

## Chapter 5

*The Canticle of Debbora and Barac geuing thanks after their victorie.*

**A**nd Debbora and Barac the fonne of Abinoem  
fang in that day, faying:  
<sup>2</sup> You that of Ifrael haue voluntarily offered your  
liues to peril, <sup>a</sup>)bleffe our Lord.

<sup>3</sup> Heare you kinges, and geue eare ye princes: I am,  
<sup>b</sup>)I am she, that wil fing to our Lord, I wil chaunte to  
our Lord the God of Ifrael.

<sup>4</sup> Lord when thou wentst out of Seir, and didst passe  
by the countries of Edom, the earth was moued, & the  
heauens and cloudes distilled waters.

<sup>5</sup> The mountaines melted before the face of our  
Lord, and Sinni before the face of our Lord God of Ifrael.

<sup>6</sup> In the daies of Samgar the fonne of Anath, in the  
daies of Iahel the pathes rested: and they that went by  
them, walked by bywaies.

<sup>7</sup> The valiantes in Ifrael ceased, and rested: vntil  
Debbora arofe, a mother rofe in Ifrael.

<sup>8</sup> Our Lord chofe new warres, and the gates of the  
enemies him felfe fubuerted: fhield and fpeare if there  
appeared among fourtie thoufand of Ifrael.

<sup>9</sup> My hart loueth the princes of Ifrael: you that of  
your owne good wil offered your felues to danger, bleffe  
our Lord.

<sup>10</sup> You that ride vpon your <sup>c</sup>)faire affes, and fitte in  
iudgement, and walke in the way, fpeake.

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<sup>a</sup> The greater bleffe the leffe by imparting fpiritual benefites, fo  
God, and fuperiors bleffe their fubiectes. Men bleffe God, & the  
leffe their betters, by geuing thanks, and prayfes.

<sup>b</sup> She inculcateth that she muft fo much more praife God for this  
victorie, becaufe he forfhewed it by her, & by her directed the  
general captaine Barac, left it might be afcribed either to wifdome  
or valure of anie man.

<sup>c</sup> Thife that fubdew their bodies to the fpirite ride vpon fayre affes.  
*Origen, hom. 6. in c. 5. Iudic.*

<sup>11</sup> Where the chariottes were crushed together, and the armie of the enemie was fuffocated, there let the iuftices of our Lord be told, and his clemencie toward the valiantes of Ifrael: then did the people of our Lord goe downe to the gates, and obteyned the principalitie.

<sup>12</sup> Arife, arife Debbora, arife, arife, and fpeake a canticle: Arife Barac, and apprehend thy captiues thou fonne of Abinoem.

<sup>13</sup> The remnant of the people is faued, our Lord hath fought in the valiantes.

<sup>14</sup> Out from Ephraim he deftroyed them into Amalec, and after him out from Beniamin into thy peoples O Amalec: Out from Machir there defcended princes, and out from Zabulon they that led the armie to fight.

<sup>15</sup> The captaines of Iffachar were with Debbora, and folowed the fteppes of Barac, who as it were into a headlong and bottomeles pitte gaue himfelf to danger: Ruben being diuided againft it felf, there was found contention of couragious perfons.

<sup>16</sup> Why dwelleft thou betwen the two boundes, that thou mayeft heare the whiftlinges of the flockes? Ruben being diuided againft it felf, there was found contention of couragious men.

<sup>17</sup> Galaad refted beyond Iordan, and Dan gaue himfelf to fhippes: Afer dwelt in the fea shore, and abode in hauens.

<sup>18</sup> But Zabulon and Nepthali offered their liues to death in their countrie of Merome.

<sup>19</sup> The kinges came and fought, the kinges of Chanaan fought in Thanac beſides the waters of Mageddo, and yet going a praying they tooke nothing.

<sup>20</sup> From heauen they fought againft them: the ftarres remayning in their order and courſe, fought againft Sifara.

<sup>21</sup> The torrent of Cifon drew their carcaffes, the torrent of Cadumin, the torrent of Cifon: my foule tread downe the ftrong ones.

<sup>22</sup> The hoofes of the horſes fel of, the ftrongeft of the enemies fleeing violently, and falling downe headlong.

<sup>23</sup> Curfe ye the land of Meroz, faid the Angel of our Lord: Curfe the inhabitantes therof, becaufe they came not to help our Lord, to aide his moft mightie ones.

<sup>24</sup> <sup>a)</sup>Bleffed among wemen be Iahel the wife of Haber the Cineite, and bleffed be she in her tabernacle.

<sup>25</sup> To him that asked water she gaue milke, and in the phial of princes she offered butter.

<sup>26</sup> Her left hand she put to the naile, and her right hand to the fmithes hammer, and ftroke Sifara, feeking in his head a place for the wound, and piercing valiantly through his temple.

<sup>27</sup> Betwen her feete he fel: he failed, and died: he was rowled before her feete, and he lay without life and miferable.

<sup>28</sup> Looking through a window, his mother howled: & she fpake out of a higher chamber: Why lingereth his chariote to come backe? Wherefore are the feete of his waggans flow?

<sup>29</sup> One wifer then the reft of his wiues, answered thefe wordes to her mother in law:

<sup>30</sup> Peradventure now he diuideth the fpoyles, and the fayreft of the wemen is chofen for him: garmentes of fundrie colours are deliuered to Sifara for a praye, and diuerfe furniture is laid together to adorne the neckes.

<sup>31</sup> So perish al thine enemies O Lord: but they that loue thee, as the Sunne shineth in his ryfing, fo let them glitter.

<sup>32</sup> And the Land refted for fourtie yeares.

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<sup>a</sup> Iahel the figure was bleffed amongft wemen: much more the moft holie virgin mother of God is bleffed aboue al wemen.