

Bible Baptist Church

Adult Bible Study

March 29, 2026

Lesson 3



Text: Judges ***4 & 5 (4:1-6)

Judges 4 & 5

Judges 4 King James Version

4 And the children of Israel again did evil in the sight of the LORD, when Ehud was dead.

2 And the LORD sold them into the hand of Jabin king of Canaan, that reigned in Hazor; the captain of whose host was Sisera, which dwelt in Harosheth of the Gentiles.

3 And the children of Israel cried unto the LORD: for he had nine hundred chariots of iron; and twenty years he mightily oppressed the children of Israel.

4 And Deborah, a prophetess, the wife of Lapidoth, she judged Israel at that time.

5 And she dwelt under the palm tree of Deborah between Ramah and Bethel in mount Ephraim: and the children of Israel came up to her for judgment.

6 And she sent and called Barak the son of Abinoam out of Kedeshnaphtali, and said unto him, Hath not the LORD God of Israel commanded, saying, Go and draw toward mount Tabor, and take with thee ten thousand men of the children of Naphtali and of the children of Zebulun?

7 And I will draw unto thee to the river Kishon Sisera, the captain of Jabin's army, with his chariots and his multitude; and I will deliver him into thine hand.

⁸ And Barak said unto her, If thou wilt go with me, then I will go: but if thou wilt not go with me, then I will not go.

⁹ And she said, I will surely go with thee: notwithstanding the journey that thou takest shall not be for thine honour; for the LORD shall sell Sisera into the hand of a woman. And Deborah arose, and went with Barak to Kedesh.

¹⁰ And Barak called Zebulun and Naphtali to Kedesh; and he went up with ten thousand men at his feet: and Deborah went up with him.

¹¹ Now Heber the Kenite, which was of the children of Hobab the father in law of Moses, had severed himself from the Kenites, and pitched his tent unto the plain of Zaanaïm, which is by Kedesh.

¹² And they shewed Sisera that Barak the son of Abinoam was gone up to mount Tabor.

¹³ And Sisera gathered together all his chariots, even nine hundred chariots of iron, and all the people that were with him, from Harosheth of the Gentiles unto the river of Kishon.

¹⁴ And Deborah said unto Barak, Up; for this is the day in which the LORD hath delivered Sisera into thine hand: is not the LORD gone out before thee? So Barak went down from mount Tabor, and ten thousand men after him.

¹⁵ And the LORD discomfited Sisera, and all his chariots, and all his host, with the edge of the sword before Barak; so that Sisera lighted down off his chariot, and fled away on his feet.

¹⁶ But Barak pursued after the chariots, and after the host, unto Harosheth of the Gentiles: and all the host of Sisera fell upon the edge of the sword; and there was not a man left.

¹⁷ Howbeit Sisera fled away on his feet to the tent of Jael the wife of Heber the Kenite: for there was peace between Jabin the king of Hazor and the house of Heber the Kenite.

18 And Jael went out to meet Sisera, and said unto him, Turn in, my lord, turn in to me; fear not. And when he had turned in unto her into the tent, she covered him with a mantle.

19 And he said unto her, Give me, I pray thee, a little water to drink; for I am thirsty. And she opened a bottle of milk, and gave him drink, and covered him.

20 Again he said unto her, Stand in the door of the tent, and it shall be, when any man doth come and enquire of thee, and say, Is there any man here? that thou shalt say, No.

21 Then Jael Heber's wife took a nail of the tent, and took an hammer in her hand, and went softly unto him, and smote the nail into his temples, and fastened it into the ground: for he was fast asleep and weary. So he died.

22 And, behold, as Barak pursued Sisera, Jael came out to meet him, and said unto him, Come, and I will shew thee the man whom thou seekest. And when he came into her tent, behold, Sisera lay dead, and the nail was in his temples.

23 So God subdued on that day Jabin the king of Canaan before the children of Israel.

24 And the hand of the children of Israel prospered, and prevailed against Jabin the king of Canaan, until they had destroyed Jabin king of Canaan.

5 *Then sang Deborah and Barak the son of Abinoam on that day, saying,*

2 Praise ye the LORD for the avenging of Israel, when the people willingly offered themselves.

3 Hear, O ye kings; give ear, O ye princes; I, even I, will sing unto the LORD; I will sing praise to the LORD God of Israel.

4 LORD, when thou wentest out of Seir, when thou marchedst out of the field of Edom, the earth trembled, and the heavens dropped, the clouds also dropped water.

⁵ *The mountains melted from before the LORD, even that Sinai from before the LORD God of Israel.*

⁶ *In the days of Shamgar the son of Anath, in the days of Jael, the highways were unoccupied, and the travellers walked through byways.*

⁷ *The inhabitants of the villages ceased, they ceased in Israel, until that I Deborah arose, that I arose a mother in Israel.*

⁸ *They chose new gods; then was war in the gates: was there a shield or spear seen among forty thousand in Israel?*

⁹ *My heart is toward the governors of Israel, that offered themselves willingly among the people. Bless ye the LORD.*

¹⁰ *Speak, ye that ride on white asses, ye that sit in judgment, and walk by the way.*

¹¹ *They that are delivered from the noise of archers in the places of drawing water, there shall they rehearse the righteous acts of the LORD, even the righteous acts toward the inhabitants of his villages in Israel: then shall the people of the LORD go down to the gates.*

¹² *Awake, awake, Deborah: awake, awake, utter a song: arise, Barak, and lead thy captivity captive, thou son of Abinoam.*

¹³ *Then he made him that remaineth have dominion over the nobles among the people: the LORD made me have dominion over the mighty.*

¹⁴ *Out of Ephraim was there a root of them against Amalek; after thee, Benjamin, among thy people; out of Machir came down governors, and out of Zebulun they that handle the pen of the writer.*

¹⁵ *And the princes of Issachar were with Deborah; even Issachar, and also Barak: he was sent on foot into the valley. For the divisions of Reuben there were great thoughts of heart.*

16 Why abodest thou among the sheepfolds, to hear the bleatings of the flocks? For the divisions of Reuben there were great searchings of heart.

17 Gilead abode beyond Jordan: and why did Dan remain in ships? Asher continued on the sea shore, and abode in his breaches.

18 Zebulun and Naphtali were a people that jeopardated their lives unto the death in the high places of the field.

19 The kings came and fought, then fought the kings of Canaan in Taanach by the waters of Megiddo; they took no gain of money.

20 They fought from heaven; the stars in their courses fought against Sisera.

21 The river of Kishon swept them away, that ancient river, the river Kishon. O my soul, thou hast trodden down strength.

22 Then were the horsehoofs broken by the means of the pransings, the pransings of their mighty ones.

23 Curse ye Meroz, said the angel of the LORD, curse ye bitterly the inhabitants thereof; because they came not to the help of the LORD, to the help of the LORD against the mighty.

24 Blessed above women shall Jael the wife of Heber the Kenite be, blessed shall she be above women in the tent.

25 He asked water, and she gave him milk; she brought forth butter in a lordly dish.

26 She put her hand to the nail, and her right hand to the workmen's hammer; and with the hammer she smote Sisera, she smote off his head, when she had pierced and stricken through his temples.

27 At her feet he bowed, he fell, he lay down: at her feet he bowed, he fell: where he bowed, there he fell down dead.

28 The mother of Sisera looked out at a window, and cried through the lattice, Why is his chariot so long in coming? why tarry the wheels of his chariots?

29 Her wise ladies answered her, yea, she returned answer to herself,

30 Have they not sped? have they not divided the prey; to every man a damsel or two; to Sisera a prey of divers colours, a prey of divers colours of needlework, of divers colours of needlework on both sides, meet for the necks of them that take the spoil?

31 So let all thine enemies perish, O LORD: but let them that love him be as the sun when he goeth forth in his might. And the land had rest forty years.

Introduction: Today's lesson deals with what happens when one believer trust in the Lord—even against all odds. One with God is a majority! Do we really believe this? Think about:

- Do you find yourself facing a mountain too high?
- Do you find yourself facing a river too wide to cross?
- Do you find yourself facing pain too much to bear?
- Do you find yourself facing an enemy too strong to overcome?

Here in our lesson the Jews were underbondage again for 20 years – through the hand of King Jabin, which made their lives totally miserable. But just remember that the Lord is still God and He is always there with you, just as He was with the next judge of Israel.

Today we will see the 4th judge the Lord raised up, which was a woman name Deborah.



Some facts about her:

- Her name means “bee” – as a bee it ranks one of the most intelligence creature in the animal kingdom. Deborah was in the group of the top wisest women in the Old Testament, but she also had a fatal sting for her enemies, should they get in her way.
- She was married to her husband – Lapidoth – Judges 4:4b
- She was a judge and prophetess – providing spiritual and civil guidance to Israel – Judges 4:4,5
- She was a military leader - She instructed the general Barak to assemble 10,000 men to battle Sisera, the commander of Jabin's Canaanite army, and accompanied him to battle – Judges 4:6

- She was a singer for the Lord - After victory, she composed a victory song – Judges 5:1,2
 - It consisted of Praise to the Lord for His mighty victory – vrs. 2-8
 - It consisted of celebration of bravery of those who fought – vrs. 9-15
 - It consisted of gratitude for those who stayed at home and was faithful – vrs. 16,17
 - It consisted of the great defeat of the enemy – vrs. 18-30
 - It consisted of God’s promise of peace – vrs. 31
- She was considered the mother in Israel – Judges 5:7

Note – the Lord did not use a mighty warrior like we seen with Othniel, Shamgar, or Ehud, instead He chose a woman to be a deliver for His people. From her example, the Lord gives us **three virtues** we must posses to stand up against the forces of wickedness.

Lesson: Let’s look at some her virtues she had:

- I. **Deborah’s Commitment** – ***Judges 4 – Deborah was appointed of and by the Lord. Her commitment to things of the Lord shows up in three specific ways.
 - a. She was devoted to God – vrs. 4 – she had a deep, heartfelt commitment and love toward a Holy and Just God and spiritual truth characterized by consistent practice like service as she was a prophetess – who was someone that stands and tells the people what the Lord has said. She took the Lord’s Word and proclaimed it like it was being delivered by God Himself. Devotion - Do we have that same commitment, to take God’s Word as it is and live Him? Luke 16:13; Romans 1:16; Philippians 4:8,9

Luke 16:13;

¹³ No servant can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

Romans 1:16;

¹⁶ For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.

Philippians 4:8,9

⁸ Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

⁹ Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

- b. She was devoted to her family – vrs. 4c – she had a family and it is so sad that families are falling apart. I believe she had respect for her husband and honored her home and the Lord. Remember the Lord instituted the home first back in Genesis 2. Someone once said, “As the family goes, so goes the nation and so goes the whole world in which we live”. Joshua 24:15; Psalms 127:1; Proverbs 3:33; 14:1; 24:3,4

Joshua 24:15;

¹⁵ And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.

Psalms 127:1;

***127** Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.*

Proverbs 3:33;

³³ The curse of the LORD is in the house of the wicked: but he blesseth the habitation of the just.

14:1;

***14** Every wise woman buildeth her house: but the foolish plucketh it down with her hands.*

24:3,4

³ Through wisdom is an house builded; and by understanding it is established:

⁴ And by knowledge shall the chambers be filled with all precious and pleasant riches.

- c. She was devoted to her country – vrs. 4-5 – she lived somewhere between Bethel and Ramah in the hill country of Ephraim and under some palm trees giving guidance and counsel. How was she devoted to her country?
 - i. She heard about the oppression of King Jabin – vrs. 5:6,7
 - ii. She got heated over this oppression and stood up to do something – vrs. 5:6,7It is time that we as God’s children start taking a stand against all this evil and wickedness that is going on around. The only reason why it is “OUT HAND” is because we as Christian have quit standing for the TRUTH and just sitting back and doing nothing!!! Psalms 1:1; 33:12; Isaiah 58:1

Psalms 1:1;

***1** Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.*

33:12;

¹² Blessed is the nation whose God is the LORD; and the people whom he hath chosen for his own inheritance.

Isaiah 58:1

***58** Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.*

Note – Nobody else was willing to take a stand and do something, but Deborah took that stand – What about us here in 2026? Who is going to stand – the Lord is looking for someone to stand?

Ezekiel 22:0???

22 Moreover the word of the LORD came unto me, saying,

² Now, thou son of man, wilt thou judge, wilt thou judge the bloody city? yea, thou shalt shew her all her abominations.

- II. **Deborah's Confidence** – Judges 3:6-9 – she confronted Barak about what the Lord required of him to do against King Jabin, Captain Sisera and their army. Barak lacked the confidence to go into battle and asked if Deborah would go with him – vrs. 8

Judges 3:6-9

⁶ And they took their daughters to be their wives, and gave their daughters to their sons, and served their gods.

⁷ And the children of Israel did evil in the sight of the LORD, and forgot the LORD their God, and served Baalim and the groves.

⁸ Therefore the anger of the LORD was hot against Israel, and he sold them into the hand of Chushanrishathaim king of Mesopotamia: and the children of Israel served Chushanrishathaim eight years.

⁹ And when the children of Israel cried unto the LORD, the LORD raised up a deliverer to the children of Israel, who delivered them, even Othniel the son of Kenaz, Caleb's younger brother.

- a. **She was confident in God's Word** – vrs. 6c – she had the confidence in God's Word, you and I need to have that same confidence. God's Word is always a sure thing - Psalms 19:7

Psalms 19:7

⁷ The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.

- b. She was confident in God's Will – vrs.6d – 8 – she was confident what the will of the Lord was and there was no doubt. You and I need to be confident in the will of the Lord – Proverbs 3:5,6; Ephesians 5:17; Romans 12:2

Proverbs 3:5,6;

⁵ Trust in the LORD with all thine heart; and lean not unto thine own understanding.

⁶ In all thy ways acknowledge him, and he shall direct thy paths.

Ephesians 5:17;

¹⁷ Wherefore be ye not unwise, but understanding what the will of the Lord is.

Romans 12:2

² And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

- c. She was confident in God's Work – vrs. 9 – 24 – she knew the Lord deliver Captain Sisera into their hands.
 - i. The enemies were defeated – vrs. 15,16
 - ii. The evil captain was destroyed – rs. 17-21

III. **Deborah's Courage** – ***Judges 5 – A couple of things to think about:

- a. Fear
 - i. What is fear? It is an unpleasant emotion caused by the belief that someone or something is dangerous, likely to casue pain or a threat!
 - 1. Examples of fear being demonstrated:
 - a. The Israelites at the Red Sea – Exodus 14:10
 - b. The disciples were afraid of the storm – Matthew 4:41
 - c. Peter walking on the water – Matthew 14:30

Exodus 14:10

¹⁰ And when Pharaoh drew nigh, the children of Israel lifted up their eyes, and, behold, the Egyptians marched after them; and they were sore afraid: and the children of Israel cried out unto the LORD.

Matthew 4:4 I did 4

⁴ But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 14:30

³⁰ But when he saw the wind boisterous, he was afraid; and beginning to sink, he cried, saying, Lord, save me.

- ii. Why is it so powerful? It is powerful because it alerts us the actions of “fight or flight” methods within our lives.

Yes, fear is real and the devil uses this emotion to discourage God’s children from doing the work of the Lord.

b. Courage

- i. What is courage? It is facing your fears?

- 1. You see courage is not the absence of fear, but a resolution to trust and obey God in the face of our fears. Deborah displayed courage:

- a. While engaging the terrifying enemy – vs. 13 - Against all odds, she stood with courage. You and I need to display courage in the midst of our enemies – Psalms 23:5; I Peter 5:8; II Timothy 1:7

Psalms 23:5;

⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

I Peter 5:8;

⁸ Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

II Timothy 1:7

⁷ For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Just as Deborah did not allow fear to overcome her, we should do the same – Psalms 34:4; 56:3,4; Proverbs 29:25; Isaiah 41:10; Romans 8:38,39

Psalms 34:4;

⁴ I sought the LORD, and he heard me, and delivered me from all my fears.

56:3,4;

³ What time I am afraid, I will trust in thee.

⁴ In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

Proverbs 29:25;

²⁵ The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.

Isaiah 41:10;

¹⁰ Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

Romans 8:38,39

³⁸ For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

³⁹ Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Conclusion:

When we are facing the seeming impossible, we are in perfect position to simply trust and obey the Lord and watch His glorious power unfurl!!! The **impossible for us** turns into the **"I'm possible" with Christ** – Philippians 4:13

Philippians 4:13

¹³ I can do all things through Christ which strengtheneth me.

