

LESSON OVERVIEW

Big Idea: God gives us strength to exercise self control

Key Question: How do we train ourselves in godliness?

Memory Verse: *Physical training is good, but training for godliness is much better... 1 Timothy 4:8*

Overview: Samson is famous for his long hair and his great strength. But Samson's life was filled with ups and downs because it took him a long time to learn self-control. Samson was a guy who did whatever he wanted whenever he wanted to do it. He made promises to God that he didn't keep. He made mistakes with others because he didn't always control his emotions and actions. We need to learn self-control too. God wants to see that we make good decisions, like obeying our parents, treating others with kindness, and always telling the truth. Just like God gave Samson strength, He gives us the strength to exercise self control: to say "yes" to what honors Him and "no" to what doesn't.

CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** What is your favorite sport or outdoor activity? Are you good at it? Do you ever practice to get better at it?
- 5 min **PREVIEW:** Draw the bubbles on a whiteboard and fill in the Big Idea, Memory Verse, and Key Question. (If applicable, have kids fill in their bubbles on the Kids Activity Page.)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the Lesson Overview from the Teacher's Guide and then answer the KEY QUESTION.
- 5 min **EXPLORE:** Where does the fruit we eat come from? Read [Galatians 5:22](#). to discover a different kind of fruit. On a whiteboard, write out the fruits of the Spirit. Where do you think the fruit of the Spirit comes from?
- 10 min **PLAY:** Choose a group activity from Activity Page #2.
- 5 min **CLOSE:**
 - Which fruit of the Spirit are you going to practice this week?
 - Share prayer requests and pray as a class.

TEACHER TIPS

Allow each child to share. The point: help kids understand that physical training and practice is necessary for improving in a sport. We need to have that same effort in training for God so that we can make good choices that honor and please Him.

Answer: Training for godliness means doing things that encourage you to follow God's way. Things like reading your Bible, choosing to obey what it says, and listening to the Holy Spirit. Training in godliness is a lot like training in sports. It takes a lot of hard work, practice, and patience. And that takes self-control. Even though Samson was a Bible hero, he struggled with exercising self-control. He made some dumb decisions that ultimately distracted him from accomplishing the goals God had for him. He was big and strong, but he forgot to train for godliness. But, just like he did with Samson, God gives us the strength we need to overcome our mistakes and live for him.

Bonus Questions:

Have you ever practiced really hard for something? Did the practice help you get better? What happens when we don't practice?

This isn't a trick question. Fruit comes from trees. The fruit of the Spirit comes from the Spirit! Make sure the kids know that the Holy Spirit is God himself. That means the fruit (emphasize "self-control" for today's lesson) comes from God himself. He gives us the strength to control ourselves and make good choices.

Option #1**Samson's Head of Hair**

This craft will be fun for the kids to remember the story of Samson by his long, flowing hair that gave him strength. Using the template (5A, 6A, 7A), cut out the 3 pieces that will be used to make the head piece ahead of time. Have the kids color the pieces in bright colors first. Then staple the 2 straps to each end of the main piece. Have the kids glue strips of brown paper to the side straps to make it look like long hair. Then, help each kid put on the head piece so you can measure and staple the ends to fit the width of their head.

**Supplies needed**

- Pre cut template for each child
- markers/crayons
- stapler
- glue
- strips of brown paper

Option #2**Samson Puppet**

A fun craft to help kids remember the story of Samson by emphasizing his long hair and big muscles. Using the templates (page 6 and 7) cut out a set for each child. Have the kids draw a face for Samson and color both the face and arms. Give each child a tongue suppressor or craft stick and have them glue the face to the front of the stick. Then have them glue the arm muscles on the back, low enough to not cover the face. (see image below). Then have the kids glue strips of yarn to the head to make long hair.

**Supplies needed**

- templates pre cut
- markers/crayons
- tongue suppressors or craft sticks
- glue
- pieces of yarn

1 Discover Truth

Watch this week's lesson video as a family (see link above) and fill in the blanks.

1. The story of Samson is about self _____ and keeping your _____.
2. Self-control is the ability to make good _____.
3. God promised to make Samson a _____.
4. Samson promise God not to _____ dirty things, not to drink _____ and never _____ his hair.

2 Talk about it

Answer these questions together as a family.

1. What is your favorite sport or outdoor activity? Are you good at it? Do you ever practice to get better at it?
2. How can you get good at doing what pleases God?
3. Where does the fruit we eat come from?
4. Read [Galatians 5:22](#) to discover a different kind of fruit. Where do you think the fruit of the Spirit comes from?

3 Live it out

Memorize this week's Bible verse:

Physical training is good, but training for godliness is much better...

1 Timothy 4:8



NAME: _____

ACTIVITY PAGE #1

K-1ST GRADE

BIG IDEA:

God gives us strength to exercise self control.

MEMORY VERSE:

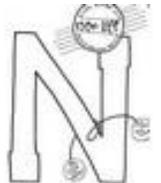
"Physical training is good, but training for godliness is much better..."

1 Timothy 4:8

Instructions: connect the dots and color the picture.

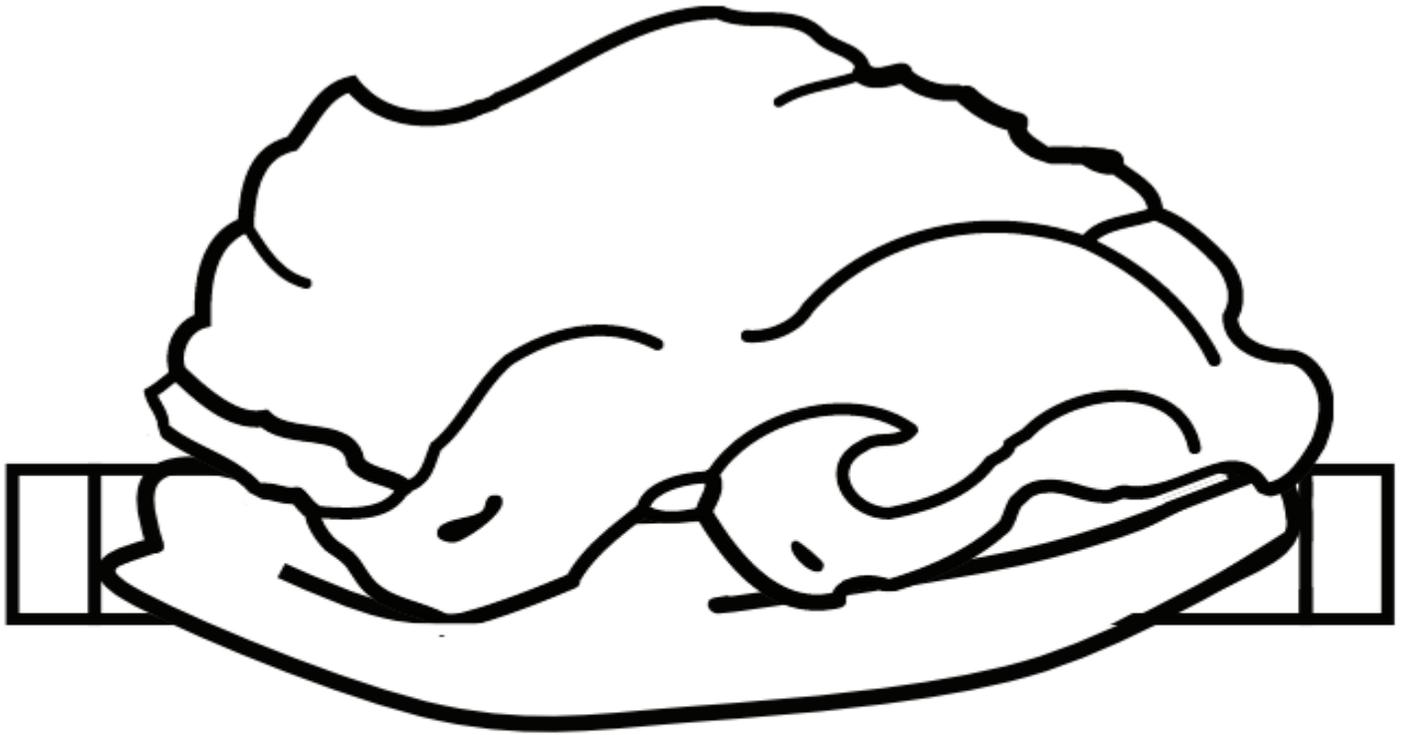


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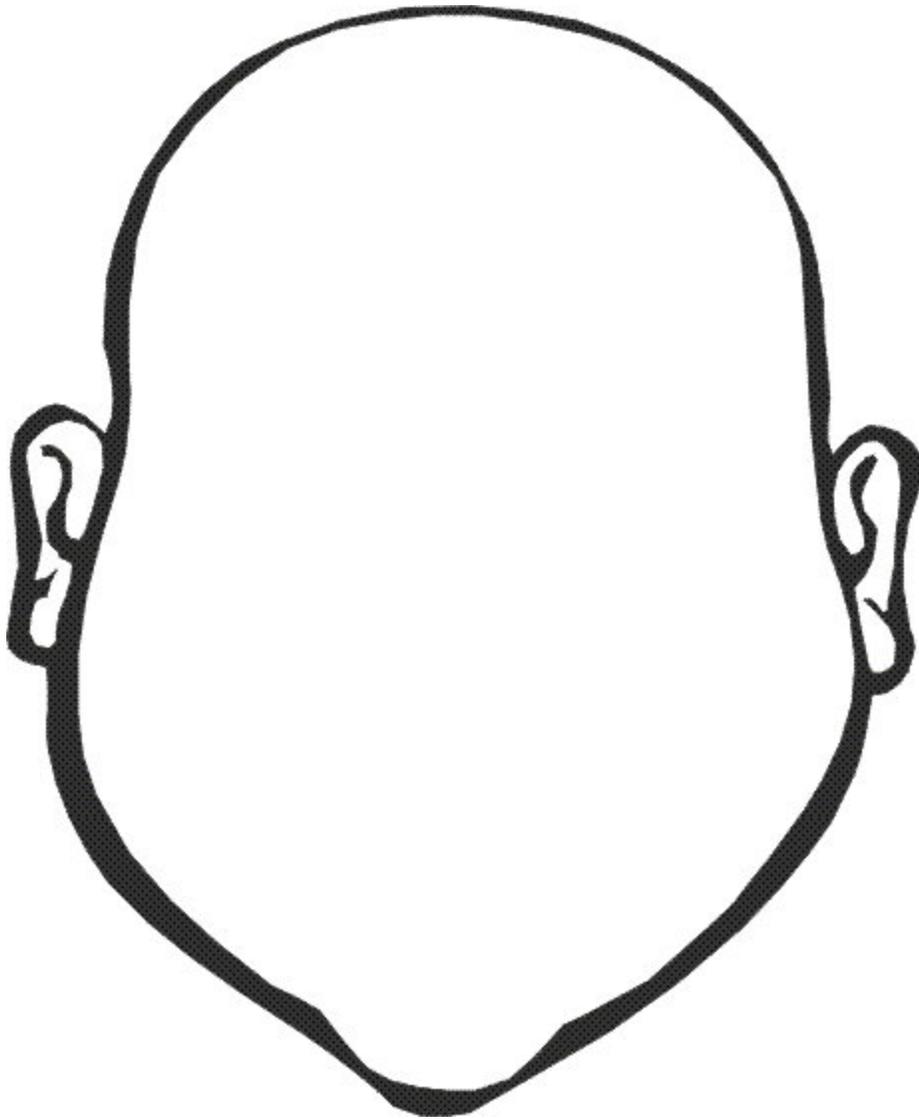


SAMSON'S HAIR

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SAMSON'S FACE



SAMSON'S ARMS

