



Reframe Your Reality

Judges 4:1,3: Jabin king of Canaan...[and] Sisera, the commander of his army...had nine hundred chariots fitted with iron and had cruelly oppressed the Israelites for twenty years, so [Israel] cried to the Lord for help. -

Judges 4:14-15: ¹⁴ Then Deborah said to Barak, "Go! This is the day the Lord has given Sisera into your hands. Has not the Lord gone ahead of you?" So Barak went down Mount Tabor, with ten thousand men following him. ¹⁵ At Barak's advance, the Lord routed Sisera and all his chariots and army by the sword, and Sisera got down from his chariot and fled on foot. -

Isabelle Hamley, "Judges chronicles a nation's struggle to self-define (and self-defining is part of the problem)".

¹Judges 5:4-5, 20-21: ⁴ "When you, Lord, went out from Seir, when you marched from the land of Edom, the earth shook, the heavens poured, the clouds poured down water. ⁵ The mountains quaked before the Lord, the One of Sinai, before the Lord, the God of Israel. ²⁰ From the heavens the stars fought, from their courses they fought against Sisera. ²¹ The river Kishon swept them away, the age-old river, the river Kishon. March on, my soul; be strong!

"The poem interprets the story theologically, but also seeks to shape the national identity of Israel." Isabelle Hamley

"[Individuals] who find redemptive meaning in suffering and adversity... tend to enjoy higher levels of mental health, well-being, and maturity." — from Narrative Identity (McAdams / McLean)

Remembering what others have done for us helps locate our identity in relationship, not isolation or self-performance.

"What story does this story make me think of?"

Hyperlink to Exodus

Oppression (Judges 4:3; Exodus 1:8-10)

Cried out (Judges 3:3; Exodus 3:7)

Chariots (Judges 4:3; Exodus 14:23)

Judge (Judges 4:4; Exodus 18:13)

Enemy is routed/panicked (Judges 4:15; Exodus 14:24)

Earth quaked (Judges 5:5; Exodus 19:18)

Sinai (Judges 5:5; Exodus 19:18)

Waters swept enemy away (Judges 5:21; Exodus 14:26)

Salvation (Judges 5:31; 15:11-12)

Exodus Motif: God's rescue from evil, through chaotic waters, the establishment of a covenant relationship, and the promise of restoration.

"The kingdom of God is here". "Follow me".

John 16:33: 33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

"already-and-not-yet".

Deuteronomy 6:20-2: "When your son asks you [what is the meaning of all this] you shall say, 'We were slaves of Pharaoh in Egypt, but the Lord brought us out.'"

What story are you telling yourself?

God, help me to enter into your story. To experience the rescue that you offer and the restoration you promise.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.