

Seven Cycles of Sin

Cycle	Oppressor	# Years of Oppression	Judge	Years Served	Reference In Judges
1 st	Mesopotamians	8	Othniel	40	3:7-11
2 nd	Moabites	18	Ehud	80	3:12-30
	Philistines	?	Shagar	?	3:31
3 rd	Canaanites	20	Daborah	40	4:1-5:31
			w/ Brak		
4 th	Midianites	7	Gideon	40	6:1-8:32
5 th	Abimelech	3			8:33-9:57
	Unknown		Tola	23	10:1-2
			Jair	22	10:3-5
6 th	Ammonites	18	Jephthah	6	10:6-12:7
			Ibzan	7	12:8-10
			Elon	10	12:11-12
			Adon	8	12:13-15
7 th	Philistines	40	Samson	20	13:1-16:31

The Five Phases in the Cycle of Sin

- 1. Israel Becomes **Complacent**
- 2. Israel Falls into Sin and Idolatry
- 3. Israel is Taken into **Bondage**
- 4. Israel Cries Out to the Lord
- 5. Israel is **Delivered**

