

Wednesday September 30, 2026

DEBORAH AND BARAK

LESSON AT A GLANCE

WONDER TRUTH: God Can Work through Unlikely People

SCRIPTURE: Judges 4–5

GOD'S BIG STORY: With the wisdom God gives Deborah, the courage of Barak, and the help of a woman named Jael, King Jabin's army is defeated through unlikely people, and God wins the victory!

Activity: Musical Instruments

Activity: Likely or Unlikely

Worship

God's Big Story

Prayer and Blessing

Activity: Where is Sisera?

Wonder@Home™

Designed for families to engage in the wonder of God together at home. This resource includes a video, worship playlists, activities, and more! WONDER@HOME (PDF)

Activity: Musical Instruments

SUPPLIES: toy musical instruments

Set out toy musical instruments. Greet the kids warmly and welcome them to church.

Welcome! Today we're going to learn that God gave His people victory! That means they won! When they won the battle, they celebrated with a victory song. Let's have some fun with musical instruments and celebrate God.

Let the kids play with the musical instruments and encourage them to say, "Yay, God!"

God's Big Story

SUPPLIES: : Bible, toy people figures (3 male, 1 female)

Wonder Ink RESOURCES: [God's Big Story Video](#)

Our part of God's big story today is about a person named Deborah and another person named Barak. Encourage the kids to say "Deborah" and "Barak." **Let's find out from the Bible what happened to them!**

Ahead of time, hide a male toy person figure somewhere in the room (this is Sisera). Show the kids the God's Big Story Video or read the story from the Bible or use the script provided.

Today we're going to hear how God worked through some unlikely people to win victory.

Hold up a toy person representing King Jabin. **This is King Jabin. He was a powerful king. He had a big and powerful army with 900 chariots. Chariots are carts pulled by horses in battle. King Jabin and his army were the enemies of God's people. Even though King Jabin had a strong army, God was not scared of him.**

Hold up a toy person representing Deborah. **This is Deborah, one of God's people. She was a messenger of God and a judge, which means she helped God's people know what to do.**

Hold up a toy person representing Barak. **This is Barak, another one of God's people. Deborah told Barak that he should fight King Jabin because God was going to beat them. God also said He was going to set a trap for Sisera, who was the leader of Jabin's army—their enemies!**

But Barak wouldn't go to the battle unless Deborah would go with him! She said OK, so Barak gathered 10,000 men, and he and Deborah headed out to find Sisera, the leader of the enemy army. Let's see if we can find Sisera!

Lead the kids in looking around the room for another toy person who represents Sisera. **This is Sisera, the leader of the enemy army. God made Sisera's army scared and upset. All their strength was no match for God. Barak and the Israelites defeated the enemy army! They won!**

On that day, Deborah and Barak sang a new song, praising God! Deborah and Barak both played a part in God's victory. God can work through unlikely people.

Watch God's Big Story

Watch the [Deborah and Barak God's Big Story!](#)



Prayer and Blessing

Let's talk to God.

God, thank You for choosing unlikely people to work through in incredible ways. Help us to always be willing to do what You ask, to help in ways You want us to help, and to say the things You want us to say. We love You. In Jesus' name, Amen.

Encourage the kids to hold their hands out in front of them, with palms up, as if their hands were open to receive something. Tell them to listen and receive the blessing as you speak it over them.

Blessing: May you always remember to do what God asks you to do—to help in ways God asks you to help and to speak in ways God wants you to speak. Remember that God can work through unlikely people to do great things!

Activity: Where is Sisera?

SUPPLIES: Sisera figure used in God's Big Story activity

In God's big story, God worked through the unlikely people of Barak and Deborah to find Sisera, the enemy's army leader, and win victory over him. Let's play a game where we try to find Sisera.

Hold up the toy person you used to represent Sisera during the God's Big Story activity, then hide him somewhere around the room when kids aren't watching. Let toddlers take turns finding Sisera and bringing him back to you to hide again.

