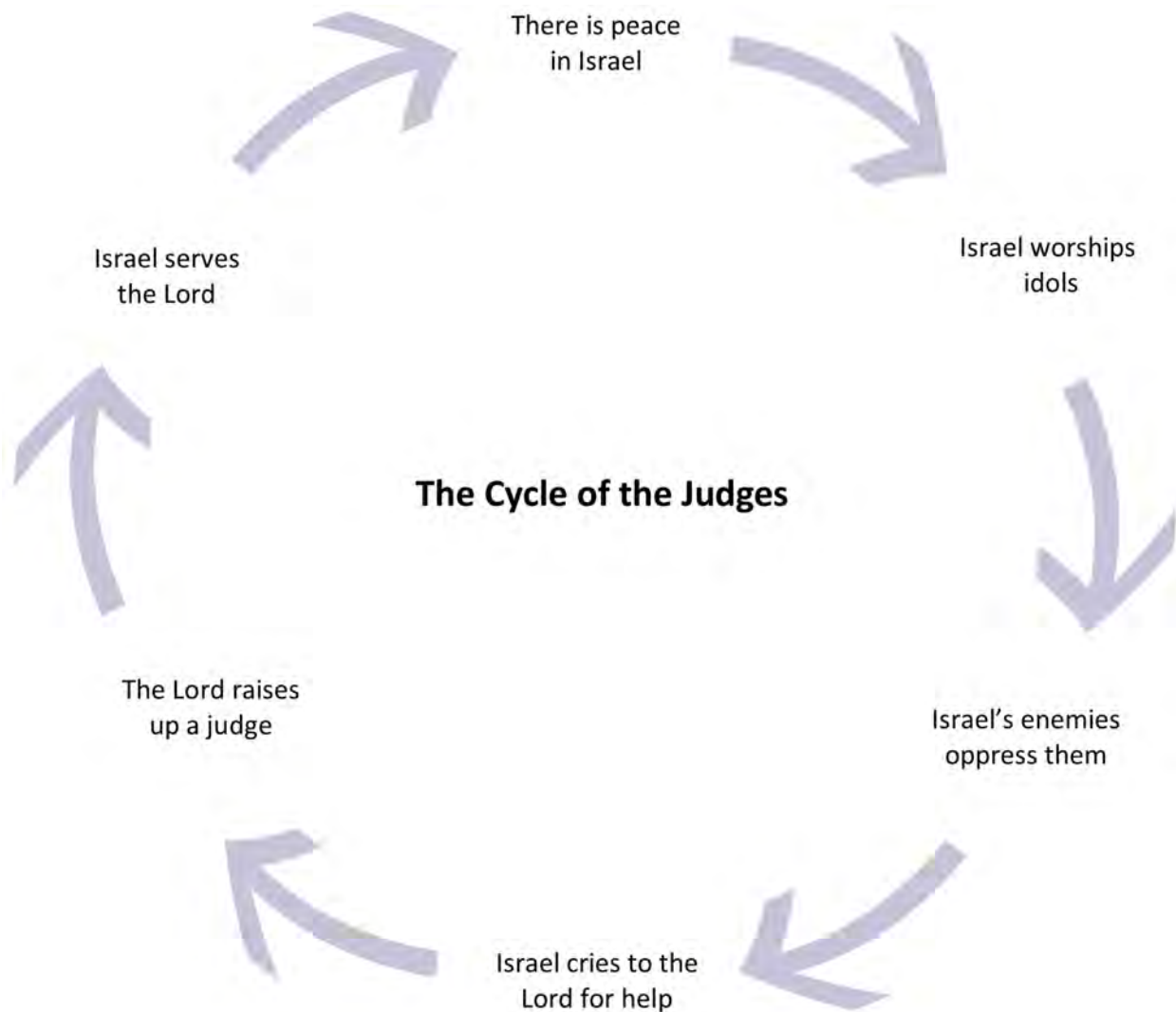


## Cycle of Judges-Cycle of My Life | Book of Judges

The stories in the book of Judges follow this pattern or cycle:

1. There is peace in Israel
2. Israel worships idols
3. Israel's enemies oppress them
4. Israel cries to the Lord for help
5. The Lord raises up a judge
6. Israel serves the Lord

This pattern repeats again and again throughout Judges. We can show this cycle by putting it into a circle. On the next page you will see how this pattern takes place in our lives too.



## Cycle of Judges-Cycle of My Life

We have cycles in our lives too. For example, things may go well when we remember the Lord. But then we get angry and do something we regret. We might ask an adult for help. The adult gives help and things settle back down. The Lord always provides a way forwards. Think of a cycle like this in your life. Write the cycle in the blanks between the arrows.

