

## SERMON DISCUSSION GUIDE

Sunday, October 3, 2022

Judges 4-5

In Those Days: Ruler and Rescuer

### GOING DEEPER

Can you think of a song that exaggerates an idea to the point of hyperbole, but gets the point across (e.g. "Gonna Be (500 Miles)" by The Proclaimers or "Cry Me a River" by Justin Timberlake)? What are some you know?

Read **Judges 4–5** and compare the actual story (chapter 4) with the song (chapter 5).

- What differences do you see?
- How does it drive the actual truths of the story deeper into your heart?
- How does this help you understand Genesis 1–2 and Exodus 14–15?

Judges 4–5 recount the third cycle of the book of Judges.

- What similarities do you see with the other cycles?
- What differences do you see?
- What do you think we are supposed to be learning?

### APPLICATION

We see Deborah as a wise ruler, and Barak as a rescuer. How do each of these individuals resemble Jesus?

- Where do you resist Christ's rule over you?
- How are you missing his wisdom?
- How does he want to rescue you this week?

Close by reading Psalm 20:7.