

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

