



Deborah and Barak

May 31, 2026

Questions for Study and Group Discussion

*** Before you begin, please read Judges 4:1-24 as a group.*

1. Icebreaker: This story of Deborah and Barak contains many memorable elements. Which detail “grabs” you the most? Why?
2. The book of Judges repeats a “sin cycle” numerous times — this cycle includes disobedience, defeat, despair, dependence, and deliverance. How do you see the stages of this cycle “mapped” onto Judges 4:1-24? (Connect the stages of the cycle with specific verses in this passage.)
3. Both Deborah and Barak play roles in this passage. Briefly summarize the role each one plays. What stands out to you about this?
4. Focus on Judges 4:8, where Barak adds conditions to his obedience (“I’ll go if ...”). What does this indicate about Barak?
5. What might a “faith-filled” response from Barak have looked like instead?
6. Why is it dangerous to add conditions to obeying God?
7. Are there ways you’re tempted to make obedience conditional in your life right now? What can faith-filled steps of obedience look like?
8. Read Judges 5:1-31, a poetic take on the historical events of Judges 4:1-24. What stands out from the poetry (Judges 5) that provides insight into this larger story?
9. Both women and men are gifted to be used by God and for His purposes. What gifts has God given you? How can these be used for God’s purposes?
10. Practically speaking, what can you do to apply something you read from this passage or heard in the sermon?
11. What other questions or comments do you have about what you’ve looked at in the Bible today?
12. What was your biggest take-away from the message? Why?