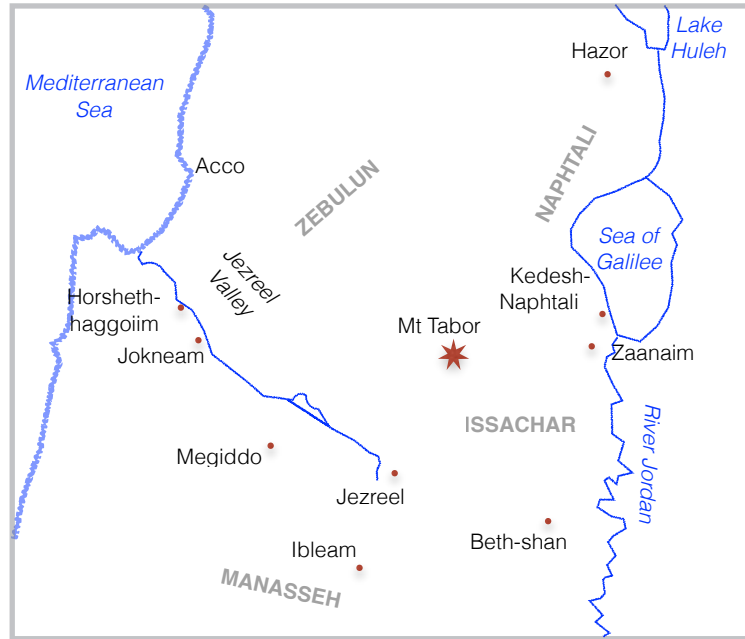


Deborah and Barak (Judges 4-5)

1. Deborah called Barak to her (between Ramah and Bethel) ([Jud 4:5](#)).
2. Barak and Deborah went to Kedesh ([Jud 4:9](#)).
3. Barak called Zebulun and Naphtali ([Jud 4:10](#)) and Issachar, Ephraim, Benjamin and Manasseh ([5:14-15](#)).
4. Together they ascended Mt Tabor ([Jud 4:10,12](#)).
5. Sisera informed of this by Heber the Kenite ([Jud 4:11-12](#)).
6. Sisera gathered his army and 900 chariots to the area of Megiddo ([Jud 4:2,12; 5:19](#)).
7. Sisera then advanced towards Mt Tabor via the River Kishon ([Jud 4:13](#))...
8. As Barak and his 10000 men (under the inspired instruction of Deborah) came down Mt Tabor ([Jud 4:14](#)).
9. Yahweh fought against Sisera bogging his chariots in the River Kishon as it flooded, causing them to abandon them and flee ([Jud 4:15; 5:20-22](#)).
10. Barak and his men therefore pursued Sisera's men toward Harosheth of the Gentiles, until there was not a man left (besides Sisera) ([Jud 4:16](#)).
11. Sisera however fled to jail the wife of Heber, who gave him milk, laid him down and slew him ([Jud 4:17-22; 5:24-27](#)).



This template can be used to create a Bible insert, showing how the events transpired. Draw different coloured lines to show movements of the Israelites, and of Sisera and his men. Then number them to correspond with the description.