







**PONDER!** God watched over Samson (Judges 13:5; 16:2-3). What did Samson do to the gate? (Tore it loose and carried it away.) Who made Samson strong? (God.) Who makes you strong? (God.)

PRAY! Pray this prayer each day this week: "Lord, thank You for helping me grow up and be stronger. Please give me strength to do things Your way and to build Your kingdom. Amen."

**PLAY!** As a family, brainstorm ways you can use your muscles together to help someone else. Here are a few ideas: help a neighbor care for his or her yard, clean someone's room, or help your parent carry groceries. Be sure to tell the person you help that God gave you the strength to help them!

## **BIBLE MEMORY VERSE**



"I can do everything through Him who gives me

strenath."

Philippians 4:13

Point to self.

Sweep arms from in front of body to out wide. Point to the sky.

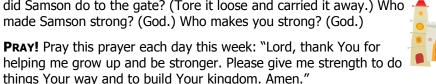
With thumb touching the fingers, the hand moves in a forward motion away from body. Closed fists are thrust forward in a forceful

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Hold hands open, as if holding a Bible.

K&K Ages 2-3 U7L35

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