

Samson

Free Bible lesson for under 5s



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Introduction

This week's lesson continues to look at the lives of some of the judges in Israel who ruled between the conquering of the Promised Land and the crowning of Israel's first king. Today, we will study the life of Samson. His story is found in Judges 13-15.

Some of the main points we will learn are:

- God gives us special abilities and gifts.
- We should be careful whom we trust, since some people will try to trick us.
- When we repent, God forgives us.

Video playlist



Lesson guide

Remind the child of some of the different judges whose stories we have heard. Talk about how judges were the leaders of Israel just like we have leaders in our countries today such as presidents, prime ministers, etc.

Talk about how God gifted Samson with a special ability. Ask the child if they know what this special ability is. Discuss how God made Samson very, very strong. Talk about other ways that people can be gifted such as singing voices, intelligence, or steady hands. Think about your own job and discuss with your child the way God has given you the ability to do it.

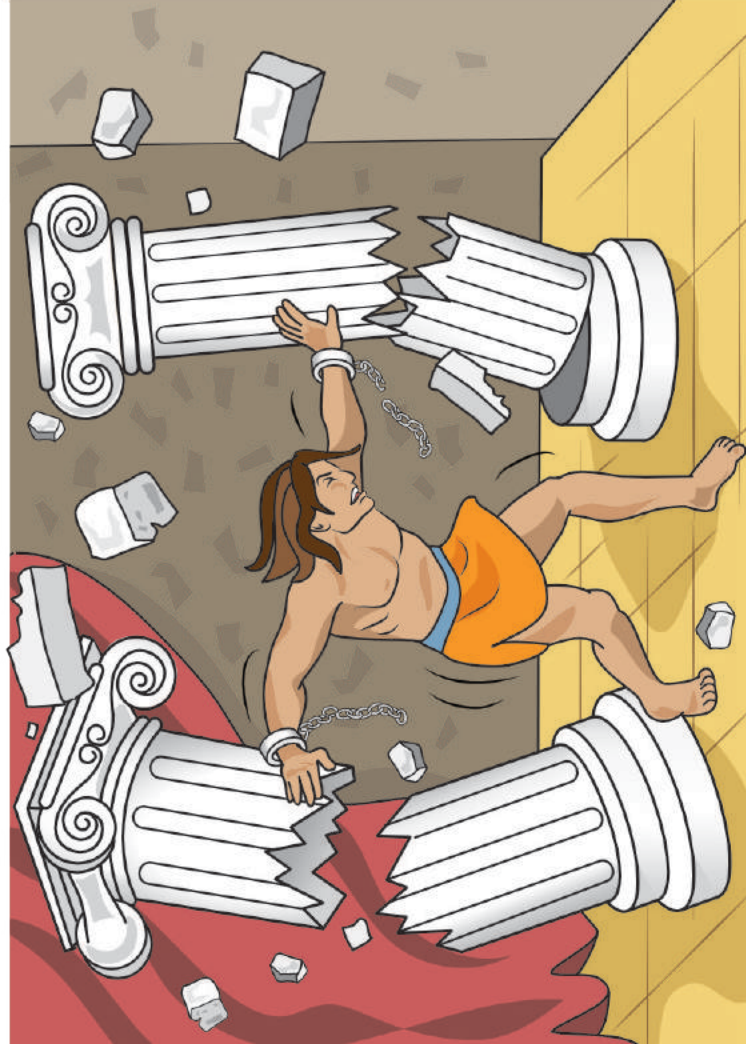
Ask the child if they know what trust means. Talk about how trust means that we believe in the truth of something. Talk about people that we can trust such as mommy or daddy. Explain that the one person we can always trust is Jesus.

Discuss how we should be wise to avoid getting tricked by people. To illustrate some of the tricks people play, fill a mug/box/other container with wobbled up paper. On the very top, put a few pieces of candy. Show the child how full the container looks and how some people will try to tell us that it is filled with candy. Then pull off the candy and show that it is only filled with wobbled up paper. Talk about other ways that people might try to trick us. Point out some of the ways that Samson was tricked. Talk about how Delilah lied to Samson, and how he shouldn't have trusted her with his secret. Explain how we should be careful who we trust.

Ask your child if they know what repentance means. Explain that repentance means to be sorry, but also to turn one's back on bad behavior and go the other way. In a wide open area with no tripping hazards, set up a chair with a treat on it. Explain that you will play the repentance game. Remind the child that repent means to be sorry and turn your back on your sin. Think about how Samson might have been blind, but he could trust God to forgive him when he repented. Blindfold your child. Turn them in a circle and tell them that you will guide them to the treat. Every time you yell out, "Repent!" that means they are going in the wrong direction and need to go another way.

After the child has found the treat, think about how the Bible can guide us away from things that are wrong. Remind the child that we need to tell God we are sorry and stop doing the bad thing when we repent.

Pray with your child to ask Jesus to help you trust Him and repent from our sins.



Samson worked hard in prison. His hair grew again.

One day, they took Samson to the temple. They wanted to show off that they caught Samson.

Samson prayed to God. He said sorry and asked that God would make him strong again.

God gave Samson strength, and he pushed over the pillars of the temple. The temple fell down on the enemy.



Samson

God had a special plan for Samson even before he was born.

God told Samson's mother that Samson would save the people.

God said that Samson should not eat certain foods or drinks and he must never cut his hair.

God blessed Samson.



God would give Samson amazing strength.

One time, a lion attacked Samson. God gave him strength to beat the lion.

Later, he beat 1000 men at battle with only a bone.

Another time, He took down the city gates alone. He carried them home on his shoulders.

They were really heavy.



But Samson did something wrong.

He fell in love with a woman called Delilah. She wanted to trick him.

She wanted to find the secret of his strength and capture him.

Samson told Delilah he must not cut his hair.

When he fell asleep, Delilah cut Samson hair and he became weak.

The enemy took Samson to prison.

Games and Activities

Heavy and light objects

Find some objects of different weights and sizes.

Ask your child to guess if they are heavy or light.

Find some big objects that are light (balloon or pillow) and small objects that are heavy. (Small metal weight, a brick). To show the difference between size and weight.



Talent Show

Talk about how God gave Samson the special talent of strength and how he gives each of us special talents.

Have a family or class talent show. Try to mix as many different talents as possible.

Thank God for the gifts He gives us.



Exercise

Talk to your child about what makes us strong and grows out muscles.

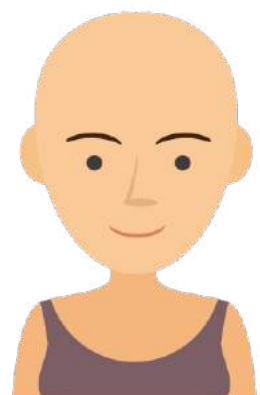
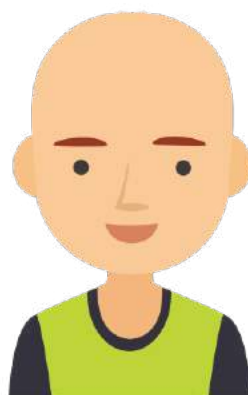
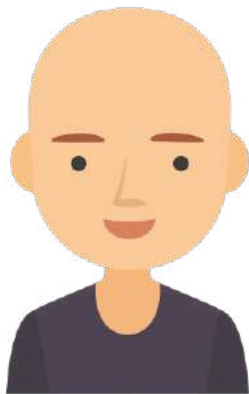
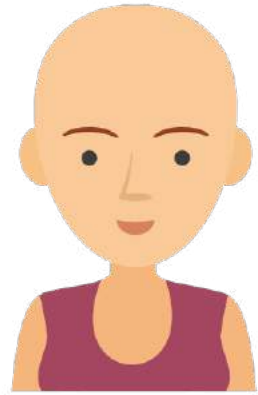
Talk about the importance of eating the right foods and doing exercise.

If you look online you will find plenty of fun exercise ideas for under 5s and preschoolers.

Don't forget - it's OK to join in and do some exercise with your child.



Draw some funny hair on the people.

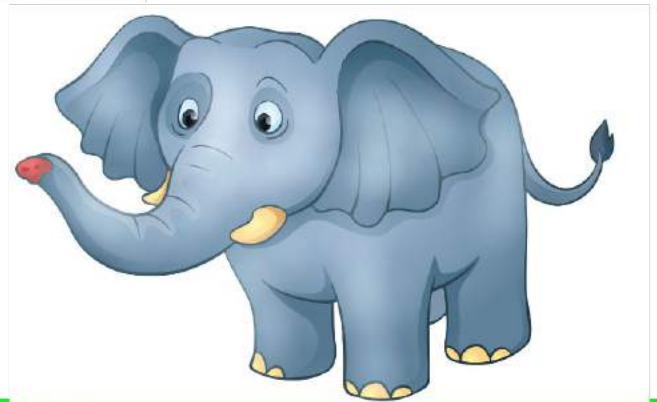


Cut along the line with your scissor to give the boy a hair cut.

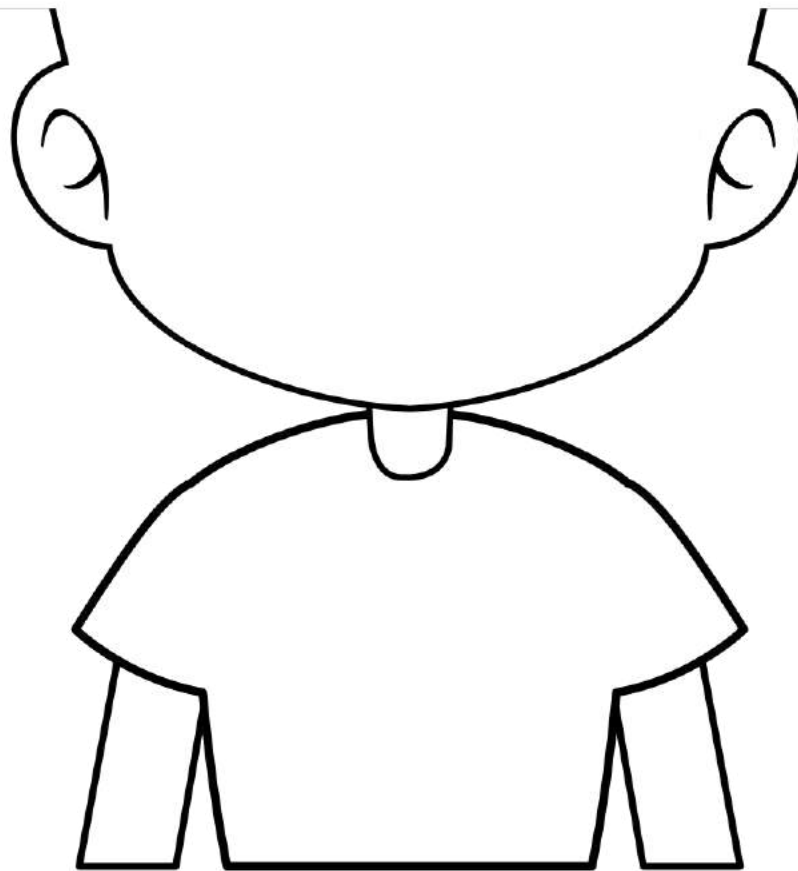
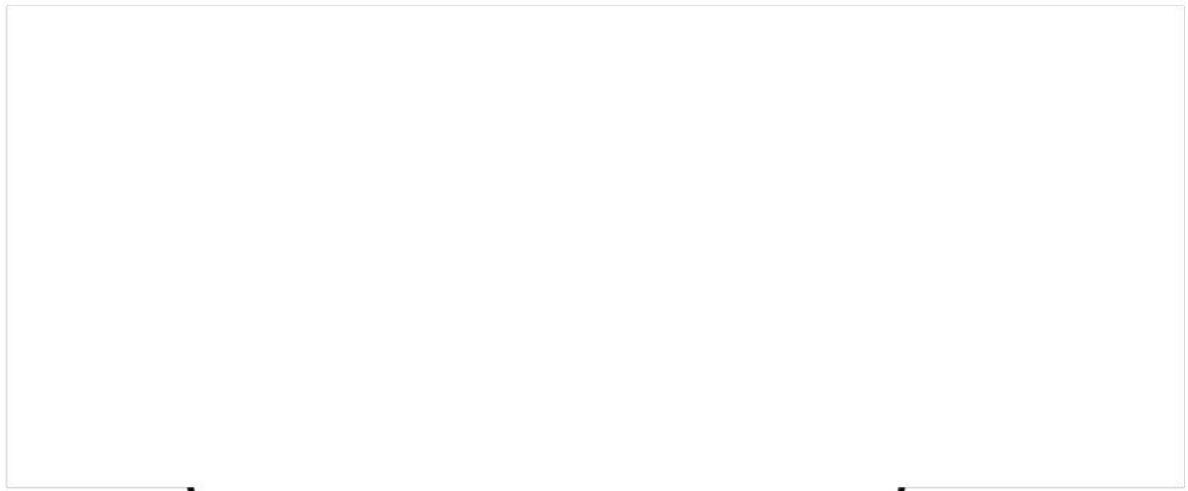




Draw a blue circle around the heavy objects
Draw a red circle around the light objects

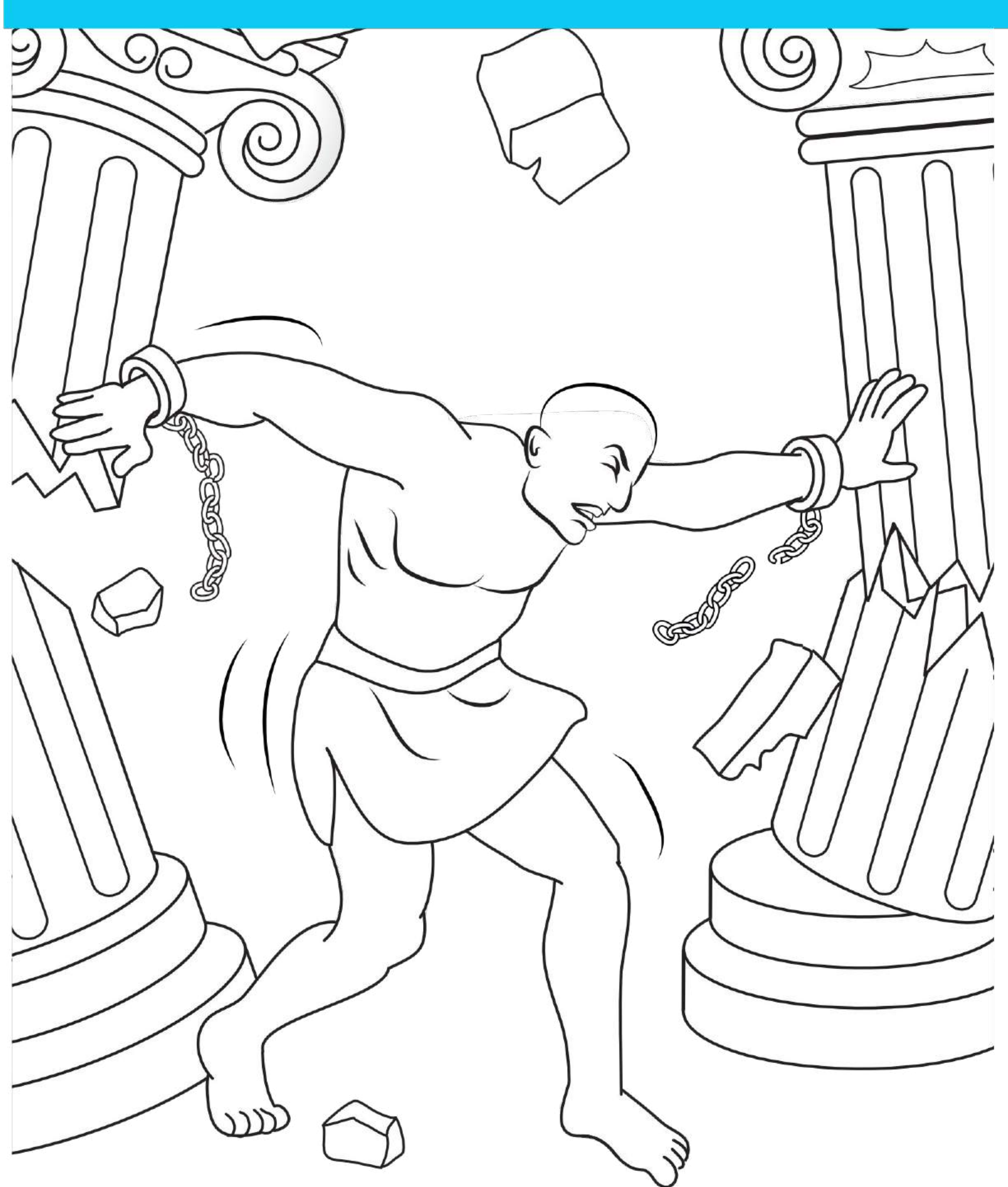


Can you draw yourself?



I have

- Dark Hair
- Long Hair
- Curly Hair
- Light Hair
- Short Hair
- Straight Hair



Glue or draw on Samson's hair

Samson Grass Head

What you need:

- Old tights/ stockings
- Compost or earth
- Grass seeds
- Rubber band or string
- Googly eyes, felt for making face.
- A pot for your grass head to sit in!
- Template for arms



What to do:



Put a generous sprinkle full of grass seeds at the bottom of the tights.



Add compost until you have a nice sized ball which will make the head.



Twist a nose shape and hold in place with a rubber band or string.



Add on eyes.

Cut some felt to make face decorations. Mouth, eyebrows etc.



Decorate a Pot.

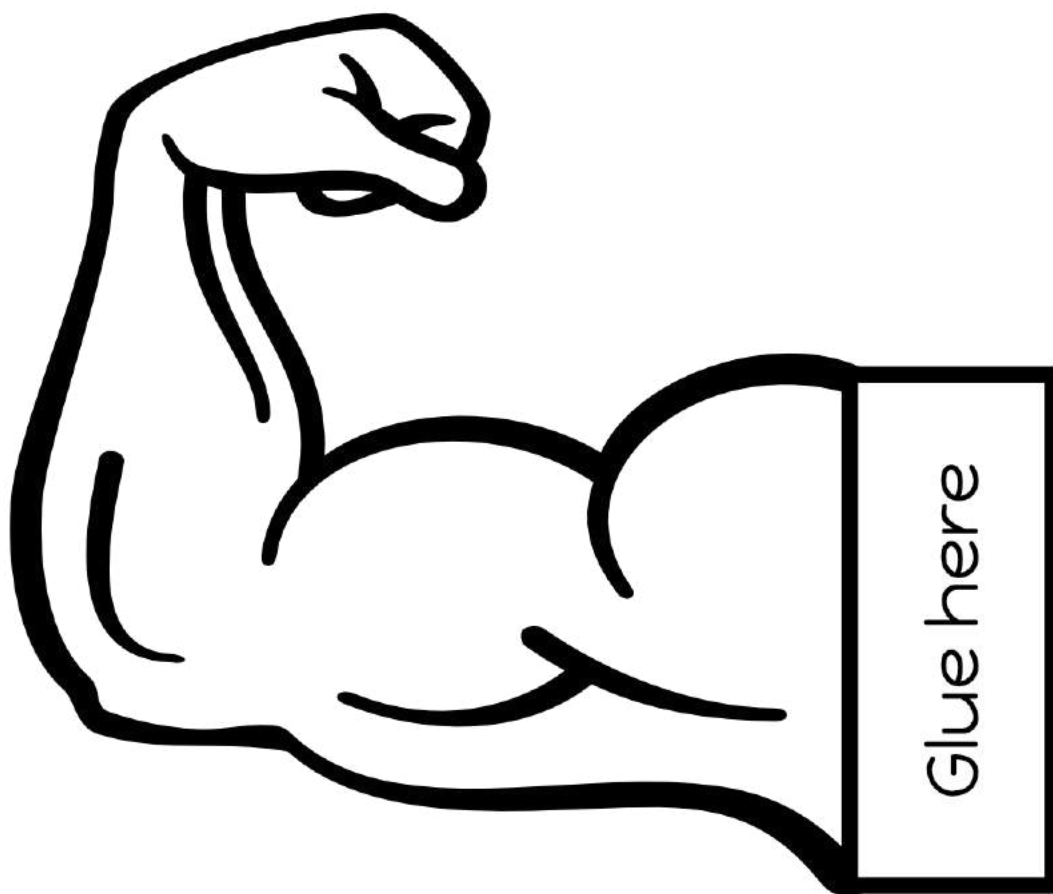
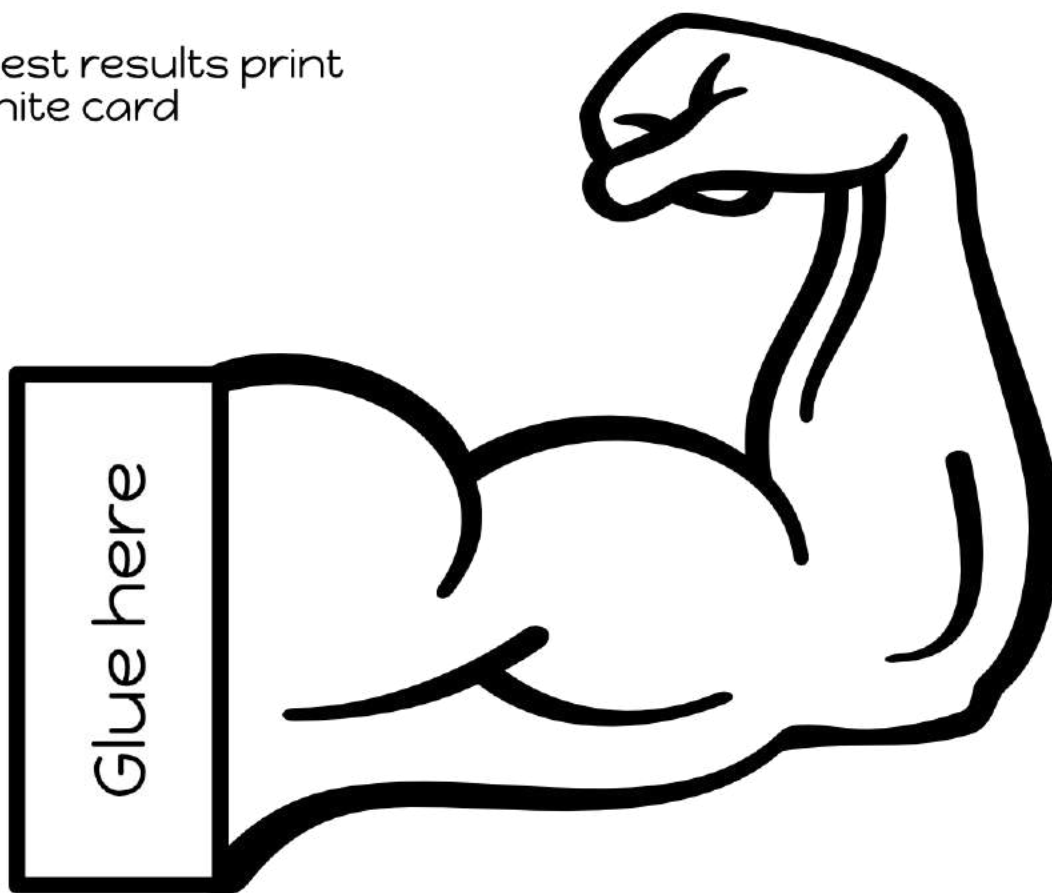
Glue the arms onto the side of the pot.



Place head into pot. Water pot and allow tights to sit in water to soak it up.

When grass starts to grow, shape with scissor. (Around 10 days.)

For best results print
on white card



Samson Pillar craft

You will need:

Colouring equipment,

Scissors

Glue

What to do:

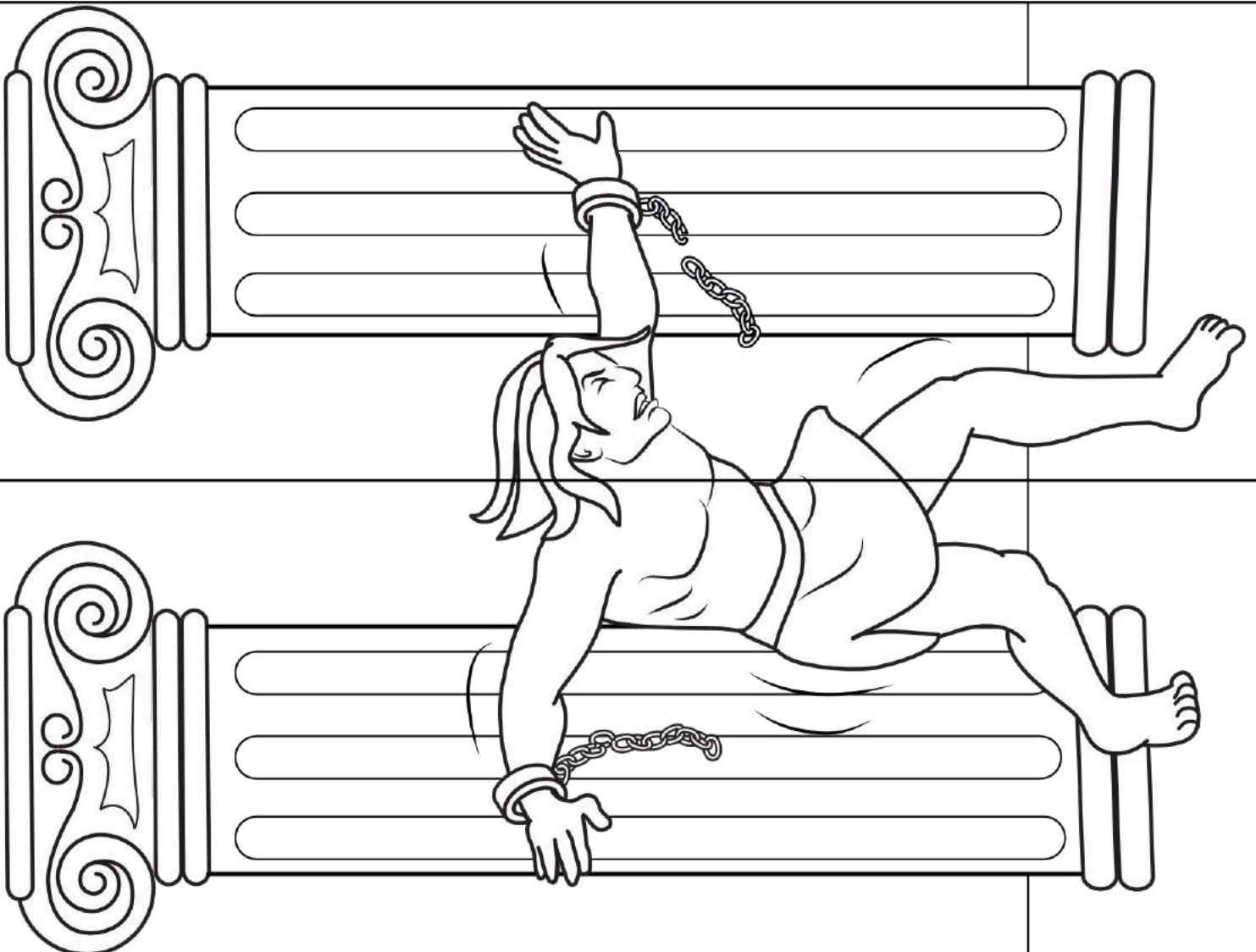
Colour in the template pages.

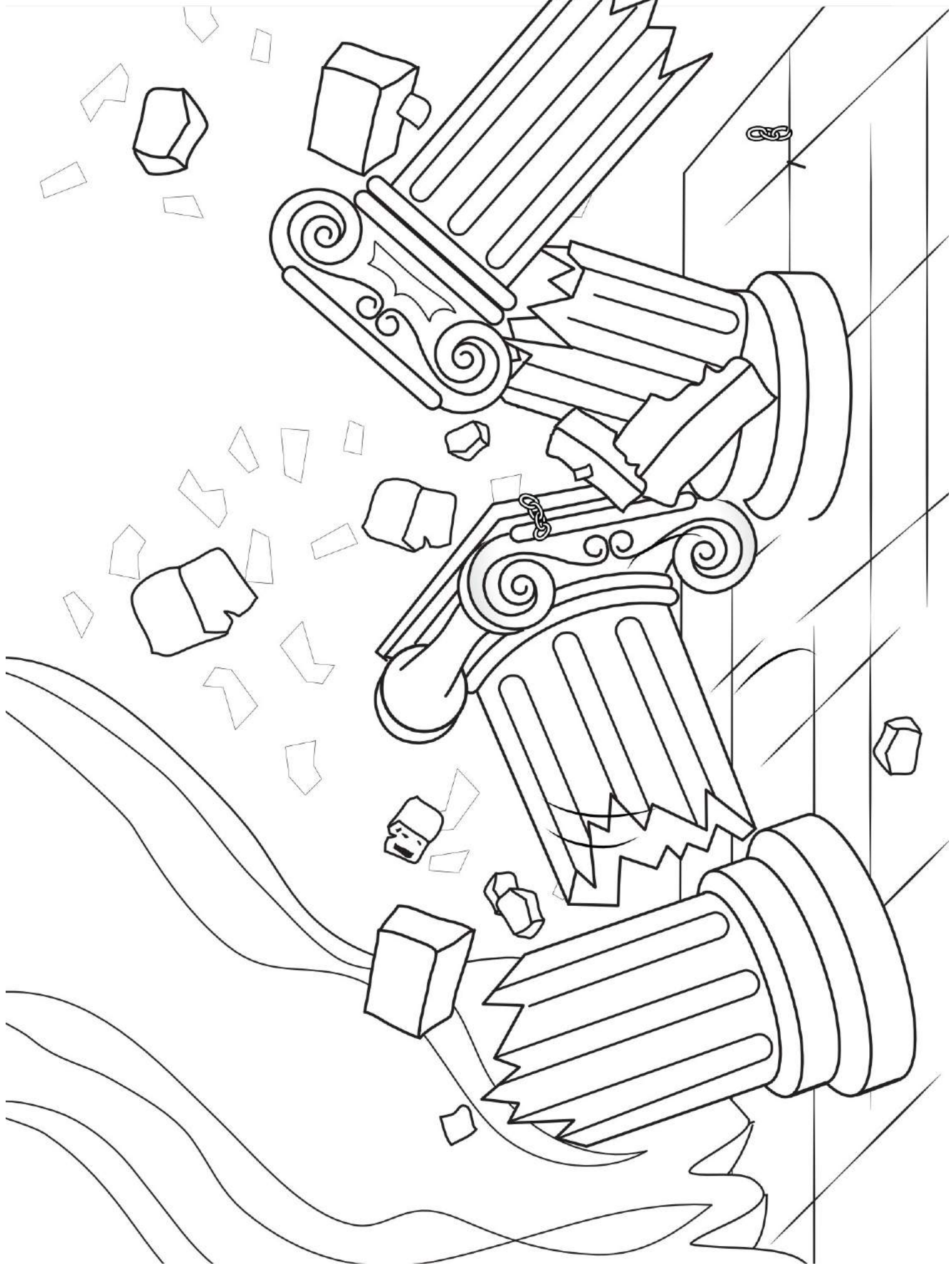
Fold fallen temple page so edged meet in the middle.

Cut out the Samson at pillar image below and glue on the blank outside of the folded page

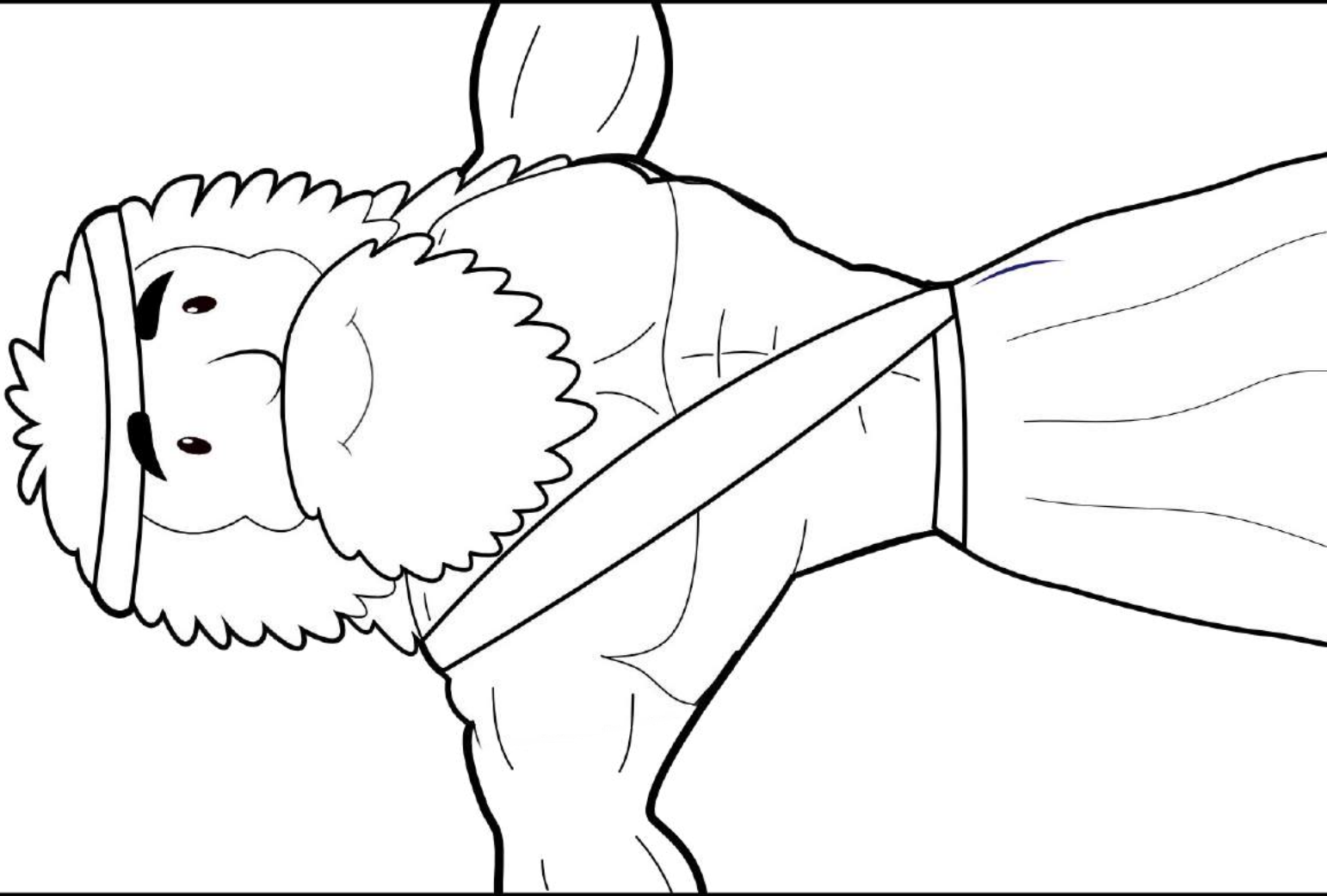
Watch the video for full instructions.

https://youtu.be/M1o85W_Xxeg



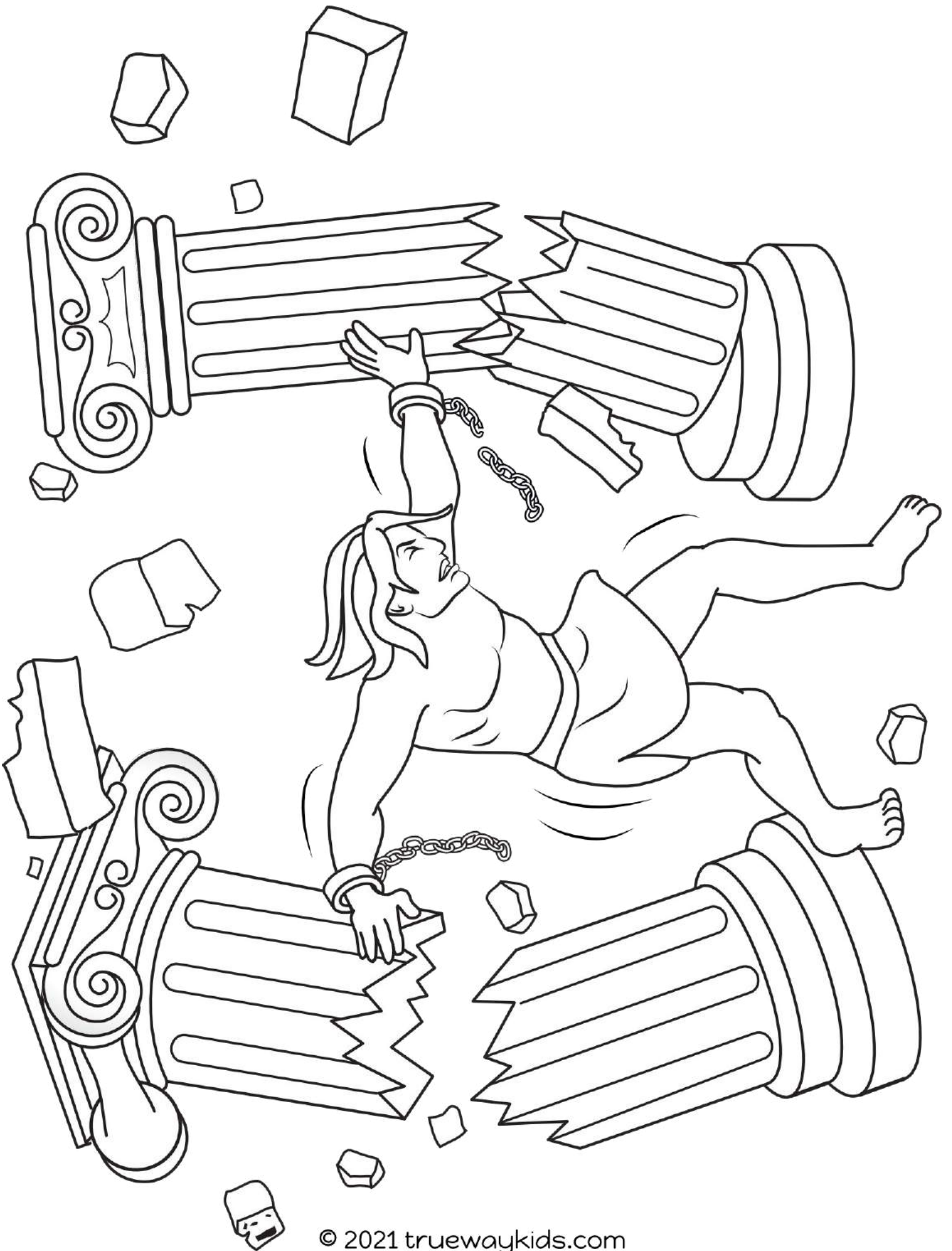












Worship Time

Recommended worship songs. Not produced by Trueway Kids. YouTube Videos to be used for personal use only.

Joy of the Lord is your strength

<https://youtu.be/Fu6wL9a6rn4>

What A Mighty God We Serve

<https://youtu.be/lijsESdEnZg>

Strong in the Lord

<https://youtu.be/wTxRD8orexk>



Prayer Time

Thank God for the talents he gives us.

Thank God that He forgives us when we say sorry.

Ask God to help you to trust the right people.

Next Week
Ruth

If you haven't already done so, sign up to receive future lesson by email.

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