

# Strong in the Lord

## Summer Key Passage:

"Therefore put on the full armor of God,  
so that when the day of evil comes,  
you may be able to stand your ground,  
and after you have done everything, to stand."  
Ephesians 6:13 (NIV)

## Today's Story Point:

We can be strong because our power comes from God.

## Today's Bible Passage:

"Finally, be strong in the Lord and his mighty power."  
Ephesians 6:10 (NIV)

### LEADER PREP:

*When asked to describe strength, most people think of powerful muscles and physical stamina. To be strong is equated with having bodily strength and self-reliance. But the Bible describes another kind of strength - spiritual strength that comes through faith in God. Paul's call to be strong in Ephesians 6:10 is not a cry to go into battle with physical weapons, but to rely on God's strength. The armor of God is strong because GOD IS STRONG, and we are to put our trust in His invincible power instead of our own.*

*Trusting in God's strength rather than our own can be hard to do. We usually try to solve our problems through our own means instead of turning to God. Use this lesson to guide children to the true source of strength for every crisis - GOD.*

# WELCOME

Coloring Page:	So strong! NO PREP
Invite children to color today's coloring page, which is of Samson.  <b>SAY</b> • Today we will learn about Samson and how he was so strong in his body, but also in the Lord.	Have children form pairs. Ask one child to form fists and press these together. The second child in each pair should try and pull the fists apart. After several tries have children switch roles.  <b>SAY</b> • This game makes us feel strong, but in reality, our power comes from God. Our strength is nothing compared to God's. God can do remarkable things and he can make us strong to do remarkable things too.

<b>Strong Breath (Will help set up today's Story Excursion)</b> EASY-SOME PREP
Pass around a couple of ping pong balls for kids to feel how light they are. Have children each make a cone shape with their sheet of paper, secure with tape. Demonstrate how to tilt your head back and blow into the funnel. Have children try to blow the ping pong ball up and out of the funnel taking turns with the balls.  <b>ASK</b> <ul style="list-style-type: none"><li>• Now do you think you're strong? Why or why not?</li><li>• Why couldn't we blow the ping pong ball out of the funnel?</li><li>• What are other things we're just not strong enough to do?</li></ul> <b>SAY</b> • God works in surprising and unexpected ways, even with the invisible air around us. Just as the ping pong ball was too much for us to blow away, our problems are often too big to be solved without God's strength. Today we will be learning that <b>we can be strong because our power comes from God</b> . Later we will see what the Bible teaches about this.

# LARGE GROUP TIME

## WORSHIP:

Choose 3 to 4 songs to sing today. Encourage leaders to participate by doing the hand motions!

## SUMMER KEY PASSAGE:

Show the summer key passage and read it aloud it with the kids. Let them know they have the entire summer to learn this verse, and that if it doesn't make sense now, to keep coming back to learn what the armor of God is all about!



**SUMMER MEMORY VERSE**

**Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.**

EPHESIANS 6:13 (NIV)



## BIBLE STORY:

### Samson Shadow Kit

*Hold a Bible open to Judges 15:9-17 to show children that the account you're going to share is from the Bible.*

**SAY** • We're going to learn about Samson today and how he tried to be strong both with his body and in the Lord. Samson was a man who lived a long time ago, and he was incredibly strong. He was stronger than many people put together. God made Samson strong so he could defend the people of Judah against the Philistines. Today we're going to act out the story of Samson, so I will need some helpers.

*Choose one child to play Samson in the group. He can wear something from the dress-up box, and also can stuff extra clothes in his arms to make him look strong. Then divide the rest of the group into two groups: The people of Judah and the Philistines. Give one child from the People of Judah group a jump rope, and instruct all kids to sit quietly and listen for their parts and act as you direct. As you read, pause for kids to act out their parts.*

#### SCRIPT:

**A long time ago a man named Samson lived in Judah.** Have Samson walk to the front of the class. **Samson was strong. When he flexed his muscles, he had muscles on top of muscles. Samson, can you "make a muscle" and show us how strong you are?** Give Samson a moment to ham it up with a muscular pose.

**God made Samson physically strong, but he was also strong spiritually. He would do as God commanded. He only ate the food God allowed and he never cut his hair because God wanted Samson to show others that he was a Nazarite - a special follower of God. Samson, can you show us how you only eat certain food? Now can you show us your long, long hair?**

**The Philistines were enemies of God's people. They had killed Samson's wife, so Samson went out to fight the Philistines for what they had done. He was not afraid, but the people of Judah were afraid. The Philistine army was going to attack the people of Judah because of Samson. The people of Judah didn't want to fight. They wanted to hand Samson over to the Philistines so they would go away and not bother them. They marched up to Samson (pause for the people of Judah to join Samson at the front of the room) and asked him if they could tie him up and give him to the Philistines. They held up a rope that they wanted to use.**

**Samson let his people tie him up with a rope to become a prisoner of the Philistines. People of Judah, can you show us how you carefully wrap the rope around Samson's body? The people of Judah thought that if Samson were given to the Philistines, they would be safe. Even though Samson was strong and God is even stronger, the people of Judah were still afraid of the Philistines. They led Samson off toward the Philistine army. Samson and the people of Judah, can you march out now so that we see you on your journey to the Philistines"**

Ask the group that was up front to now sit down. Then direct Samson and the Philistine group to stand at the front. Continue the story.

**Samson was tied up, and the Philistines saw that he was their prisoner. They came toward him. Philistines, can you surround Samson?**

**The Bible says, "The Spirit of the Lord came upon him in power." Samson broke the ropes (pause for actions) and picked up the jawbone of a donkey. Samson, can you show us how you did that?** Let Samson pretend to hold up the donkey jawbone.

**Samson fought the Philistines** (remind Samson to *pretend* to be fighting and not actually hit anyone with the pretend jawbone) **and God gave him the strength to beat all of the Philistines (all 1,000 of them!). Samson and the**

**Philistines, can you show us your battle quickly so that all the Philistines can fall down? Samson, with the help of the power of the Lord, defeated the Philistines! Samson, can you show us your victory dance?**

**Samson got his power from God. We can see that with God’s power, anything is possible and any problem can be defeated.** Ask the class to give a round of applause to everyone and have them take a seat.

**ASK THE GROUP:**

- Why do you think God gave Samson incredible strength?
- What do you think it means when the Bible says, “The Spirit... came upon him in power”?
- Do you think God gives his power to people today? Why or why not?
- How does God give us His power?

**SAY** • Samson used the power God gave Him to protect God’s people from their enemies. We may think we’re strong, but we are much stronger when we ask God to give us His strength. God will give us the strength we need to face any problem. **We can be strong because our power comes from God.**

**REVIEW ACTIVITY & PRAYER**

Strength from God EASY-NO PREP	Superhero Strength NO PREP
<p>Give each child a copy of the “Souvenir handout” and show them how to fold the two sides of the page in along the marked line so that the child’s arm stops where the blank area begins. Have children draw arms on the child so that the arms hang down. Tell them to draw something heavy in the child’s hands, such as a barbell.</p> <p><b>SAY</b> • On the weight that the child is carrying, write a word that describes something you need strength for in your own life.</p> <p>When they have finished writing, have children open the flaps and show that Jesus is now helping the child carry the weight. Show them how to open and close the flaps to create an animated effect. It looks as if Jesus is helping the child lift the problem of his or her life.</p> <p><b>SAY</b> • The Bible tells us that we can be strong in the Lord and in his power. God’s power is greater than our own.</p>	<p>Use the list of pictures of popular superheroes in the curriculum. Discuss what powers the superheroes have and how they use the power. Then, read through each scenario given of potential problems that they could face today.</p> <p>Discuss how the superheroes might solve those problems. Discuss how their parents or they themselves might try to solve the problems. Then turn it to God and discuss how God might be able to solve our problems.</p> <p><b>SAY</b> • In our life we will experience many problems and no superhero will really come to fix them. Most of the problems will be hard to solve on our own, but we know that we can ask God to give us strength to get us through these situations. God may not take away the difficult situation, but He can give us the strength to get through it or to help others . <b>We can be strong because our power comes from God.</b></p>

**CHECKOUT PROCEDURE:**

- As parents begin to arrive, open the door and have one leader stand just outside the classroom door with the attendance sheet.
- Take the parent’s security sticker and call loudly for the child to come.
- While you wait for the child to come, tell the parents something that their child enjoyed doing or did well during the service and distribute the preschool big picture cards for families.

- Before you let the child leave the classroom, look to see that the parent and child security codes match and remove the sticker from the child's shirt as they leave.

Note: If a parent lost their security sticker, send them to the Service Lead to receive a temporary sticker; never allow a child to go to a parent unless they have the security sticker.

## LOOP KIDS LEADER CLEANING GUIDELINES

Immediately after each service, clean the classrooms according to the posted cleaning guidelines.