



# Samson and the Gate

Lesson Aim: To know God makes us strong.

## THE WORSHIP

**Who God Is:** The King Who Watches Over Us

## THE WORD

**Bible Story:** Judges 13:5; 16:2-3

**What He Has Done:** God made Samson strong.

## THE WAY

"I can do everything through Him who gives me strength." Philippians 4:13

Unit 7: The King Who Watches Over Us			
	Bible Story	What He Has Done	Lesson Aim
33	Deborah, the Judge, Judges 4:4-5; 5:7	God gave the Israelites a judge named Deborah.	To know God gives us people to help us.
34	Gideon Goes to Battle, Judges 7:17-21	God gave Gideon and His people a victory.	To know we can trust God.
35	Samson and the Gate, Judges 13:5; 16:2, 3	God made Samson strong.	To know God makes us strong.
36	Ruth and Naomi, Ruth 1:8-18	God gave Ruth and Naomi a special friendship.	To know God gives us special friends.
37	Samuel and Eli, 1 Samuel 3:1-10	God called Samuel.	To know we should listen to God.

## TEACHER'S ENCOURAGEMENT

This week, read Romans 15:1-6. Please join us in praying, "Thank You, Lord, for giving us strength. Use us in building the faith of Your children. Strengthen them to walk in Your ways and build Your kingdom. Amen."

## TEACHER'S TIP

**Game Time:** Young children may struggle with games or activities where they must take turns. Keep turns short. Ask the children questions related to the activity, encourage them to cheer for each other, and be quick to point out when children are patiently waiting their turn.



Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	<b>Welcome</b>	Treasure chest, stamp or sticker of a barbell, muscles, or other symbol of strength
		<b>Coloring Center:</b> Samson and the Gate	Coloring pages of Samson, crayons or markers
		<b>Play-Dough Center:</b> The Strongest Person I Know	Play-dough, cookie cutters, play-dough tools
		<b>Block Center:</b> God Gives Us Strength	Blocks, optional: Unit 7 Bible Memory Verse Song "I Can Do Everything"
		<b>Dramatic Play Center:</b> Food to Grow On	Dishes, cups, napkins, play food
	Up to 5	<b>Prepare for Worship</b>	None
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.  <b>Additional Song Suggestions:</b> "He's Got the Whole World in His Hands"	Praise music, optional: musical instruments, rope <b>Unit 7 Bible Memory Verse Song:</b> "I Can Do Everything" <b>Other Bible Memory Verse Song Suggestions:</b> "Do Not Let Your Hearts Be Troubled" "He Is Mighty to Save" "Here Am I" "I Am with You" "I Will Listen" "Praise Time: Love the Lord Your God" "Sing Praises"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: Kings & Kingdoms Unit 7, Lesson 35
THE WORD	Up to 10	<b>Watch the Word:</b> Judges 13:5; 16:2-3	Teacher's Bible with bookmark at Judges 16:3 Visual: Picture of the Bible story or a city gate
THE WAY	Up to 25	<b>Craft:</b> Samson and the Gate	Lunch-size (or smaller) paper bag, brown or black paper streamers or yarn, sturdy white paper, glue or glue stick, crayons or markers, optional: eye stickers, index card
		<b>Game:</b> Strong Samson	Gate (piece of poster board or cardboard 3-feet x 2-feet, optional: add a scalloped edge on top and draw wood boards)
		<b>Game:</b> Jump for God!	None
		<b>Snack:</b> Healthy Snack	Favorite healthy snack
	Final 5	<b>Final Five</b>	Ponder, Pray & Play for 2-3's: Unit 7, Lesson 35
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> Judges 13:5; 16:2-3	None
	Up to 10	<b>Game:</b> Jesus Gives Me Strength!	Soft ball for rolling
	Up to 10	<b>Game:</b> Memory Verse Echo	None
	Up to 10	<b>Story Time</b>	Any story about children growing stronger or strong heroes

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



The King who watches over us

# THE WELCOME

## WELCOME

Welcome each child as they arrive. **Hello \_\_\_\_\_. I'm glad you are here! Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of a barbell, muscles, or any symbol of strength. **Let this stamp (or sticker) help you remember God makes you strong.**

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**Teacher's Note:** These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

## COLORING CENTER: SAMSON AND THE GATE

### **SUPPLIES**

Coloring pages of Samson, crayons or markers

### **DO**

Children color their picture as they talk about today's story.

### **TALK ABOUT**

**Our coloring page today is a picture of Samson. Samson was a very strong man. God made him strong so he could help God's people, the Israelites. Are you strong?** (Children respond.) **Who do you help?** (Children respond.)

## PLAY-DOUGH CENTER: THE STRONGEST PERSON I KNOW

### **SUPPLIES**

Play-dough, cookie cutters, play-dough tools

### **DO**

Children play with the play-dough while talking about the strong people they know. Encourage children to make a strong person with the play-dough.

### **TALK ABOUT**

**Who is the strongest person you know?** (Children respond.) **How do you know they are strong?** (Children respond.) **Are you strong?** (Children respond.) **What can you do that shows you are strong?** (Children respond.)

# THE WELCOME *continued...*

## **BLOCK CENTER: GOD GIVES US STRENGTH**

### **SUPPLIES**

Blocks, optional: Unit 7 Bible Memory Verse Song "I Can Do Everything"

### **DO**

Children play with the blocks while discussing the lesson aim: "God makes us strong." Optional: Play the Unit 7 Bible Memory Verse Song "I Can Do Everything" while children build with the blocks.

### **TALK ABOUT**

**Do you like building with the blocks? Is it hard?** (Children respond.) **Is there anything you find hard to do?** (Children respond.) **What will you be able to do when you are bigger or stronger?** (Children respond.) **God is so big and so strong that there is nothing He cannot do. The Bible tells us God makes us strong. He will help us do the things we find hard to do.**

## **DRAMATIC PLAY CENTER: FOOD TO GROW ON**

### **SUPPLIES**

Dishes, cups, napkins, play food

### **DO**

Children discuss what we need to grow strong.

### **TALK ABOUT**

**In our story today, we will learn God helps us grow strong. What does God give us that helps us grow strong?** (Healthy food, water, exercise, sleep, etc.) **What foods do we have here that will help us grow strong?** (Children respond.) **What is your favorite healthy food to eat?** (Children respond.)

**Optional:** Have children separate healthy foods from unhealthy foods or have them group them according to their food groups (vegetables, fruits, etc.).

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## **PREPARE FOR WORSHIP**

**It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away.** Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

### **BIBLE MEMORY VERSE SIGN LANGUAGE**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com))

<b>"I can do everything</b>	(I) Point to self. Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body.
<b>through Him who gives me</b>	(Him) Point to heaven. (gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body.
<b>strength."</b>	Both closed fists are thrust forward in a forceful manner.
<b>Philippians 4:13</b>	Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



The King who watches over us

# THE WORSHIP

**Supplies:** Praise music, optional: musical instruments

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



**It's Praise Time—that means it is time to praise our God who watches over us and gives us strength.** Sing: "Praise Time: Love the Lord Your God."



**The Bible says God is our strength. Let's thank Him for that.** Have children bow their heads and close their eyes. **Dear God, thank You for making us strong. No matter what You ask us to do, we know You will give us the strength we need to follow You. Amen.**

**Let's sing about our God who is mighty.** Sing: "He Is Mighty to Save" while collecting the offering.



**Long ago, our mighty God watched over a man named Samson. God made Samson very strong. Do you think Delbert and Lello have ever heard of Samson? Let's call them out here and see!** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: Kings & Kingdoms Unit 7, Lesson 35.



**God gave Samson strength to lift and carry the big, heavy city gate! Who gives us strength? (God.) "I can do everything through Him who gives us strength." Let's say our verse together with the motions.**

**"I can do everything**

(I) Point to self.

Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body.

**through Him who gives me**

(Him) Point to heaven.

(gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body.

**strength."**

Both closed fists are thrust forward in a forceful manner.

**Philippians 4:13**

Hold hands open, as if holding a Bible.



**Let's praise God for making us strong in Him.** Sing Unit 7 Bible Memory Verse Song: "I Can Do Everything."



## Samson and the gate

# THE WORD

**Supplies:** Teacher's Bible with bookmark at Judges 16:3, picture of the Bible story or a city gate

**Before we begin our Bible Time, let's say our Classroom Promise with the motions.**

<b>With my eyes on my teacher;</b>	Point to eyes.
<b>My mouth quiet as can be,</b>	Place index finger over mouth as quiet sign.
<b>I will listen to hear,</b>	Cup hand around ear.
<b>How God loves you and me.</b>	Hug self, point to others, and then self.

**Let's reach deep in our pockets and pull out our listening ears.** Reach in your pocket and cup your hands behind your ears as if listening.

**I'm so glad you came to church today! You get bigger and stronger every time I see you. How old are you? Are you bigger and stronger than when you were fill in one year younger? You are? Can you show me your muscles?** Give children a chance to flex their muscles. **Do you know who makes you strong? (God.) God makes you strong. In our story today, we will hear about a man named Samson who God made so strong he could tear down a city gate. Let's listen to our story.** Handle the Bible as a special treasure, leaving it open to Judges 16:3.



## **WATCH THE WORD: JUDGES 13:5; 16:2-3**

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story or a city gate from a children's Bible, the coloring page, or other source.

- **There once was a boy named Samson.**
- **God made him very strong.**
- **The more he grew, the more everyone knew,**
- **To God he did belong.**
  
- **He grew up to lead God's people.**
- **He was not liked by the enemy.**
- **They waited for him by the city gate,**
- **One night when he fell fast asleep.**
  
- **But, Samson woke in the middle of the night.**
- **He tore loose that huge city gate.**
- **He lifted the pieces on his shoulders,**
- **And carried them far away!**

**What did Samson do to the gate?** (Tore it loose and carried it away.) **Who made Samson strong?** (God.) **Who makes you strong?** (God.)



God gives us strength

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: SAMSON AND THE GATE**

**Purpose:** To remind the children of the story of Samson and the Gate.

**Supplies:** Lunch-size (or smaller) paper bag, brown or black paper streamers or yarn, sturdy white paper, glue or glue stick, crayons or markers, optional: eye stickers, index card

**Prepare:** Cut several long pieces of yarn for hair. From sturdy white paper, cut two arms, a 4-inch circle and a 5-inch square. On the square, draw a gate and write:

**"I can do everything through Him who gives me strength."**

**Philippians 4:13**

**Optional:** Use eye stickers. Cut a jagged edge on top of a 3" x 5" index card to make the gate.

**Adaptation for Ages 2-3:** This craft has been adapted from the curriculum for ages 4-5.

#### **Directions:**

1. Turn the paper bag so the folded, bottom section is at the top.
2. Glue the circle (Samson's head) to the bottom of the bag.
3. Draw a face on Samson.
4. Add brown or black yarn for his long hair.
5. Attach an arm to each side of the paper bag. Optional: You may choose to glue the hands to the gate after attaching the gate to the bag.
6. Color the gate.
7. Glue the gate on the front of the paper bag.
8. Optional: Draw or color hair down the back of the bag to show Samson had very long hair.

#### **Craft Discussion:**

- **Where were Samson's enemies waiting for him?** (By the city gate.)
- **When Samson realized what they were doing, what did he do?** (He tore the gate doors down and carried them away.)
- **Samson was very strong. Who made Samson strong?** (God.)
- **Who makes you strong?** (God.)

# THE WAY *continued...*

## **GAME: STRONG SAMSON**

**Purpose:** Children remember the story of "Samson and the Gate" by acting it out.

**Supplies:** Gate (piece of poster board or cardboard 3-feet x 2-feet, optional: add a scalloped edge on top and draw wood boards)

**God made Samson strong. Let's each take a turn being Samson and lifting the heavy city gate.**

### **Directions:**

1. Assign roles: Samson and two gate holders. The remaining children sit to the side as God's people.
2. The gate holders each grasp one side of the gate. Samson lies down to sleep on one side of the gate.
3. The teacher points to Samson and says, "**Samson is here!**"
4. Samson wakes up and says, "**God is my strength.**"
5. Samson takes the gate and carries it to God's people.
6. Samson and God's people shout: "**God is my strength!**"
7. Play again until each child has played the part of Samson.

## **GAME: JUMP FOR GOD!**

**Purpose:** Children review the Unit 7 Bible Memory Verse.

**Supplies:** None

"I can do everything through Him who gives me strength." Philippians 4:13

**Our Bible Memory Verse tells us we can do anything because God makes us strong. God gives us strong bodies to follow Him. Let's use the bodies God has given us to review our verse together.**

### **Directions:**

1. Children stand in a line, shoulder-to-shoulder.
2. Teacher says the Bible Memory Verse, "**I can do everything through Him who gives me strength,**" pausing after each word for children to repeat.
3. Each time they say a word, the children jump forward one time.
4. Repeat with other motions as time allows: Clap, stomp, turn around, touch the floor, etc.



# THE WAY *continued...*

## **SNACK: HEALTHY SNACK**

**Purpose:** Children will enjoy a healthy snack to remind them of one way God gives us strength.

**Snack Suggestion:** Favorite healthy snack

### **Directions:**

1. Serve snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other familiar tune.  
**God our Father, God our Father. Once again, once again.**  
**Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Lead discussion below while children enjoy their snack.
  - **Let's eat a healthy snack. God gives us healthy food to make us strong.**
  - **How do you know you are growing?** (Getting taller and stronger.)
  - **Let's see the arm muscles God gave you.** (Children flex arm muscles.)
  - **What can you do now that you could not do when you were younger?** (Children respond.)
  - **Who makes you strong?** (God.)



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

### **BIBLE MEMORY VERSE**

Gather children in a circle sitting or standing and practice the words and motions.

<b>"I can do everything through Him who gives me strength."</b>	(I) Point to self. Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body. (Him) Point to heaven. (gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body. Both closed fists are thrust forward in a forceful manner. Hold hands open, as if holding a Bible.
<b>Philippians 4:13</b>	

### **PRAY**

**Let's pray together.** Say a closing prayer with the children.

### **PLAY**

Allow children to play with selected toys or centers or choose a book to read to them.

### **DISMISSAL**

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SAY & DO: JUDGES 13:5; 16:2-3**

**Purpose:** This pantomime version of the Bible Story helps children remember the story details.

**Supplies:** None

**Directions:** With each phrase, the teacher says the phrase and acts it out with hand motions; then repeats the same phrase and motions with the children.

- **There once was a boy named Samson.** (Raise index finger.)
- **God made him very strong.** (Make fists to flex arm muscles.)
- **God told Samson's mother,** (Point to heaven.)
- **"Let Samson's hair grow long."** (Point to hair.)
  
- **He grew up to lead God's people.** (Place hands on hips.)
- **He was found by the enemy.** (Use hands, as binoculars.)
- **They locked him behind the city gate,** (Lock imaginary gate.)
- **One night when he fell asleep.** (Rest head on folded hands, as if sleeping.)
  
- **Samson woke in the middle of the night.** (Stretch arms, as if waking.)
- **He tore loose that huge city gate.** (Shake imaginary doors.)
- **He put the pieces upon his shoulders,** (Pretend to lift heavy doors.)
- **And carried them far away!** (Pretend to carry doors while walking in place.)



### **BIBLE MEMORY VERSE ACTIVITIES**

"I can do everything through Him who gives me strength." Philippians 4:13

### **GAME: JESUS GIVES ME STRENGTH!**

**Purpose:** Children will realize Jesus gives them strength.

**Supplies:** Soft ball for rolling

**Our Bible Memory Verse tells us, "I can do everything through Him who gives me strength."  
Jesus is the one who gives us strength.**

**Directions:**

1. Children sit in a circle.
2. Teacher rolls the ball to a child.
3. Child holds the ball and says, **"I can do everything through Jesus."**
4. **Optional:** Child names an activity that is hard for him or her to do. For example: tying a shoe, riding a bike, sharing toys, counting, reading, or swimming.
5. Together, everyone says to the child with the ball, **"Jesus gives name of child strength!"**
6. Child rolls the ball to another child.
7. Continue playing until each child has a turn.

# GOT TIME? *continued...*

## **GAME: MEMORY VERSE ECHO**

**Purpose:** To help children memorize and review the Unit 7 Bible Memory Verse.

**Supplies:** None

Let's practice our Bible Memory Verse, **"I can do everything through Him who gives me strength."**

### **Directions:**

1. Have the children stand in a circle.
2. Divide your class into two groups: the loud echo and the whisper echo.
3. Have them all crouch down until it is their turn to echo the verse.
4. Say the verse. Have the loud group stand and echo your words and then the whisper group.
5. Repeat a few times.
6. If you have time, reassign which group does which kind of echo and play again.
7. Optional: Add some variety to the echo. Do it faster each time or slower or have the children jump up and down, clap, or spin in a circle when it is their turn to echo.



## **STORY TIME**

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about children growing stronger or strong heroes.

### **PONDER, PRAY & PLAY**

Unit 7, Lesson 35: Samson and the Gate

**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**

**strength."**

**Philippians 4:13**

(I) Point to self.

Right fist, thumb pointed up, slides down the thumb of the left fist, thumb pointed up. The right hand then opens up and sweeps away from the body. (Him) Point to heaven.

(gives) With the thumb touching the fingers, the hand moves in a forward motion away from the body.

Both closed fists are thrust forward in a forceful manner.

Hold hands open, as if holding a Bible.