



## LESSON SNAPSHOT

**BOTTOM LINE:**

God wants us to ask for his wisdom and strength.

**OBJECTIVE:**

Kids will ask God to give them wisdom in a current situation.

**KEY PASSAGE:**

Judges 4:1-15a, Deborah

**MEMORY VERSE:**

*"The Lord gives me strength and makes me secure. He has saved me." Psalm 118:14 (NirV)*

**SUMMARY:**

Deborah was leading the people of Israel with wisdom and strength, and God gave the people victory while she ruled. Kids will learn that heroes ask God for wisdom and strength to do his will.

**SIMPLE PRAYER:**

*Dear God,*

*Give us wisdom and strength to do your will.*

*In Jesus' name,  
Amen*



## MEMORY VERSE

*"The Lord is my strength and my defense; he has become my salvation." Psalm 118:14 (NIV)*

*"The Lord gives me strength and makes me secure. He has saved me." Psalm 118:14 (NirV)*

### **LARGE GROUP:**

Write each word of the verse on a poster board. Bring enough kids on stage so each kid can hold one of the words. Then have the kids unscramble the words and put them in order on stage so it can be read by the audience.

### **SMALL GROUP:**

Read the memory verse aloud for each kid. Each time you do, leave out one word. See if the kids can tell you what word you left out.



## SKIT

### INCREDIGIRL NEEDS HELP

#### ITEMS NEEDED:

Super hero costumes

#### CHARACTER BREAKDOWN:

1M, 1F

#### CHARACTERS:

Incredigirl - A super hero

War Eagle - Leader of the Small Town Super Squad

*War Eagle and Incredigirl are on stage.*

EAGLE: Incredigirl, we've got a real problem! Zorana, the Princess of Darkness, is attacking the city! She's built an army of giant robot men, and if we can't stop them, they're going to level the city!

INCREDGIRL: Oh no!

EAGLE: We need a plan. There has to be a way to stop her!

INCREDIGIRL: Call the Air Force. Have them send a few F-35s on an attack run.

EAGLE: They tried that already! The robot armor is too strong for conventional missiles.

INCREDIGIRL: What if we dig a trench around the city? We can summon the Amazing Flame to use his heat vision and create a ring around the city.

EAGLE: The Amazing Flame is on a mission to Moscow!

INCREDIGIRL: Ice Girl! We can have Ice Girl freeze the robots! Or better yet, if she ices over the road leading into the city, the robots will slip and fall and break down!

EAGLE: Ice Girl is in Brazil for the International Beach Volleyball finals.

INCREDIGIRL: Someone attacked the International Beach Volleyball finals?

# SKIT

EAGLE: No, actually, she's competing in the International Beach Volleyball finals. She's on Team Canada.

INCREDIGIRL: Canada? I thought she was from Brooklyn!

EAGLE: The robots will be here any minute! What do we do?

INCREDIGIRL: Okay, War Eagle, you have to trust me.

EAGLE: I do!

INCREDIGIRL Get on your knees.

EAGLE: What?

INCREDIGIRL: On your knees! Now!

*They both kneel.*

EAGLE: Okay, now what?

INCREDIGIRL: Fold your hands, and close your eyes. Lord, it's me, Incredigirl, and this is my friend War Eagle. But you already knew that.

EAGLE: Who are you talking to?

INCREDIGIRL: I'm praying, War Eagle! When I have a problem and I need direction, I pray. I ask God for wisdom to know what to do and the strength to obey him. Just like my Bible hero Deborah.

EAGLE: You have a lot of Bible heroes.

INCREDIGIRL: You would too if you ever read the Bible.

EAGLE: I guess I should read it a little more often.

INCREDIGIRL: God, help us to know how to defeat the robots, and give us the strength to overcome them.

EAGLE: Please, Lord, we need you! It's going to take a miracle.

INCREDIGIRL: War Eagle, that's it!

# SKIT

EAGLE: What's it?

INCREDIGIRL: God, thank you! I know what we have to do! Thank you for hearing me!

EAGLE: What did he say? What did he say?

INCREDIGIRL: Meet me at the Justice Copter in two minutes. And grab all the Miracle Whip out of the fridge!

EAGLE: Miracle Whip? Are we going to mayonnaise the robots to death?

*They both run off.*



## OBJECT LESSON OR KIDS SERMON

### ITEMS NEEDED:

An exercise mat

How many of you guys have exercise mats like these at home? Does anyone have a treadmill? Or an exercise bike? Or a weight set? These are all great tools to help us build healthy and strong bodies. When we exercise daily - be it on a mat, on a machine, or outside - we are building strength that will help us live healthy, active lives.

Sometimes we need strength for things that aren't just physical. God has a plan for our lives, but we need God's help to fulfill those plans. God will give us the wisdom to know what to do and the courage to take action. But first, we have to ask him!

No one gets in shape by thinking about exercise. They get on the mat, they grab the weights, and they do the work. If we want God's strength, we have to do the work. We need to ask. Whatever challenge is facing you, ask God to help, and he will give you wisdom and courage.



## LARGE GROUP GAME

### THE PRICE GAME

#### ITEMS NEEDED:

Three grocery products  
Three oversized price tags

#### INSTRUCTIONS:

This is a Price is Right-style game. One player will be given three price tags that say 1, 2 and 3 on them and attempt to put the 1 on the most expensive item, the 2 on the second most expensive item and the 3 on the cheapest item. Encourage the audience to shout out suggestions and help the player to win this game. When all of the items are priced, let the player know if they have any tags wrong, and give them ONE chance to switch tags. Then reveal the prices. If they get all three prices correct, they win.

#### VARIATION:

For younger kids, keep the game as easy as possible. For example, get three items that should be fairly easy to guess which is least expensive and most expensive, such as a small can of vegetables, a big box of cereal, and a 2-liter soda.

#### WHAT'S THE POINT?

When we need wisdom, God will give us wisdom, and the courage to act on it.



## LARGE GROUP LESSON

### **BOTTOM LINE:**

God wants us to ask for his wisdom and strength.

### **OBJECTIVE:**

Kids will ask God for help with a problem they have.

### **KEY PASSAGE:**

Judges 4:1-15a, Deborah

### **INTRO:**

One of the most interesting comic book series of all time has to be the X-Men. The X-Men are mutants, humans who have super powers because of something that has happened in their genetic code. A mutation here or there, and an ordinary person is able to walk through walls, change their appearance, teleport from one place to another, manipulate metal, heal their bodies from terrible injury, and even read minds!

The X-Men have also always been unique because unlike the Justice League and the Avengers, the X-Men have always had more than one female hero on the team.

X-Men was unique in one other aspect. Most of the X-Men were either students or teachers at a private school, founded by Professor Charles Xavier. Professor X made it his mission to seek out potential X-Men while they were still kids so he could guide them to use their powers for good. He knew that young mutants would need encouragement and wisdom to do the right thing, and the professor was always there for them.

If any of the X-Men needed help, they turned to Professor X. They trusted him to give them good advice, and he was always willing to listen and encourage them.

Today's Wonder Woman of the Bible had someone she turned to when she needed help. Her name was Deborah, and she was a prophet - a person who received messages directly from the Lord. When Deborah needed help, she pointed her people to the one source of all wisdom: God!



# LARGE GROUP LESSON

## READ JUDGES 4:1-15A

### MAIN POINT:

Deborah was the leader of Israel during a time when Israel was being abused by a very cruel king. God was ready to save Israel from their enemies, and God had given Deborah the plan to defeat them.

Deborah shared the plan with Barak, but Barak wasn't quite so courageous as Deborah. He said okay, I'll do what you ask, but you have to go with me. Deborah had the courage to go with Barak into battle, trusting that God would be true to his word and defeat their enemies.

Last week we talked about how God has a plan for our lives, only we can fulfill. Deborah's story shows us that God will give us the wisdom and courage to fulfill that plan. When we trust God, he will show us the way to go, and he will give us the courage to fulfill his plans.

### DRIVE IT HOME:

In this world there are many people who have big hopes and dreams, People want to be pop stars. People want to be movie stars. They want to start their own business. They want to be professional football players. They dream about being someone famous and doing something great, but they never even come close because they have no plan to get there.

God has no intention of leaving us hanging. He has a plan for us, and if we are willing to listen, he will show us that plan. God will lead us to the right people and the right places at just the right time to fulfill his plans. He will give us the wisdom to know what to do. We just need to ask, and God will direct us.

God will do more than just give us direction. He will give us courage. He will give us the motivation and the bravery we need to fulfill his plans. God doesn't want us to be timid like Barak. God wants us to trust him completely, like Deborah. If we trust him, we will have the courage we need to obey him and do what he commands.

Maybe God is calling you to make a new friend. Maybe God is calling you to give up some of your allowance to help others. Maybe God is calling you to serve a neighbor who is elderly and needs some extra help. All of these things can seem daunting and a little scary, but if we trust God, he will give us the wisdom and courage to follow his plan.

God has a plan to do big things in your life. He will give you wisdom, and he will give you the courage. It all starts when you ask God for help. Ask God to give you the direction, and he will also give you the courage you need to do his will.

# LARGE GROUP LESSON

## **CLOSE WITH A SIMPLE PRAYER:**

*Dear God,*

*Give us wisdom and strength to do your will.*

*In Jesus' name,*

*Amen*



## SMALL GROUP DISCUSSION (K-2ND)

### ICEBREAKER:

If you were a super hero, whom would you turn to when you needed advice?

### MEMORY VERSE ACTIVITY:

#### Psalm 118:14

Read the memory verse aloud for each kid. Each time you do, leave out one word. See if the kids can tell you what word you left out.

### SMALL GROUP GAME/ACTIVITY:

Play a game of Simon Says, listening to Simon and following his “plans.”

### DISCUSSION QUESTIONS:

#### Read Judges 4:1-15a

Who was Deborah?

What did Deborah tell Barak to do?

What did Barak say to Deborah about the request?

What happened when Barak obeyed God?

Is there something happening in your life right now where you need some wisdom?

### SIMPLE PRAYER:

*Dear God,*

*Help us to always turn to you when we need direction to follow your will.*

*In Jesus' name,*

*Amen*



## SMALL GROUP DISCUSSION (3-5TH)

### ICEBREAKER:

If you were a super hero, whom would you turn to when you needed advice?

### MEMORY VERSE ACTIVITY:

**Psalm 118:14**

Read the memory verse aloud for each kid. Each time you do, leave out one word. See if the kids can tell you what word you left out.

### SMALL GROUP GAME/ACTIVITY:

Play a game of Simon Says, listening to Simon and following his “plans.”

### DISCUSSION QUESTIONS:

**Read Judges 4:1-15a**

What did Deborah tell Barak to do?

Why did Barak tell Deborah to come with him?

What did God say would happen because Barak doubted?

Have you ever asked God to give you direction to follow his plan?

Is there something happening in your life right now where you need some wisdom?

### SIMPLE PRAYER:

*Dear God,*

*Help us to always turn to you when we need direction to follow your will.*

*In Jesus' name,*

*Amen*



## POWERPOINT REVIEW GAME

### JEOPARDY

This woman was not only a prophet but a leader of Israel.

WHO WAS DEBORAH?

Deborah's story appears in this book of the Bible.

WHAT IS JUDGES?

This wicked king was hurting the people of Israel when Deborah was their leader.

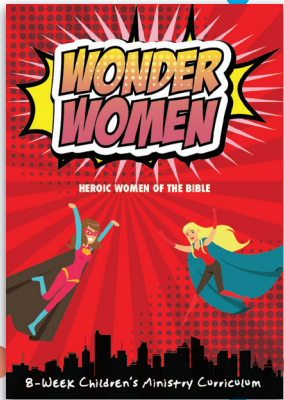
WHO WAS SISERA?

Deborah told this man to lead Israel into battle to defeat Sisera.

WHO WAS BARAK?

This is who can give us wisdom and courage to do the right thing.

WHO IS GOD?



# MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

## Wonder Women Lesson 5

### THIS WEEK'S LESSON: DEBORAH, WARRIOR LEADER



#### IN THE CAR:

Ask your child what they learned about this week on the drive home:

Deborah was leading the people of Israel with wisdom and strength, and God gave the people victory while she ruled. Heroes ask God for wisdom and strength to do his will.

Judges 4:1-15a, Deborah



#### HANGING OUT:

Make this week's lesson real:

Tell your kids about a mentor, coach, or other source of wisdom who has blessed you in your life, past or present.



#### AT DINNER:

Here are some great discussion starters:

- What did God tell Deborah to do?
- How did Deborah have the courage to go into battle with Barak?
- How can we get the wisdom and courage to do God's will?



#### AT BEDTIME:

Quiz your child on this week's memory verse:

*"The Lord gives me strength and makes me secure. He has saved me." Psalm 118:14 (NirV)*



#### PARENT TIME:

What you need to know:

God has a plan for our lives, and he will give us the wisdom to follow that plan and the courage to see it through. Thank God for his providence, and ask him to guide your children as they seek his will.



"The Lord gives me strength. I sing about him. He  
has saved me."  
- Psalm 118:14 (NIRV)



"The Lord gives me strength. I sing about him. He  
has saved me."  
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"The Lord gives me strength. I sing about him. He  
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"The Lord gives me strength. I sing about him. He  
has saved me."  
- Psalm 118:14 (NIRV)



## CRAFT ACTIVITY

Have the kids make a spyglass using construction paper rolled and taped, or using paper towel rolls that they can decorate. These spyglasses will remind them to look to God for wisdom and courage to do his will.