

# Clip My Hair

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

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

**Key Question:** What happens when you trust yourself more than God?

**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: Providing Time for Fun Interaction (9:00, 10:15, 11:30)**

**9:00 & 11:30**

**Get Your Head in the Game**

- Two new string-type mop heads
- Painter’s tape

**10:15**

**Just For Fun**

- Various items you already have on hand that could be used for “weights,”

**Bible: Communicating God’s Truth in Engaging Ways (9:10, 10:25, 11:40)**

- Bible Presentation in Large Group

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

**9:00 & 11:30**

**Bible Extension**

- Bibles
- Paper
- Pens

**10:15**

**Verses to Take with You**

- Bibles

**Prayer: Making it Personal (9:55, 11:10, 12:25)**

- Bible

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

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## **Social: Providing Time for Fun Interaction (Small Groups, 10 minutes)**

Welcome kids and spend time engaging in conversation and catching up. Get ready to experience today’s Bible Truth.

*Before your kids arrive, take time to pray for them. Pray that they would begin to understand how strong God is and how much He wants to be an integral part of their lives. Ask God to give you wisdom in how to navigate conversations today and to give you eyes to see which or your kids may need some special attention this week.*

**9:00 & 11:30**

### **Get Your Head in the Game**

**What You Need:** String-type mop heads, painter’s tape

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

- **Form** two teams.
- **Place** a line of tape on the floor then ask each team to form a relay line behind the tape facing the same direction.
- **Choose** one team member to move about six feet away then turn and face his group.
- **Explain** that players will take turns tossing the “wig” (mop head) onto the head of their team member.
- **Follow** these rules:
  - A successful toss is when the mop lands directly on the head of their team member.
  - If the toss is a miss, the mop is thrown back and that player tries again.
  - After each successful toss, the player wearing the mop head must take one step back before the next player takes his turn.
  - The first team to have all players make a successful toss is the winner.
- **Switch** players and repeat as time allows.
- **Try** a greater challenge by asking teams to face the opposite direction and toss the mop head backward over their shoulders and onto the head of their teammate.
  - For this version, the player wearing the wig stands in the original spot (6-feet away) and doesn’t step back after each successful toss.

#### **Wrap Up and Say:**

“Not everyone can pull off the ‘mop-head’ look, but you guys certainly did! Nice hair—which is a compliment one of the people in today’s Bible Truth may have heard more than once. Let’s go ‘hair’ (*hear*) about it.”

Lead your group to the Large Group area.

**10:15****Just For Fun****What You Need:** Various “weighted” items**What You Do:**

- **Use** what you have to challenge students in a few strength tests.
- Some ideas include:
  - See which tub of supplies you can pick up
  - Pick up an increasingly larger stack of books or Bibles to see how many you can hold
  - Do 10 pushups
  - Do 10 squats while holding a Bible in each hand
- **Invite** students to come up with some challenge ideas of their own!

**Wrap Up and Say:** “It’s clear that some of us are physically stronger than others. Sometimes I wonder why God makes some of stronger than others. Let’s head to large group to hear about a guy who would have breezed through all of our weights and physical challenges just now.”

Lead your group to the Large Group area.

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## Bible: Communicating God’s Truth in Engaging Ways (Large Group, 30 minutes)

### GETTING READY

#### 1. Opener/Closer

**What You Need:**

- Host
- Four Way Tug-o-war rope (See “What You Do”)
- Four cones or tape lines

#### 2. Bible Truth

**What You Need:**

- Communicator
- 252 Movie

#### 3. Worship

**What You Need:**

- Power Praise Team

*Music and Sound Effects (SFX):*

- “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, 30 minutes)**

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

**SFX:** Play high-energy music as kids enter.

**CG:** AMPED Theme Slide

*Host enters.*

### **Welcome**

*Host has lots of energy as he or she welcomes everyone to The Base. Host is relatable and inviting. For many, this is the first week of summer vacation or they are anticipating summer vacation in just a few weeks. Host can ask about summer plans and get kids hyped about being off from school soon. Host can talk about something that happened culturally throughout the week like a big sports game, movie opening that month (*Incredibles 2* – June 15), a viral video on YouTube, etc. Host tells them how excited he or she is that they’re there and briefly runs through what they can expect. This is especially helpful for first-time guests to make them feel like they know what’s happening.*

*Host transitions to Worship.*

**HOST:** “Hey, everybody! I love that we are all here together. Help me welcome the Power Praise team in this morning.”

### **WORSHIP**

**SFX:** “Every Reason to Dance”

**SFX:** “Imagine the Impossible”

**SFX:** “Eye of the Storm”

*Power Praise team exits as Host retakes the stage. Host transitions to the opening game.*

**Opener**

**HOST:** “What’s going on, my friends! Glad you made it here today! Let’s kick this morning off with a game that, if played correctly, might get a little intense. How many of you love a good old tug-o-war? Yeah, me too. Except for the rope burns, but let’s not talk about those. So since we are all about the extreme this summer, instead of a *two*-team tug-o-war, how about a **FOUR**-team tug-o-war? That’s what I’m talking about! I need some **STRONG** volunteers!”

*Host chooses kids/leaders to make up four teams (space permitting) and puts them in teams next to their length of rope.*

“Alright, your goal is to get the center of this rope (where the ropes meet) over YOUR line. Now, it is not just about muscle. You’ve gotta use some strategy, so put on your thinking caps.”

“Now a couple quick rules: first, don’t pull until I say **GO**. Second, no wrapping the rope around your arm—only hold it with your hands. Third, let go of the rope if it is slipping through your hands. No rope burns! Got it? Alright, everybody pick up the rope, but do not pull until I say . . . well, the word.”

*Make sure everybody is set and the middle of the rope is equal.*

“Ready . . . set . . . **GO!**”

*Host provides commentary.*

*(After a winner)* “And we have a winning team! Well played, everybody. Now give your arms a rest. It’s Bible Time.”

*Host exits as Communicator enters.*

## COMMUNICATOR SCRIPT

### INTRODUCTION

**COMMUNICATOR:** “What’s up, everyone? Welcome to another exciting morning at [*Name of Environment*]. So far, this summer has been a blast. I’ve loved exploring this idea of what it means to live fully alive as we follow Jesus! We’ve used a word a few times that helps us understand what it means to live fully alive; it’s confidence. And speaking of confidence, have you ever had a moment where maybe you were a little too OVER-confident? You didn’t quite take something as seriously as you should have because you just trusted yourself maybe a little too much?”

“I can remember when I was in middle school and there was this big Spanish test. Everybody was making such a big deal about it . . . the teacher kept saying we should take time to fill out our study guides. Well, I was all, ‘Yo Hablo Good Spanish,’ so why do I need to study? On test day, I walked into that classroom, sat down at the desk . . . and had NO idea what any of the words on the test meant. It was no bueno, people. No. Bueno.”

“You ever have something like that happen? Trusting yourself too much is sometimes too easy to do!”

### TENSION

**COMMUNICATOR:** “But what happens when we do this? For starters, we start to live our lives like we can do everything on our own. We become really confident in our own abilities, even when deep down we know we probably shouldn’t have that much trust in ourselves and what we think we can accomplish on our own.”

“And sometimes, trusting in our own abilities and strengths can eventually let us down. We might be able to get by on our own for a little bit, but at some point the whole thing we’re trying to accomplish will never happen. But if we can’t always trust ourselves, who can we always trust to help us?”

### TRUTH

**COMMUNICATOR:** “That’s a big question. And when we have questions like that, we should look some place with the answers. And the best place to start is God’s Word, the Bible. Let’s check it out.”

**CG: 252 Movie**

### APPLICATION

**COMMUNICATOR:** “You know, when you have strength like Samson and can do the crazy things he was able to do with his power, it can be easy to forget where that strength actually comes from. Samson got a bit overconfident in his strength and believed that nobody could stop him. I think that was why he finally told Delilah his secret. (*As Samson*) ‘Nobody can ACTUALLY stop me, right?’ But he had forgotten that it really wasn’t *his* strength . . . it was God’s.”

“In the end, Samson got it though. He prayed and asked God for the strength, and God came through.”

“It is easy to become overconfident in ourselves, especially when there is something we are really good at. Like my story at the top, maybe we think we are so good at a school subject that there is no reason to study. Or maybe we are trying out for the school musical. We think (*with attitude*), ‘I’m easily the best singer trying out. The main part is mine,’ and so we don’t prepare. Or we’re on a sports team and we

get beat because we thought the other team was going to be so easy that we didn't take it seriously."

Here's the thing, though: if we do this with tests and tryouts and teams . . . is it possible that we do this with God, too? Maybe we have a tough situation we are going through and we think, 'I'm able to figure this out on my own. I don't need to pray.' But if God is more wise and powerful than all of us, why wouldn't we trust Him?"

### **LANDING**

**COMMUNICATOR:** "I think this is an important idea to discuss; good thing you're about to head to Small Group! As you group up today, I want you to think about this:

#### **CG: Key Question Slide**

"What happens when you trust yourself more than God? What happens when you decide that your way is better than God's or that you simply decide not to ask God for wisdom in a particular circumstance? Take time to really think about this question. And if you're not sure how you might answer that, don't worry. You'll have time to chat with your small group leader and think about some great ways you can remember to put your confidence in God. Before you head to groups, let's pray.

*Communicator leads group in a prayer related to what they just heard then dismisses them to small group.*

#### **SFX: Play high-energy music as the kids exit.**



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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.

## Groups: Creating a Safe Place to Connect (Small Groups, 15 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**

**Bible Extension**

**What You Need:** Bibles, paper, pens

**What You Do:**

- **Bring** everyone together and hand out Bibles.
- **Ask** half of the group to look up Proverbs 28:26.
- **Ask** the other half of the group to look up Proverbs 3:7.
- **Invite** each group to use what they remember from Samson’s life story to come up with three ways he followed the wisdom of these Proverbs and three ways he did not.
  - **Let** them look up the Bible Truth in Judges 13-16 if they get stuck.
- **Bring** the groups together after a few minutes and let them read their verses aloud and then share what they came up with by way of application to Samson’s life.
- **Prompt** deeper conversation with the following questions:
  - What do you think was Samson’s biggest mistake?
  - Is it possible to be too confident? Explain why or why not.
  - What’s the most important thing you learned from this discussion?

**Wrap Up and Say:**

“Believing that God is stronger than anyone can give us the confidence to put our trust in what HE can do more than what WE can do. We can only do so much on our own. We need God’s help to accomplish God’s plan for our lives.”

**10:15****Verses to Take with You****What You Need:** Bibles**What You Do:**

- **Invite** everyone to look up Psalm 147:5 in their Bibles or on a Bible app.
- **Ask** a few students to read the verse aloud from a variety of translations.
- **Instruct** kids to pair up.
- **Using** the sentence starters below, one student will start the sentence and the other student will finish it. Then partners will switch roles and do it again with a different sentence starter.
- If you'd like to give students a funny way to do this, try the following:
  - The goal is for partners to say the same thing at the same time.
  - They will essentially be speaking in unison, anticipating the words their partner will say and attempting to say the same thing.
  - Tell them to speak slowly and watch their partner's mouth to try to stay in sync.
  - They can wait for their partner to start a word and then try to anticipate what that word is.
  - See if your group can do this without laughing!

**Finish Each Other's Sentences . . . Starters**

1. Something that stood out to me in this verse was . . .
2. I think this verse matters because . . .
3. I need to remember this verse when . . .
4. I wonder if . . .
5. I think this verse is saying . . .

**All Service Times****Pray and Dismiss (5 minutes)****What You Need:** Bible**What You Do:**

- **Return** to Psalm 147:5 and read it aloud to the group.
- **Invite** the students to focus their prayers around praising God for His power and to use the words of this verse as a backdrop.
- **Tell** them that you will recite a portion of the verse and they can simply repeat it as a personal prayer or they can use their own words in a sentence prayer of their own—silently or out loud.

*Great is our Lord.**His power is mighty.**There is no limit to his understanding.**(Psalm 147:5 NIV)*

*“Dear God, You are the greatest of the great. You are the most powerful of the powerful. You are the mightiest of the mighty. You have no limits, no weakness, no boundaries, and no end. We praise You for Your incredible understanding, wisdom, and love. Let our strongest confidence rest on You and not ourselves. In your name we pray, amen.”*