



## **Samson ~ c. 1175 B.C.**

**(Read Judges 13:1) Why were the Philistines able to defeat the children of Israel?**

**(Read Judges 13:3-5) What message did an angel of the Lord give to Manoah's wife? What did the angel say her son would be called to do?**

**(Read Judges 13:8) When Manoah heard what the angel told his wife, what did he do that showed he had spiritual strength?**

**How can prayer help us develop greater spiritual strength?**

**Samson often used his physical strength to protect himself and to fight against the Philistines. (Read Judges 14:5-6; Judges 15:13-14) Where did he get his physical strength? Why?**

**(Read Judges 16:4-5) What did the Philistines offer Delilah if she would help them capture Samson?**

**(Read Judges 16:16) Why did Samson finally give in and tell Delilah the secret of his strength?**

**(Read Judges 16:19-20) Why did Samson lose his strength?**

**Samson's strength was not actually in his hair, this was only a symbol of his covenant (promise) with the Lord. When Samson sinned by breaking his covenant, the Lord took away his strength.**

**(Read Judges 16:21) What did the Philistines do to Samson after they captured him?**

**(Read Judges 16:28) What did Samson pray for after the Philistines brought him out of prison for their own amusement and ridicule?**

**While it is important to exercise and make our bodies strong it is much more important to strengthen our relationship with our Heavenly Father. What are some of the ways we can strengthen our relationship with God?**

**What can happen when people become spiritually weak?**

**Choose one of the following activities.**

**(Option 1) Write a letter to someone who is an example of spiritual strength. You may want to write a parent, grandparent or church leader. Tell them how their spiritual strength has helped you want to be a better follower of Christ.**

**(Option 2) From some of the scripture stories we've studied this year, make a list of the strengths you see in these people. You could use Adam and Eve, Noah, Abraham, Ruth and Naomi and so on.**