

# Clip My Hair

**Bible:** Clip My Hair (Samson) • *Judges 13–16*

**Bottom Line:** God is stronger than anyone.

**Memory Verse:** “I remain confident of this: I will see the goodness of the LORD in the land of the living.” *Psalms 27:13, NIV*

**Life App:** Confidence—Living like you believe what God says is true

**Basic Truth:** I can trust God no matter what.

## **Social: Setting the Tone for the Experience (9:00, 10:15, 11:30)**

**9:00 & 11:30**

### **Burly Beasties**

- Print the “Burly Beasties” cards; one card for each kid
- Masking tape

**10:15**

### **How Strong Are You?**

- 10 half-full 20-ounce water bottles
- Two pairs of pantyhose
- Two tennis balls; stuff one into one toe of each pair of pantyhose

## **Bible: Communicating God’s Truth in Engaging Ways (9:15, 10:30, 11:45)**

- Bible Presentation in Large Group

## **Groups: Creating a Safe Place to Connect (9:40, 10:55, 12:10)**

**9:00 & 11:30**

### **Tug of War**

- A long rope

**10:15**

### **God Is Stronger**

- “God Is Stronger!” cards; one set for each kid

## **Prayer (9:50, 11:05, 12:20)**

- No supplies needed

## **Dismiss (10:00, 11:15, 12:30)**

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## Social: Providing Time for Fun Interaction (Small Groups, 15 minutes)

Bible Truth.

*Before kids arrive, take a few moments to pray for them. Pray that kids would understand that true strength comes from God and that God is stronger than anyone. Pray for kids to be comforted knowing that they don't have to rely on themselves when faced with a challenge, but they can rely on God's strength to help them face anything that comes their way.*

**9:00 & 11:30**

### **Burly Beasties**

*Made to Explore: an activity that extends learning through hands on experimentation and discovery*

**What You Need:** “Burly Beasties” cards, masking tape

#### **What You Do:**

- Guide kids to sit in a tight circle.
- Tape a “Burly Beasties” card to each child’s back. (Shh! Be sure the kids keep each picture a secret!)
- Lead the group to mingle around the room. Call out a riddle below, leading kids to gather around the child whose animal answers the riddle.
- When all the kids are gathered around that child, encourage him to guess what animal he is. (Provide additional clues if necessary.)
  - Elephant: I live in grasslands, and I live in forests. My skin is thick and tough. I have large ears and a long trunk. Who am I?
  - Rhinoceros: I live in grasslands, and I live in forests. My skin is thick and tough, and it can be colored gray. I have four legs and small ears. I also have one or more horns. Who am I?
  - Gorilla: I live in forests, and I can climb trees. I have arms and legs, but I often walk on my feet and knuckles. You might see me pound my chest to show how strong I am or to tell my family to follow me. Who am I?
  - Grizzly Bear: I have shaggy fur, four legs, and very long claws. I live in the woods. I eat berries, nuts, fish, and many other things. I’m usually brown. Who am I?
  - Tiger: I live in the jungle, and I can climb trees. I have a long tail, stripes, and I walk quietly on four paws. Who am I?
  - Polar Bear: I have white fur, four legs, and small ears. I live in very cold places, and I like to swim. Who am I?
  - Horse: I have four legs and a long tail. You might find me on a farm or ranch. I can pull heavy things, but you can also ride on my back. Who am I?

- Hippopotamus: I have a large body, a big mouth, and big teeth, but my legs are short and my ears are small. I spend much of my day in the water to keep cool. Who am I?
  - Orca/Killer Whale: I have a large body and a large tail. I also have large teeth. I'm black and white, and I live in the ocean. Who am I?
  - Lion: I live in grasslands and I have a long tail. I have a loud roar that scares my enemies away! Who am I?
- Guide kids to move like that animal as they find the answer to your next riddle.

**What You Say:**

“What do elephants and rhinoceroses and gorillas and bears and tigers and horses and hippos and orcas and lions have in common? *(They're all big; they're all strong.)* Yes! They're all VERY strong. **[Transition] In Large Group, we'll hear about a person who was very strong. In fact, he was the strongest person EVER. Let's go learn more.**”

Lead your group to the Large Group area.

**10:15****How Strong Are You?**

**What You Need:** 10 half full water bottles, two pairs of pantyhose, two tennis balls

**What You Do:**

- Divide your group into two equal teams (if uneven, teams must designate a player to go twice).
- Instruct the teams to line up behind a starting point about five feet from each other.
- Make two rows of water bottles (five bottles in each row) in front of each team. Leave about a foot of space between each water bottle.
- Point out the row of water bottles and ask the first kid in each line: “How strong are you? Do you think you're strong enough to knock over these five water bottles?”
- After each team answers (they should answer: “Yes!”), reveal the tennis ball/pantyhose contraptions.
- Explain that today you're going to play “Extreme Water Bottle Take Down”!
- The first person in line will pull the pantyhose onto their heads (up to their foreheads, NOT over their eyes or nose).
- Then he/she will bend forward and swing the tennis ball back and forth, aiming to knock over each bottle.
- When finished, players must reset the water bottles and then hand off the pantyhose to the next person in line.
- The first team to get all their players through the line of water bottles and back to the line wins.

**What You Say:**

“Knocking water bottles over like this *(knock a water bottle over with your hand)* is pretty easy. Knocking them over with a pair of pantyhose and tennis ball was super crazy! I would guess you didn't expect you'd be wearing pantyhose on your head today at church. Either way, it didn't require all that much strength. **[Transition] In our Bible Truth today, we'll hear about someone who WAS strong and had to face some crazy situations with confidence. Let's head to Large Group to find out what happened.**”

Lead your group to the Large Group area.

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**Life App:** Confidence—Living like you believe what God says is true

**Basic Truth:** I can trust God no matter what.

## Bible: Communicating God’s Truth in Engaging Ways (Large Group, 25 minutes)

### GETTING READY

#### 1. Opener/Closer

##### What You Need:

- Host
- 1 kid volunteer, then his/her entire small group
- Broom handle
- Two 5-gallon buckets
- Duct tape
- Prop bin
- Following items (2 of each) to add to the “weightlifting bar”:
  - Bible
  - Full water bottle
  - Brick
  - Bag of Smartees
  - Picture of Dwayne “The Rock” Johnson
  - Ream of copy paper
  - Stuffed animal
  - Box of Chex Cereal

#### 2. Bible Truth

##### What You Need:

- Historyteller
- 252 Story

#### 3. Worship

##### What You Need:

- Power Praise Team
- “Every Reason to Dance”
- “Imagine the Impossible”
- “Eye of the Storm”

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## **Bible: Communicating God’s Truth in Engaging Ways (Large Group, 25 minutes)**

Engage kids’ hearts through a dynamic and interactive Bible Truth, worship, and prayer experience in a Large Group setting.

**CG:** 10 Second count down

**CG:** AMPED Theme Slide

*Host is in the audience, welcoming kids as they enter. He jumps on stage when it’s time to start.*

### **Opener**

**LIGHTS:** Down

**SFX:** “Chapel” by FelMax (keep playing throughout the Opener)

**LIGHTS:** Up

**HOST:** “Aw, yeah! Let me hear you make some noise! It’s summer, you’re here at [your environment’s name], and we’re getting AMPED up together. We’re talking muscles, we’re talking feats of strength, we’re talking about a God who is stronger than everyone and anything. With His help, we can live fully alive and live each day with confidence!”

**CG:** Confidence Slide

“Confidence is living like you believe what God says is true. It’s more than hoping. It’s more than wishing. It’s knowing FOR SURE that what God says is the absolute truth. That’s what we’re after today: confidence! And confidence, like muscles, needs to be built up, pumped up, AMPED up! Let’s hit it! Anyone out there up for some ‘Extreme Weightlifting’?”

*Choose one kid and bring her to the “weightlifting bar” (broom handle with empty 5-gallon buckets duct-taped to each end).*

*(To contestant)* “All right, [kid’s name]. Are you feeling strong? Do you feel confident that you can lift this all the way over your head? *(To audience)* Let’s cheer her on!”

*React with amazement when she lifts it easily.*

“Incredible! *(To contestant)* You’re strong, [contestant’s name]. But you know what? I think we can make this a little more extreme. I think we can amp it up. *(To contestant)* Let’s get your whole small group up here, and we’ll add some weight to both sides. We’ll see if ALL of you can lift this bar together!

*Contestant’s small group (including the Leader) joins her on stage.*

“Let’s see what I can find around here.

*Rummage through the prop bin and add items to the buckets—one of each item per side, so the weight stays even. Edit the following as needed for the items you’ve provided.*

“How about a Bible . . . a water bottle . . . a brick . . . a bag of Smartees . . . a rock *(hold up the picture of Dwayne ‘The Rock’ Johnson)* . . . some paper . . . a box of Chex cereal . . . and these adorable stuffed animals?

*(To contestants)* “You all have your work cut out for you. Do you think you’re strong enough to lift this together?”

*(To audience)* “Drum roll, please. *(Demonstrate a drum roll on your knees.)*

**SFX: Music down low**

“And . . . lift!

*The small group lifts the bar successfully.*

**SFX: Music back up (loud)**

“Amazing—they did it! Such superhuman strength! *(To contestants)* Flex for me. *(To audience)* Let’s give them a big hand!

*Dismiss the small group back to their seats.*

“Whew, what a workout! *(To the small group in the audience)* You all showed off some amazing strength, *(to audience)* and today’s Bible Truth deals with someone who had muscles on top of muscles. Please welcome [Historyteller’s Name] to the stage to tell us more.”

*Historyteller enters as Host exits.*

## **SETTING UP THE BIBLE TRUTH**

**HISTORYTELLER:** “Hello, everybody! We’re talking about confidence this month—about amping things up. So it makes sense for us to talk about one of the most extreme people from the Bible *(hold up Bible)*—a man named Samson. You’re going to love his ‘bigger than life’ story. Check it out.”

**CG: 252 Story****WRAPPING UP THE BIBLE TRUTH**

“Here’s what we need to remember. God was the source of Samson’s strength. His hair was a promise to God, and when Samson broke that promise, his strength left. Samson, on his own, wasn’t strong. But with God, he was the strongest of all.

**CG: Bottom Line Slide**

**[Bottom Line]** “**God is stronger than anyone:** me, you, Samson, the Philistines, and even lions and huge stone pillars. They all pale in comparison with our God, who created the heavens and the earth! It’s His strength that gives us confidence. We can stand strong, knowing that we’ve got the mightiest One on our side fighting for us and with us. Let’s pray.”

**Pray**

**HISTORYTELLER:** “God, You are strong. You are mighty. You are bigger and tougher than any problem we face or any obstacle in our way. Please help us to reach out to You for strength, just like Samson did at the end of his life. Help us not to try to live this life on our own. Please teach us to have confidence in You, and please give us strength to live the way You want us to. We love You and we ask these things in Jesus’ name, amen.”

“If you have an offering with you today, raise your hand and we will bring the bucket over to you.”

“Now, up on your feet and please help me welcome your friends and mine...the Power Praise team!”

*Power Praise team enters as Historyteller exits.*

**Worship**

**SFX:** “*Every Reason to Dance*”

**SFX:** “*Imagine the Impossible*”

**SFX:** “*Eye of the Storm*”

*Host enters as Power Praise Team exits.*

**Closer**

**HOST:** “Wow! That was quite a set of events! Did you catch what Samson learned at the end? The only real reason Samson was strong wasn’t because of anything he did or didn’t do. It was all God.

**[Bottom Line]** “**God is stronger than anyone.** He split the Red Sea in half so people could walk on dry land. He made the sun stand still. He made people walk who couldn’t walk, and He made blind people see. God created everything in the universe—the planets, stars, oceans, mountains, and you and me. And He raised His Son from the dead! Talk about power!

“Whatever you’re facing, whatever you’re going through, whatever seems hard to defeat, remember that God made you, and He’s the source of your strength. You can be confident that because of Him, you can do what He asks of you and when you do, others will see Him at work, here on this earth. It’s like our memory verse says.”



**CG: Memory Verse Slide**

"I remain confident of this: I will see the goodness of the LORD in the land of the living." *Psalm 27:13, NIV*

"Now, I'm not saying that you'll be able to pray and then rip a lion in half, but I AM saying that your problems at school, in your family, and with your friends will be a lot easier to deal with when you've got God's strength coursing through your veins. Whatever the trial, God can help you face it. That should give you a huge dose of confidence today, because remember . . .

**CG: Bottom Line Slide**

**[Bottom Line]** "God is stronger than anyone. And **[Basic Truth]** you can trust Him no matter what. Let's head to Small Group and talk about that some more!"

*Dismiss children to their Small Groups.*

**CG: Small Group Slide**

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## **Groups: Creating a Safe Place to Connect (10 minutes)**

Create a safe place to connect and learn how the Bible Truth applies to real life experiences, through interactive activities and discussion questions.

**9:00 & 11:30**

### **Tug of War**

**What You Need:** Long rope

**What You Do:**

- Use the rope to play tug of war using one or more of the following options:
  - Play environment-wide with 2<sup>nd</sup> grade vs. 3<sup>rd</sup> grade
  - Play one small group vs. another small group
  - Play birthdays that fall in January–June vs. July–December
  - Play kids vs. adults
- Declare a winner and then head back to your small group space.

**What You Say:**

“That was super fun! You guys are pretty strong. Samson was strong too. But there is someone even stronger. **[Bottom Line] God is stronger than anyone.** There isn’t anything or anyone that’s bigger or more powerful than God! That’s why we can have confidence in any circumstance—because it’s not about how strong you are, it’s about how strong God is!”

**[Make It Personal] (Share a time when you felt that God was with you and gave you strength to do something you didn’t think you could do. This could be an example from childhood like raising money or helping someone in some way.) [Bottom Line] “God is stronger than anyone. I can always put my confidence in him.”**

**10:15**

### **God Is Stronger**

**What You Need:** “God is Stronger!” cards Activity Pages

**What You Do:**

- Guide kids to play a variation of the card game “War.”
- Lead each child to find a partner.
- Give each kid a set of “God is Stronger!” cards. Guide them to place their cards facedown in front of them.

- Each player turns up a card at the same time. The child with the “strongest” card takes both cards and puts them face up in a second stack.
- If kids turn over matching cards, they each play a second card. The winner of the second draw takes all four cards.
- If a child turns over a “GOD” card, both kids say, **[Bottom Line] “God is stronger than anyone.”**
- The child who turned over the “GOD” card then takes all the cards that have been played so far.
- When kids exhaust their original deck, they can shuffle their second stack (the cards they’ve won), turn the cards face down, and begin again.
- The game ends either when one child has all the cards or time runs out.

**What You Say:**

**[Bottom Line] “God is stronger than anyone** or anything! Is God stronger than your mom? Is God stronger than your grandpa? Is God stronger than an elephant? Is God stronger than a whale? Yes! **[Bottom Line] God is stronger than anyone** or anything.

“Since **[Bottom Line] God is stronger than anyone**, can He help you when you have a problem at school? Can He help you when you have a problem in your family? Can He help you when you have a problem with a friend? Yes! God can help you no matter what, because God loves you and He is stronger than anyone. So the thing to give you confidence today is this: **[Bottom Line] God is stronger than anyone.**”

**All Service Times****Pray and Dismiss (10 minutes)**

**What You Need:** No supplies needed

**What You Do:**

- Challenge the kids to stand up and show you their best strong man pose by flexing their muscles. This will probably cause lots of silly giggling, and that’s okay!
- Have the kids sit down and remind them that REAL strength—the strength it takes to do the right thing—comes from God, NOT our muscles.
- Encourage kids to go around the circle and complete the following sentence, “God help me to show strength this week by \_\_\_\_\_.”
- If a child has trouble filling the blank, he or she can tap the person next to them to skip their turn. (You can also prompt kids by asking if they have any tests at school or big games coming up this week. Ask if there’s a friend who doesn’t do the right thing all that often and if they feel tempted to follow that friend’s lead.)
- Close in prayer.

**What You Say:**

“Heavenly Father, thank You for the life of Samson and how he learned that his strength wasn’t about his hair or even his muscles. His strength came from You. Help us to remember that we can put our confidence in You because You are stronger than anyone. In Jesus’ name we pray, amen.”

As adults arrive to pick up, encourage the kids to tell their parents who is REALLY stronger than anyone!