

Israel's Cycles for the Period of the Judges

Conquerors	Years Of Bondage	Judges	Years of Rest
King of Mesopotamia	8 years	Othniel	40 years
Elgon, king of Moab	18 years	Ehud	80 years
Philistines		Shamgar	
Jabin, king of Canaan	20 years	Deborah / Barak	40 years
Midianites	7 years	Gideon	40 years
Civil War	3 years	Abimelech	
		Tola	23 years
		Jair	22 years
Ammonites	18 years	Jephthah	6 years
		Ibzan	7 years
		Elon	10 years
		Abdon	8 years
Philistines	40 years	Samson	20 years