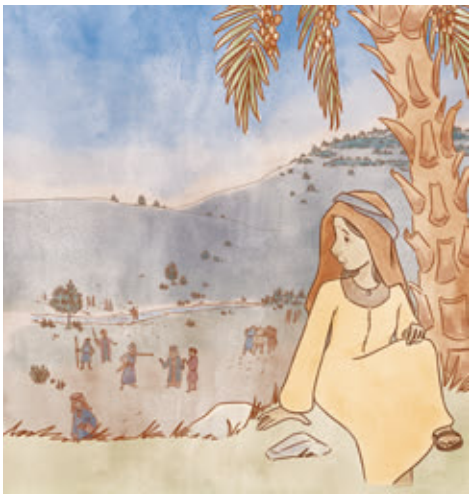
Ready to receive

Judges 4:1-7

God's people are crying out for help. Deborah, a prophetess and judge of Israel, is sitting under a palm tree when she delivers a message from God. God gives the Israelites clear direction for how they should act against their oppressors and how God will assist them.

Read this week's passage:



Research

Find out about some important or notable leaders and how they have used listening to help them lead well.

LISTEN

Listen to 'Your word, O Lord', Chris Pearse. Which of the verses stands out most to you? What would it mean to have God's word within us?

CRAFT

Make a palm tree by using a tube, e.g. from kitchen roll, and painting it brown. Then cut some leaves from green paper or use some spare green fabric, card or other material. Place it somewhere in your house where you will see it and use it as a reminder to stop, be still and listen to God during this week.

Living Scripture

'She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim; and the Israelites came up to her for judgement.' Judges 4:5

The symbol of the palm tree in this passage means peace and victory. These are the two parts to the story; first Deborah sits in stillness and peace ready to receive from God; next she shares the wisdom of God with the Israelites who, by following what she says, receive victory from God.

All of what happens in this passage seems to hang on the fact that Deborah is still, grounded, and planted underneath a palm tree – she knows where she needs to be to receive from God. She is also contrasted with the Israelites. They are changing, journeying and flitting between one another whereas Deborah is still and stable.

Where do we have moments of stillness in our busy days? Does finding a consistent time for stillness, peace and being planted in one place help us to receive from God?

First impressions

- Where do you like to go to spend time in stillness or reflection?
- What 'leadership qualities' does Deborah display?
- Do you find it easy to listen to God?



Pray

Thank you, God, that we have received from you today.
Help us to remember that we will receive from you again tomorrow.
Make us ready to receive from you each day through others, through turning to you in prayer, through what you reveal to us in the world. Amen.

Take TIME

Consider downloading the Taketime app from the Methodist Church, which offers free, Bible-based, non-directive mindfulness meditations to lead into periods of prayer. Available from your app store or www.taketime.org.uk

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