

K/Fours Lesson Plan - Sunday School

Sunday, August 17

UNIT 8 | SESSION 4

SAMSON AND THE PHILISTINES

JUDGES 13-16

MAIN POINT / CHRIST CONNECTION: God is the one who gives strength. God made Samson strong and used Samson's death to save His people from the Philistines. Jesus died on the cross and rose again to rescue us from sin and give us life with God forever.

CATECHISM QUESTION: Q) What is sin? A) Sin is going our own way instead of going God's way. (Isaiah 53:6).

MEMORY VERSE of the Month: PHILIPPIANS 4:19 - "And my God will supply every need of yours..." (ESV)

Preparation

Lesson Context

This Unit (4 weeks): Despite Israel's rebellion and attacks from neighboring tribes, God was gracious to raise up judges who would rescue His people from their enemies. While these judges only provided temporary help, they reminded God's people that He would one day provide a perfect Judge to rescue His people from the power of sin.

Volunteer Huddle | 8:45 a.m.

Meet in the Threes classroom (first floor) for prayer and important info for this Sunday.

Prep Room | 8:50 a.m.

- Pull out paper and crayons on tables (in Teacher Box)

- If you'd like, put music on the Spotify app on the Roku TV.
- Prep room for any activities you will do during the lesson.

Fellowship & Play Time | 9:00-9:15 am

One volunteer should greet children and families at the door.

FELLOWSHIP TIME

Allow children time to engage with one another and play. Use this time to get to know your students and hear about their week. What was a good part/hard part or “yay duck”/“yuck duck” of their week?

FREE PLAY & COLORING

For free time before the lesson, ask children to come to the tables and give them the option to play or color (paper and crayons in Activity Box). Use this time to ask them questions about their week and get to know them.

TRANSITION: Give children a **warning** before you ask them to come to a circle

SAY “Everyone, in 5 minutes we are going to pick up our toys and gather in a circle!”

Sing the clean up song and ask children to come find a seat in the circle.

Activity | 9:15 am

REVIEW CLASSROOM RULES

Post the **Rules Poster** (in Activity Box) somewhere in the room.

INTRODUCE THE LESSON - SHOW YOUR STRENGTH

Invite kids to spread out around the room. Explain that everyone will do exercises to show their strength. (If some children don't feel comfortable doing them, let them know that they are more than welcome to refrain and watch the others.) Have kids do a variety of tasks for 30 seconds:

- Jumping jacks
- Running in place
- Big arm circles

- Squats
- High knees, etc.

SAY *You guys are so strong! Through our story today we will learn how a judge named Samson learned that **strength comes from God alone**. We'll see how God gave Samson incredible strength to defeat Israel's enemy, the Philistines.*

Lesson | 9:20 am

As the children gather in a circle on the floor, let them know your expectations - that you would like them to sit quietly, keep their hands to themselves, listen to the story, etc.

1. Open the Bible & Pray

Open to **JUDGES 13** in your Bible. **Reverently display the open Bible.**

SAY *Today we will be in the book of Judges again. Judges is in the Old Testament and it tells us about many leaders who helped deliver God's people from their enemies.*

Pray quickly for your time in the Word of God.

2. Tell the Bible Story

Use the **visuals** (in Activity Box) if you'd like to help children follow along with the story.

SAMSON AND THE PHILISTINES

You can remind kids of the pattern or cycle we see in Judges (show kids the cycle poster from the Activity Box). Ask them to listen for the pattern as you tell the story.

CYCLE OF JUDGES



God's people disobeyed God again and again. Each time, God let their enemies have power over them. Now the Israelites were being ruled by the Philistines.

One day, the angel of the Lord spoke to a man and his wife. He said they were going to have a son who would save Israel from the Philistines. God had special instructions for their son: He should never cut his hair.

The woman had a baby and named him Samson. God made Samson very strong. He was a mighty warrior. When Samson grew up, he fell in love with a woman named Delilah. The Philistine leaders wanted to know why Samson was so strong, so they asked Delilah to help them.

Delilah asked Samson, "Why are you so strong?" Samson said, "If you tie me up, I will be weak." But that was not true. Delilah tied up Samson. When she said, "Samson! The Philistines are here to get you!" Samson broke free.

Delilah asked Samson again, "Why are you so strong?" Samson told Delilah, "If you weave my hair into a loom, I will be weak." But that was not true either.

Delilah begged Samson to tell her the truth, so Samson did: "If you cut my hair, I will be weak."

While Samson was sleeping, a man came and cut his hair. Delilah woke up Samson. "Samson!" she said, "The Philistines are here to get you!" But Samson was not strong anymore. The Philistines grabbed him and took him away.

Over time, Samson's hair began to grow back. One day, the Philistines made Samson stand between two columns in their temple. Samson cried out to God, and God made Samson strong again. Samson pushed on the columns, and the temple fell down. Samson and everyone in the temple died, but Samson had saved God's people from the Philistines.

CHRIST CONNECTION: *God is the one who gives strength. God made Samson strong and used Samson's death to save His people from the Philistines. Jesus died on the cross and rose again to rescue us from sin and give us life with God forever.*

3. Review the Bible Story

- What was the name of the leader and judge God used to deliver his people? (*Samson*)
- Was Samson strong or weak? (*Very strong!*)
- How did Samson lose his strength? (*His hair was cut*)
- How did Samson finally defeat the Philistines? (*God gave him strength to knock down the pillars of the temple and he and all the Philistines were crushed.*)

4. Catechism Question

SAY *Let's review our new catechism question:*

Q) What is sin?

A) Sin is going our own way instead of going God's way.

In our story today, we will see how the Israelites turned and went their own way instead of following God's way and that led to them being captured by their enemies.

Let's review the question again:

Q) What is sin?

A) Sin is going our own way instead of going God's way.

5. Pray

Memory Verse | 9:30 am

Open your Bible to **PHILIPPIANS 4:19** and lead the kids to repeat the abridged verse several times, using hand motions if you'd like:

“And my God will supply every need of yours...”

- PHILIPPIANS 4:19

SAY: *God gave his people Samson to save them from their enemy, the Philistines. God gave Samson strength to defeat his enemies. God gives us all that we need to be saved and to obey him.*

MAKE MOTIONS

Invite the children to help you create motions for the key words of the memory verse. Recite the verse several times while using your motions to help memorize it.

PLAY THE MUSIC VIDEO

Have the children repeat the verse with you several times. Then play the memory verse music video from the YouTube app on the Roku TV (*YouTube account should be Fellowship Kids (switch accounts on the top of the left sidebar if not) > go to Library on the left side bar > Choose Playlists on the top > choose your classroom*).

After the activity, invite children to sit at the tables to complete their activity pages.

Activity | 9:40 am

PLAY DOUGH HAIR

Tell children to roll out play dough into thin pieces like hair (**play dough** in Teacher Box). Encourage the children to make the face of Samson out of play dough and put the long hair on his head. Review the Bible story.

SAY *God had told Samson never to cut his hair. A man came and cut his hair and Samson was not strong anymore. Eventually, Samson's hair grew back and one day he called out to God, and God gave him the strength to destroy the temple. Samson's strength came from God. God used Samson to save the Israelites. God sent Jesus to save us from our sin. Jesus died and rose again to rescue us from sin and give us life with God forever.*

Dismissal | 9:45 am

As parents arrive,

- Match the 4 digit code on the parent's tag to the child's tag
- Check out the child on the tablet by clicking the check box to the left of their name on the roster.
- Give feedback! Tell parents how the student did that morning.

Clean Up

- Wipe down tables if any messes were made with activities. [Magic eraser sponges can erase markings on desks.]
- Put teacher and activity items back in the Activity Box or Teacher Box.
- Place the TV remote in the white holder on the dry erase board.
- **Return the small Activity Box, class tablet, and your lanyards to the check-in desk.**