

Samson Relay

Materials

- ☐ Medium-size boxes or bins, one for each team
- ☐ Chairs, one per team
- ☐ Masking tape
- ☐ Optional: balloons, cones, extra chairs

Instructions

Divide class into teams. Use masking tape to mark a start line. Set up one chair across the room from each team. Give the first students on each team a box/bin.

When you say “Go,” the first student on each team will raise the box/bin up and over his head and run across the room to the chair, go around the chair three times, and return to start where he will pass off the box/bin to the next student in line. Students must keep the box/bin raised the whole time they complete the course or else they must repeat it. The first team to have all students finish the course wins.

You may want to set up more obstacles between the start line and the chair (e.g., extra cones or chairs for students to weave around).

Balloon option: You may choose to inflate balloons and put them in the boxes/bins. Fill them to the top so if students run, balloons will blow out. If students lose a balloon from the box/bin, they must go back and return it before continuing.

Suggested Discussion

The relay today required strength to keep something raised over your head.

- ?** How many of you felt your arms or shoulders getting tired when you ran? *Show of hands.*

One of Samson’s feats of strength was to remove a city gate, put it on his shoulders, and carry it to the top of a hill over 30 miles away! Imagine carrying an entire city gate—posts, bars, and all—that far.

Yet for all Samson’s physical strength, he lacked spiritual strength to recognize his own sin. God wants us to be spiritually strong by reading his Word, praying, and spending time with him.