



### Challenge from the podcast:

Consider what has led to this trouble in your life. Realize that God has a plan for your victory. Write out a BOLD prayer using the verses from page 2.

## Listener's Guide

**It's often unfair to judge others actions, when we don't know their history.**  
These are the events that led up to our date with Jael.

What **ONE phrase** will complete each of these verses?

Judges 1:19 — *The Lord was with the people of Judah, and they took possession of the hill country. But they \_\_\_\_\_ to \_\_\_\_\_ the people living in the plains, who had iron chariots.*

Judges 1:21 — *The tribe of Benjamin... \_\_\_\_\_ to \_\_\_\_\_ the Jebusites...*

Judges 1:27 — *The tribe of Manasseh \_\_\_\_\_ to \_\_\_\_\_ the people...*

Judges 1:29 — *The tribe of Ephraim \_\_\_\_\_ to \_\_\_\_\_ the Canaanites...*

Judges 1:30 — *The tribe of Zebulun \_\_\_\_\_ to \_\_\_\_\_ the residents...*

Judges 1:31 — *The tribe of Asher \_\_\_\_\_ to \_\_\_\_\_ the residents...*

Judges 1:33 — *the tribe of Naphtali \_\_\_\_\_ to \_\_\_\_\_ the residents...*

**God always has a plan to save those who cry out to Him.**  
This is how He provided for the Israelites to be delivered.

Since the people began to live with the problem they were supposed to DRIVE OUT, they subjected themselves to much war and oppression. Then they cried out to God for help and God gave them new leaders.

Judges 2:16-17 — *Then the Lord raised up \_\_\_\_\_ to rescue the Israelites from their attackers. Yet Israel did not listen to the judges but prostituted themselves by worshiping other gods. (hint: the name of this book of the Bible)*

**When we listen to the Lord, He will give us wisdom.**  
Deborah was the judge who prophesied about Jael.

These are the words of Deborah, the prophetess, spoke to the commander of the Israelite army.

Judges 4:6-7 — *She said to him, "This is what the Lord, the God of Israel, commands you: Call out 10,000 warriors from the tribes of Naphtali and Zebulun at Mount Tabor. And I will call out Sisera, commander of Jabin's army, along with his chariots and warriors, to the Kishon River. There I will \_\_\_\_\_ you \_\_\_\_\_ over him."*

*When Barak, the commander would not go without Deborah, this is what she said to him...*

Judges 4:6-7 — *Very well," she replied, "I will go with you. But you will receive no honor in this venture, for the Lord's \_\_\_\_\_ over Sisera will be at the hands of a \_\_\_\_\_." (this is the prophecy of Jael)*

## Reflection

Consider your own history. Are there circumstances that have led you to where you are now?

Sisera, the enemy commander represents the unwelcome trouble in our life. He is bossy and demanding, expecting us to give in and open our door to hide him in our life.

But God has greater plans for us. Plans for redemption, rescue and renewal. Plans for victory, even with hands of a woman!

### Jael: Use what God has given



What is your Sisera? Are you trusting God to defeat it today?

*So on that day Israel saw God defeat Jabin, the Canaanite king. And from that time on Israel became stronger and stronger against King Jabin until they finally destroyed him. Judges 4:23 NLT*

Here is a 7-day devotional guide to encourage you this week. Inspired by the wisdom of Proverbs 12, reflect on each verse and consider how God can guide us to be wise.

#### Sunday

Proverbs 12:16 instructs us to COVER insult

*A fool's displeasure is known at once, but whoever ignores an insult is sensible.*

Let us not allow insult or wrongdoing of others influence our behavior. Rather let us calmly respond, trusting God to strengthen and defend us in time of need.

#### Monday

Proverbs 12:1 encourages us to love knowledge

*Whoever loves discipline loves knowledge, but one who hates correction is stupid.*

God will discipline us just as a good father sets boundaries for his child. Let us realize this gaining knowledge rather than condemnation.

#### Tuesday

Proverbs 12:3 tells us how to stand firm

*Man cannot be made secure by wickedness, but the root of the righteous is immovable.*

Just as the Lord threw Sisera's chariots into a panic, causing him to flee on foot, wickedness will not protect us. Rather let us be rooted in righteousness.

#### Wednesday

Proverbs 12:6 considers our WORDS

*The words of the wicked are a deadly ambush, but the speech of the upright rescues them.*

Let us be careful with our words as they have the power to ambush not only others, but ourselves. Ask God to guard your words and fill you with wisdom.

#### Thursday

Proverbs 12:11 encourages hard work

*The one who works his land will have plenty of food, but whoever chases fantasies lacks sense.*

Just as Jael worked to establish her home, setting up the tents, we too will gain skills and strength, empowering us with what is required to provide and protect our family.

#### Friday

Proverbs 12:20 encourages honesty

*Deceit is in the hearts of those who plot evil, but those who promote peace have joy.*

Let us, like Jael, speak peaceful words that bring safety and joy to ourselves and our home. Let us put aside deceit as it only brings destruction.

#### Saturday

Proverbs 12:25 lifts our spirits

*Anxiety in a man's heart weighs it down, but a good word cheers it up.*

Anxious thoughts are heavy thoughts. Let us speak the words of the Lord aloud, encouraging ourselves and others as we walk through our days.

**Deny the Lies!**

*So humble yourselves before God. Resist the devil, and he will flee from you.*

James 4:7