

# 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 TIME:

- Greet kids at the door, take their temperature, and then add their names to the Check-in Sheet.
- Have a few bins of toys out for kids to play as they enter the room.
- Feel free to play music on the TV as kids are playing if you'd like.

<b>Coloring Page:</b>	<b>So strong!</b> 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, one should form fists and press these together. The second child in each pair should try and pull the fists apart. After some 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</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

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### WORSHIP TIME:

Choose 2-3 songs to play on the TV. Invite the kids to stand and sing, and if you know the motions you can do them with the kids. When worship is done, have them sit back down on their circle dot.

### TRANSITION TO THE STORY:

To gain the attention of all the preschoolers to move them to Bible story time, flip off the lights or clap a simple rhythm for the children to copy. Ask all children to sit down on the rug and remind them to listen quietly during the Bible story.

## BIBLE STORY:

**SAY** • Today we will learn about Samson and his strength. Samson was a man who lived a long time ago, he was incredibly strong, stronger than many men put together. God made Samson strong so that he could defend the people of Judah against the Philistines.

Read the bible story below. Use the bolded version of the Bible story for younger preschoolers.

### Samson Judges 15:9-17

A long time ago a man named Samson lived in Judah. He was strong. When he flexed his muscles, he had muscles on top of muscles.

God made Samson strong physically, but he was also strong spiritually. He would do as God commanded. He only ate the food God allowed and never cut his hair because God wanted Samson to show others that he was a Nazirite - a special follower of God.

The Philistines were enemies of God's people. They had killed Samson's wife, so Samson went to fight them. He was not afraid, but the people of Judah were afraid the Philistine army would attack them because of Samson. He did not want to fight, they just wanted to hand Samson over to the enemies.

They marched up to Sampson and asked him if they could tie him up and bring him to the Philistines. Samson let them tie him up with a rope and bring him to the Philistine army. They thought this way they would be safe.

But, the Bible says "the Spirit of the Lord came upon him in power" and Samson broke free from the ropes, grabbed the jawbone of a donkey and fought the Philistines, defeating all 1,000 of them. God gave him the strength to beat them all.

## REVIEW QUESTIONS:

**SAY** • 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 children the following review questions:

- Why do you think God gave Samson incredible strength?
- What do you think it means when the Bible said: "The Spirit came upon him in power"?
- Do you think God gives people His power these days? Why or why not?
- How does God give His power?
- Who gives us power to face problems?
- When are we really strong?

## SUMMER KEY PASSAGE:

Read the key passage aloud. Invite a few volunteers to stand, face the group and say the key passage from memory to their friends. Offer help as needed and praise a child's efforts



## REVIEW ACTIVITY

<b>Strength from God</b> EASY - NO PREP	<b>Superhero Strength</b> 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. Have the kids think of scenarios where a superhero would intervene with his/her powers.</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>

### TRANSITION AND DISMISSAL:

Preschoolers may play until their parents come to pick them up. If they start getting restless, organize a group game to help manage the classroom.

### CHECKOUT PROCEDURE:

- As parents begin to arrive, open the door and have one leader stand just inside 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 check-in desk for approval. Never allow a child to go to a parent unless they have the security sticker.

### LOOP KIDS LEADER CLEANING GUIDELINES

Immediately after each service, please do the following:

- Please spray and wipe down the following areas.
  - Door knobs (both sides), Light switches, Hand Sanitizer Dispenser, Remote Controls,
  - Tables and Chairs (spray and let air dry)
  - Large Stationary items like Play Structures, Train Tables, Baby Swings or Changing Tables (spray and let air dry)
  - Any other surfaces touched during the service.
- Please put all toys that were used in your service in the same bin that you got them from (9am service toys back in 9am service bins, etc). If you noticed a child with a toy in their mouth during the service, please place it in the dirty bin for extra cleaning.