



Samson and His Strength

Lesson Aim: To know God gives us power.

THE WORSHIP

Who God is: The King Who Watches Over Us

THE WORD

Bible Story: Judges 14:5-6a; 15:12-15, 20

What He has done: The Holy Spirit gave Samson strength.

Key Verse: Judges 15:14

THE WAY

Christ Connection: Acts 1:8

BIBLE MEMORY VERSE

"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." "He who watches over Israel will neither slumber nor sleep." "The Lord will watch over your coming and going both now and forevermore." Psalm 121:1, 2, 4, 8

Unit 7: The King Who Watches Over Us			
	Bible Story	What He Has Done	Lesson Aim
33	Deborah Leads the Israelites, Judges 4:4-9, 13-16	God sent Deborah as a judge to lead Israel.	To know God watches over His people.
34	Gideon Defeats the Midianites, Judges 7:2-7, 16-21	God made the army small to glorify Himself.	To give God the glory for our victories.
35	Samson and His Strength, Judges 14:5-6a; 15:12-15, 20	The Holy Spirit gave Samson strength.	To know God gives us power.
36	Ruth and Naomi, Ruth 1:16; 2:8-12; 4:14-17	God provided blessings for Ruth and Naomi.	To know God can bring good from hard times.
37	Samuel and the Ark of God, 1 Samuel 5:1-4; 7:3-5, 12-13	God protected the people from their enemies.	To know the power of God's presence.

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 developing the faith of Your children. Strengthen them to walk in Your ways and build Your kingdom. Amen."

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Segment	Minutes	Activity	Supplies
THE WELCOME	Up to 15	Meet & Greet	None
		Game: Mighty Strong	Small adult size, long sleeves shirts or sweatshirts; rolls of toilet paper, scrap paper or newspaper
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org	Unit 7 Bible Memory Verse Song: "I Lift Up My Eyes" Other Bible Memory Verse Song Suggestions: "I Am with You" "To Him Who Sits on the Throne" "Not by Might" Additional Hymn Suggestion: "How Great Thou Art" "How Great Is Our God" Additional Song Collection Suggestions: Songs 4 Worship Kids Volume 1 Sunday School Jamz by Worship Jamz
		Worship Scripture Reading: Ephesians 3:20-21	Bible
		Offering	Baskets
		Worship Illustration	Lesson 35 King City Chronicles script or storybook
THE WORD	Up to 10	Read the Word: Judges 14:5-6a, 15:12-15, 20	Bibles, Bible Story Scripture reference poster
THE WAY	Up to 25	Discuss the Word	Bibles, Christ Connection Scripture reference poster
		Christ Connection: Acts 1:8	
		Golden Bowl	Golden Bowl, pencils, note cards
	Final 5	Final Five Minutes	Treasure Treat—Piece of strong rope, Daily Ways, basket, paper, pencils, crayons or markers, prayer notebook, Unit 7 Bible Memory Verse Song "I Lift Up My Eyes," CD player
GOT TIME?	Up to 10	Snack: Grow Up Strong	Favorite healthy snack
	Up to 10	Game: Thumb Wrestling Tournament	None
	Up to 10	Craft: Strong as a Rope	Yarn (heavy string, lanyard or thin rope), scissors
	Up to 10	Bible Memory Verse Activity: Watch Tag	Unit 7 Bible Memory Verse poster
	Up to 10	Bible Memory Verse Activity: Hot Potato Scramble	Sturdy brown paper, scissors, marker, Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes," CD player, Unit 7 Bible Memory Verse poster
	Up to 5	Bible Timeline Review	Date with story title or name printed on card

RESOURCES: Supplemental materials are available at ResourceWell.org.



Getting started

THE WELCOME

To spark anticipation, encourage arriving children to meet and greet one another with today's question.
Meet & Greet Question: What is your greatest strength?

GAME: MIGHTY STRONG

Purpose: To introduce the stories of Samson's strength.

Supplies: Small adult size, long sleeve shirts or sweatshirts; rolls of toilet paper, scrap paper or newspaper

If you think you are the strongest person in our group, flex your arm muscles! Children flex biceps. **Let's play a game to see who has the most muscles!**

Directions:

1. Divide children into teams of four.
2. Each team chooses one child to be "Samson." Each Samson puts on a long sleeve shirt or sweatshirt over their clothes.
3. Give one roll of toilet paper to each team.
4. On your signal, the teams unroll the toilet paper and stuff wads of the toilet paper into Samson's shirt sleeves to create muscles.
5. The goal is to be first team to stuff all of the unrolled toilet paper into the shirt sleeves without any paper falling out.

Now it's time for your team's Samson to show off his or her muscles! Each team's Samson shows his or her "muscles." **In today's story, we will learn about the real Samson who was a judge over Israel. Samson was known for his amazing strength.**



The King who watches over us

THE WORSHIP

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 music as children move to the designated area.



We worship God as the King who watches over us. He is watching over us now. He sent His Holy Spirit to be with us. The Holy Spirit is our Helper and Jesus promises the Holy Spirit will never leave us! Sing Unit 7 Bible Memory Verse Song: "I Lift Up My Eyes."

The Holy Spirit fills us with power so we are able to build His kingdom. Let's give our offering and ask Him to use it in a powerful way to do more than we could even imagine. Collect offering as "How Great Thou Art" is played as background music.

Today, we will hear about a man named Samson. God made him a judge for the Israelites. When the Spirit of the Lord came upon him in power, Samson did amazing things! Samson's strength did not come from his own might or power; it came from the Spirit of the Lord. Sing: "Not by Might."

Anyone who believes in Jesus can have the power of the Holy Spirit. Sing: "How Great Is Our God."



Read Ephesians 3:20-21.



Perform King City Chronicles script or read storybook: Kings & Kingdoms Unit 7, Lesson 35.



You may also choose to sing songs that focus on God watching over us or on His greatness.



God strengthened Samson

THE WORD

Teacher Tip: As you move from worship to instruction, change rooms or locations within a room to help redirect the children's focus to the Bible story. During this transition time, have each child write his or her name on a card and place it in the Golden Bowl.

Before we read God's Word, let's go over our Class Covenant. A covenant is an agreement. Just as God made a covenant with His people, I ask each of you to make this covenant promise with me today. Listen as I read our Class Covenant: "I will keep my eyes on my teacher, my mouth in control, my ears on God's Word—knowing God is my goal."

Last time, we learned God sent Gideon to be the leader and judge for His people, the Israelites. Did God give Gideon victory over the Midianites? (Yes, they ran away crying.)

If a Bible Timeline is available, point out Samson (circa 1150 B.C.). For a Bible Timeline Review activity, see the Got Time? segment of this lesson. **After God freed His people from the Midianites, they soon returned to their evil ways. So, God let the evil Philistines make their life very hard for 40 years.** If map is available, point out Gaza, Israel and the surrounding coastal area known as the Gaza Strip.

When they cried out for help, God chose Samson as their judge to help them fight the Philistines. God gave Samson great strength. Before Samson was born, an angel told Samson's mother to never shave his head because he was to be set apart to God. Samson would grow up to defend Israel against the Philistines.



If you brought your Bible, open it now and share with others. Hand out spare Bibles. Today's Scripture verse is behind the curtain (or secret door, secret window, etc.). Child reveals Bible Story Scripture reference: Judges 14:5-6a; 15:12-15, 20.

Before we read, let's stand and ask God to open our eyes, ears, hearts, and minds to His Word today. Who'd like to pray that for us? Child prays aloud. **Be seated.**

Listen to what Samson did when he was attacked by a lion. Read Judges 14:5-6a.

When Samson fell in love with a Philistine woman, the Philistines tricked him. They also gave his bride away to a friend. So, Samson burned all the crops in their fields. For this, the Philistines made the Israelites turn Samson over to them. The Israelites tied Samson up in their strongest ropes and took him to the Philistines. Listen as I read what happened next. Read Judges 15:12-15, 20.



The Holy Spirit strengthens us

THE WAY

What happened when the lion came roaring at Samson? (He fought and killed it.) **How did he get the power to fight the lion?** (The Spirit of the Lord came upon him in power.) **Later, Samson was tied up with new ropes. What happened to those ropes when the Spirit of the Lord came upon Samson in power?** (They became like burned ropes and dropped from his hands.)

The Spirit of the Lord is God. He is also called the Holy Spirit. The Holy Spirit not only gives strength to our bodies, but also to our hearts and minds. He sends the strength believers need to protect others and fight against wrongdoing.

Everyone who believes in Jesus has the Holy Spirit always in their hearts. The Holy Spirit fills us with power so we can build His kingdom. When we need it, the Holy Spirit gives strength to our bodies, hearts, and minds to do what is right.

We all need strength to make right choices in what we say, do, and think. We all have times when it is hard to do the right thing. What are some hard choices you have had to make to do the right thing at home, at school, and with friends? (Obeying when no one is looking, being kind to those who are unkind to us, letting others go first, etc.)

In the end, the Philistines cut Samson's hair and he lost his strength. They were able to capture him and put him in prison. When his hair began to grow again, Samson prayed one last time for strength. Since the Holy Spirit had given Samson powerful strength many times, do you think Samson trusted God to send him strength exactly when he needed it? (Children respond.) **Did God answer Samson's prayer?** (Children respond.) **God answered Samson's prayer and strengthened him so he was able to defeat 3,000 Philistines by pushing down the pillars and bringing down their temple.**



Connecting the Old Testament, the New Testament and Us

CHRIST CONNECTION

What happened to Samson each time before he showed amazing strength? (The Spirit of the Lord came upon Samson in power.) **Let's see what Jesus said about that same Spirit.**



Everyone, place your Bible on your lap. Choose a child to reveal the Christ Connection Scripture reference: Acts 1:8. **Let's find this scripture.** Read Acts 1:8.

Jesus promised we would receive power from the Holy Spirit. That's the same Spirit who came upon Samson to strengthen him. The Holy Spirit gives us power to tell others about Jesus. He gives us the strength we need to do everything He asks us to do.

Do you think God will strengthen you with His Spirit? (Children respond.) **Just as Samson asked God for strength, let's remember each day to ask the Holy Spirit for strength.**

THE WAY *continued...*



Revelation 5:8

GOLDEN BOWL

Teacher Tip: Write the names of classmates, local church leaders, and children in other nations or others who need prayer on small pieces of paper. Place the papers in a golden bowl.

The Bible says our prayers are like sweet smelling incense in the golden bowls at God's throne. I'm going to lift each one of your names to God's throne as you pray for each person silently. Then we will pray the Lord's Prayer (Matthew 6:9-13) aloud together. Let's pray.

Lord God, we lift up to Your throne the name of each child here. We trust You to watch over us and our needs, the ones we say aloud and the ones hidden in our hearts. First, we lift up to You ____, ____, ____. Read names in Golden Bowl.

Now, we pray the prayer Your Son taught us: Our Father, who art in heaven, hallowed be Your name. Your kingdom come, Your will be done on earth as it is in heaven. Give us this day our daily bread. Forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

TREASURE TREAT: Today, your Treasure Treat is a piece of strong rope. Tell your friends and family how Samson broke free when he was tied with strong, new ropes. Keep the rope as a reminder that the same Spirit of the Lord which came upon Samson gives power to everyone who believes in Jesus.

DAILY WAY CHALLENGE: Did anyone bring in their completed Daily Way from last time? Praise or reward those who return a Daily Way. Distribute Lesson 35 Daily Way 5-day Bible study. **Complete this week's Daily Way at home and let God speak to you through His own words in the Bible. Join the Daily Way Challenge by returning your completed Daily Way.**

Teacher Tip: Collect Daily Ways in a basket or other container and periodically reward children as a group for completing the challenge.

OFFERING OF ART: Until it is time to be dismissed, make an Offering of Art. For your offering, draw a picture of Samson pushing down the temple pillars.

PRAYER REQUESTS: As children work on their Offering of Art, ask how you can pray for them this week. Write requests in a prayer notebook.

BIBLE MEMORY VERSE SONG: Play the Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes," in the background as children wait to be dismissed.



If time remains, choose from the connected activities below.

GOT TIME?

SNACK: GROW UP STRONG

Purpose: Children will eat a snack while personally connecting to the story.

Supplies: Favorite healthy snack

God made Samson strong so he could defeat the Philistines. God is helping you grow stronger every day. What are some things God helps you do to grow stronger and healthier? (Eat healthy food, play to get exercise, sleep, go to church and school to get stronger minds.) As we eat a healthy snack, I would like to hear about the strength God has given you.

Directions:

1. Serve snack and drinks.
2. Child prays to thank God for the snack.
3. Ask the Snack Discussion Question: **"When has God given you the strength you needed to do something that was difficult?"**

GAME: THUMB WRESTLING TOURNAMENT

Purpose: To remind children of Samson's great strength.

Supplies: None

Samson wrestled a lion and killed it with his bare hands. Let's have our own wrestling tournament to see which team has the best thumb wrestlers.

Directions:

1. Divide children into four teams.
2. To thumb wrestle, two players from the same team face each other. Both players hold out either their left or right hand in a "thumbs up" hand position, gripping hands with thumbs still up.
3. Players say together, "One, two, three, I challenge you to wrestle me!"
4. Players use their thumb to try and pin down the opponent's thumb.
5. Team members thumb wrestle against each team member to determine the best thumb wrestler on their team.
6. The best thumb wrestlers from each team then play each other in the semifinals.
7. The best two thumb wrestlers play each other in the finals to determine the winner.

Our thumb wrestling is just for fun. Samson's strength was not used to win tournaments, but to defend the Israelites against their enemy—the Philistines. Each time the Spirit of the Lord would come on Samson in power, he would show amazing strength and defeat his enemy, whether it was a lion or the Philistines!

GOT TIME? *continued...*

CRAFT: STRONG AS A ROPE

Purpose: Create a strong rope bracelet to remember God gave strength to Samson and His followers.

Supplies: Yarn (heavy string, lanyard, or thin rope), scissors

What did Samson have to do to keep his strength? (Obey God by not cutting his hair.) **How did Samson lose his strength?** (He told Delilah the secret to his strength and she had his hair shaved off.) **Why did Samson ask for God to give him his strength back?** (So he could bring down the temple to defeat the Philistines.) **God gives you strength, too. Let's make strong rope bracelets to help us remember to depend on God for strength.**

Directions:

1. Wrap a piece of yarn around your wrist three times to measure it. Cut the yarn.
2. Cut two more pieces of yarn to the same size as the first piece of yarn.
3. Hold the top ends of the pieces of yarn together so they are even.
4. Tie the top ends together.
5. Braid or twist the three pieces together until you reach the bottom end of the yarn.
6. Tie a knot at that end of the braid or twist to finish your rope.
7. Ask a friend to help you tie the rope around one of your wrists.

Optional: Instead of bracelets, some children may prefer to make key chains or zipper pulls by tying one end of the rope to a key ring or zipper.

GOT TIME? *continued...*



BIBLE MEMORY VERSE ACTIVITIES

"I lift up my eyes to the hills—where does my help come from? My help comes from the Lord, the Maker of heaven and earth." "He who watches over Israel will neither slumber nor sleep." "The Lord will watch over your coming and going both now and forevermore." Psalm 121:1, 2, 4, 8

GAME: WATCH TAG

Purpose: Children learn and practice the Unit 7 Bible Memory Verse by playing a game of tag.

Supplies: Unit 7 Bible Memory Verse poster

Just as God watches over you to help you, the Watchman in this game helps you learn each verse of the Bible Memory Verse.

Directions:

1. Point out each sentence is a verse. Say all four verses together.
2. Choose one child to be "the Watchman." The Watchman chases and tags other children.
3. Tagged children must freeze and say one of the four sentences of the Bible Memory Verse to play again. Encourage children to say the sentences from the Bible Memory Verse without looking at the poster by the end of the game.
4. Children take turns as the Watchman.

GAME: HOT POTATO SCRAMBLE

Purpose: In this variation of the Hot Potato game, children quickly pass their paper potatoes around the circle and put the Unit 7 Bible Memory Verse in order once the music stops.

Supplies: Sturdy brown paper, scissors, marker, Unit 7 Bible Memory Verse Song, "I Lift Up My Eyes," CD player, Unit 7 Bible Memory Verse poster

Prepare: Cut 8 potato shapes from brown paper. Divide the Unit 7 Bible Memory Verse into eight phrases. Write a different phrase of Bible Memory Verse on each potato. Display Bible Memory Verse poster.

Directions:

1. Children stand in a large circle.
2. Repeat the Bible Memory Verse several times together.
3. Scramble the order of the paper potatoes ("hot potatoes").
4. Give hot potatoes to 8 of the children in the circle. (For a small group, some children hold two.)
5. Teacher begins chanting or playing the Bible Memory Verse song.
6. As if the potatoes are too hot to hold, each child quickly passes hot potatoes to the child on their left and receives hot potatoes from the right. Continue passing potatoes until the song is stopped.
7. When the teacher stops the song, instruct the children who have a hot potato to race to the center of the circle and place their hot potatoes in the correct order.
8. If time allows, repeat steps 3-8.

Teacher Tip: For non-readers, replace key words such as eyes, hills, watches, sleep, and earth with drawings or pictures. Or use only four paper potatoes and write the number 1, 2, 3, or 4 on each potato. Children pass the hot potatoes around the circle. When the music stops, the four children holding the hot potatoes stand up and each recite one of the four verses in order.

GOT TIME? *continued...*



BIBLE TIMELINE REVIEW

Kings & Kingdoms Part Two studies the miracles and stories of the Bible from Judges through Esther. Review recent Bible stories to see the continuing story of who God is and what He has done.

Deborah (Circa 1350 B.C.) After Joshua died, the people did wrong in the eyes of God, so He allowed their enemies to make their life hard. When they cried out to God for help, God sent Deborah to lead them and be their judge. What did Deborah do for the people? (She helped them solve disagreements and led the Israelites in defeating the Canaanite army.)

Gideon (Circa 1250 B.C.) Why did Gideon put the fleece out overnight? (To test and see if God was with him.) What three unusual weapons did Gideon's 300 men use? (Trumpets, empty jars and torches.) What did the Midianites do when they heard 300 trumpets and loud crashes, and saw 300 lights surrounding their camp? (They ran away.)

Samson (Circa 1150 B.C.) What did the angel tell Samson's mother before he was even born? (The angel said not to shave his head. His long hair was a sign he was set apart to God.) How did Samson get the power each time he needed superhuman strength? (The Spirit of the Lord came upon him in power.)

How to create a Bible Timeline from Judges through Esther:

1. Print each scroll on sturdy paper.
2. Choose a wall or other visible location to display the timeline.
3. Before each lesson, add the scroll for that lesson to the Bible Timeline using the list below. Add the Unit 10 card for Kings & Kingdoms Lessons 48-52.
4. To review, ask the corresponding questions as you point to the associated scroll.

Judges – Esther: Deborah (Circa 1350 B.C.) > Gideon (Circa 1250 B.C.) > Samson (Circa 1150 B.C.) > Ruth > Samuel (Circa 1100 B.C.) > Saul (Circa 1050 B.C.) > David (Circa 1020 B.C.) > Solomon (Circa 970 B.C.) > Josiah (Circa 640 B.C.) > Ezra (Circa 500 B.C.) > Esther (Circa 470 B.C.) > Nehemiah (Circa 430 B.C.)

Unit 10: Jesus on Earth (Circa 2 B.C.-33 A.D.)

Teacher Tip: To view Bible Timeline and lessons from Genesis through Joshua, see Year One, God of Wonders Lessons 22-47.