

Deborah and Jael

Judges 4-5

Based on the NLT

Introduction

God used a foreign woman to help his people enter the land he had promised them. Many years later, when they occupied their land, God used another foreign woman to help save them from their enemies.

Judges 4:1-24

God's people were again doing evil in God's sight. ² So God turned them over to an enemy king and his army who...ruthlessly oppressed God's people for twenty years. Then God's people cried out to him for help.

⁴ *Deborah...was a prophet who was judging God's people at that time...⁶ One day she sent for Barak...She said to him, "This is what our God commands you: Call out 10,000 warriors from among God's people. ⁷ And I (God) will call out the enemy army...to a certain River. There I will give you victory over him."*

⁸ *Barak told her, "I will go, but only if you go with me."*

⁹ *"Very well," she replied, "I will go with you. But you will receive no honor in this venture, because God's victory over our enemies will be at the hands of a woman." So Deborah went with Barak to the river...*

¹⁴ *Then Deborah said to Barak, "Get ready! This is the day God will give you victory over Sisera, because God is marching ahead of you." So Barak led his 10,000 warriors down...into battle. ¹⁵ When Barak attacked, God threw the enemy army into a panic. Every one of the enemy soldiers was killed, but the commander escaped...*

¹⁷ *The commander ran to the tent of Jael, the wife of a foreigner who had formed an alliance with his people...¹⁸ Jael went out to meet Sisera and said to him, "Come into my tent, sir. Come in. Don't be afraid." So he went into her tent, and she covered him with a blanket.*

¹⁹ *"Please give me some water," he said. "I'm thirsty." So she gave him some milk...and covered him again.*

²⁰ *"Stand at the door of the tent," he told her. "If anybody comes and asks you if there is anyone here, say no."*

²¹ *But when he fell asleep from exhaustion, Jael quietly crept up to him with a hammer and tent peg in her hand. Then she drove the tent peg through his temple and into the ground, and so he died.*

²² *When Barak came looking for the commander, Jael went out to meet him. She said, "Come, and I will show you the man you are looking for." So he followed her into the tent and found the enemy commander lying there dead, with the tent peg through his temple.*

²³ *So on that day God's people saw God defeat the enemy king. ²⁴ And from that time on God's people became stronger and stronger against their enemy until they finally destroyed him.*

And Deborah and Barak praised God for what he had done to defeat the enemy! They said,

Judges 5:24

“Most blessed among women is Jael...May she be blessed above all women who live in tents.

Judges 5:31

“LORD, may all your enemies die like Sisera! But may those who love you rise like the sun in all its power!”

Then there was peace in the land for forty years.