

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

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

10:15

Super Superhero

- Drawing paper
- Colored pencils

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

Strong Minds

- “Strong Minds” Cards; one set for every 2-3 kids
- “Memory Verse Motions” Activity Page

10:15

Ping-Pong Bible Story Review

- Ping-pong balls; at least 20
- Two buckets
- Paper
- Pencil

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

Prayer

- Pens or pencils

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

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

Before kids arrive, take a few moments to pray for them. Ask God to give your group creative and fun ideas for ways they can be generous and rich in good deeds. Pray that God would remind you of ways your few can use their time, talents, and energy to be generous toward others. Thank God for giving you that opportunity through leading your group.

9:00 & 11:30

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 story 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.

10:15**Super Superhero****What You Need:** Drawing paper, colored pencils**What You Do:**

- Guide kids to think of and draw their own original superhero.
- Prompt their creativity, if necessary, by asking them to consider what powers their heroes have, how their heroes got their powers, what villains they fight, what kind of tools they use, where they live, and their secret identity.
- When kids have drawn their heroes, allow for some sharing time so kids can introduce their heroes to the group and explain their powers.

Hint: Some older kids will really want to take a lot of time with their heroes. Be sure to include a few minutes for coming up with origin stories, villain nemesis, and specific super powers so that kids can be satisfied with their drawings.

What You Say:

“You have drawn some strong heroes and have some really cool ideas about how they got their powers. **[Transition] Let’s head to Large Group to hear about a super mega strong hero in our Bible Story and learn about who was even stronger than him!**”

Lead your group to the Large Group area.

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.

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”

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.

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

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.

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

9:00 & 11:30

Strong Minds

What You Need: “Strong Minds” Activity Page cards, “Memory Verse Motions” Activity Page

What You Do:

- Guide kids to get into teams of two or three.
- Give each team a set of cards and then guide them to put the cards in order, dominoes-style. (Cards go left to right. Place cards that have corresponding numbers of dots next to each other. For example: One card has four dots on the left and one dot on the right, so to the left of that card, you would put a card that has four dots on the right. And to the right of that original card, you would put a card that has one dot on the left.)
- You may want to show kids how to put the first couple of cards in order, and then let them go off of your example.
- When every team finishes, help kids say the verse together.
- End by leading kids to say the verse while doing the motions they learned last week (see the “Memory Verse Motions” Activity Page). After each repetition, encourage kids to strike a “strong man” pose.

What You Say:

“How did Samson see God’s goodness? (*God made Samson strong; when Samson remembered God, God made him strong again.*) Samson had good and bad times in his life, but when Samson chose to trust in God, God’s strength allowed him to do amazing things. Can YOU trust God? (*Pause.*) Yes!

[Bottom Line] God is stronger than anyone!”

10:15**Ping-Pong Bible Story Review****What You Need:** Two buckets, ping-pong balls, paper, pencil**What You Do:**

- Divide the group into two teams. Give each team a bucket and half of the ping-pong balls.
- Instruct teams to select one player from their team to hold the bucket on their head and stand about three feet away from the rest of the team.
- Ask review questions from the story below back and forth to each team.
- If answered correctly, that player earns the opportunity to toss the ball into the bucket on his teammate's head.
- The teammate with the bucket on his head may move around to try to catch the ball.
- Select one player from each team to keep score.
- Each team receives a point for every correct answer and two points for every ball that makes it into the bucket (for a potential total of three points for each turn).

Review questions:

1. The angel that appeared to Manoah's wife to tell her she would have a son or daughter? (*A son*)
 2. The angel told her never to do what? (*Cut her son's hair*)
 3. Manoah and his wife named their baby what? (*Samson*)
 4. Samson was very what? (*Strong*)
 5. Samson wrestled what to the ground with his bare hands? (*A lion*)
 6. Samson punished the Philistines by capturing 300 foxes and tying what to their tails? (*Torches*)
 7. This made the Philistines mad! His own people turned on him and tied Samson up. Where did they take him? (*To the Philistines*)
 8. Samson broke free, grabbed the jawbone of a what and fought off 1000 Philistines. (*Donkey*)
 9. Samson fell in love with a Philistine woman named what? (*Delilah*)
 10. Delilah begged Samson to tell her the secret of her strength. First, Samson told her to tie him up with how many strings? (*Seven*)
 11. Later, while he was sleeping, Delilah tied him up with seven bow strings and then screamed, "Samson, the Philistines are coming!" What happened next? (*Samson flexed and the strings snapped instantly*)
 12. Delilah begged him again to tell her the secret of his strength. Samson told her to bind his hands again. What happened this time? (*Samson broke free again*)
 13. Delilah and the Philistines tried one more time, this time weaving Samson's hair into the cloth on a loom. What happened? (*Samson broke free again*)
 14. Finally, Samson admitted the secret to his strength. What was it? (*His hair; he'd never cut it*)
 15. What happened when they cut his hair? (*The Philistines captured Samson*)
 16. Later, they brought Samson out to make fun of him and he convinced them to let him lean against what? (*The pillars/columns of the temple*)
 17. Samson remembered the true source of his strength. What was it? (*He asked God to give him strength*)
 18. Samson grabbed the pillars and shoved. What happened? (*Samson and the Philistines were killed beneath the rubble*)
- Total the points for each team and declare a winner.

What You Say:

“Great job, everyone! What a crazy story. The real source of Samson’s strength wasn’t his hair. What was it? *(Pause.)* Yes, it was GOD’s power in him! He would have been weak without God’s power, because **[Bottom Line] God is stronger than anyone.** You and I can trust God and always have confidence in His strength. We won’t face an entire army, but we might need help standing up for what is right or choosing to be honest when we’d rather tell something other than the truth to get out of trouble. God will always give us the strength we need to keep going and keep doing the right thing when we choose to put our confidence in Him.”

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

What You Need: Pens and scrap paper

What You Do:

- Ask kids to describe the powers they would give their heroes and how they compare with Samson’s strength. Have them write them down.
- Then guide them to turn the pages over and write on the back: “God is strong enough to help me _____.”
- They can write or draw to fill in the blank. It should be something they need God’s strength to do this week. Some suggestions: be kind to siblings, obey parents, clean their rooms, work hard at school, study for a test, stop screen time when they’re told, train for a swim test, help their elderly neighbors with yard work, etc.
- When that’s finished, close in prayer, asking God for strength to accomplish these things.

TO ADAPT FOR YOUNGER KIDS: During a quiet moment, you or an older kid can write the phrase on the back of the papers: “God is strong enough to help me_____.” Then let kids fill in the blanks. Be prepared to help spell words or even write the whole thing for them, so kids can express themselves.

What You Say:

“Dear God, we know that You are stronger than anyone. We are so thankful that You will help us be strong too. Please give us strength to make wise choices and work hard at doing good things this week. Amen.”

As adults arrive to pick up, make sure adults see the superhero powers list and especially the prayers on the back. If you can, encourage them to work with their child to follow through on those actions.