



# Kidz

## STUDY GUIDE

Deborah was brave, she listened to God and led with wisdom!



"Trust in the Lord with all your heart, and lean not on your own understanding."

- Proverbs 3:5

God sees your heart!



God goes before you and is with you always!



- Today I will:
- ♥ trust God
  - ♥ spend time with Jesus
  - ♥ be kind
  - ♥ love others

Be beautiful on the inside!

## Beautiful

Message from Dawn Everett

### OVERVIEW

This week, we are learning something very important:

God cares more about what is happening inside our hearts than how things look on the outside.

Sometimes people spend so much time trying to look good on the outside that they forget to spend time with God and grow on the inside. Dawn Everett taught us that a truly beautiful life comes from knowing the Lord, trusting Him, and spending time in His presence.

We also learned about Deborah from the Bible. Deborah loved God, listened to His voice, and helped lead people with courage and wisdom. Even though she had many responsibilities, she still stayed close to the Lord.

That means:

- 👉 We can trust God instead of only trusting ourselves
- 👉 We can spend time with Jesus every day
- 👉 We can hear God's voice and follow Him
- 👉 We can become beautiful on the inside

God wants us to truly know Him, not just know about Him.

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### MEMORY VERSE

“Trust in the Lord with all your heart, and lean not on your own understanding.”

— Proverbs 3:5

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### BIG WORDS

- Trust = believing God and depending on Him
- Intimacy = being close to God and spending time with Him
- Understanding = what we think or figure out on our own
- Devotion = giving time and attention to God
- Courage = believing God will help you
- Presence = being close to God

## SECTION 1 — TRUST IN THE LORD

**BIG IDEA** - God helps direct our lives when we trust Him.

**READ** - Proverbs 3:5–6

### TALK ABOUT IT

1. What does Proverbs 3:5 tell us to do?
2. In this verse, what does God say instead of trusting only your own ideas?
3. What does it mean to acknowledge God in all your ways?
4. What promise does God give when we trust Him?
5. Why is trusting God better than trying to do everything alone?

### THINK ABOUT IT

- What things happen in my day that make me worry or keep thinking about them?
  - How can I talk to Jesus about those things instead of carrying them alone?
- Am I trying to fix everything by myself?
  - What would it look like to trust God more this week?
- Is there something I keep thinking about because I feel afraid or unsure?
  - How can I place that into God's hands?

## SECTION 2 — KNOWING HIM PERSONALLY

**BIG IDEA** - God wants to have a real relationship with us.

**READ** - Judges 4:4–9

### TALK ABOUT IT

1. What jobs and responsibilities did Deborah have?
2. What does Deborah's courage show about her relationship with God?
3. Why do you think Barak wanted Deborah to go with him?
4. What does this story show about the way people viewed Deborah?
5. How does Deborah's life show what it looks like to truly know God?

### THINK ABOUT IT

- Do I only hear about God at church, or do I spend time with Him myself?
  - What are some ways I can spend more time with Jesus this week?
- When was the last time I slowed down and listened to God?
  - What things pull my attention away from spending time with God?
- Would people around me know that I love Jesus by the way I live?
  - What is one way I can show God's love more clearly?

## SECTION 3 — BEAUTIFUL ON THE INSIDE

**BIG IDEA** - Spending time with Jesus changes us from the inside out.

**READ** - Judges 4:4–9

### TALK ABOUT IT

1. How did Deborah stay close to God even while leading people?
2. What things can pull our attention away from spending time with God?
3. Why can being too busy be dangerous for our hearts?
4. What did Dawn mean when she said, “Let’s put time and energy into being beautiful on the inside as well”?
5. How can spending time with God help us when life feels hard, busy, or upsetting?

### THINK ABOUT IT

- Do I spend more time on screens, games, or distractions than I do with Jesus?
  - What is one thing I can replace with time spent with God?
- Has my life become so busy that I forget to pray or read the Bible?
  - What could help me make time for Jesus every day?
- What helps my heart grow closer to God?
  - How can I make more room for those things in my life?

## SECTION 4 — THE LORD HAS GONE BEFORE YOU

**BIG IDEA** - We can be brave because God is with us.

**READ** - Judges 4:14

### TALK ABOUT IT

1. What did Deborah tell Barak to do?
2. How did Deborah show courage and trust in God before the battle even started?
3. What does it mean that “the Lord has gone before you”?
4. How can hearing from God help someone become brave and obedient?
5. What fears can make people afraid to obey God?

### THINK ABOUT IT

- Do I sometimes make choices out of fear instead of trusting God?
  - What would change if I remembered that God goes before me?
- What things make me nervous or afraid?
  - How can I ask God for courage and help?
- Am I too busy or distracted to hear God’s voice clearly?
  - What can I change so I can spend more time listening to Him?

## SECTION 5 — LEADING OTHERS TO JESUS

**BIG IDEA** - People should see Jesus in the way we live.

**READ** - Judges 4:4–9, Judges 4:14

### TALK ABOUT IT

1. How did Deborah help and lead the people around her?
2. What does Barak's trust in Deborah show about her leadership?
3. Why is it important for others to see people who truly know God?
4. How can obeying God help families, churches, and friends?
5. What does this story teach us about leading others by example?

### THINK ABOUT IT

- What do my friends or family learn about Jesus by watching my life?
  - Do they see kindness, love, prayer, and trust in God in me?
- Am I helping others grow closer to Jesus?
  - What is one way I can encourage someone this week?
- What is one change I can make so others can see Jesus more clearly in my life?
  - How can I lead others by my example?

## FINAL ENCOURAGEMENT

God does not want us to live far away from Him. He wants us to trust Him, know Him, hear His voice, and spend time in His presence.

Deborah's life shows us that it is possible to stay close to God even when life is busy and full of responsibility. You do not have to do life alone. God is with you. He goes before you. He will guide you. Spend time with Jesus. Trust His voice. Become beautiful on the inside.

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### MORE BIBLE VERSES TO READ THIS WEEK:

**Trust in the Lord:** Isaiah 26:3–4, Philippians 4:6–7

**Knowing God Personally:** John 10:27, James 4:8

**Beautiful on the Inside:** Psalm 51:10, Luke 10:38–42

**Hearing God's Voice:** Isaiah 30:21, Revelation 3:20

**The Lord Has Gone Before You:** Deuteronomy 31:8, Joshua 1:9

**Leading Others to Jesus:** Deuteronomy 6:5–7, Proverbs 22:6

**Being Close to God:** Psalm 27:4, Matthew 5:8

 **ACTIVITY — BEAUTIFUL ON THE INSIDE**

Draw a picture of yourself spending time with Jesus.  
Around the picture, write or draw things that help your heart grow closer to God.

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