



Date: _____
Series: Judges
Summer, Year 2, Lesson 5

Samson

Take Home Point: *God helps us.

*Repeat this phrase throughout the lesson. Leaders say the phrase and the children repeat it.

Bible Event: Judges 13-16

We will help children know:

- God chose Samson to lead his people.
- God helped Samson by making him super strong.
- God helps us.




We will help children feel:

- Protected by God.
- Happy that God loves them enough to help them.

We will help children do:

- Participate in acting out the Bible Event.
- Eat a snack that will help our bodies grow strong.
- Make a lion craft to remind us of Samson.
- Play a learning game called *Am I Strong?* and a movement game called *God Helps Us*.
- Take home a copy of *God Talk at Home* to reinforce learning today's Take Home Point: ***God helps us.**

THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
Warm-Up (5-10 minutes)	3	Transition Time	<ul style="list-style-type: none"> toys of your choice
Large Group Opening (5-10 minutes) 	3	Sing (Optional)	<ul style="list-style-type: none"> songs of your choice
	3	Puppet Presentation	<ul style="list-style-type: none"> Bubba puppet and elephant
	4	Bible Reading	<ul style="list-style-type: none"> children's picture Bible
Small Group Application (10 minutes—each activity) 	5	Activity 1: Acting Out Bible Event	<i>Activity 1: Bible Event</i> <ul style="list-style-type: none"> children's picture Bible
	8	Activity 2: Snack	<i>Activity 2: Snack</i> <ul style="list-style-type: none"> napkins cups of water fruit, canned or fresh (will need spoons and cups if using canned fruit)
	9	Activity 3: Craft	<i>Activity 3: Craft</i> <ul style="list-style-type: none"> paper plate, one per child wiggly eyes, 2 per child black and yellow construction paper glue yellow and brown crayons scissors for teachers sticker that says "God helped Samson against the lion. God helps us." (Option: write it)
	10	Activity 4: Learning Game	<i>Activity 4: Games</i> <i>Learning Game</i> <ul style="list-style-type: none"> none
	11	Movement Game	<i>Movement Game</i> <ul style="list-style-type: none"> none
Large Group Wrap-Up (5-10 minutes) 	12	Review Lesson and Take Home Point	<ul style="list-style-type: none"> songs of your choice
	12	Pray	
	13	Sing (Optional)	

Warm-Up (Prior to class and first 10 minutes of the session.)

Young children this age need a time to get acquainted with the new surroundings as they enter the classroom. Provide a variety of calm activities and toys, such as blocks, play centers and simple puzzles. These activities create an environment that helps young children let go of Mom and Dad. If necessary, Mom and Dad may play with them for a few minutes and then leave.

Large Group Opening (5-10 minutes)



Purpose: You may use singing as a large group activity and to gather attention. The opening puppet presentation is a quick overview introducing the Bible Event and Take Home Point. Early childhood humor is also used. Bubba often says something silly about elephants. Judy says something silly about pink ponies. Let the children enjoy the “joke” but use it to call attention to the Bible Event.

Singing: Use music of your choice.

Puppet Presentation

Supplies:

- Children's picture Bible
- Bubba's elephant

Bubba Learns God Helps Us

Presenter: Boys and girls, let's call out Bubba.

Kids call Bubba. **Bubba...Bubba...Bubba.** Bubba comes out holding his elephant.

Presenter: Hi, Bubba. What did you bring today?

Bubba: I brought my elephant because that's what I want to be when I grow up.

Presenter: You want to be an elephant when you grow up?

Bubba: Yes, because I want to be as strong as an elephant when I grow up.

Presenter: Boys and girls, do you think Bubba can grow up to be an elephant?
(No. Shake head.)

Presenter: Bubba, you cannot grow up to be an elephant, but you can grow up to be strong.

Bubba: But I want to be really strong.

Presenter: Today we are going to learn that God helps us. He helped a man named Samson be really strong.

Bubba: Strong as an elephant?

Presenter: Yes. But Samson learned that to be really strong, he had to listen and obey what God told him. Would you like to hear about Samson?

Bubba: Yes.

Presenter: See what I am holding? This is the Bible. It is God's word. Everything in the Bible is true. Now I am going to read about our lesson from the Bible. Let's put on our listening ears.

Read the Bible Event from a children's picture Bible.

Presenter: Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Presenter: Bubba, will you help us sing our song of the week?

Bubba: Sure, I love to sing.

Song: to the tune of *Frère Jacques*

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GO-d HELPS us.
GO-d HELPS us.
YES, he DOES. YES, he DOES.
HE loves US and HELPS us.
HE loves US and HELPS us.
GOD helps US.
GOD helps US.

Let's fold our hands and say a prayer. Repeat after me.

Dear God, Dear God,
You are with us. You are with us.
We love you. We love you.
You help us. You help us.
Thank you, thank you, thank you. Thank you, thank you, thank you.
In Jesus' name. In Jesus' name.
Amen. Amen.

Small Group Application (30-40 minutes)



Purpose: Young children learn best by repetition. Review the Bible Event and practice the Take Home Point as you rotate through the activities.

The shepherd to child ratio for three-year-olds should be one to six or fewer. Divide into groups of six with one shepherd or have a slightly larger group with two shepherds.

Groups rotate from activity to activity. Another option, especially for larger churches, is to provide a leader at each activity table with a shepherd leading a group of up to twelve. The ratio will be maintained at one to six.

Activity 1: Acting Out the Bible Event

Supplies:

- Children's picture Bible

Samson

Judges 13-16

Introduction

Hold up a children's picture Bible.

This is the Bible. It is God's word. Let's act out what it says in the Bible. When you see me do the actions, you do them, too.

God chooses Samson.

- Before he was born, Samson was chosen by God to lead God's people. An angel appeared to his mother and told her things she had to do. One of them was to never cut Samson's hair. So Samson's hair grew very long. Let's pretend to comb very long hair.
- God blessed Samson. God was going to help Samson win against the enemies of God's people, the Philistines. God was going to make Samson very, very strong. Show me your muscles.

God helps Samson.

- When Samson grew up, God helped him to be strong. Once, a lion jumped out and attacked Samson. Let's roar like a lion.
- God helped Samson by making him strong enough to kill the lion with his bare hands.

Samson fights the Philistines.

- God was with Samson. Once, Samson's hands were tied together so he could be handed over to the Philistines. God helped Samson again. He helped Samson rip the ropes right off his hands. Let's raise our hands in the air.
- After Samson defeated all of God's enemies, he told God he was thirsty. Again God helped him. God opened the ground and water came out of it. Samson drank all he wanted. Let's pretend to drink from the stream.

Samson marries Delilah.

- Samson was ruler over God's people for many years. He met a woman named Delilah and married her. Delilah did not love God. The Philistines told her they would pay her a lot of money if she would find out what made Samson so strong. Show me your muscles.
- Delilah kept asking Samson what made him so strong. Three times he tricked her and told her the wrong answers. Let's count to three. One...two...three.
- Delilah loved money more than she loved Samson. Delilah kept asking and asking and asking what made Samson so strong. Samson got so tired of her asking him, he finally told her. The secret to his strength was God helping him, as long as he did not cut his hair. Delilah told the Philistines his secret. While Samson slept, Delilah cut off all of Samson's hair. Let's pretend to cut our hair.
- The Philistines snuck into Samson's house. They gave Delilah a lot of money and they hurt Samson and took him away to prison. He had to work hard in prison grinding grain. Let's pretend to grind some grain.

Philistines have a party.

- While Samson was in prison, God still loved him. Samson's hair started to grow back. Let's pretend to comb our hair.
- The Philistine rulers decided to have a party to celebrate capturing Samson. They invited all the important people. Thousands of people came to the party. Let's wave at all the people at the party.
- The people wanted to see Samson. The rulers got him out of prison and made him perform for them. The people laughed and pointed at Samson. Let's laugh.

God helps Samson.

- Samson prayed and asked for God's help one last time. He asked God to give him strength so he could destroy all the Philistines

- gathered at the party. Let's bow our heads, fold our hands and pretend to pray.
- God heard Samson's prayer. God helped Samson again. God made Samson strong. Samson put his hands on the pillars holding up the temple where the party was. He pushed and pushed. Let's pretend to push on a pillar.
 - The temple came crashing down, and God's enemies were defeated once again. God was stronger than all of the Philistines. God helped Samson.

God helps us today.

- God still helps us today. We can ask for his help when we pray. God hears our prayers. He loves us and helps us.
- Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Pray, Sing and Review the Take Home Point

Prayer:

Let's fold our hands and say a prayer. Repeat after me.

Dear God, Dear God,
 You are with us. You are with us.
 We love you. We love you.
 You help us. You help us.
 Thank you, thank you, thank you. Thank you, thank you, thank you.
 In Jesus' name. In Jesus' name.
 Amen. Amen.

Let's sing our song of the week.

Song: to the tune of *Frère Jacques*

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GO-d HELPS us.
 GO-d HELPS us.
 YES, he DOES. YES, he DOES.
 HE loves US and HELPS us.
 HE loves US and HELPS us.
 GOD helps US.
 GOD helps US.

Take Home Point:

Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Activity 2: Snack

Supplies:

- Napkins
- Cups and water
- Any fruit, canned or fresh (will also need spoons and cups for canned fruit)

BE AWARE OF ANY FOOD ALLERGIES CHILDREN MAY HAVE BEFORE YOU GIVE THEM ANY FOOD TO EAT.

Today we are going to eat a snack that will help our bodies be strong. Before we eat our snack, let's fold our hands and say a prayer. Repeat after me.

Dear God, Dear God,
You are with us. You are with us.
We love you. We love you.
You help us. You help us.
Thank you, thank you, thank you. Thank you, thank you, thank you.
In Jesus' name. In Jesus' name.
Amen. Amen.

Samson was strong because God told him not to cut his hair. That will not work for us. We need to eat good food to help our bodies be strong.

Pass out napkin, cups of water and fruit you are having.

Fruit has vitamins and minerals that help us grow strong. Let's eat our snack now.

Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Let's sing our song of the week.

Song: to the tune of *Frère Jacques*

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GO-d HELPS us.

GO-d HELPS us.

YES, he DOES. YES, he DOES.

HE loves US and HELPS us.

HE loves US and HELPS us.

GOD helps US.

GOD helps US.

Activity 3: Craft

Children take pride in making something themselves. Resist trying to do too much for children so that they can say, "I did it myself."

Supplies:

- Paper plates, one per child
- Wiggly eyes, 2 per child (option: paper punch black construction paper)
- glue
- Black construction paper cut into triangles for lion's nose, about ½ inch high
- Yellow construction paper cut into 2" long x ¼" wide pieces, 6 per child (whiskers)
- Yellow and brown crayons
- Scissors for teacher
- Sticker that says, "God helped Samson against the lion. God Helps Us." (Option: write it)

Before class, place sticker on back of craft or write "God helped Samson against the lion. God Helps Us." Cut the noses and whiskers as described above.

Today we are going to make a lion to remind us of how strong Samson was. First, let's color all around the edges of our plate. This will be the lions' mane or hair. Now let's glue on the wiggly eyes and the nose. Next we can glue on the whiskers. (Children may draw on a mouth if they want to.) When you are finished, I will come around and make the mane look more like hair. (Make cuts close together about one inch into the edge around the plate, not cutting off the fringe.)

Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Let's sing our song of the week.

Song: to the tune of *Frère Jacques*

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GO-d HELPS us.
YES, he DOES. YES, he DOES.
HE loves US and HELPS us.
HE loves US and HELPS us.
GOD helps US.
GOD helps US.

Let's pray now. Fold your hands and repeat after me:

Dear God, Dear God,
You are with us. You are with us.
We love you. We love you.
You help us. You help us.
Thank you, thank you, thank you. Thank you, thank you, thank you.
In Jesus' name. In Jesus' name.
Amen. Amen.

Activity 4: Games

Choose one or both games to play. Children with lots of wiggles should play the Movement Game first.

Learning Game

Supplies:

- none

Today we are going to play a game called *Am I Strong?* After you answer the questions, you can do the actions.

1. Am I strong if I am an elephant? Yes. Let's make our arm be an elephant trunk and wave it around.
2. Am I strong if I can run all day without stopping? Yes. Let's run in place.
3. Am I strong if I can pick up a car? Yes. Let's honk our horn.
4. Am I strong if I cannot pick up a puppy? No. Let's bark like a dog.
5. Am I strong if I can wrestle a lion? Yes. Let's roar like a lion.
6. Am I strong if I can move furniture? Yes. Let's pretend to lift a couch.
7. Am I strong if I cannot pick up a book? No. Let's pretend to pick up a book and read it.

8. Am I strong if I can move huge rocks? Yes. Let's pretend to lift a big rock.
9. Am I strong if I did something bad because someone told me to do the wrong thing? No. Let's pretend that a friend told us to do something bad and shake our heads "no."
10. Am I strong if I ask God for help? Yes. This is a different kind of strength. This is being strong in your heart. Let's say, "Help me God."

Movement Game

Supplies:

- none

Today we are going to play a game called *God Helps Us*. Please sit in a circle. I will choose someone to go first. You will walk around the outside of the circle saying, "God helps...God helps...God helps..." until you tap someone on the back and say, "You!" You will run around the circle and the one who tapped will sit where the other child was. Just like Samson, God helps us. Make sure every child is picked. You may have to direct child to choose someone.

Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Let's sing our song of the week.

Song: to the tune of *Frère Jacques*

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HE loves US and HELPS us.
HE loves US and HELPS us.
GOD helps US.
GOD helps US.

Let's pray now. Fold your hands and repeat after me:

Dear God, Dear God,
You are with us. You are with us.
We love you. We love you.
You help us. You help us.
Thank you, thank you, thank you. Thank you, thank you, thank you.
In Jesus' name. In Jesus' name.
Amen. Amen.

Large Group Wrap-Up (5-10 minutes)



Lesson Review:

Presenter reviews the lesson with questions or by supplying key parts of the lesson with some words left out. Children are to supply the answers as the presenter shares the Bible Event.

**See if you know the words I'm thinking of when I tell the Bible Event.
If you know it, you may say it out loud without raising your hand.**

Samson was chosen by _____. (God.) God would be with Samson if he did not cut his toenails or his hair? (Hair.) Samson once killed a lion with what? _____ (His hands.) What did Samson's wife Delilah want to know? (What made Samson strong.) Did Samson tell her? (Yes.) What did Delilah do? (Cut off his hair.) After the Philistines captured Samson, did they send him to prison or the movies? (Prison.) Did God still love and help Samson? (Yes.) Does God help us and love us? (Yes.)

Lesson Prayer:

Let's fold our hands and pray. Repeat after me.

**Dear God, Dear God,
You are with us. You are with us.
We love you. We love you.
You help us. You help us.
Thank you, thank you, thank you. Thank you, thank you, thank you.
In Jesus' name. In Jesus' name.
Amen. Amen.**

Lesson Song:

Let's sing our song of the week.

Song: to the tune of *Frère Jacques*

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

GO-d HELPS us.

GO-d HELPS us.

YES, he DOES. YES, he DOES.

HE loves US and HELPS us.

HE loves US and HELPS us.

GOD helps US.

GOD helps US.

Take Home Point:

Let's practice the Take Home Point. I'll say it first and you repeat after me: *God helps us. God helps us.

Lead the children in singing songs from a CD until parents begin arriving. Let parents know that they are welcome to join in. Dismiss by handing out God Talk at Home.

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