

# DAY 4

## LESSON GUIDE



### BIG IDEA

We make God known when we share our story.

### BIBLE

The Song of Deborah: Judges 5

### ABOUT THIS WEEK

A great recipe deserves to be shared, and so does a great story! Today, we hear Deborah’s song of victory and praise, showing how powerful it is when we tell others what God has done in our lives. When we speak up about our faith, **we make God known when we share our story.**

### WHAT? What are we talking about?

#### MUSIC | Flavors of Worship

- **INSTRUCTIONS:** Invite kids to worship together with 2–3 songs that you and your kids love! For more music aligned with this VBS, check out [this playlist](#) we made for you!
- Welcome back to the kitchen, chefs! They say every dish tells a story, shaped by the chef’s background, culture, life experiences, knowledge, skills, and feelings. Just like a recipe blends ingredients to create something meaningful, our stories come from who we are and what we’ve been through.
- Today, we’ll explore how to *whip up* your own story about what God has done and share it with others—like a lovingly prepared dish for everyone to enjoy. **Are you ready to bring the heat, chefs?** Let’s find out *What’s Cookin’!*

#### ACTIVITY | Singing Chefs

- **INSTRUCTIONS:** For this activity, you’ll need to form two teams to play a game similar to [Taboo](#). Each team sends up two teammates to be the guessers for each round. To play, show a food or cooking-related phrase to the audience. The audience must get the guessers to say the phrase by giving them clues, but with two twists: they cannot use any word or part of a word from the phrase as a clue... and they must sing their clues! When the guessers want to make a guess, they must sing their guesses, too! The first to sing the correct phrase gets a point. Play as many rounds as time allows.
  - Here are examples of food or cooking-related phrases to get you started: secret ingredient, pizza party, mac and cheese, spaghetti and meatballs, breakfast for dinner, piece of cake, Taco Tuesday, head chef, bake off, food fight.



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- **What was it like trying to make something known by singing?** Singing isn't usually how we share clues, but it definitely got everyone's attention! And it's a great way to help people remember something important.
- In today's story, we'll hear about people who used song to make something important known.

### ACTIVITY | Flip the Bacon

- **INSTRUCTIONS:** *For this activity, you'll need one spatula (or another kitchen utensil) and a list of short lyric lines from well-known movie musicals or animated films (see suggestions below). Divide kids into two teams and have them line up on opposite sides of the room, facing each other, to play this variation of [Steal the Bacon](#) (for larger groups, play with 16–20 kids at a time). Place the spatula in the center between them. Assign each player a number on each team so that both teams have matching numbers. To play, call out a lyric line from your list and then call a number. The two kids with that number race to the center to grab the spatula. The first to grab it gets to guess which movie or musical the lyric is from. If they guess correctly, their team earns a point. If they guess wrong, the other player gets one try to steal the point by answering correctly. If neither knows it, no points that round—move on to the next lyric. Return the spatula to the middle and call the next number. The team with the most points after everyone's had a few turns wins! Here are some lyrics you could use...*
  - "I've been staring at the edge of the water." (Moana)
  - "Let it go!" (Frozen)
  - "Reindeers are better than people." (Frozen)
  - "I'm done hidin', now I'm shinin' like I'm born to be." (KPop Demon Hunters)
  - "We don't talk about Bruno, no, no, no!" (Encanto)
  - "I've got gadgets and gizmos a-plenty, I've got whozits and whatzits galore." (The Little Mermaid)
  - "I always wanted a brother." (Mufasa)
  - "I can show you the world, shining, shimmering, splendid." (Aladdin)
  - "L-I-I-lava ch-ch-ch-chicken." (A Minecraft Movie)
  - "There can be miracles when you believe." (The Prince of Egypt)
  - "I've got a dream, I've got a dream." (Tangled)
  - "Everything is awesome!" (The LEGO Movie)
  - "You make me un poco loco." (Coco)
  - "When will my reflection show, who I am inside?" (Mulan)
  - "Peaches, Peaches, Peaches, Peaches, Peaches..." (The Super Mario Bros. Movie)
- Isn't it awesome how songs help us remember stories? You can't think about Elsa and Anna without hearing "Let It Go," or picture Mario and Luigi taking on Bowser without singing his hilarious love song to Princess Peach!
- Some people in the Bible are remembered for their songs, too—songs that told stories, gave thanks, or celebrated what God had done. Just like characters in musicals sing to express something important, people in the Bible used songs to share truth, praise God, and encourage others.

**POLL | Rate the Plate**

- **INSTRUCTIONS:** For this activity, you'll need to print out (or project) the [images](#) provided, along with all six "Michelin stars." Place one star at one end of the room, two stars in the middle, and three stars at the other end. The rating system goes like this: 1 = "It's good," 2 = "It's great," and 3 = "It's the best." Show one meal at a time, and read the name and ingredients aloud. Kids move to the corresponding star to represent their choice. If there's time, allow some kids to explain their choices.
- Have you ever heard the saying, "Don't yuck someone's yum?" It means that there are things you might not like that other people say is their favorite! That's why there was no option for you to say, "It's bad—no stars."
- In the restaurant world, getting one more Michelin star is a huge honor. These dishes are judged not just for their quality and flavor but sometimes even for the story they tell.
- We are all unique and have our own tastes. And just like we each have different favorite foods, every person's story with God is unique and special. Some people share their story through songs, prayers, or actions—and in today's lesson, we'll hear about someone who shared her story through a powerful song.

**SO WHAT? Why does it matter to God and to us?**

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**SCRIPTURE | Judges 5 (The Song of Deborah)**

- **INSTRUCTIONS:** Read the passage and retell the Bible story using the Scripture segments and talking points provided below. To tie in your storytelling with the theme, consider wearing a [toque](#) (chef's hat) and [apron](#) as you take on the persona of a head chef! As you are teaching, encourage kids to respond to you by saying "Yes, Chef!" or "No, Chef!"
  - You can take the theme further in your teaching by introducing a "secret ingredient" as an object lesson during the Bible story.
  - Place the secret ingredient (salt in a salt shaker) under the [serving dome](#) on the table ahead of time and get ready for a dramatic reveal as part of the lesson like in the previous days.
- Welcome back to the kitchen, chefs! Who's hungry for another story from the Bible? I know I am!
  - In any kitchen, communication is *everything*. You can't just run around with hot pans and sharp knives and *not* tell people what's going on. You've got to speak up! In a busy kitchen, chefs shout out things like:
    - "Behind!" – So no one backs into you.
    - "Corner!" – When you're coming around a blind corner.
    - "Hot pan!" – When you're carrying something that could burn someone.
    - "Heard, Chef!" – To confirm you got the instructions.
    - "Yes, Chef!" – That's just good manners in the kitchen.
  - And that's what today's story is about—saying things out loud to make sure God's people know what just happened.

- **But before we begin, are you ready for today's secret ingredient? The secret ingredient is...** (*lift the serving dome to reveal*) **Salt!** We'll find out how this secret ingredient works into today's story.
- **Let's begin by reading Judges 5:1–3.**
- Today's story begins with a song sung by two people named Deborah and Barak. But, who were they, and why were they singing?
- A long time ago, there were no kings or presidents. Instead, God chose special leaders called judges. Deborah was one of those judges. She was wise and listened to God, and people trusted her.
- One day, Deborah told Barak that God wanted him to lead the army into battle. Barak said he would only go if Deborah came too. She agreed, and with God's help, they defeated a powerful enemy! So Deborah and Barak sang, not to brag, but to praise God for the victory.
  - **Let's read Judges 5:4–9 and hear what happened.**
  - Deborah's song wasn't about her or Barak. She sang about how God went out before them.
  - **Let's read Judges 5:10–12 and see how people heard the invitation from God.**
- Their song told how others joined in, too. Singers and storytellers passed on the good news of what God had done. Just like Deborah, they weren't just singing for fun. They wanted others to hear how good and great God was!
  - And that brings us to **today's secret ingredient: salt**. Salt adds flavor and keeps food from spoiling. In the same way, our stories about God help preserve, or keep, the memory of what God has done and help others know who God is.
  - **Let's read Judges 5:13–18 to see how people responded to the songs.**
- They sang about how people from all over the land of Israel joined the fight—some were important leaders, and others were simple shepherds. Everyone came because they heard what God had done and chose to trust God.
  - **Let's read Judges 5:19–30.**
  - Deborah sang about the tough battles Israel faced and how many people helped fight. The biggest win was when Sisera, the enemy leader, was defeated by a brave woman named Jael. Only God could have made that happen and given her the courage.
  - **Now, let's wrap this up and read Judges 5:31.**
- Deborah's song reminded everyone to keep trusting God! Because of what God did for them, the people enjoyed forty years of peace.
  - Remembering what God has done shows us God is faithful and helps us trust God again and again. That's why sharing our stories with others is so important. When people hear how God worked in our lives, they get to know who God really is. So don't keep your God stories to yourself. Share them! Talking about what God has done helps you remember how good God is and shows others who God is, too. So go ahead, chefs—sprinkle your stories around like salt! God wants us to join in and be part of God's big story!



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- And that's it from our kitchen this week, chefs! Remember, whether you're shouting, "hot pan!" or singing a tune in the kitchen, we can *sprinkle* our stories around like salt so others can know God. Keep *stirring up* good things, chefs!

### BIG IDEA | We make God known when we share our story.

- **INSTRUCTIONS:** *For this activity, you'll need to gather a variety of random gadgets that may go in a kitchen junk drawer, such as cookie cutters, egg timers, coasters, random toys or trinkets, old keys, rolls of tape, tape measures, sticky note pads, and rulers (think "everything but the kitchen sink), and a whiteboard or wall space. Then write each word of today's Big Idea on a separate strip of painter's tape. Place each word on a different item. Place all the items into a box or a junk drawer, mixing them up so the words are hidden. Invite kids to search for the words in the junk drawer. As words are found, read them aloud and display them on a whiteboard or wall in the order they're revealed. Once all the words have been found, challenge the group to rearrange the words to uncover the Big Idea.*
- We each have our own unique story to tell about God. Our stories include our experiences with God, what we've learned, and how God works in our lives.
- When we share our stories, we help others know God better. We don't have to be perfect or have the same story; every story matters. Together, our stories make God known in a bigger, brighter way! **We make God known when we share our story!**



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### VIDEO | A Clip From *Cloudy With a Chance of Meatballs*

- **INSTRUCTIONS:** *As a teaching tool, watch [this clip](#) (0:06–1:06) from [Cloudy with a Chance of Meatballs](#), or something similar, where reporter Sam Sparks is on air, telling viewers about food falling from the sky.*
  - *View the clip beforehand to ensure it's a good fit for your context. [Read this](#) for more information on legally using copyrighted material for educational purposes.*
- In the movie *Cloudy With a Chance of Meatballs*, weather intern Sam Sparks reports on cheeseburgers falling from the sky. Instead of freaking out, she jumps in with an excited live report and tells everyone it's all thanks to local inventor, Flint Lockwood.
- Sam used her voice so everyone would know what happened. That's a lot like Deborah in our Bible story. She sang out loud so God's people would remember what God had done. She wanted to give God the credit.
- Just like Sam's excitement spread to the crowd, Deborah's song spread hope and courage to Israel. When people heard it, they joined in and trusted God.
- And just like Deborah and Sam did, we can use our voices to share the good things we've seen God do. That's our "God story"—who God is, what God is doing, or what God has done (like what Deborah sang about).
- Imagine saying, "You are not going to believe this, but...!" Our stories can make people hungry for more of God and help them watch for ways God is working.
- **We make God known when we share our story!**



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Allergy warning!

### OBJECT LESSON | Cooking Class

- **INSTRUCTIONS:** For this object lesson, you'll need real or toy ingredients for a simple food item like a baloney sandwich (bread, baloney slices, maybe some cheese or spread), a plate, and utensils if needed. Ask the kids to give you step-by-step directions on how to make the sandwich. Follow their instructions literally—no matter how silly or mixed up it gets (check out [this video](#) for inspiration). Once the sandwich gets funny or messy, invite a kid to show you how to make it by demonstrating it themselves.
- When you gave instructions for the sandwich, it didn't turn out quite right until someone showed me how to do it. This activity helps us remember that sharing God's story is not just about talking... it's about showing through actions.
- Deborah's song wasn't just a bunch of words about God. Her song showed that she trusted God to help. She continued to live by the words of her song, and the people of Israel had peace for forty years while she was their judge!
- So what does your song about God say? More importantly, what does it show?
  - If you say God cares, show it by including someone who's left out.
  - If you say you trust God, show it by praying when you're scared.
  - If you say God forgives, show it by forgiving others.
  - If you say God provides, show it by sharing what you have.
- Sometimes actions *sing* louder than words! When what we say and what we do match, **we make God known when we share our story.**

### VIDEO | Teaching Video (Day 4)

- **INSTRUCTIONS:** Play today's [episode](#) of Grow TV.

### NOW WHAT? What does God want us to do about it?



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### REFLECTION | Cooking Show Studio

- **INSTRUCTIONS:** For this interactive reflection time, create a mini "cooking studio" corner in your space using props like a tablecloth, apron, and kitchen tools such as a whisk or spoon. Consider providing a toy or real microphone and a ring light to give it a true studio feel. Set up a phone, tablet, or camera on a tripod to record videos. Give each kid a copy of the [handout](#) with a Mad Libs-style reflection script and time to fill in the blanks with what they've learned about God this week. When they're ready, have them come up to the "studio" individually or as a group to record their story. Shoot on video and share the results with families or post on your church's social media (with permission from parents).
- God is always at work in our lives—sometimes in big ways and sometimes in small ways, like a tiny pinch of seasoning that brings out all the flavor in a dish. When we tell our story about what God is doing, it's like offering others a taste of God's goodness.
- Sharing our story helps people see God's love and power more clearly. **We make God known when we share our story.**



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## RESPONSE | Recipe Box

- **INSTRUCTIONS:** For this activity, each kid will need their "recipe box" from previous days, a copy of today's [handout](#), scissors, a glue stick, and writing utensils. Provide extra recipe boxes for kids who are new today.
  - To prepare today's "recipe card," have kids fold the paper lengthwise (hot dog style), then glue the two halves together. Then have them fold it again widthwise (hamburger style) to create a quarter-page card with the "Share your story" tab on top. With the paper still folded, have kids cut out the shaded area to create a tabbed edge.
  - Next, encourage kids to write or draw their responses to the prompts. If you've been collecting their cards every week, today's the day you can send the whole box home!
- Many chefs keep their best recipes in a box. We've been building our own Recipe Boxes—not for food, but for how to grow with God. You'll write or draw what you learned and how you can live it out, and add it to your collection of spiritual recipes to take home! Today's recipe will help us remember that **we make God known when we share our story!**
- **Ingredients.** Every recipe starts with the right ingredients. Let's get thinking about what we need to practice today's Big Idea.
  - **What are some parts of your story with God that you want to share?**
- **Steps.** Recipes also have steps to follow. This helps us plan how we'll actually live out what we learned today.
  - **Who are the people you want to make God known to?**
  - **How do you want to share your story—talking, writing, singing, or drawing it for someone?**
- **Stir-Ups.** Sometimes recipes get messy! We can take note of what might stir up challenges and think about how we can keep going.
  - **Why might you struggle to share your story?**
  - **What can help you feel more confident in sharing your story?**
- **Taste Test.** Chefs taste their food to see how it turned out. After you spend time with others this week, you can look back at what you tried and write notes about it.
  - **What did you notice or feel when you shared your story?**
  - **What will you remember for next time?**
- Your story is the flavor that helps others know God—so let's serve it up! Now that's *What's Cookin'!*



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## MEMORY VERSE | Psalm 34:8 (NIV)

- **INSTRUCTIONS:** Learn the memory verse together using any combination of the resources provided: [memory verse coloring page](#), [sign language motions](#), or choose from [this list](#) of our favorite memorization techniques!
- **"Taste and see that the Lord is good; blessed is the one who takes refuge in him."**

**PRAYER**

- God, thank you for being a big part of our story. Help us remember how much you love us and everything you have done so that we can share our stories with others. We want everyone to know you, too! Please give us the courage to tell our stories, even when we feel nervous or unsure. Amen.