Preschool–Grade 6

Samson

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: God made Samson strong. God helps me. I can pray to God.
Bible passage: Judges 13–16. Read Judges 13–16 yourself before class.
Memory verse: "God is our refuge and strength" *Psalm 46:1 (KJV)*. A **refuge** is a safe place.
You need: a Bible, 1 strip of crepe paper streamer for each child (about 2 feet long), crayons, and one take-home sheet for each child.
Before class: put a bookmark in your Bible at Judges 16.

1. Opening game: Strong Arms (5 minutes)

Kids stand up and show their strong arms. Call out: "Lift a big rock! Push a wall! Carry a heavy box!" and everyone acts it out. Then wrap a crepe paper strip loosely around each child's wrists, once, without tying it. Say "One, two, three, break!" and they pull their hands apart. Say: "Good job! Today we will hear a true story about Samson. God made Samson very, very strong."

2. Bible story (5 minutes)

Hold up your Bible open to Judges 16. Say: "This story is true. It is in God's Word." Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

God's angel told Samson's mom, "Thou shalt conceive, and bear a son" (Judges 13:3). *(Rock a baby in your arms.)*

Do not cut his hair. He is set apart for God (13:5). *(Touch your hair.)*

Baby Samson grew big and strong (13:24). *(Stand up tall.)*

A lion roared at Samson. Roar! (14:5) *(Make lion claws and roar.)*

God made Samson strong, and he beat the lion (14:6). *(Show your strong arms.)*

Say it with me: "God made Samson strong!"

Men tied Samson with new ropes (15:13). *(Hold your wrists together.)*

God made him strong, and the ropes fell off (15:14). *(Pull your hands apart.)*

Samson was thirsty. He prayed, and God gave him water (15:18–19). *(Fold your hands. Pretend to drink.)*

Say it with me: "God helps me!"

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The story continues:
Samson told his secret to Delilah. That was not wise (16:17). *(Shake your head no.)*
His hair was cut. His strength went away (16:19–20). *(Make your arms go floppy.)*
His enemies put Samson in prison (16:21). *(Sit down and look sad.)*
But his hair grew again (16:22). *(Touch your hair.)*
Samson prayed. He asked God to make him strong one more time (16:28). *(Fold your hands.)*
God heard Samson. God made him strong again (16:29–30). *(Show your strong arms.)*
Say it with me: "I can pray to God!"

3. Questions to ask (3 minutes)

1. Who made Samson strong? *(God! Judges 14:6)*
2. What did Samson do when he was thirsty? *(He prayed, and God gave him water, 15:18–19)*
3. What did Samson do at the end? *(He prayed to God, 16:28)*

4. Memory verse (3 minutes)

Say: "God is our refuge and strength. A refuge is a safe place." Teach the motions: point up for "God," put your arms over your head like a roof for "is our refuge," and show your strong arms for "and strength." Say the verse with the motions three times: in a normal voice, in a whisper, and in a big strong voice. Then say "Psalm 46:1" and clap two times.

5. What this means for us (3 minutes)

Say: "God helped Samson, and God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."
Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

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6. Activity: Strong Lion (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a big circle for the lion's face, with a fluffy mane all around it, and color the mane yellow and orange. While they color, ask: "Who made Samson strong? What can you do when you need help?" Kids who finish early can play the rope game again: break the crepe paper "rope" and shout, "God made Samson strong!"

7. Prayer

Say each line, and the kids say it after you:
"Thank You, God, for making me.
Help me when I need You.
I can pray to You. In Jesus' name, amen."

Tips for little ones: keep the story moving and let every child do the motions. If they get wiggly, play Strong Arms again. Wrap the streamers loosely around wrists only, never tie them, and never put them near a child's neck. Send the take-home sheet home so parents can tell the story again this week.

Left out on purpose: this lesson does not tell how the Philistines hurt Samson's eyes (Judges 16:21) or how the house fell at the end (16:29–30). Read Judges 13–16 yourself before class. If a child asks, say: "His enemies were mean to him, but God did not forget Samson. Samson prayed, and God heard him."

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