

## Chapter 4

After Ehud died,  
the Israelites again began to stray from the Lord  
and therefore again lost their freedom and peace.

The Lord then used Deborah,  
who was a judge and prophetess,  
to rescue the people.

Deborah instructed Barak son of Abinoam  
to go and do battle with Sisera, the people's oppressor.

Barak said he would go only if Deborah went with him.  
She agreed but then said that  
his hesitation would cause the Lord  
to give battle victory to a woman, not Barak.

When Barak's forces routed those of Sisera,  
Sisera fled and took refuge  
in the tent of Jael, wife of Heber.

As Sisera slept from exhaustion,  
Jael drove a tent peg into his head and he died.

So once again the Lord had rescued the Israelites.

Dear God, please give me more courage  
in the battle of life,  
(and please protect and bless *Barack* Obama!)