

Bible Verse: Samson said, "God, please make me

strong just one more time."

Judges 16:28b

Bible Point: God helps those who turn to him.

I can depend on God.

**Coloring Page:** Samson is strong.

Songs: Hosanna Rock

Were All Singing Who Knows Best

**Resource:** The Story for Little Ones,

Chapter 8: A Strong Man





### **How Strong Are You?**

What You Need: A small ball and several paper cups, and a paper airplane.

What You Do: Tell the children you want to see how strong they are! Let them take turns doing the following:

\*Stacking the cups and knocking them down with the ball

\*Throwing a paper airplane very far

#### What You Say:

When the children have each tried all the activities, tell them that today's Bible story was about a man named Samson who was the strongest man in the world! God helped Samson when Samson turned to God. You can depend on God's help, too.





Grow, Grow his Hair

What You Need: No supplies necessary

#### What You Do:

Sing to the following song to tune of Row, Row, Row your boat.

Grow, grow, grow his hair Samson grew his hair It was very, very long And he was very strong.

Cut, cut, cut the hair Delilah cut his hair Now Samson wasn't strong The hair was not there.





### Samson the Strong Bowling

What You Need: Six bowling pins and bowling ball.

#### What You Do:

Set up the bowling pins and instruct the children to take turns knocking down the pins. Each time a child knocks down a pin make sure to talk about how God makes us strong just as God made Samson strong.

#### What You Say:

Today's Bible story was about a man named Samson who was the strongest man in the world! God helped Samson when Samson turned to God. You can depend on God's help, too.





#### **Samson Says**

What You Need: No supplies are needed.

What You Do: Play "Samson Says," a variation of the game "Simon Says." Have the children stand facing you. Do an action such as patting your head, rubbing your tummy, or hopping on one foot. Be sure to say "Samson says" before doing the action. Do three or more of these actions making sure to say "Samson Says" before doing the action. Then mix it up and do an action without saying "Samson Says" beforehand. Watch for the children who do the action and then ask them to sit down. Keep playing until you have one child standing. Repeat the game until the children lose interest.

(Note: Depending on the age of the children, you may not want to make somebody sit out. Instead, you could just play and all giggle together when someone messes up.)

#### What You Say:

At the start of the activity: "Let's play a game! Have any of you ever played the game 'Simon Says' before? Okay, this game is just like it. This game is about using your ears to listen and follow directions. When I say "Samson says," you do what I do. But If I do not say "Samson says" then you do not do what I do. Does everyone understand? (Pause for responses.) Great! Let's get started."

At the end of the activity: "When the children have finished the game, tell them that today's Bible story was about a man named Samson who was the strongest man in the world! God helped Samson when Samson turned to God. You can depend on God's help, too."





## Samson Paper Doll

What You Need: copies of a "Paper Doll" on cardstock, yarn and markers

#### What You Do:

Make copies on card stock of the "Paper Doll". The idea is that they get to draw Samson on the plain outline and then glue on his very long hair.

### **What You Say:**

Today's Bible story was about a man named Samson who was the strongest man in the world! God helped Samson when Samson turned to God. You can depend on God's help, too.

