

### LESSON OVERVIEW

**Big Idea:** God gives us strength to exercise self control

**Key Question:** How do we train ourselves in godliness?

**Memory Verse:** *Physical training is good, but training for godliness is much better... 1 Timothy 4:8*

**Overview:** Samson is famous for his long hair and his great strength. But Samson's life was filled with ups and downs because it took him a long time to learn self-control. Samson was a guy who did whatever he wanted whenever he wanted to do it. He made promises to God that he didn't keep. He made mistakes with others because he didn't always control his emotions and actions. We need to learn self-control too. God wants to see that we make good decisions, like obeying our parents, treating others with kindness, and always telling the truth. Just like God gave Samson strength, He gives us the strength to exercise self control: to say "yes" to what honors Him and "no" to what doesn't.

### CLASSROOM AGENDA

- 5 min **PLAY:** Begin working on Activity Page #1.
- 5 min **WARM UP:** What is your favorite sport or outdoor activity? Are you good at it? Do you ever practice to get better at it?
- 5 min **PREVIEW:** Draw the bubbles on a whiteboard and fill in the Big Idea, Memory Verse, and Key Question. (If applicable, have kids fill in their bubbles on the Kids Activity Page.)
- 20 min **LARGE GROUP:** Gather for songs and videos with other kids. Then return to small group to finish this guide.
- 5 min **RECAP:** Read the Lesson Overview from the Teacher's Guide and then answer the KEY QUESTION.
- 5 min **EXPLORE:** Where does the fruit we eat come from? Read [Galatians 5:22](#). to discover a different kind of fruit. On a whiteboard, write out the fruits of the Spirit. Where do you think the fruit of the Spirit comes from?
- 10 min **PLAY:** Choose a group activity from Activity Page #2.
- 5 min **CLOSE:**
  - Which fruit of the Spirit are you going to practice this week?
  - Share prayer requests and pray as a class.

### TEACHER TIPS

Allow each child to share. The point: help kids understand that physical training and practice is necessary for improving in a sport. We need to have that same effort in training for God so that we can make good choices that honor and please Him.

**Answer:** Training for godliness means doing things that encourage you to follow God's way. Things like reading your Bible, choosing to obey what it says, and listening to the Holy Spirit. Training in godliness is a lot like training in sports. It takes a lot of hard work, practice, and patience. And that takes self-control. Even though Samson was a Bible hero, he struggled with exercising self-control. He made some dumb decisions that ultimately distracted him from accomplishing the goals God had for him. He was big and strong, but he forgot to train for godliness. But, just like he did with Samson, God gives us the strength we need to overcome our mistakes and live for him.

**Bonus Questions:**

Have you ever practiced really hard for something? Did the practice help you get better? What happens when we don't practice?

This isn't a trick question. Fruit comes from trees. The fruit of the Spirit comes from the Spirit! Make sure the kids know that the Holy Spirit is God himself. That means the fruit (emphasize "self-control" for today's lesson) comes from God himself. He gives us the strength to control ourselves and make good choices.

**Option #1****How Strong Are You Balloon Pop**

This is a fun game to quiz knowledge with a little "pop". Place one word of the memory verse in a balloon (template 5B). Make two sets. Tape two squares at one end of the room and place the balloons in it. Create two teams. Line kids up at the opposite end of the room. Have each person run to the square, grab a balloon, and sit to pop it. Have them place the word from the balloon on the floor and run back to slap the hand of the next person in line. Continue until all the balloons are popped. Then, have teams put the words in order to build the memory verse. Fastest team wins.

**Supplies needed**

- strips of paper with one word from memory verse, 2 sets (template 05B)
- balloons
- tape

**Bonus Activity:**

Play Bible Hangman

**Words:**

Samson  
choices

**Option #2****Samson's Charades**

Play it just as the original, only with words from the lesson. Divide the class into teams (2 teams if 10 or less and 3 teams if 11 or more). Write the words (see below) on strips of paper and place in a bucket. Each person will have a chance to act out a word. If their team guesses right in 60 sec or less, they get a point. The team that ends up with the most points wins.

**Words:**

Muscles  
Self control  
Samson  
exercise  
Delilah  
Bible  
Hero  
listening  
reading

**Supplies needed**

- paper
- bucket
- timer

**Bonus Activity:**

Play Bible Hangman.

**Words:**

Delilah  
Judges

## 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**



NAME: \_\_\_\_\_

# ACTIVITY PAGE #1

2ND-5TH GRADE

## PUZZLE #1

On a whiteboard, use the grid below to number the letters, 1-26. A is 1 and so on. Then have kids work on their own page to place the correct letter above the corresponding number to solve the hidden message.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

18 12 14 12 21 7 17 23 19 20 24 20 18 26 5 4 14 23 6 23 23 18 24 21 13 16

**BIG IDEA:**

**MEMORY VERSE:**

**KEY QUESTION:**

## PUZZLE #2

S G N I N I A R T K P N B W O  
 Y E V H R X Z J Z T O N C Z D  
 J H L S B M S Q Q S D X Y S D  
 I N T F B I J S M K S H A E N  
 K G D O C L D A S A H M O C J  
 H Z I M M O S H L U W E Z I V  
 C A P F H I N W H I X M S O U  
 S P I R I T T T G E Y W S H T  
 C H J R U M U F R O U G T C U  
 E Z Z Y Y H H C Q O L N R X K  
 N G X X X U I S O U L R E N R  
 W E V R P S L F M L E M N O U  
 Q Y T T E S C L M G I O G X Y  
 A T R U D W L N K B A N T K G  
 B A G T T M M K B B N O H D K

### Words

Samson  
 hair  
 self-control  
 strength  
 Spirit  
 exercise  
 training  
 Timothy  
 choices

Physical  
training  
is  
good  
but  
training  
for

godliness

is

much

better

Physical  
training  
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