

Lesser-Known Bible Women



The Power of Fragrance



The Power of Milk



Nurture



Comfort



A hand is reaching into a refrigerated display case to pick up a gallon of Great Value Whole Milk. The shelves are stocked with various milk products, including Lactaid and Egg Whites. A price tag of \$5.48 is visible on the shelf.

Childhood

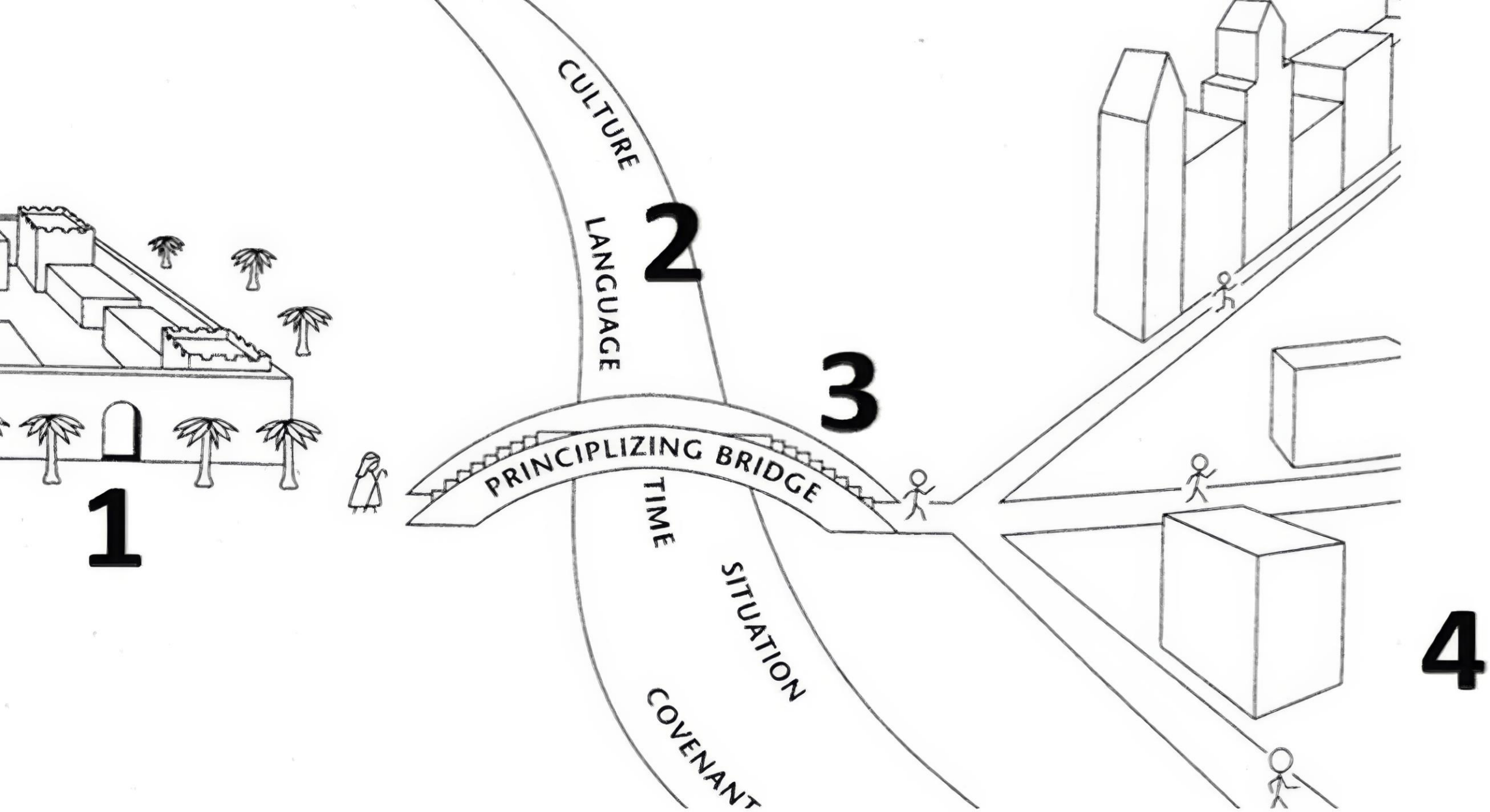


1.3 longlife® KEEP REFRIGERATED • GARDER AU RÉFRIGÉRATEUR

Valeur nutritive		Per serving size (150 mL / 5.1 fl. oz.)	
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 150		4 %	
Total Lipids / Lipides 2.5 g		4 %	
Saturated / saturés 1.5 g		8 %	
+ Trans / trans 0 g			
Cholesterol / Cholestérol 10 mg			
Sodium / Sodium 200 mg		8 %	
Carbohydrate / Glucides 26 g		9 %	
Fibre / Fibres 0 g		0 %	
Sugars / Sucres 26 g			
Proteins / Protéines 8 g			
Vitamin A / Vitamine A		15 %	
Vitamin C / Vitamine C		0 %	
Calcium / Calcium		25 %	
Vitamin D / Vitamine D		4 %	



fresh
chocolate
milk



Does a glass of milk
feature in a horror show?









The context and
characters



The narrative
tension



The theological
implications



The context and characters

Jael: Courage in a Crisis



Israel under oppression



Judges 4:1

And the people of Israel
again did what was evil in
the sight of the LORD after
Ehud died.

Judges 4:1

וַיִּסְפוּ בְנֵי יִשְׂרָאֵל
לַעֲשׂוֹת הָרָע בְּעֵינֵי
יְהוָה וְאַחֲדָם מָתָּה:

Judges 4:2

And the LORD sold them into the hand of Jabin king of Canaan, who reigned in Hazor. The commander of his army was Sisera, who lived in Harosheth-hagoyim.

Judges 4:2

וַיִּמְכְּרֵם יְהוָה בְּיַד יָבִין
מֶלֶךְ-כְּנָעַן אֲשֶׁר מֶלֶךְ
בְּחָצוֹר וְשָׂר-צָבָאוֹ
סִיסֶרָא וְהוּא יוֹשֵׁב
בְּחָרְשֶׁת הַגּוֹיִם:

Judges 4:3

Then the people of Israel
cried out to the LORD for
help, for he had 900
chariots of iron and he
oppressed the people of
Israel cruelly for twenty
years.

Judges 4:3

וַיִּצְעֲקוּ בְנֵי־יִשְׂרָאֵל
אֶל־יְהוָה כִּי תִשָּׁע
מֵאֲוֹת רֶכֶב־בְּרָזָל לּוֹ
וְהוּא לָחֵץ אֶת־בְּנֵי
יִשְׂרָאֵל בְּחִזְקָה עֶשְׂרִים
שָׁנָה:

Israel under oppression



Iron Age vs. Bronze Age



Iron Age vs. Bronze Age



Judges 4:4

Now Deborah, a prophetess, the wife of Lappidoth, was judging Israel at that time.

Judges 4:4

וְדִבּוֹרָה אִשָּׁה נְבִיאָה
אִשָּׁת לִפְיֹדוֹת הִיא
שֹׁפֵטָה אֶת־יִשְׂרָאֵל
בַּעֵת הַהִיא:

Judges 4:5

She used to sit under the palm of Deborah between Ramah and Bethel in the hill country of Ephraim, and the people of Israel came up to her for judgment.

Judges 4:5

וְהִיא יוֹשֶׁבֶת
תַּחַת-תְּמָר דְּבוּרָה בֵּין
רָמָה וּבֵין בֵּית-אֵל
בְּהַר אֶפְרַיִם וַיַּעֲלוּ
אֵלֶיהָ בְּנֵי יִשְׂרָאֵל
לִמְשָׁפֶט:

Deborah: Prophet and Judge



Judges 4:6

She sent and summoned
Barak ...

Judges 4:6

וַתִּשְׁלַח וַתִּקְרָא
לְבָרָק ...

Bring out the
LIGHTNING!



Judges 4:6

She sent and summoned Barak ... and said to him, “Has not the LORD, the God of Israel, commanded you, ‘Go, gather your men at Mount Tabor, taking 10,000 from the people of Naphtali and the people of Zebulun.

Judges 4:6

וַתִּשְׁלַח וַתִּקְרָא לְבָרַק
... וַתֹּאמֶר אֵלָיו הֲלֹא

צִוְּנָה אֲנִי יְהוָה

אֶל־יִשְׂרָאֵל לֵךְ

וּמִשְׁכַּתְּ בְּהַר תַּבּוֹר

וְלָקַחְתָּ עִמָּךְ עֶשְׂרֵת

אֲלָפִים אִישׁ מִבְּנֵי



Judges 4:7

And I will draw out Sisera,
the general of Jabin's
army, to meet you by the
river Kishon with his
chariots and his troops,
and I will give him into
your hand'?"

Judges 4:7

וּמַשְׁכָּתִי אֵלַיךָ אֶל-גִּחַל
קִישׁוֹן אֶת-סִיסֶרָא
שַׂר-צָבָא יָבִין
וְאֶת-רֶכֶבוֹ וְאֶת-הַמִּוֹנוֹ
וְנִתַּתִּיהוּ בְיָדְךָ:



Judges 4:6

She sent and summoned Barak ... and said to him, “Has not the LORD, the God of Israel, commanded you, ‘Go, **gather** your men at Mount Tabor, taking 10,000 from the people of Naphtali and the people of Zebulun.

Judges 4:6

וַתִּשְׁלַח וַתִּקְרָא לְבָרַק
... וַתֹּאמֶר אֵלָיו הֲלֹא

צִוְּנָה אֲנִי יְהוָה

אֱלֹהֵי-יִשְׂרָאֵל לָךְ

וּמִנְשַׁכְתְּ בְּהָרַתְּבוֹר

וְלָקַחְתְּ עִמָּךְ עֶשְׂרֵת

אֲלָפִים אִישׁ מִבְּנֵי

Judges 4:7

And I will draw out Sisera,
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וּמִשְׁכָּתִּי אֵלַיךָ אֶל-גַּחַל
קִישׁוֹן אֶת-סִיסֶרָא
שַׂר-צָבָא יָבִין
וְאֶת-רֶכֶבוֹ וְאֶת-הַמֹּנֹהוּ
וְנִתַּתִּיהוּ בְיָדְךָ:

Bring out the
LIGHTNING!



Judges 4:8

Barak said to her, “If you will go with me, I will go, but if you will not go with me, I will not go.”

Judges 4:8

וַיֹּאמֶר אֵלֶיהָ בָּרַק
אִם-תֵּלְכִי עִמִּי וְהִלַּכְתִּי
וְאִם-לֹא תֵלְכִי עִמִּי לֹא
אֵלֶךְ:

Judges 4:9

And she said, “I will surely go with you.

Nevertheless, the road on which you are going will not lead to your glory, for the LORD will sell Sisera into the hand of a woman.” Then Deborah arose and went with Barak to Kedesh.

Judges 4:9

וַתֹּאמֶר הִלֵּךְ אִלַּיךָ עִמָּךְ
אָפֶס כִּי לֹא תִהְיֶה
תִּפְאַרְתְּךָ עַל־הַדֶּרֶךְ
אֲשֶׁר אַתָּה הוֹלֵךְ כִּי
בִיד־אִשָּׁה יִמָּכַר יְהוָה
אֶת־סִיסֵרָא וְתִקָּם
דְּבוֹרָה וַתֵּלֶךְ עִם־בָּרַק

Judges 4:10

And Barak called out
Zebulun and Naphtali to
Kedesh. And 10,000 men
went up at his heels, and
Deborah went up with
him.

Judges 4:10

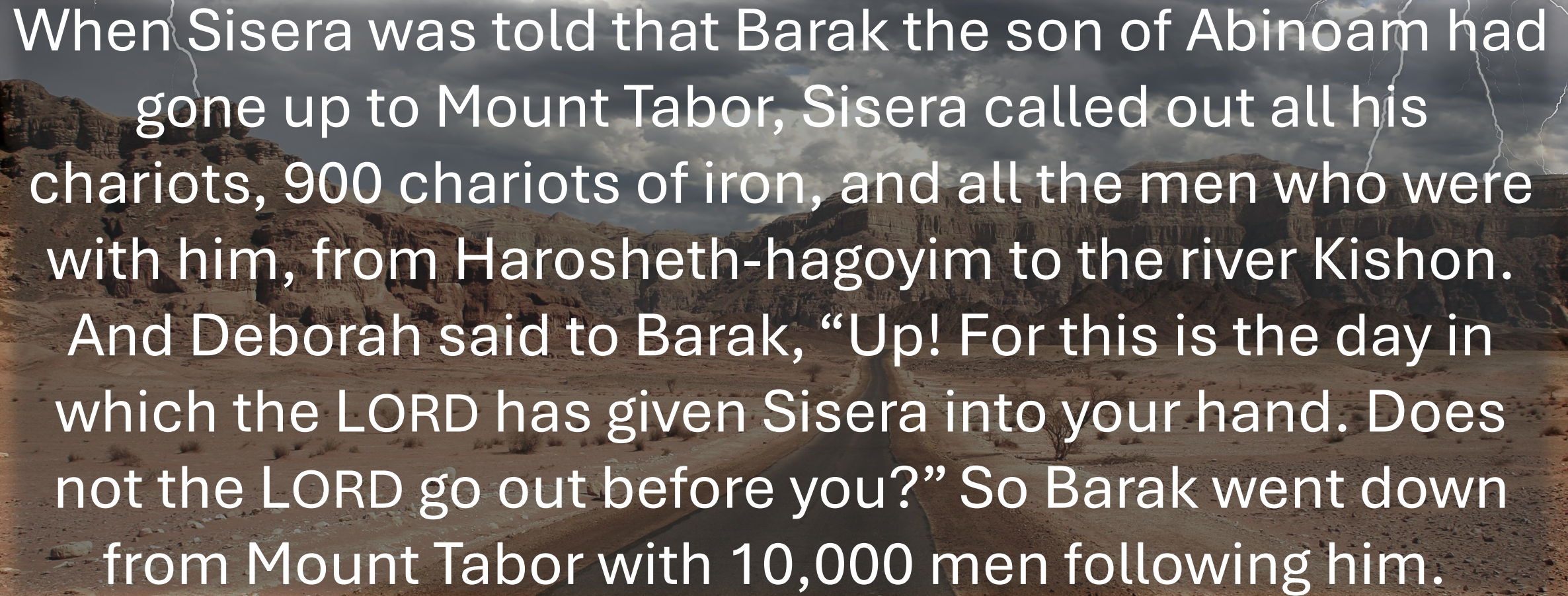
וַיִּזְעַק בָּרָק אֶת־זְבוּלֹן
וְאֶת־נַפְתָּלִי קְדֵשׁה
וַיַּעַל בְּרַגְלָיו עֶשְׂרֵת
אֲלָפֵי אִישׁ וַתַּעַל עִמּוֹ
דִּבּוֹרָה:

Judges 4:11

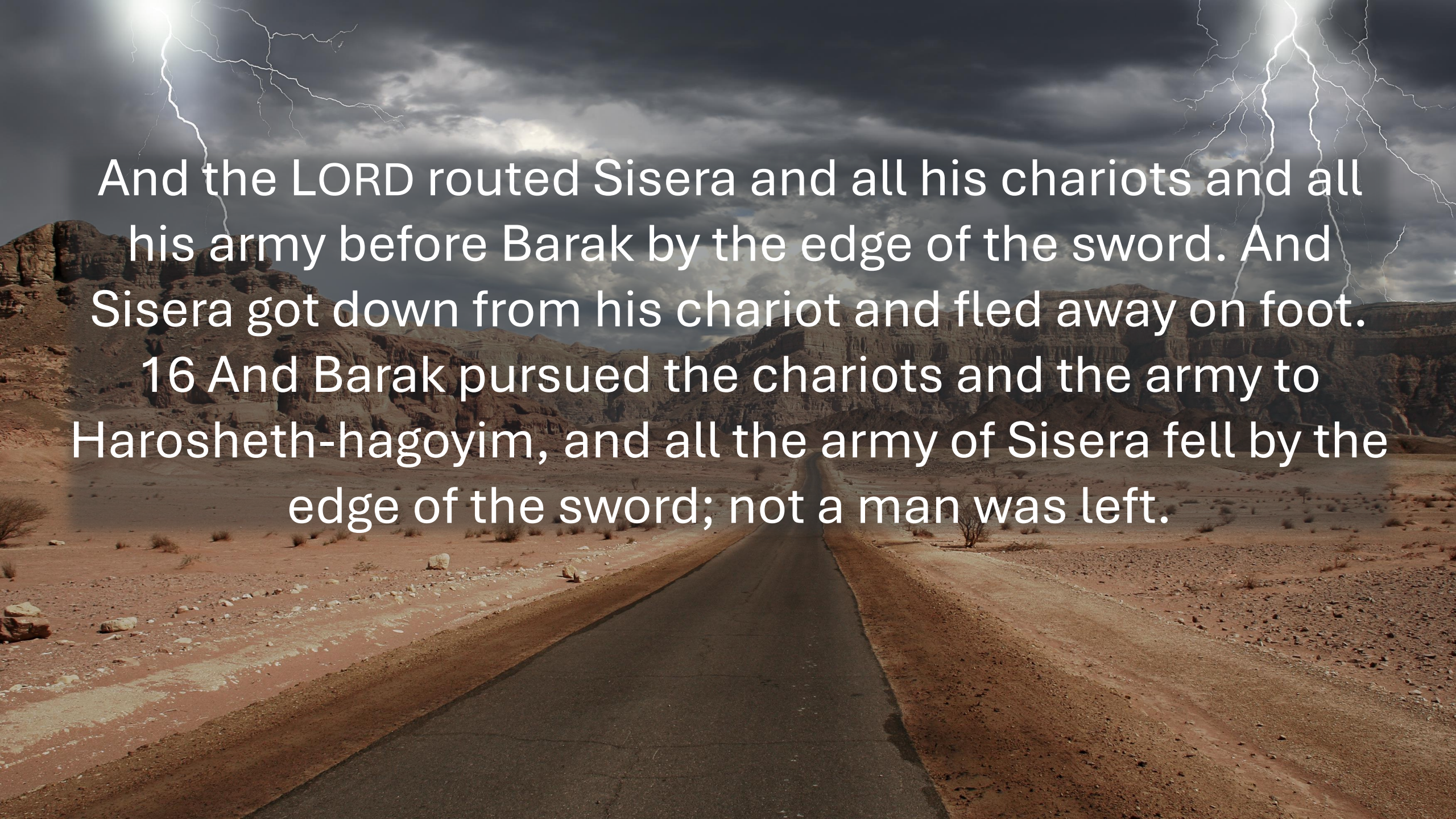
Now Heber the Kenite
had separated from the
Kenites, the descendants
of Hobab the father-in-
law of Moses, and had
pitched his tent as far
away as the oak in
Zaanannim, which is near
Kedesh.

Judges 4:11

וְחֵבֶר הַקֵּינִי נִפְרָד מִלְּקַיִן
מִבְּנֵי חֶבֶב חֵיתָן מִיִּשָּׁה
וַיֵּט אָהֳלוֹ עַד־אֵלּוֹן
בְּצִעְעֵנִים [בְּ] [צִעְעֵנִים]
אֲשֶׁר אֶת־קֶדֶשׁ:

The background image is a dramatic landscape. It features a dark, cloudy sky with several bright lightning bolts striking down. Below the sky, there are rugged, rocky mountains or hills. In the foreground, a winding road or path leads through a desert-like valley. The ground is dry and sandy, with some sparse vegetation. The overall atmosphere is one of power and drama, fitting for the biblical text overlaid on it.

When Sisera was told that Barak the son of Abinoam had gone up to Mount Tabor, Sisera called out all his chariots, 900 chariots of iron, and all the men who were with him, from Harosheth-hagoyim to the river Kishon. And Deborah said to Barak, “Up! For this is the day in which the LORD has given Sisera into your hand. Does not the LORD go out before you?” So Barak went down from Mount Tabor with 10,000 men following him.

A dramatic desert landscape with a paved road leading towards a rocky mountain range under a stormy sky with lightning. The road is dark and stretches from the bottom center towards the horizon. The surrounding desert is arid, with sparse, low-lying vegetation and scattered rocks. In the background, a range of rugged, reddish-brown mountains rises against a dark, cloudy sky. Several bright, jagged lightning bolts are visible, striking down from the clouds on both sides of the frame. The overall atmosphere is one of power and intensity.

And the LORD routed Sisera and all his chariots and all his army before Barak by the edge of the sword. And Sisera got down from his chariot and fled away on foot.
16 And Barak pursued the chariots and the army to Harosheth-hagoyim, and all the army of Sisera fell by the edge of the sword; not a man was left.

Judges 4:17

But Sisera fled away on foot to the tent of Jael, the wife of Heber the Kenite, for there was peace between Jabin the king of Hazor and the house of Heber the Kenite.

Judges 4:17

וְסִיסֶרָא נָס בְּרַגְלָיו
אֶל-אֶהֱלָא יַעֲלֵל אִשָּׁת
חֶבֶר הַקֵּינִי כִּי שָׁלוֹם
בֵּין יָבִין מֶלֶךְ-חֲצֹר וּבֵין
בֵּית חֶבֶר הַקֵּינִי:

A word about mountain goats





The context and
characters



The narrative
tension

One Story – Two Perspectives





Judges 4:17

But Sisera fled away on foot to the tent of Jael, the wife of Heber the Kenite, for there was peace between Jabin the king of Hazor and the house of Heber the Kenite.

Judges 4:17

וְסִיסֶרָא נָס בַּרְגְּלָיו
אֶל-אֶהֱלָא יַעֲלֵל אִשָּׁת
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בֵּין יָבִין מֶלֶךְ-חֲצֹר וּבֵין
בֵּית חֶבֶר הַקֵּינִי:

Sisera flees to safety?



Judges 4:18

And Jael came out to meet Sisera and said to him, “Turn aside, my lord; turn aside to me; do not be afraid.” So he turned aside to her into the tent, and she covered him with a rug.

Judges 4:18

וַתֵּצֵא יַעֲלֵלָהָת
סִיסְרָא וַתֹּאמֶר אֵלָיו
סוּרָה אֲדֹנָי סוּרָה אֵלַי
אַל-תִּירָא וַיֵּסֶר אֵלֶיהָ
הָאֵהָלָה וַתִּכְסֶהוּ
בַּשֹּׁמִיכָה:



Middle Eastern Hospitality



Judges 4:19

And he said to her,
“Please give me a little
water to drink, for I am
thirsty.” So she opened a
skin of milk and gave him
a drink and covered him.

Judges 4:19

וַיֹּאמֶר אֵלֶיהָ
הַשְׁקִינִי-נָא מֵעֵט-מַיִם
כִּי צָמָאתִי וַתִּפְתָּח
אֶת-בָּאֹד הַחֲלָב
וַתִּשְׁקֶהוּ וַתִּכְסֶהוּ׃

Feeling
the love?



Judges 4:20

And he said to her, “Stand at the opening of the tent, and if any man comes and asks you, ‘Is anyone here?’ say, ‘No.’”

Judges 4:20

וַיֹּאמֶר אֵלֶיהָ עֲמֵד פֶּתַח
הָאֹהֶל וְהִיא אִם-אִישׁ
יָבוֹא וְשָׁאֵלךְ וְאָמַר
הֲיֵשׁ-כָּה אִישׁ וְאָמַרְתְּ
אֵין:

Judges 4:21

But Jael the wife of Heber took a tent peg, and took a hammer in her hand. Then she went softly to him and drove the peg into his temple until it went down into the ground while he was lying fast asleep from weariness. So he died.

Judges 4:21

וַתִּקַּח יַעֲלֵל אִשְׁת־חֶבֶר
אֶת־יֵתֶד הָאֵהָל וַתִּשֹּׂם
אֶת־הַמַּקְבֵּת בְּיָדָהּ
וַתָּבוֹא אֵלָיו בַּלָּאט
וַתִּתְקַע אֶת־הַיֵּתֶד
בְּרִקְתּוֹ וַתַּצַּנַּח בְּאַרְץ
!וְהָיָא־נִרְדָּם וַיַּעַף וַיָּמָת:

Judges 4:22

And behold, as Barak was pursuing Sisera, Jael went out to meet him and said to him, “Come, and I will show you the man whom you are seeking.” So he went in to her tent, and there lay Sisera dead, with the tent peg in his temple.

Judges 4:22

וְהִנֵּה בָרַק רֹדֵף
אֶת־סִיסְרָא וַתֵּצֵא יַעֲלִי
לִקְרָאתוֹ וַתֹּאמֶר לוֹ לֵךְ
וְאַרְאֶךָ אֶת־הָאִישׁ
אֲשֶׁר־אַתָּה מְבַקֵּשׁ
וַיָּבֹא אֵלָיָהּ וְהִנֵּה
סִיסְרָא נָפֵל מֵת וְהַיָּתֵד



1



2

The Song of Deborah



Judges 5:1

Then sang Deborah and
Barak the son of Abinoam
on that day:

Judges 5:1

וַתִּשֶׁר דְּבוֹרָה וּבָרַק
בֶּן-אַבִּינֹעַם בַּיּוֹם הַהוּא
לְאִמָּר:

Judges 5:13-14

the people of the LORD
marched down for me
against the mighty. From
Ephraim their root they
marched down into the
valley,

Judges 5:13-14

וַתֵּשֶׁר דְּבוֹרָה וּבָרַק
בֶּן-אֲבִינָעַם בַּיּוֹם הַהוּא
לְאִמָּר:

Judges 5:20-21

they fought against
Sisera. The torrent Kishon
swept them away,
the ancient torrent, the
torrent Kishon.
March on, my soul, with
might!

Judges 5:20-21

נִלְחָמוּ עִם־סִיִּסְרָא׃
בַּחַל קִישׁוֹן גָּרְפָם בַּחַל
קְדוּמִים בַּחַל קִישׁוֹן
תִּדְרְגִי בַפָּנִי עֵז

Jael: Courage in a Crisis



Judges 5:24

Most blessed of women
be Jael, the wife of Heber
the Kenite, of tent-
dwelling women most
blessed.

Judges 5:24

תְּבָרַךְ מִנְּשִׁים יָעֵל
אִשֶּׁת חֵבֶר הַקֵּינִי
מִנְּשִׁים בְּאֶהָל תְּבָרַךְ:

Jael: a
mother?



Judges 5:25

He asked for water and
she gave him milk; she
brought him curds in a
noble's bowl.

Judges 5:25

מִיָּם שָׁאַל חֶלֶב נִתְּנָה
בִּסְּפֹל אֲדִירִים
הִקְרִיבָה חֶמְאָה:

Judges 5:26

She sent her hand to the
tent peg and her right
hand to the workmen's
mallet; she struck Sisera;
she crushed his head;
she shattered and
pierced his temple.

Judges 5:26

יָדָהּ לַיָּתֵד תִּשְׁלַחנָה
וַיִּמְיֶנָה לְהַלְמוֹת
עַמְלִים וְהִלְמָה סִיסְרָא
מִחֲקָה רֹאשׁוֹ וּמַחְצָה
וַחֲלָפָה רִקְתּוֹ:

Judges 5:27

Between her feet he sank,
he fell, he lay still;
between her feet he sank,
he fell; where he sank,
there he fell—dead.

Judges 5:27

בֵּין רַגְלֶיהָ כָּרַע נָפַל
שָׁכַב בֵּין רַגְלֶיהָ כָּרַע
נָפַל בְּאֶנְשָׁר כָּרַע נָשָׁם
נָפַל שָׁדוּד:



The context and
characters



The narrative
tension



The theological
implications

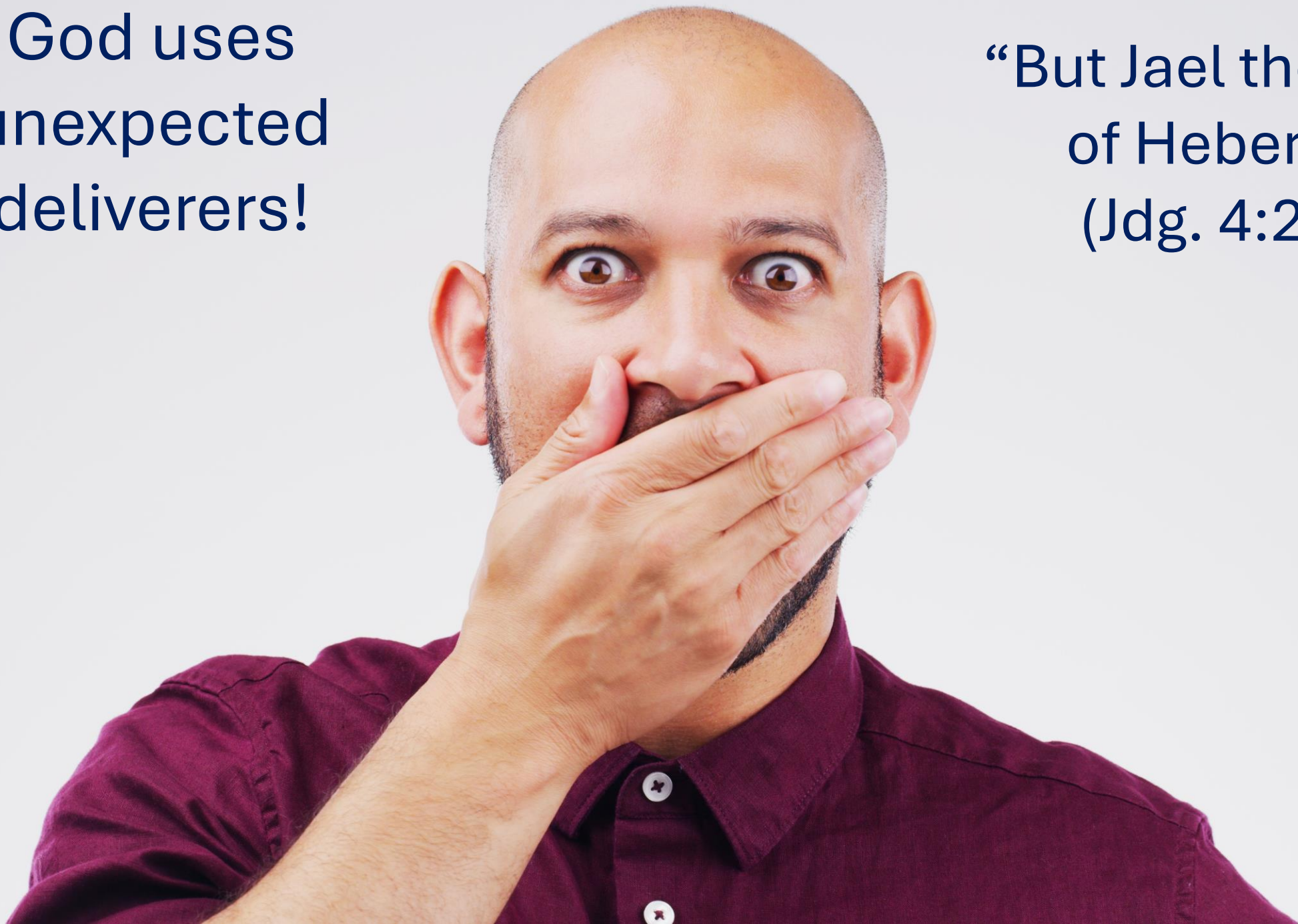


*take
home*

A brown paper take-home bag stands upright against a dark blue background. The bag has a simple, rectangular shape with a folded top and a flat bottom. The words "take home" are printed in a dark brown, cursive script on the front panel. The bag is illuminated from the side, creating a soft glow and highlighting its texture.

God uses
unexpected
deliverers!

“But Jael the wife
of Heber...”
(Jdg. 4:21)



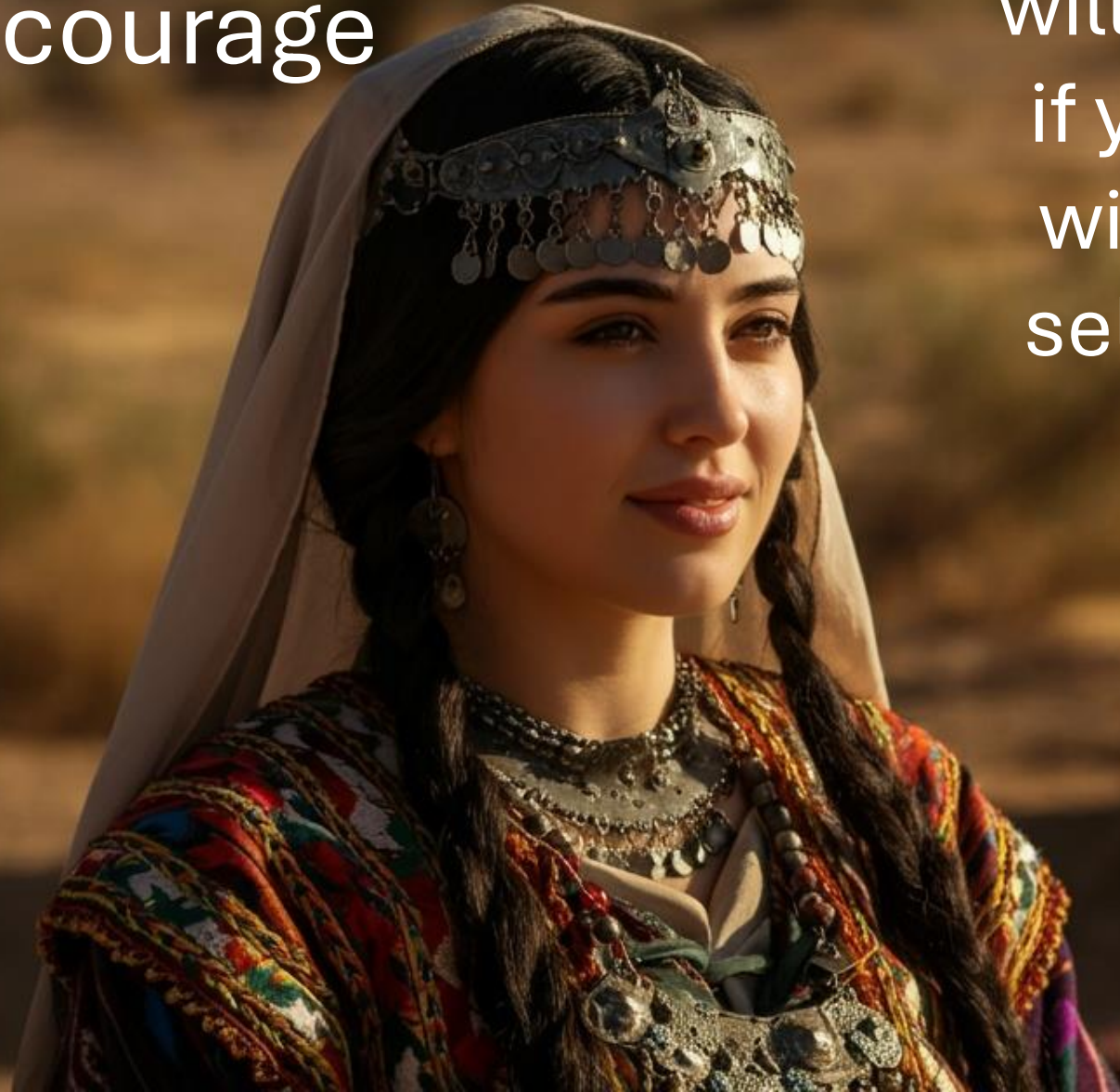
God uses the
everyday stuff!

“But Jael the wife of Heber
took a tent peg, and took a
hammer in her hand.”
(Jdg. 4:21)



Have
courage

“Barak said to her, “If you will go with me, I will go, but if you will not go with me, I will not go... the LORD will sell Sisera into the hand of a woman” (Jdg. 4:8-9)



Lesser-Known Bible Women

