

Mt. Tabor, in the background of this view, marks the southern limit of Lower Galilee. It stands 1,200 feet above the east end of the Plain of Jezreel, and its summit is 1,929 feet above sea level. Tabor is an arresting sight because it rises abruptly from the Plain of Jezreel, isolated from the other mountains of Galilee. In the Bible it is often associated with Mt. Carmel (Jeremiah 46:18) or Mt. Hermon (see Slide 9) (Psalms 89:12). Also in the Bible, Mt. Tabor marks the spot where the tribal territories of Zebulun, Issachar and Naphtali converged (Joshua 19:23, 34). In the time of the Israelite Judges (12th-11th centuries B.C.E.), Deborah and her armies, led by her general Barak, gathered at Mt. Tabor to successfully engage the Canaanite forces under Sisera (Judges 4:6, 12, 14).

For another view of Mt. Tabor, see NT66: Mount Tabor.