**Introduction:** *Use an activity to draw out our assumptions about heroes.*

Using a whiteboard or piece of paper, work with the group to come up with a list of the characteristics of a hero. If there are any artistically inclined members of the group, you can invite those interested to draw what they think a hero should look like.

More than likely some participants will draw a superhero or perhaps list qualities like the following: strong, selfless, muscular, handsome, police- or military-like, etc.

While nothing is necessarily wrong these kinds of heroes, the Bible constantly introduces us to the notion of an unlikely hero.

Ask the following questions as you move further into the session content:

- Why could an unlikely hero be more effective?
- How does it bring glory to God when He uses weakness as strength?

**Point 2: Connect cinema to Scripture.**

Say something like the following: “Barak was afraid and Deborah reminded him of the sovereignty of God over their situation. It has been said by many people that courage is not the absence of fear but giving oneself over to something more important than fear.”

Then show the clip from the movie *The Lord of the Rings: The Two Towers* (3 minutes, 23 seconds): [https://www.youtube.com/watch?v=o9gVWG5IQ7w](https://www.youtube.com/watch?v=o9gVWG5IQ7w)

Explain that in this scene the battle appears to be lost and so the men ride out to face death with only the hope that Gandalf (a savior figure) would arrive in time.
In light of the video, ask the following questions to connect the scenario from the movie with the situation in the biblical text:

- How did this clip mirror the situation that Barak faced riding out to a seemingly insurmountable opponent?
- How did having hope in a stronger force bring courage in the face of fear?
- Do we as Christians need to have fear in knowing what God has already promised?

**Point 3: Use song to emphasize the constant appropriateness of worship.**

Play one of the following songs for your group members:

- “Though You Slay Me” by Shane & Shane: [https://www.youtube.com/watch?v=qyUPz6_TciY](https://www.youtube.com/watch?v=qyUPz6_TciY) (6 minutes, 14 seconds)
- “Blessed Be the Name” by Matt Redman: [https://www.youtube.com/watch?v=tTpTQ4kBLxA](https://www.youtube.com/watch?v=tTpTQ4kBLxA) (5 minutes, 47 seconds)

In this point we are told to praise God no matter the outcome. These songs exemplify that truth. The first song, “Though You Slay Me,” deals with praising God in defeat and mourning and the latter song, “Blessed Be the Name,” embraces the mindset and practice of blessing God’s name during every season of life regardless of circumstance.

Raise the following questions for discussion:

- Is it easier to praise God in victory or defeat? Or neither? Explain your reasoning.
- Why do true believers give God glory no matter the circumstance?
- How should knowing about God’s control over the world and our lives affect the way we live and respond to our circumstances?
- In what ways do you sometimes not live as if God is sovereign over the circumstances of your life?