

K-5th Grade

Samson

Activity Ideas

Session Title: Samson

Bible Passage: Judges 13–16

Story Point: God gave Samson strength to defeat the Philistines.

Key Passage: 1 John 1:9

Big Picture Question: What is repentance? Repentance is turning away from sin and turning to Jesus.

Activities

Option 1: Feats of strength

Challenge the kids to do exercises to show their strength.

Suggested exercises:

1. push-ups, 15
2. sit-ups, 30
3. planks, hold for 30 seconds
4. squats, 40

Say • Wow! All those exercises make my muscles sore! But doing push-ups, squats, and sit-ups is a great way to increase your strength. Today we will learn about a man who had incredible strength from God. Sadly, we'll learn that he did not always use it in a wise way.

Option 2: Muscle stuff

Inflate multiple balloons to about half of their capacity. If any kids in your ministry have a latex allergy, consider using foam balls instead. Form two teams of kids. Select a kid from each team to wear an oversized, long-sleeve T-shirt. You may choose to tie a rope or sash from a bathrobe around the kids' waists to keep the bottom of the shirt closed. Allow the two teams to stuff balloons or foam balls into the T-shirt to look like bulky muscles. Give the teams a time limit. At the end of the time limit, remove the balloons and count them. The team with the most "muscles" wins.

Say • Today we will learn about a man who had great strength. We will learn where his strength came from and what he did to save God's people.

Option 3: Map it!

Print one copy of the "Map It" printable for each kid. Provide crayons or markers. Hang a large world map on a focal wall in your space. Help kids fill in the blanks on their pages with city, state, and country names.

Every few minutes, stop and review each of the locations on the map as kids fill in the blanks. Place a sticky note or thumbtack on the map at the location you are discussing. Instruct kids to color in that location on their map. If time allows, give them an opportunity to color the rest of the page.

Say • God placed Samson exactly where He wanted him and used him to defeat the Philistines and save His people. God has also picked this exact place for you to live! You can make a big difference for God in this place by telling others about Jesus and His strong love.

Option 4: Long hair, strong hair

Provide an elastic headband to each kid. Allow the kids to tie yarn to the headbands to make a wig. Help the kids review the story point and big picture question. Then allow them to take turns re-enacting parts of the story while wearing their Samson wigs. Remind the kids that Samson's strength came from God.

Say • Samson's hair was not his source of strength. It was just a picture of his devotion and obedience to God. When Samson told his secret to Delilah, he showed he cared more about making her happy than he did about obeying God. God took away Samson's strength after his hair was cut. But when Samson prayed for strength to save God's people, **God gave Samson strength to defeat the Philistines.**