

## ISRAEL'S SIX SIN CYCLES

*The Israelites did evil in the eyes of the Lord.*  
Judges 3:7

	<b>SIN CALLED OUT</b>	<b>ISRAEL RULED BY</b>	<b>APPROX. YEARS OPPRESSED*</b>	<b>CRY</b>	<b>DELIVERER</b>	<b>APPROX. YEARS FREE</b>
1	Judges 3:5-8	King of Mesopotamia	8	Judges 3:9	Othniel (3:9-11)	40
2	Judges 3:12-14	King of Moab	18	Judges 3:15	Ehud (3:15-30)	80
3	Judges 4:1-3	King of Canaan	20	Judges 4:3	Deborah (4:4-31)	40
4	Judges 6:1	Midianites	7	Judges 6:6	Gideon (6:11-8:35)	40
5	Judges 10:6-18	Philistines and others	18	Judges 10:10	Jephthah (11:1; 12:7)	80
6	Judges 13-16	Philistines	40	No cry. God initiates.	Samson (13:2; 16:31)	20
			111			300

\* In a 400-year-plus time period, Israel is in bondage more than a third of those years.