

Redemption Songs - Judges 5:1-31 **Notes, Family Worship, Bible Reading**

Notes from the Sermon

Studies have shown that singing has a number of physiological effects on us. The increase in oxygen intake itself leads to higher lung capacity, a boost in the amount of oxygen delivered to our brains, a more regular heart rate and blood pressure, which lowers your stress and can improve your sleep. As you engage your diaphragm for singing, you're often forced to improve your posture, leading to better balance. Singing can also help with memory and concentration, which means singing can be beneficial therapy for those suffering from dementia.

What I find particularly intriguing are the effects related to singing in a group. Chemically, singing produces higher levels of oxytocin, the hormone associated with feelings of love and trust, which improves bonding with your singing partners. Endorphins and dopamine are increased, which lead to feelings of pleasure and euphoria. Cortisol levels drop, lowering your stress.

Could it be that all of these physiological benefits are intrinsic to God's design for singing with the intended purpose of bringing His people together in praise of His glory, as He commands us to in scripture? All throughout scripture, we see God's call to sing His praise, including in Judges 5. This chapter is a song led by Deborah and Barak, responding to how God redeemed Israel from 20 years of oppression from King Jabin and his army general Sisera. This song retells the narrative of Judges 4 in impressionistic poetry, and it gives us a better picture of how it was God orchestrating things: He prompted Deborah to call Barak to lead his troops to Mt. Tabor, which incited Sisera to lead his 900 chariots of iron near the River Kishon. Then, The Lord brought rain to flood the River Kishon, bogging down Sisera's iron chariots in the mud, rendering them useless - in the chaos, it was The Lord battling on behalf of His people. Barak's army sealed God's victory, leading Sisera himself to flee on foot to the tent of Heber the Kenite, an ally of King Jabin. Only, it is there Sisera met Jael, wife of Heber the Kenite, who agreed to give Sisera shelter, but killed him in his sleep, freeing Israel from the oppression of King Jabin. By taking a look at Judges 5, I believe we can see that singing is God's design for God's people to respond to the revelation of God's redemption.

First, singing is God's design. This song calls the reader (or listener) to praise The Lord in several ways, including the spread of the call to all those willing to hear. To sing God's praise is a natural response that God elicits from His people by commanding them to sing throughout scripture, and this song leverages that same direct call in multiple ways: "Bless The Lord" in verses 2 & 9, "Hear" in verse 3, "Tell of it" in verse 10, and "repeat" in verse 11. Couple these with other scripture passages where God encourages or commands us to sing, and we see He has designed us to sing His praise and glorify Him because it will stir in us what He truly desires: a heart tuned in gratitude and faith eager to praise and glorify Him for what He has done.

We see this song delineate who God's people are in a couple of ways. The passage is bookended by what I would term the two dynamics of faith: at the beginning, in verse 2, we see reference to the leaders in Israel who responded in faith to the call of God. They illustrate their belief by acting in response to the revelation of God, showing they are His people. Conversely, at the end of this song, we see Sisera's mother yearning for the return of her son, which we know will not happen. Her lack of acknowledgment or understanding of The Lord's sovereign hand shows she (and those she represents) are not God's people. This all points to how the brokenness of sin has affected the entirety of creation, there is this tension that, even in the midst of rejoicing in what God has done, there is sorrow elsewhere. The distinction between these two groups is what leads to knowing who God's people are. There are those who will hear and believe, and those who will not. It is ALL of God; He is the

One who, through the power of the Holy Spirit, stirs belief.

That's where we see God's redemption clearly. It is God who acts, through His sovereignty, in this chapter, redeeming His people as only He can. This just illustrates that it is God and God alone who saves. Baal, the god of the Canaanite oppressors, was termed the 'rider upon the clouds', but as we have seen, it is Yahweh who controlled the storm, not Baal. This is The Lord's victory over Baal, showing He is the true rider upon the clouds (Ps 68:4). He ultimately shows His sovereign hand over redemption in how His Son Jesus Christ came to earth, living the perfect life we could not, which the Israelites continually exemplify. We all need a savior whose grace and mercy covers our idolatrous hearts, redeeming us in spite of ourselves, and the revelation of His redemption demands a response of praise. Singing is God's design for that response. Hallelujah!

Bible Reading for the Week

Daily Bible Readings

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Hebrews 7	Hebrews 8	Hebrews 9	Hebrews 10	Hebrews 11	Hebrews 12	Hebrews 13

Reading from this past week's sermon: Judges 5:1-31

Reading in preparation for this coming Sunday: Judges 6:1-40

Family Worship

Song - *Sing*

<https://youtu.be/DWzghvc72sg?si=9pZa0heEoZtrvWT>

Gospel Project

Unit: The People Worshipped God

Story: Esther Saved Her People

Big Picture Question: What is the Bible all about?

Answer: The Bible is the story of God's plan to save people through Jesus.

Scripture: Esther

New City Catechism

Question 7: What does the Law of God require?

Answer: That we love God with all our heart, soul, mind, and strength; and love our neighbor as ourselves.

Verse: Matthew 22:37-40

Judges 5:1-31

- How do you feel on a given Sunday participating in congregational worship at Genesis? Is there anything you feel is missing from our singing?
- Can you name a song or hymn that helps you personally respond to the revelation of God's redemption, or one that is associated with a particular memory in your faith journey?
- How can you see God's redemption in Judges 5?
- How do you see God's design for singing reflected in Judges 5?
- Is it surprising to you to see Jael used in this manner in God's plan of redeeming Israel? Do you find it scandalous for her to be called 'blessed'?
- How can you better engage in singing of God's redemption?

Prayer

*Pray that we would sing redemptions songs with the passion that reflects true love for Jesus and the desire to make Him know.

*Pray for Pastor Eric and our worship team as they lead us in our worship through singing.