Getting Started:
Have the group brainstorm famous women’s names and what they are famous for.

Read Judges 4:1-16 Deborah stands out as the one and only female judge over Israel.
Reread verses 4 and 5 and list all the characteristics you can learn about her.

Pastor, Counselor and Author Danny Silk, in his book ‘Keep Your Love On’ describes “powerless” people as filling one of 3 unhealthy roles in relationships – Victim (they are always wanting to be rescued), Rescuer (they have to be inserting themselves into others life decisions) or Bad Guy (they need to intimidate and control to feel powerful). Examine the story of Deborah [Judges 4&5] to prove that she filled neither of these roles but was in fact a POWERFUL person (someone who knows they are responsible for their own actions and others are responsible for theirs) who fought like a girl.

1. Girls see THE NEED TO FIGHT – Judges 5:7 Deborah lived 20 years under the oppressive rule of the King of Canaan with her fellow Israelites and was obviously highly respected. Then one day she decides Israel just isn't going to take it anymore!! What makes one day or one season different than another in our lives-when we decide we cannot tolerate injustice or dysfunction any longer?

2. Girls are UNLIKELY WARRIORS – Judges 4:6-9a What did Deborah ‘lack’ compared to Sisera or Barak? What set her apart?

3. Girls get THE TIMING – Judges 4:14 This is related to the discussion around point number 1. Do the group members have any personal observations about women’s ability to judge timing?

4. Girls "ADD" DIFFERENTLY – Judges 4:10,13,15-16 Sisera is a historical figure that shows up in many ancient texts including the biblical manuscript. Many legends are told of him (fishing with his beard; shaking the earth when he spoke; billions of soldiers at his command....), which are most likely not true but are evidence he was one fearsome guy with a reputation that preceded him. And Barak had 10,000 men. That’s it. But what did Deborah think to ‘add’ into the equation that Barak did not? How have group members experienced the difference the presence of God makes in their circumstance?

5. Becky Carleton (and her husband Steve) was asked by Bill Prankard Evangelical Association to solve the problem of youth suicide in the Northern communities of Canada. Government and Medical specialists and millions of dollars could not solve the problem but Bill (in faith) believed they could play a key role. How is this related to some of the principles the group has been discussing from Judges 4?

6. Gail Gonzalez has experienced deep, profound, and complete healing. It has taken years and it has not always been a smooth journey but she is the epitome of what it is to be a ‘freedom fighter’. Share stories of hope, deliverance and redemption with one another to end your time together. And pray for one another