

# THE ISLAND

<b>LEADER</b>	<b>DATE (am)</b> 02 November 08
<b>HELPERS</b>	<b>TIME (mins)</b> 40 minutes
<b>PUPPETEER</b>	<b>No. of KIDS (m/f)</b>

- **SERIES / LESSON:** Old Testament Heroes / Samson
- **SCRIPTURE REFERENCE:** Judges 13-16
- **CONCEPT:** God helps me to be strong

## GOALS:

- To encourage kids to engage in worship through singing.
- To help kids realise that we are all special to God and that He has a plan for each of our lives.
- To challenge kids to follow and obey God's ways so that we can be heroes for God.
- To lead kids into a prayer time and help them understand that God listens.

## MATERIALS NEEDED:

- ✓ DVD player / laptop / projector / screen, etc.
- ✓ Song DVD
- ✓ Treasure Chest – with the cardboard box bricks of Jericho's walls inside (from last week's story)
- ✓ Samson graphic
- ✓ Razor (with the protective sheath still affixed)
- ✓ Prayer Net
- ✓ Prayer cards and pen
- ✓ Name tag box

<p><b>A. Worship through Music (with puppets) 10 minutes</b></p> <ol style="list-style-type: none"> <li>1. Welcome kids and invite them to praise God by singing.</li> <li>2. Sing 2 songs together. (<b><i>Everyday / Supernatural</i></b>)</li> <li>3. Open in prayer.</li> <li>4. Ask kids to lift a mat each and sit down.</li> </ol>	<p><b>You'll need ...</b>  <i>DVD player / projector</i>  <i>Song DVD (Hillsong Kids – Supernatural)</i></p>
<p><b>B. Message 15 minutes</b></p> <p><b>1. Recap (2-3 minutes)</b>  Ask a child to help you open the treasure chest and take out the cardboard box bricks which you placed there last week. Ask for someone to explain where the bricks came from. Recap last week's story of Joshua and the Israelites defeating the city of Jericho by asking a few follow-up questions. Finish by eliciting the Bible concept: God helps me.</p> <p>You could also ask if anyone remembers last week's memory verse and have them recite it, individually and as a group. Or refer kids to the verse if you displayed it following the last session – <i>"Do not be afraid ... for the Lord your God is with you wherever you go."</i> (Joshua 1:9 NKJ)</p> <p><b>2. Set the scene</b>  After Joshua died, there were twelve different men and women who each spent a period of time as a leader, or judge, of the Israelite people. The problem was that, even though God had rescued His people from the terrible life in Egypt by opening up the waters of the Red Sea, and even though God had helped Joshua lead the people into battle with Jericho and other cities in Canaan, the Israelite people sometimes forgot about God. They stopped talking to God, they stopped following God's ways, and they behaved badly in God's eyes.</p> <p>One of these times when the Israelite people were behaving badly and ignoring God, their land was taken over by the Philistine people. The Philistines were their enemies; they were strong, fierce warriors who were skilled in war. They knew how to make weapons like swords and axes out of iron. Everyone was scared of the Philistines! The Philistines were in charge of God's people, the Israelites, for forty years!</p> <p><b>3. Tell the story</b>  One day, a lady was doing her housework. She was busy cleaning the floors and thinking about how she would love to have a baby. This lady had no children. Suddenly, an angel appeared to her and told her that she would have a baby boy! The angel said that this boy would be special to God. His mummy and daddy would have to follow special rules and obey God. The angel said: "You must never cut the boy's hair or shave his head. He must not drink wine or beer or grape juice, and he must not eat grapes or raisins. And the boy must never touch a dead body. This boy will be special to God because he is going to save the Israelites from the hands of the Philistines." Wow! What a message that was!</p> <p>Some time later, the lady gave birth to a baby boy and she called</p>	<p><b>You'll need ...</b>  <i>Treasure chest with the cardboard box bricks of Jericho's walls inside (from last week's story)</i></p>

him 'Samson'. Samson grew up and the Lord blessed him and was with him. *(Display picture of Samson on screen)* As Samson got older, he became very strong. One day, a young lion came running towards him from the fields. Samson caught the lion and tore it apart with his bare hands and killed it!

Another day, Samson had an argument with his wife – his *Philistine* wife. Samson was so cross that he killed thirty Philistine men! Huh! Samson had a problem controlling his anger, didn't he?

The Philistines took their revenge by giving Samson's wife away to marry his friend! Samson was red with rage! He set fire to the Philistines' fields, and all the corn, the grape vines and the olive trees were burnt and destroyed.

You can see that Samson hated the Philistines, and the Philistines hated Samson too! They wanted to kill him because he was causing so much trouble. Samson let himself be captured and tied up with ropes. The Lord made Samson powerful again, and he broke the ropes from around his body. He looked on the ground and saw a donkey's jawbone. He grabbed it and killed a thousand Philistine men with it! After this great victory over the Philistines, Samson became the judge, or leader, of the Israelite people. He led the Israelites for twenty years after that. But his story doesn't finish there.

Samson fell in love with a woman called Delilah. She was from another city and she didn't believe in God. Now remember, the Philistines were still trying to figure out the secret of Samson's great strength. They hadn't forgotten that he had killed so many of their people. The Philistines went secretly to Delilah to offer her a bribe. They told her to find out the secret of Samson's strength and tell them so that they could capture him. If Delilah would do this, they would give her thousands of pounds as a reward. Hmm. Delilah thought about it – this man, Samson, loved her. Did she love him? All that money ... the things she could buy with all that money! "Okay", she told the Philistines, "I'll do it."

Later on, Samson came to visit Delilah. He was so in love with her. Delilah kissed him and said, "Tell me the secret of your great strength." Samson said, "If anyone ties me up with new ropes that have never been used, I'll become as weak as any other man." Delilah took some new ropes and tied Samson up. Then she called out, "Samson, the Philistines are here!" But he snapped the ropes off his arms as if they were threads (Judges 16:12).

Delilah was not happy. She felt stupid because Samson had not told her the real secret of his strength. She asked him again, "Tell me how you can be tied." (Judges 16:13) Samson told her that if she tied the seven plaits of his hair (remember Samson had never cut his hair so it was very long) into the machine that made the cloth, and tighten it with a pin, then he would become weak and powerless. While Samson was sleeping and snoring, Delilah took the seven plaits of his hair and sewed them into the

*Graphic – Samson portrait*

cloth on the machine, and tightened it with the pin. She called out, "Samson, the Philistines are here!" Samson woke up and pulled the whole machine up off the floor with him – it hadn't stopped him, it hadn't made him weak. He hadn't told her the real secret.

Again, Delilah wasn't happy. She thought, "If you really loved me, you would tell me the secret of your great strength." She said this to him all the time, hour after hour, day after day. Samson got so so tired of listening to her asking this same question over and over again, that finally he snapped. He told her, "Okay, okay, Delilah, please stop this! I will tell you! I have never cut my hair and my head has never been shaved because I am special to God. If my head were shaved, my strength would leave me, and I would become as weak as any other man." (Judges 16:17) Delilah softened and smiled at him. She told Samson to lie down and he fell asleep on her knee. She told the Philistine chiefs to come and hide in her room. They had brought all her money with them. While Samson was sleeping, Delilah called for a man to come and *(show kids a razor – keep the protective sheath over the blade!)* shave off Samson's hair *(move the razor as if you are shaving a head)* ... and his strength left him. Then Delilah called out, "Samson, the Philistines are here!" Samson woke up and thought he would run out and use his strength to break free from them, but he didn't know that God's strength had left him. Uh-oh. The Philistines grabbed Samson, they put his eyes out so he couldn't see, and they took him to another city to work for them in prison. The Philistines were happy indeed! They laughed at Samson, the strongest man in the country who was now their prisoner and weak like any other man.

One day, the Philistines decided to have a big party to celebrate the capture of Samson. There were lots and lots of people there in the temple along with the Philistine rulers, eating and drinking, having a great time, with about three thousand more people on the roof. They wanted to see this great prisoner, so the guards brought Samson out of the prison and made him walk around so that the crowds of people could see him. The people laughed, they shouted and jeered and made fun of poor Samson. Samson asked the guards to let him stand between the pillars of the temple so that he could lean against them. He couldn't see how many people were there because the Philistines had taken his eyes, but he could hear the thousands of people laughing and shouting. They were laughing, but they wouldn't laugh for too much longer – they hadn't realised that Samson's hair had started to grow back while he was in prison ... how would the story end?

Samson was standing between the pillars of the temple. He prayed to the Lord, "Remember me, God, please make me strong just one more time, and let me with one try get revenge on the Philistines for taking my two eyes." Samson reached his hands towards the two pillars that were holding up the great temple. He took a deep breath and pushed the pillars with all his strength, and the temple fell down on all the Philistine people who were gathered there. Samson had saved the Israelites from

*Razor (with the protective sheath still affixed)*

the hands of the Philistines in the end, even though he died too. Samson was a hero.

#### **4. Explain**

Samson was a special man chosen by God to set the Israelites free from the Philistines. Even before Samson was born, his mummy and daddy promised that he would live his life completely for God and obey everything that God asked of him. However, Samson made some bad choices. He got himself into trouble because he married a woman who didn't believe in God. He got into more trouble because he became so mad and angry with the Philistine people. Anger can cause a lot of problems. And in the end, Samson fell in love with another woman who didn't believe in God – Delilah – and he told her the secret of his strength.

The thing is, Delilah and the Philistines didn't realise that Samson's strength was not really in his hair. Samson was strong because God had given him this special gift. Samson's problems started when he ignored God in his life. In fact, when you think about it, Samson actually became a weak man even before Delilah shaved his head. He wasn't strong enough to control his anger. He wasn't strong enough to resist or keep away from those women who didn't love God. He wasn't strong enough to trust and follow God's ways.

Boys and girls, remember that we are all special to God and He has plans for each one of us. But if we are going to live for Him, then we must trust Him, and obey what He tells us to do. God still loves us when we make mistakes, but He expects us to learn from them and learn to be better people – just like Samson became a hero in the end.

Let's put the razor into the treasure chest. We'll take it out again next week and see how much you remember about Samson.

*Razor  
Treasure chest*

#### **C. Prayer Net**

**10 minutes**

1. Ask a child to explain what it means when we *pray* – We talk to God and He listens.
2. Explain that prayer / talking to God is very important because that's how we get to know Him.
3. Choose a child to retrieve the prayer net. Lift out the prayer cards you put there last week. Ask the kids for updates on those situations.
4. Explain that when we have worries or things to be thankful for, we need to tell God about those things. Remember that He hears all our prayers and He will answer us – maybe not with the answer we want, but He always knows best.
5. Tell kids that we are going to make a note of some special prayers today and put them in the prayer net. Next week they will tell us what happened in those situations.
6. Ask a few kids if they have a prayer to put into the net. As they tell you, write their name and the topic of their prayer on a small card. Ask the child to say a prayer aloud (help them to do so) before they place their card into the prayer net.

#### **You'll need ...**

*Net (with last week's prayer cards)  
Small cards / postcards  
A pen*

7. Finish by leading a prayer for the whole group.	
<b>D. Conclusion (with puppets)</b> <b>5 minutes</b> 1. Challenge kids to remember to be like Samson – ready to follow God’s plan for our lives and to be heroes for God. 2. Remind kids to come back this evening. 3. Sing a closing song. <b>(Everyday)</b> 4. Ask kids to put their mats away and put their name tags in the box before they leave.	<b>You’ll need ...</b> <i>DVD player / projector</i> <i>Song DVD (Hillsong Kids – Supernatural)</i>  <i>Name tag box</i>

## THE ISLAND cont'd

<b>LEADER</b>	<b>DATE (pm)</b> 02 November 08
<b>HELPERS</b>	<b>TIME (mins)</b> 40 minutes
<b>PUPPETEER</b>	<b>No. of KIDS (m/f)</b>

### GOALS:

- To encourage kids to engage in worship through singing.
- To reinforce today's Bible concept by learning a related Scripture verse.
- To internalise today's story and concept through strength and stamina circuit training exercises.

### MATERIALS NEEDED:

- ✓ Song DVD / DVD player / projector / screen, etc.
- ✓ Bible
- ✓ Memory Verse Activity: Slide (Isaiah 40:30-31)  
   Music (e.g. CD or mp3 files) and sound equipment  
   Chairs (one for each child)
- ✓ Activity: 4 posters – North, South, East, West – stuck on the  
   corresponding walls of the sports hall with blu-tack  
   Posters stuck on walls with blu-tack marking Activity Stations
 

1. Sit-ups	5. Bicep curls
2. Wall push-ups	6. Bean bag balance
3. High knee running	7. Toe-touching
4. Scissor jumps	

  
 Exercise mats  
 A few unopened cans of e.g. soup, beans, vegetables  
 A few bean bags  
 Timer  
 Whistle
- ✓ Small prizes (selection of bookmarks, stickers, pencils, etc.)
- ✓ Name tag box

<p><b>E. Worship through Music (with puppets) 10 minutes</b></p> <ol style="list-style-type: none"> <li>1. Welcome kids and invite them to praise God by singing.</li> <li>2. Sing 2 songs together. (<i>Supernatural / Everyday</i>)</li> <li>3. Open in prayer.</li> <li>4. Kids should remain standing for the following activity.</li> </ol>	<p><b>You'll need ...</b>  DVD player / projector  Song DVD (<i>Hillsong Kids – Supernatural</i>)</p>
<p><b>F. Memory Verse (with puppets) 15 minutes</b></p> <p><i>"Even children become tired and need to rest ... But the people who trust the Lord will become strong again." (Isaiah 40:30-31 NCV)</i></p> <ol style="list-style-type: none"> <li>1. <i>Tell kids:</i> Show me your muscles! (<i>Stand in a muscle-man pose, showing off your biceps, etc.</i>) Ask a few questions: <ul style="list-style-type: none"> <li>- Who was the strong man we heard about this morning? <i>Samson!</i></li> <li>- What was the secret of Samson's strength that Delilah used to weaken him? <i>She cut his hair (Samson had promised never to cut his hair).</i></li> <li>- Did Samson's strength really come from his long hair? <i>No, God made Samson strong ... but he broke his promise to obey God and when Delilah cut his hair, God took away his strength.</i></li> <li>- When Samson was a prisoner of the Philistines, he became sorry for what he had done and decided to trust the Lord again. What happened? <i>God gave strength back to Samson. He pushed apart the columns of the Philistine temple and the temple collapsed, killing thousands of wicked Philistines. Samson was a hero in the end.</i></li> </ul> </li> <li>2. Remind kids that Samson had a special gift of strength from God. Samson had made a promise to trust God and to follow His laws. Samson made a lot of wrong choices that made God sad. Like we heard in our story, when Delilah cut Samson's hair, God took his strength away from him.</li> <li>3. <i>Explain:</i> Boys and girls, when we make promises to be good and to live for God, sometimes we make mistakes and bad choices. Sometimes we do things or think thoughts that make God sad. Maybe you even get tired of always trying to do the right thing and being a good person, especially if the bad boys and girls who are unkind seem to have more fun. But if we talk to God and ask Him to make us strong, He will help us to be good and make the right choices. He will make us strong and help us to stand for Jesus.</li> <li>4. Our Bible verse today explains this very well. Let's read it aloud together. <i>Display verse on screen.</i></li> <li>5. Repeat it a few times as a group.</li> <li>6. Tell kids to look at the verse carefully one more time before it disappears. <i>Move to the next blank screen.</i></li> <li>7. Ask kids to line up against the walls.</li> <li>8. Arrange chairs (one for each child) in a circle, seats facing outwards.</li> <li>9. <i>Explain:</i> This game is like 'musical chairs'. While the music is playing, you must <u>walk</u> around the circle of chairs. When the music stops, you must find a chair and sit down. Whoever</li> </ol>	<p><b>You'll need ...</b></p> <p><i>Memory verse slide (Isaiah 40:30-31)</i></p> <p><i>Chairs (enough for each child) arranged in a circle</i></p>



<p>does not find a chair must go and stand in the middle of the circle and say the memory verse. When you have said the verse, you should sit down in the middle of the circle of chairs.</p> <p>10. Have an adult helper control the music. Play music and encourage kids to <u>walk</u> around the circle of chairs. Allow enough chairs for all the kids the first time. When the music stops, all the kids should find a chair – you will not have a chair, so you can move to the middle of the circle and say the verse in demonstration of what the kids should do the next time.</p> <p>11. Start the music again. The kids should be walking around the circle again. Take a chair or two out of the circle. When the music stops, at least one child will not find a chair. Tell them to go into the middle of the circle and say the verse, then sit down.</p> <p>12. Repeat step 11 until all kids have said the verse.</p> <p>13. Finish with a group repetition of the verse.</p> <p><b>Idea:</b> After the session, you could display the memory verse on a poster in your room. This will add to your decoration as well as reminding kids of the Bible concept. Then you can also refer to it in later sessions of this series.</p>	<p><i>Music / sound system, etc.</i></p>
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<p><b>G. Activity</b> <span style="float: right;"><b>15 minutes</b></span></p> <p>Equipment for Warm-up and Circuit Training should be set out beforehand.</p> <ol style="list-style-type: none"> <li>1. Take kids into a large room, e.g. a sports hall, and ask them to move into a space.</li> <li>2. <b>(~2 minutes)</b> Tell kids to copy you as you stretch out your arm and leg muscles: reach up, reach down to your toes; stretch one arm up and over your head, and then the other arm; stretch one arm across your chest, extending your fingers, and then the other arm; stretch one leg out behind you while bending the front leg at the knee, and then vice versa; etc. etc. <i>While you are stretching, tell kids that it is important that we keep our bodies fit and strong. We may not be as strong as Samson, but we can work at becoming stronger and healthier!</i></li> <li>3. <b>(~2 minutes)</b> Tell kids to stand in the middle of the hall. Show them the posters you have stuck on the 4 walls, marking out North, South, East and West. <i>Explain:</i> When I shout a command, you must move in the right direction in the manner I describe. For example: <ul style="list-style-type: none"> <li>- "Walk North!"</li> <li>- "Run East!"</li> <li>- "Hop West!"</li> <li>- "Skip South!"</li> </ul> </li> <li>4. <b>(~4 minutes)</b> Divide kids into small groups of 3 or 4. <i>Explain:</i> We are going to do circuit training. 'Circuit' means to go around, so each group will start with a different activity. When the whistle blows, your group must move to the next activity in a clockwise direction. Listen and watch while I show you</li> </ol>	<p><b>You'll need ...</b></p> <p><i>Posters reading North, South, East and West, stuck on the corresponding 4 walls of the hall</i></p> <p><i>Posters on walls marking Activity Stations</i></p>
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<p>what to do at each stage.</p> <p>Demonstrate what the kids should do at each station of the circuit:</p> <ul style="list-style-type: none"> <li>- <b>Sit-ups</b> – lie on the mats, knees bent, hands behind head, raise upper body and down again. Repeat.</li> <li>- <b>Push-ups against the wall</b> – arms stretched out perpendicular to the body, palms against the wall, feet at same distance from the wall, lower upper body towards the wall as the elbows bend and stretch out again. Repeat.</li> <li>- <b>High knee running on the spot</b> – run on the spot but lift the knees as high as possible.</li> <li>- <b>Scissor jumps</b> – with the first jump, open the legs out and extend the arms out to the side. Jump again and bring the legs back in so that the feet meet each other, and the arms are by the side of the body. Repeat.</li> <li>- <b>Bicep curls with weights</b> (unopened cans of soup/vegetables) – hold a can weight in each hand. Arms should be by the side of the body, palms facing forward. Keeping elbows by the side, raise the cans towards the shoulders, squeezing to work the biceps. Repeat.</li> <li>- <b>Bean bag balancing on your head</b> – balance a bean bag on the head and walk up and down a marked route on the floor.</li> <li>- <b>Toe-touching</b> – with feet slightly apart, facing forward, reach up to the ceiling, stretching out the arms. Bring the arms down in front, stretching the whole time, to touch the toes. Repeat.</li> </ul> <p>5. (<b>~7 minutes</b>) Post adult helpers around the room. Send each group of kids to a separate station. Instruct them to start training immediately. Remind them to listen for the whistle so that they know when to move to the next station. Make sure your adult helpers are supervising.</p> <p>6. Time each session for 1 minute and then blow the whistle for groups to rotate. Repeat. Allow each group to get around as many of the stations as you have time to complete.</p> <p>7. Blow the whistle to finish and take kids back to your room.</p>	<p><i>Mats</i></p> <p><i>A few unopened cans of e.g. soup / beans / vegetables</i></p> <p><i>A few bean bags</i></p> <p><i>Timer</i> <i>Whistle</i></p>
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<p><b>H. Conclusion (with puppets) 5 minutes</b></p> <ol style="list-style-type: none"> <li>1. Remind kids that just like we have to exercise and look after our bodies to keep us strong and healthy, we also have to keep our hearts and minds strong and healthy – we can do this by reading our Bibles and talking to God.</li> <li>2. Ask one boy and one girl if they can recite the memory verse. The puppets / another leader will judge if they deserve a prize. Award the prizes.</li> <li>3. Ask kids to hold hands and sing <i>Jesus Loves Me</i> (first verse and chorus) <i>a cappella</i>, or with an instrument if preferred.</li> <li>4. Close in prayer. Remind kids to come back next week!</li> <li>5. Make sure kids leave their name tags in the box before they leave.</li> </ol>	<p><b>You'll need ...</b></p> <p><i>Small prizes – bookmarks, stickers, etc.</i></p> <p><i>Name tag box</i></p>
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