

# BE STRONG IN THE LORD

**We can be strong because our power comes from God (Ephesians 6:10)**

**Read:** Judges 15:9-17 = Samson the Strong

**Talk:** Ask these questions and discuss together

- Why do you think God gave Samson incredible strength?
- What do you think it means when the Bible says, “The Spirit...came upon him in power?”
- Do you think God gives His power to people today? Why or why not?
- How does God give us His power?
- What does it mean to be strong in the Lord?

**Activity:** Gather some grapes, cubes of cheese, and stick pretzels. Use the pretzels to make mini barbells out of the other items. Eat and enjoy!



**Pray:** Almighty God, we ask that you strengthen us to do powerful things in your name. Help us to find our strength in you. Amen