God.

Knowing and accepting that Jesus died for us changes the way we think and live.

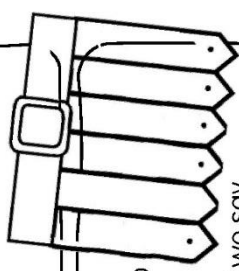
How would you explain salvation to somebody else? Write or draw your own explanation of Jesus' death and resurrection.

The breastplate reminds us to live right for God.

Why not ask God if there is an area of your life where you could change your behaviour to make it more pleasing to Him.

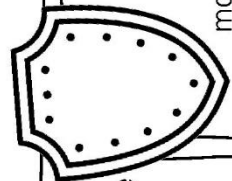


The belt of truth wraps around us. It can be easy to listen to and believe things that others say about us or even negative things that we say about ourselves. Ask God to tell you something true about how He sees you.



Great Job! By spending some time studying the Bible today you have already practised using your sword of the Spirit which is the word of God!

Take some time to read your Bible every day.



The shield of faith protects us from attack. Write down any fears or doubts you have at the moment. Pray and ask God to increase your faith and remove your fears and doubts.



The Good News about Jesus is our footwear – everywhere we walk we carry a message of salvation for others. Draw a picture of a friend who doesn't know Jesus yet and pray for them that they respond to the Good News.



A colouring page you could print and colour together

1 John 5 v 4

Everyone who is a

child of God

CONQUERS



the world.



And this is the

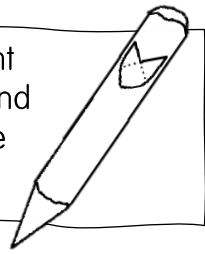
VICTORY

that conquers the world

OUR FAITH.

PUZZLE SHEET

How many tent
pegs can you find
hidden on the
page?



Find these names from the
story hidden in the
wordsearch and cross them
out.

Barak

Deborah

Jael

Sisera

Transfer the remaining letters
from the wordsearch into the
spaces below to reveal
something Deborah said to
Barak!

g e t u p t o d a y
i s t h e d a y d t
h e l o r d w e i l
l a h a n d b o v e
r s r i s o e r a t
h b e e r l o r d h
a s a a s a l r e a
d y h r c i l e a r
e d l e a j s t h e
w a y f o k r y o u

Find the matching
tents and colour
them the same!



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Join the dots in order to reveal the sort of
tree that Deborah used to sit under.

Colour the tree and add your own drawing
of Deborah underneath.

