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.

Answer Key: 1. control, promises 2. choices 3. warrior 4. touch, alcohol, cut

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

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?

Memorize this week’s Bible verse:

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

1 Timothy 4:8