



Judges

Cycles

This picture will remind you that the key word for the book of Judges is **Cycles**. How many cycles were there? Seven. After the conquest of Canaan, Israel plunges into a 350-year period of national deterioration. A monotonous and deadly cycle develops: The people fall into sin; God disciplines them with foreign oppression; the people cry out in repentance; God raises up a deliverer; peace is restored. This five-step cycle—sin, servitude, supplication, salvation, silence—is repeated a total of seven times in Judges. But God, ever faithful to His covenant people, extends His grace again and again by sending leaders (called “judges”) like Deborah, Gideon, and Samson. And yet the book’s sad epitaph reads, “In those days . . . every man did what was right in his own eyes” (21:25).