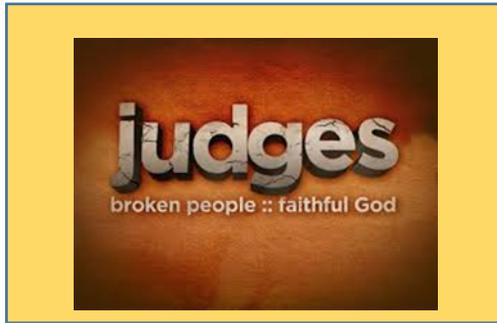


# Bible Baptist Church

## Adult Bible Study

March 29, 2026

### Lesson 3



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

**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 4<sup>th</sup> 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 possess 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
  - 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
  - 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 Christians have quit standing for the TRUTH and just sitting back and doing nothing!!! Psalms 1:1; 33:12; Isaiah 58:1

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

- 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
  - 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
  - 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

- 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
  - 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. Courge
  - 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 – vrs. 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

Just a 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

**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** – Philillians 4:13

