

Activity: Samson



FAMILY TIME
TRAINING

Teaching Goal: To understand, through the story of Samson, that God is the source of our strength.

Scripture: Judges 13-16

Materials: Large sweatshirts
Balloons
Wigs or mops for hair
Blindfolds
Children's Bible
Glow lights
Shoestrings or rope

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. Tell the story of Samson. **Samson is called by God. He is a Nazirite and the strongest man on earth. God told Samson not to cut his hair. Samson fights and kills a lion. He catches 300 foxes and uses them to destroy the Philistines' crops. He fights 1,000 Philistines. Then, Samson is tricked by Delilah, and his hair is cut. God takes away his strength. The Philistines blind him and put him in prison. Samson is brought out of prison, and God grants him strength again. Samson pulls down the pillars, killing many Philistines.** Show pictures of Samson in a Children's Bible.

B. ACTIVITY #1: Put large sweatshirts on the kids. Fill them with balloons, so that they look like muscle men. Put wigs on their heads for Samson's long hair. Make two pillars out of empty boxes (9 feet high). Blindfold the kids and have them knock down the pillars.

C. ACTIVITY #2: After dark, tie shoestrings or rope from the back of the kids. Clip on glow lights that will come off when pulled. Chase the kids around the yard, reenacting the foxes running through the crops.

- V. Memorize:

**Our strength from God will stay,
When God we choose to obey.**

- VI. Close in Prayer

- VII. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.

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