AMPED: Live Fully Alive!

WEEK **THREE**

JUNE 2018

GRADES **K-5**

STARTER

PRELUDE | SOCIAL | STORY | WORSHIP | GROUPS | HOME

252 KIDS

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BIBLE STORY

Clip My Hair
Samson
Judges 13–16

MEMORY VERSE

"I remain confident of this: I will see the goodness of the Lord in the land of the living."
Psalm 27:13, NIV

LIFE APP

Confidence—Living like you believe what God says is true

BOTTOM LINE

God is stronger than anyone.

BASIC TRUTH

I can trust God no matter what.

PRELUDE: Setting the tone for the experience
For Leaders Only
Create the Environment
Monthly Overview

15 MIN

SOCIAL: Providing time for fun interaction
Early Arriver
Super Superhero

25 MIN

STORY: Communicating God's truth in engaging ways
Welcome/Opener
Worship
Communication
Prayer

10 MIN

WORSHIP: Inviting people to respond to God
"I Can Do All Things" from *At the Top of My Lungs*
"My Strength" from *Alive*

25 MIN

GROUPS: Creating a safe place to connect
Don't Say Strong
Pumping Iron
Quick Stepping
Prayer

HOME: Prompting action beyond the experience
GodTime
Parent Cue

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GETTING READY

SOCIAL: PROVIDING TIME FOR FUN INTERACTION

CHOOSE ONE OR BOTH OF THESE ACTIVITIES.

EARLY ARRIVER

Made to Play: *an activity that encourages learning through following guidelines and working as a group*

WHAT YOU NEED:

- An offering container

SUPER SUPERHERO

Made to Create: *an activity that explores spiritual ideas through the process of drawing, building, and designing*

WHAT YOU NEED:

- Drawing paper
- Colored pencils

STORY: COMMUNICATING GOD'S TRUTH IN ENGAGING WAYS

OPENER/CLOSER

WHAT YOU NEED:

- Leader
- Giant inflatable boxing gloves (such as, http://amzn.to/2F1pbeU) *(Note: If purchasing boxing gloves isn't an option, consider using pillows attached to the hands as an alternative.)*
- Lots of boxes (can be the same ones from Week 1); enough to create a 4-foot-tall wall
- *(Optional)* Timer

MUSIC AND SOUND EFFECTS (SFX):

- Upbeat music to use as kids enter and exit the room
- *Optional:* "Eye on It" by TobyMac

LARGE GROUP VISUALS (DOWNLOADABLE FROM THE WEBSITE):

- AMPED Theme Slide
- Confidence Slide
- Bottom Line Slide

WHAT YOU DO:

- Download the slides and have them ready to use. If you do not have CG capabilities, you have Orange's permission to enlarge and print the slides on paper.
- Download the music from a resource such as iTunes® and have it ready to play.
- Stack the boxes into a four-foot-tall wall on the stage. You'll want to set it up toward the middle of your space so there's room for the boxes to fall when the kids punch them.

BIBLE STORY

WHAT YOU NEED:

- Leader
- One kid volunteer (see "What You Do")
- Bible
- Prop box containing:
  - Long-sleeve shirt to fit a kid (but slightly oversized, so tissues will fit in the sleeves)
  - Box of tissues
  - Two lasagna noodles (uncooked)
  - Long-hair wig
  - Red Vines® or other long rope-style candy
- Boxes from the Opener, for the two pillars (if you didn't do the Opener game, these can be left off for the story)

LARGE GROUP VISUALS (DOWNLOADABLE FROM THE WEBSITE):

- Bottom Line Slide

WHAT YOU DO:

- Download the slides and have them ready to use. If you do not have CG capabilities, you have Orange's permission to enlarge and print the slides on paper.
- The kid volunteer should be an older boy. He doesn't have to be pre-selected, but it might be helpful to brief him before Large Group.
- Place the items in the prop box and set it on the stage, but out of the way for the Opener.

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GETTING READY, CONTINUED

WORSHIP

WHAT YOU NEED:
- Leader(s)

MUSIC AND SOUND EFFECTS (SFX):
- "I Can Do All Things" from *At the Top of My Lungs*
- "My Strength" from *Alive*

WHAT YOU DO:
- Download all songs (available on AmberSkyRecords.com) and have them ready to use.
- Download and print this week's tech sheet for everyone helping with Large Group.

ADDITIONAL RESOURCES

GET REEL: This month with *Get Reel 2.0*, we'll challenge kids to live fully alive as a part of God's story.

This week, we recommend playing the *Live Loud* video to inspire the key faith skill of Worshiping with Your Life. Also on *Get Reel 2.0*, you can enhance your environment with themed audio transitions (instrumental) to help you move between segments in your Large Group production.

GROUPS: CREATING A SAFE PLACE TO CONNECT

CHOOSE AS MANY OF THESE ACTIVITIES AS YOU LIKE.

** If you don't have time to do all these activities, be sure to do activity #1.*

* 1. DON'T SAY STRONG

[TALK ABOUT GOD | BIBLE STORY REVIEW]

Made to Imagine: *an activity that promotes empathy and facilitates biblical application through role-play and reenactment*

WHAT YOU NEED:
- Pieces of candy or small prizes; several for each kid

2. PUMPING IRON

[LIVE FOR GOD | APPLICATION ACTIVITY]

Made to Move: *an activity that increases the oxygen in the brain and taps into the energy in the body*

WHAT YOU NEED:
- Pool noodle
- Two round balloons
  - Make a "barbell" from the pool noodle and balloons: attach a balloon to both ends of the noodle, with the tie of the balloon inside the hollow end of the noodle. Secure with tape.
  - If you don't use the homemade barbell, use the optional hand weight or kettle bell.
- *Optional:* Small hand weight or kettle bell
- Dice
- Print the "Pumping Iron Scenario Cards" Activity Page and cut apart; one set for each small group

3. QUICK STEPPING

[HEAR FROM GOD | MEMORY VERSE ACTIVITY]

Made to Play: *an activity that encourages learning through following guidelines and working as a group*

WHAT YOU NEED:
- 12 paper or plastic cups
  - Write the words of Psalm 27:13 on upside-down plastic cups, breaking the phrases up: "I remain confident in this: // I will see // the goodness of the Lord // in the land // of the living."// Psalm 27:13, NIV
  - Make two sets of verse cups. There should be six cups total for each set.
- Bibles
- Two trays or plastic platters (with flat bottoms)

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GETTING READY, CONTINUED

PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

Made to Reflect: *an activity that creates space for personal understanding and application*

WHAT YOU NEED:

- The superhero designs from the Social activity
- Pens or pencils

ADDITIONAL RESOURCES:

- Make copies on cardstock or email this week's GodTime and Parent Cue cards.
- Tell parents about our additional family resources: **Studio252.tv** and the **Parent Cue** app.

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LIFE APP

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BOTTOM LINE

God is stronger than anyone.

BASIC TRUTH

I can trust God no matter what.

PLAY

an activity that encourages learning through following guidelines and working as a group

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today's story.

Before kids arrive, take a few moments to pray for them. Pray that kids would understand that true strength comes from God and that God is stronger than anyone. Pray for kids to be comforted knowing that they don't have to rely on themselves when faced with a challenge, but they can rely on God's strength to help them face anything that comes their way.

1. EARLY ARRIVER IDEA

WHAT YOU NEED: An offering container

WHAT YOU DO:

- Greet kids as they arrive and make sure they know where to put their offerings.
- As they come in, gather in a circle and play "Stronger":
  - The first player says, "An ant is pretty strong, but a horse is stronger."
  - The next player repeats the last part and then adds their own: "A horse is pretty strong, but an elephant is stronger."
  - Play around the circle, encouraging kids to add animals, machines, fairy tale characters, and superheroes to the list.
  - You are the judge if any disputes arise.
- When the game is over, talk about what makes someone strong on the outside.
  - Is it which heavy objects they can lift or move?
  - Is it how far they can run or how high they can jump?
  - What makes someone strong on the inside: their ability to keep calm in danger, their enduring care for others, their optimism in the face of difficulty?

TO ADAPT FOR YOUNGER KIDS:
You may need to prompt kids with ideas of things that are strong. Use cartoon or movie characters, big animals, or super machines. Try to avoid using people kids know in person, or kids themselves, to avoid hurt feelings. Remember that younger kids equate size with strength; use this if you're stuck, but also try to branch out to small strong things: beetles, Ant-Man, LEGO® bricks, dental floss, Spider-Man.

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CREATE

an activity that explores spiritual ideas through the process of drawing, building, and designing

2. SUPER SUPERHERO

WHAT YOU NEED: Drawing paper, colored pencils

WHAT YOU DO:

- Guide kids to think of and draw their own original superhero.
- Prompt their creativity, if necessary, by asking them to consider what powers their heroes have, how their heroes got their powers, what villains they fight, what kind of tools they use, where they live, and their secret identity.
- When kids have drawn their heroes, allow for some sharing time so kids can introduce their heroes to the group and explain their powers.

TO ADAPT FOR OLDER KIDS: Some older kids will really want to take a lot of time with their heroes. Be sure to include a few minutes for coming up with origin stories, villain nemesis, and specific super powers so that kids can be satisfied with their drawings.

WHAT YOU SAY:

"You have drawn some strong heroes and have some really cool ideas about how they got their powers. ***[Transition]*** **Let's head to Large Group to hear about a super mega strong hero in our Bible Story and learn about who was even stronger than him!"**

Lead your group to the Large Group area.

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Engage kids' hearts through a dynamic and interactive Bible story, worship, and prayer experience in a Large Group setting.

SFX: Play high-energy music as kids enter.
CG: AMPED Theme Slide

Leader enters, wearing one of the sets of huge boxing gloves.

OPENER

LEADER: "What's up, everyone? I know—these giant boxing gloves are what's up! Aren't these awesome? I'm confident that our game today will be one for the ages! What is confidence? Do you remember?

CG: Confidence Slide

"Confidence is living like you believe what God says is true. I definitely feel confident with these gloves—I feel like I can do anything with these bad boys on. Ka-pow! *(Punch the air.)*

"Our game is simple. You get to punch down this wall of boxes! *(Point to the wall.)* Everyone gets to play, so line up and let's see who's the strongest.

(Hold up your phone or other timer.) "I'll time you to see who knocks over the wall the fastest. But before we get started, here's the only rule. You have start at the top of the wall and then move down. If you punch the bottom boxes first, it doesn't count. After your turn is up, I need your help to reset the boxes while the next person is putting on the gloves. Deal?

"All right. Let's go!

Optional SFX: "Eye on It" by TobyMac

Give each kid a chance to punch down the wall while you time them. (You only need to keep track of the fastest time at any given point.) Get the kids to help you re-set the wall each time.

Note: If you have more than 10 kids, this may take too long to allow everyone a chance, so you may need to pick one kid per grade instead.

"That was amazing! Great job, everybody. Can you all help me with one thing before you sit back down? Can you help me make these boxes into two tall pillars right next to each other?

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Get the kids to help you make the two box pillars for the story. Then dismiss them to their seats.

"Thanks for your help! You know, [fastest kid's name] may have been the fastest at knocking down that wall, but I think you all proved you're pretty strong. None of us in here are as strong as the guy in our story, though. Let's get started!"

STORY

SETTING UP THE STORY

LEADER: "Last week we talked about God's people, the Israelites. The same thing kept happening to them—they kept getting themselves in trouble. God loved them so much that He rescued them time and time again. But each time, they turned away from Him, and so God would allow their enemies to attack and defeat them. Then they would cry out to God, and God would send a leader—a judge—to save them. But then the judge would die, and the people would turn away from God again."

GOD CALLS SAMSON

LEADER: "A man named Manoah lived in the land of Israel during one of those difficult times when the Philistines had been bothering God's people for years and years. Not only that, but Manoah and his wife hadn't been able to have children. But one day an angel of the Lord appeared to Manoah's wife. The angel of the Lord told her that she would have a son, but she must never cut his hair. The angel said this son would be set apart to God, and he would take the lead in saving Israel from the Philistines!

"Months later, Manoah and his wife had a baby, just like the angel had said, and they called him Samson.

"I need someone to play the role of Samson for me. Let's see . . .

Bring up an older boy. Give him the long sleeve T-shirt to put on over his clothes.

(To the boy) "Can you put this on for me? You can just put it right over your shirt."

SAMSON'S TRIUMPHS

LEADER: "God blessed Samson as he grew. God's Spirit began to work in his life, making him strong and powerful. *(To the kid volunteer)* Let's see. We need to make you strong and powerful. Hmmm. Let's see what I've got here. *(Rummage around in the prop box and pull out the box of tissues).* Aha! This will work.

Pull tissues out and crumple them up. Give them to the boy.

(To the boy) "Samson, can you put these in your sleeves so that you have lots of muscles? Now flex for us. Very nice. Let's see if those muscles work. Can you chop these boards in half for me?

Hold up a couple of lasagna noodles and have the boy karate-chop them in half.

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"Perfect. Looks like they're working just fine. Okay, back to our story. One day, as Samson hiked along a road toward Philistine territory, a LION came plunging toward him, ready to attack! The Spirit of the Lord came on Samson. He rushed at the lion and wrestled it down, tearing it apart with his bare hands!

"Another time, Samson punished the Philistines by capturing 300 foxes, tying flaming torches to their tails, and setting them loose in the Philistine fields and vineyards. Can you imagine what THAT must have looked like?

"But the Philistines had had enough. They became so angry with Samson they set up camp to attack the Israelites. When the Israelites found out that the Philistines were after Samson, they decided to turn Samson over to them so they'd hopefully leave the Israelites alone.

"So Samson's own people tied him up and took him to the Philistine camp. But before the Philistines could harm him, the Spirit of the Lord came on Samson and he burst free from the ropes. Then he grabbed the jawbone of a donkey and attacked, striking down 1,000 Philistines. Samson was one powerful guy!"

SAMSON'S FALL

LEADER: "For the next 20 years, Samson led the Israelites and protected them from the Philistine armies. He never once cut his hair, just as the angel of the Lord had told his mother so many years ago.

Pull out the wig and put it on the boy.

(To kid volunteer) "Looking good. *(To audience)* But though Samson was strong, he was not always wise . . . especially when he fell in love with a Philistine woman named Delilah. The Philistine rulers saw this as the perfect opportunity to trap him. They told Delilah they'd pay her lots of silver if she could get Samson to tell the secret of why he was so strong.

"Delilah agreed. When the time was right, she asked Samson to tell her where his strength came from. How could someone tie him up so that he couldn't escape? Samson told her to tie him up with seven new bowstrings. Then he would be as weak as any other man.

"Delilah told the Philistine rulers, and they brought her seven new bowstrings. Let's see. *(Rummage around in the prop box.)* What do I have that will work as bowstrings? This will work! *(Pull out the rope candy.)* Later, while Samson was napping, Delilah tied the heavy strings tightly around him. *(Unwrap the candy from the package, and then wrap it around the boy.)* Then, when Samson was completely entangled, Delilah pretended to panic. She screamed: 'Samson! The Philistines are attacking you!'

"Leaping up, Samson flexed his muscles. Go ahead, Samson, flex! *(Show the boy how to lift his arms out away from his body so the candy breaks.)* The thick strings snapped instantly. Delilah was furious. She thought Samson had made her look foolish by lying to her. So she asked him again: how could she tie him up?

"Delilah kept trying. And Samson kept lying. He told her to tie him up with new ropes. Nope, that didn't work. He told her to weave his hair into the cloth on a loom. So Delilah tried that, too. But it was no good. Nothing could trap Samson.

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"Delilah begged Samson to tell her the truth. Day after day, she begged, until eventually, she wore him down. Samson told her the truth. His hair had never been cut since he was set apart for God. If she shaved his head, he won't be strong anymore.

"Delilah realized that he was telling her the whole truth this time, so she sent a message to the Philistine rulers. Then, as soon as Samson was sleeping, Delilah called someone to come shave off all his hair. *(To the boy)* Don't worry—I'm not going to shave your head. I WILL take this, though. *(Pull the wig off the boy's head.)* She called out again, 'Samson! The Philistines are attacking you!'

"This time, when Samson woke up, he didn't realize that the power of God had left him, as well as his superhuman strength. *(To the boy)* I'm afraid I need those muscles. *(Help the boy take off the long-sleeve shirt.)* The Philistines grabbed Samson. This time, he couldn't escape. He had become so careless that he believed he could get out of any trouble on his own. But now his strength was gone.

"The Philistines tied Samson with heavy bronze chains and poked his eyes out. Yikes! *(To the boy)* Don't worry, Samson, I won't do that to you. In fact, you can go ahead and have a seat. Can everyone give our Samson a hand for all his wonderful acting work?"

Dismiss the boy to his seat.

WRAPPING UP THE STORY

LEADER: "Some time later, 3,000 Philistines gathered at the temple of their fake god to celebrate. They brought Samson in to make fun of him, and they demanded that he put on a show for them. What they didn't realize was that Samson's hair had begun to grow back.

"Samson's jailers led him to stand near the heavy pillars that held up the entire temple. *(Stand near the box pillars.)* And at last, Samson remembered the true source of strength. Listen to what he prayed to God.

Open the Bible to Judges 16:28 and read.

"Lord and King, show me that you still have concern for me. Please, God, make me strong just one more time (NIrV)

"Samson reached out his right hand and found one pillar. *(Put your right hand against one of the box pillars.)* He searched with his left hand and found another. *(Put your left hand against the other pillar.)* He said, 'Let me die together with the Philistines!'

"Then he shoved hard with all his might. The pillars toppled. The temple caved in all around. Samson and the Philistines were crushed beneath the rubble! *(Push down the pillars.)*

"In the end, Samson remembered that it wasn't his hair that gave him strength. His strength came from God. He learned something really important.

CG: Bottom Line Slide

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"God is stronger than anyone.

"You and I can only get so strong. It doesn't matter if we work out every day and eat all the meat and drink all the protein shakes—we have our limits. But we serve a God who is stronger than ANYONE! He can do anything, and He can give us confidence to do anything He asks us to do. He will give us the strength we need, because He's got plenty to spare! Let's thank Him for giving us all we need."

PRAY

LEADER: "Dear God, You are strong. You are powerful! Thank You for caring about us the way You do. Thanks for giving us Your strength as we follow You each day. It's so good to know we can trust You no matter what, and You give US the strength we need to do what You want us to do. Help us to live with confidence that our strength comes from You! We love You, and we ask these things in Jesus' name, amen."

WORSHIP

LEADER: "We can do everything God wants us to do with HIS power to strengthen us. Philippians 4:13 says: *I can do all this by the power of Christ. He gives me strength (NIrV).* Let's sing this song to tell Him that we believe what He says is true—that we can do everything by His strength.

***SFX: "I Can Do All Things" track 7 from* At the Top of My Lungs**

"Our God is strong, and we can trust Him. He has promised He'll always give us the strength that we need. So let's keep worshipping Him by singing out loud, because He is our rock and our strength!

***SFX: "My Strength" track 5 from* Alive**

"I love worshipping God with all of you! You can have a seat for a minute."

CLOSER

LEADER: "Let's recap what we talked about today. Samson was incredibly strong, right? And he led a powerful nation for 20 years. But he didn't do it on his own. Where did his strength come from? *(Let them respond.)* Yes, it came from God.

"Who is the strongest person you can think of? *(Let them respond.)* Those were some great examples. But God is stronger than ALL of those people. Let's think for a minute about how strong God is.

"This is the same God who once parted the Red Sea. That means He made an entire body of water split into two so that the Israelites could walk through on dry land. He made water come out of a rock, and once He made the sun stand still. He took a man up to heaven in a flaming chariot. He brought His only Son back from the dead! Oh, and let's not forget the little fact that God created the UNIVERSE and everything in it—including me and you.

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"Yes, God made you, so He is the source of your strength. He's the one you turn to when you have obstacles to face in your life. Whether you have problems at school, problems in your family, or any problem at all, God can help you face it head-on.

CG: Bottom Line Slide

"God is stronger than anyone. Say that with me."

LEADER AND KIDS: "God is stronger than anyone."

LEADER: "And ***[Basic Truth]* you can trust Him no matter what.** He may not give you the strength to tear down pillars, but let's be honest—that's not really a helpful power anyway. But what He WILL do is give you the power to take on whatever comes up in your life. That should give you the confidence to face anything!

"We'll talk about that some more in Small Group. Let's go!"

Dismiss kids to their small groups.

SFX: Play high-energy music as the kids exit.

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TALK
ABOUT GOD
BIBLE STORY REVIEW

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IMAGINE

an activity that promotes empathy and facilitates biblical application through role-play and reenactment

* 1. DON'T SAY STRONG

WHAT YOU NEED: Pieces of candy or small prizes

WHAT YOU DO:

- Arrange everyone in a circle and hand out the candy to the kids, making sure everyone gets the same number of pieces.
- Tell them to hang on to the candy because they'll need every piece to play this game.
- Then, beginning with the kid on your left, guide them to go around the circle and re-tell the Bible story. Each kid must contribute at least two sentences or a complete thought.
- But there's a catch. They can't say the words "strong" or "strength" or any variation of those!
- If kids say the forbidden words, they have to forfeit one piece of their candy to the middle of the circle.
- Try to go around the circle several times in the re-telling to give all kids a few chances. If you have a lot of younger kids, the re-telling will probably devolve into random, out-of-order "facts" about the story, and that's okay.
- There will most likely be at least a few pieces of candy in the center. Leave it there while you talk.
- Prompt kids if necessary:
  - Samson was a special baby.
  - Samson had long hair.
  - Samson had a lot of muscles.
  - Samson could lift a ton of weight.
  - Samson took on a lion.
  - Samson could fight a whole army by himself.
  - Samson loved Delilah, but he didn't tell her the truth about his power.
  - Samson got a haircut and lost his special ability.
  - Samson recovered when his hair started to grow.
  - Samson pulled down the roof over his enemies.
- Let kids get creative in synonyms for strong/strength: powerful, mighty, big, tough, energetic, capable, hefty, sturdy, hulking, brawny, etc.
- If you choose, you can let kids eat the candy after the game is over.

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TALK
ABOUT GOD
BIBLE STORY REVIEW

IMAGINE

an activity that promotes empathy and facilitates biblical application through role-play and reenactment

WHAT YOU SAY:

"It was pretty tough to talk about Samson without mentioning THE WORD. Okay, the game's over and I can say it: Samson was very strong! He was very strong on the outside and strong on the inside when he put God first and remembered the source of his strength. But when he forgot that **God is stronger than anyone,** and he started to think that he was just awesomely strong on his own, he ran into trouble.

"Do you think God needed Samson to have long hair to make him strong? *(Allow for answers.)* I agree. God didn't need Samson's long hair, but He needed Samson's heart and attention. When Samson forgot about the source of his strength, he gave it up, just like you had to put your candy in the middle as a penalty when you forgot about the rules of our game.

"Sometimes we forget that it is God who gives us strength and we think we can do life on our own. And then we run into trouble. We try to do something awesome, like make a jump shot without practicing or ace the math test without studying, and we end up with a sprained ankle and a bad grade. It's important to remember that it's God who gives us our strength and that **God is stronger than anyone.** We should give Him our heart and pay attention to following His ways. He is the strongest and the best. We can have confidence that putting Him first will be a wise choice."

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LIVE
FOR GOD
APPLICATION ACTIVITY

BIBLE STORY

Clip My Hair
Samson
Judges 13–16

MEMORY VERSE

"I remain confident of this: I will see the goodness of the Lord in the land of the living."
Psalm 27:13, NIV

LIFE APP

Confidence—Living like you believe what God says is true

BOTTOM LINE

God is stronger than anyone.

BASIC TRUTH

I can trust God no matter what.

MOVE

an activity that increases the oxygen in the brain and taps into the energy in the body

2. PUMPING IRON

WHAT YOU NEED: Prepared homemade barbell OR small hand weight or kettle bell, dice, "Pumping Iron Scenario Cards" Activity Page

WHAT YOU DO:

- Circle up and put the cards, dice, and barbell or hand weight in the center.
- Starting with the kid on your right, kids will draw a card and read the instructions and question.
- They then roll the dice, lift the "weight" for as many reps as the dice shows, plus whatever instructions are on the card, and then they answer the question.
- Play moves around the circle until all the cards are read and everyone has had a workout!

WHAT YOU SAY:

"Whew! Talk about extreme training! It's important to exercise both so that we grow up strong in our faith and we build our confidence—not just in what we can do, but also in what God can do. When I get strong on the outside, I'm not scared of big obstacle courses or six flights of stairs on the way to work, but when I get strong on the inside, I know I don't have be afraid of anything. That kind of confidence comes from knowing that **God is stronger than anyone.** There is no person or situation you can face that God isn't stronger than and bigger than.

(Pass around the barbell/weight. As each kid holds it, he should say one situation or thing that kids might be afraid of. Then everyone should say, ***"God is stronger than anyone,"*** *as a response. As you do this, be sensitive to kids who have faced difficult situations at home or in their community.)*

[Make It Personal] (Share a time when you were afraid but had confidence in God. Maybe you stood up to a bully, or you chose to do the right thing at work even though it might have had hard consequences. Let kids see that even adults can be afraid and need to have confidence in God, and that God will be with them their whole lives, even when their problems get bigger.)

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HEAR
FROM GOD
MEMORY VERSE ACTIVITY

BIBLE STORY

Clip My Hair
Samson
Judges 13–16

MEMORY VERSE

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Psalm 27:13, NIV

LIFE APP

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PLAY

an activity that encourages learning through following guidelines and working as a group

3. QUICK STEPPING

WHAT YOU NEED: Prepared cups, Bibles, two trays or plastic platters

WHAT YOU DO:

- Divide your group into two teams and line them up on one side of the room.
- On the other side of the room, stack the cups inside each other in random order. (Keep the two stacks separate.)
- Give the first person in line a tray.
  - She must walk quickly, carrying the tray to the stack of cups, and find the first one in the verse order.
  - After putting it on the tray (upside down so the word is legible) the first kid should carry the tray back to the line.
  - The second kid must take the tray from the first kid, walk to the stack while carrying the tray and balancing the first cup on it, and find the second cup.
  - The second cup goes next to the first, and the player returns to the line, still carrying the tray.
  - The third player must take the tray with the two cups, walk quickly to the stack, find the third and set it on next to the other two. This will be the base of the pyramid.
  - The next three players should run the race as before, stacking their cups in a pyramid shape.
  - Any cups that fall have to be replaced before a new cup is put on top.
  - Players can put the tray on the floor near the stack while they're placing their new cup.
- The first team finished should set their tray on the floor, sit in a circle around it, and find Psalm 27:13 in their Bibles.

WHAT YOU SAY:

"That took strength and confidence and also quite a bit of skill. You guys are definitely ready for parkour training after moving so carefully across the room! This verse is a good reminder that **God is stronger than anyone.** Even when there are obstacles in your path, and even when it feels like you're balancing a lot of stuff in your life, you can know for sure that God is strong enough to help you. Have you ever started something you weren't sure you could finish? *(Allow for answers.)* God can give you strength to

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HEAR
FROM GOD
MEMORY VERSE ACTIVITY

PLAY

an activity that encourages learning through following guidelines and working as a group

get from point A to point B. He will do it creatively and in surprising ways, but you can have confidence that God is always big and strong enough to help you through whatever comes your way.

Optional Discussion Questions for Older Kids
If you lead 4th, 5th, or 6th graders, consider asking these discussion questions:

- Read Psalm 20:1, 5, and 7. These verses are about the difference between those who trusted in their own strength in battle versus Israel who trusted in God. What do you think the modern version of "trusting in chariots and horses" is?
- How do you learn to trust in God's strength more than your own? Have you ever done that? What did it feel like? How could you share that experience with others?
- If you have never done that, what is a situation you might face where you need more strength than you have? If you've asked God to use His strength to help you, how will you know when He has provided that help?

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PRAY

TO GOD

PRAYER ACTIVITY

BIBLE STORY

Clip My Hair
Samson
Judges 13–16

MEMORY VERSE

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LIFE APP

Confidence—Living like you believe what God says is true

BOTTOM LINE

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BASIC TRUTH

I can trust God no matter what.

REFLECT

an activity that creates space for personal understanding and application

PRAY AND DISMISS

WHAT YOU NEED: The superhero designs from the Social activity, pens or pencils

WHAT YOU DO:

- Give kids the superheroes they designed during Social.
- Ask them to describe the powers they gave their heroes and how they compare with Samson's strength.
- Then guide them to turn the pages over and write on the back: "God is strong enough to help me _____."
- They can write or draw to fill in the blank. It should be something they need God's strength to do this week. Some suggestions: be kind to siblings, obey parents, clean their rooms, work hard at school, study for a test, stop screen time when they're told, train for a swim test, help their elderly neighbors with yard work, etc.
- When that's finished, close in prayer, asking God for strength to accomplish these things.

TO ADAPT FOR YOUNGER KIDS: During a quiet moment, you or an older kid can write the phrase on the back of the papers: "God is strong enough to help me_____." Then let kids fill in the blanks. Be prepared to help spell words or even write the whole thing for them, so kids can express themselves.

WHAT YOU SAY:
"Dear God, we know that You are stronger than anyone. We are so thankful that You will help us be strong too. Please give us strength to make wise choices and work hard at doing good things this week. Amen."

As adults arrive to pick up, make sure adults see the superhero drawings and especially the prayers on the back. If you can, encourage them to work with their child to follow through on those actions.

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