

Samson Relay

Materials

- ☐ Medium-sized boxes or bins, one for each team
- ☐ Chairs, minimum one per team
- ☐ Masking tape
- ☐ Optional: balloons

Instructions

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

When you say "Go," the first two students on each team will lift the box/bin together and carry it between them as they run across the room to the chair, go around the chair three times, and return to start where they will pass the box/bin to the next two students in line. The next two will run the course then hand off the box/bin. 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).

Option: 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

Our game today required strength to carry something such a long way.

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

God gave Samson such great strength he was able to pick up a city gate, put it on his shoulders, and carry it to the top of a hill over 30 miles away! Imagine carrying a huge city gate with big wooden posts and metal bars that far.

- ❓ Samson had very strong muscles. Can you show me your arm muscles? *Have students flex arm muscles.*

Having strong muscles can be very helpful when we need to lift or carry something. But even more important than strong muscles is strong faith in God.

- ❓ How can our faith grow stronger? *By reading God's Word, praying, and learning about him.*