

# Lesson 7

Samson  
Judges 16:4–31

## ACTIVITIES

Choose from the following activities and crafts to help connect Bible learning to life.

### Samson's Hair Craft

You will need plain paper cups, potting soil, grass seed, and markers. Help each child draw Samson's face on the outside of a cup. Fill each cup with potting soil to the top; this will be the hairline.

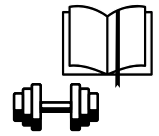


Sprinkle grass seed on the soil and cover with a thin layer of soil.

Set the Samson faces on a windowsill and keep them well watered. The grass seed will grow and make "hair" that the children can trim and regrow as they retell the Bible story.

### Body and Faith Workout

Many of us do exercises to strengthen our bodies. Make a list of physical exercises and do some of them (push-ups, jumping jacks, etc.). Make a second list of ways to strengthen ourselves spiritually (prayer, worship, reading God's Word, etc.). Make a schedule for practicing and improving faith skills, just like we practice a sport.



### Up-and-Down Rhyme

Squat down on the first line of the rhyme and gradually get higher with each half line until you are standing on tiptoes. Say,

**God is always with us. / Everywhere we go.  
He will always help us / 'Cause He loves us so.**

**When we're helping others, / God will help us too.**

**Giving strength to help us / Do what we should do.**

Squat back down as you say each word of the next line:

**Thank / You / God / for / what /**

**You / do. / Thank You! Stand and jump!**



### Samson Bookmark

Cut cardstock in 8½ x 2-inch strips. Punch a hole in the top and loop yarn through for Samson's hair. Let children draw Samson's face below. In the remaining space, have them write "God is my strength." The rest of the bookmark can be decorated however they want to remind them of God's love for us.

