From the Old Testament Made Easy

SISERA (SIS-er-a) He was Jabin's great General who was ignominiously defeated at the Kishon River by Deborah and Barak, and then, even more ignominiously, killed by another woman, Jael, who drove a tent- peg into his skull.

DEBORAH (Heb. ''bee'') Although self-styled "a mother in Israel," Deborah was also a Prophetess and one of Israel's greatest Judges. She was such a remarkable leader that the great Hebrew General Barak said flatly that he would not go to battle against the Canaanite King Jabin unless Deborah was at his side. She is the only woman in the Bible ever to achieve such great political power, respect and authority by the common consent of the people "who came up to her for judgment." Her story is told in two parallel accounts (Judges 4 and 5), which do not agree in all details. It is in direct contrast to the story of the concubine in Judges 19, whose murder caused the Benjamite War.

BARAK (Heb. "lightning"; BAR-ak) This able Hebrew General frankly feared a battle with Sisera, who had 900 iron chariots, while the Israelites, who had no horses until Solomon's time, had only poorly trained infantrymen. They dwelled mostly in the hills and were of course safe there from the war chariots. Encouraged by Deborah's implicit trust that God would give them the victory, Barak led his troops down the mountain slopes during a violent rainstorm, which turned the Plain of Jezreel (Esdraelon) into a sea of mud. The wheels of Sisera' s chariots were bogged down and his men blinded by the sleet and hail. The victory song of Deborah and Barak is one of the most moving pieces of poetry in the Bible.