Music

Song Recommendation: "Strong Like Samson"

Song Paraphrase:
Verse 1:
Samson was strong, with muscles so wide,
He had a secret that he tried to hide.
But with God’s help, he did mighty things,
The power of God is what strength brings.

Chorus:
Strong like Samson, through God’s might,
He gives us courage and His light.
Even when things aren't going right,
God helps us with His power and sight.

Verse 2:
Samson learned to trust in God, you see,
To use his strength responsibly.
From Samson’s story, we all learn,
To place our faith, to God return.

Suggested Actions:
- Verse 1: Flex arms to show muscles, use hands to "hide" an invisible secret, and make a forceful gesture like transforming strength.
- Chorus: Point upwards to symbolize God’s might, mimic holding a lantern for light, and pretend to stumble then show a recovery with strength.
- Verse 2: Nod to show understanding, mimic a lesson being learned with tapping your head, place hands over heart to show faith.

Connection to the Lesson:
This song introduces Samson’s story from Judges 16 and highlights the importance of depending on God for strength. It emphasizes learning from Samson's mistakes and putting trust in God, which teaches children about using their abilities wisely and relying on God for guidance.

Worship Activity: "Building Strength Through Trust"

- Activity Description:
Create a simple obstacle course that represents different challenges Samson faced. Each station symbolizes an aspect of Samson's life - strength, temptation, and redemption.

- Stations:
1. "Strength Station": Use light hand weights or fill plastic bottles for kids to "lift" to symbolize Samson's strength.
2. "Temptation Path": Place foam blocks or soft hurdles along a path. As students walk through, remind them to stay on the path just like Samson needed to stick to God's plan.
3. "Redemption Corner": At the end, have a small quiet corner with a cross or an image that

represents faith. Let children spend a moment here, reflecting on trusting God and asking for His guidance in overcoming challenges.

- Connection to the Lesson:
This activity helps children to physically engage with the lesson, understanding that real strength involves making good choices and the importance of seeking God’s support to overcome life's obstacles.

Both the song and the activity are designed to reinforce the lesson of Samson's strength coming from God, the consequences of failing to live according to His guidance, and the redemption found in turning back to Him.