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May 30- June 5

"The Lord Raised Up a Deliverer"

1. **Song** – Sing "[Redeemer of Israel](#)" and discuss what the words mean ([this](#) is also a pretty version of the song). In what ways did the Lord help, strengthen, and save the Israelites? In what ways does He help and save us?
2. **Samson Physical Exercises** – The manual suggests, "[Judges 13:5](#) Samson's covenants with the Lord gave him strength, just as our covenants give us strength. Your family might enjoy doing some physical exercises and discussing how those exercises can help make us strong. What can we do to help us become spiritually stronger? For some ideas, family members could read [Mosiah 18:8–10](#); [Doctrine and Covenants 20:77, 79](#). How does keeping our covenants give us spiritual strength?"
3. **Samson Hair Headband (Covenants Make Us Strong)** – Summarize the story of Samson. Explain that one covenant he made was to not cut his hair. When he broke this covenant, he lost his physical strength. What covenants have we made/will we make in our lives? Discuss the importance of making and keeping covenants. They might not make us physically stronger, but they will strengthen our spirits and help us conquer Satan.
 - **Samson Hair:** Talk about the covenants (promises) we'll make at baptism. Use paper to make a Samson hair headband like the one pictured below. Use strips on pages 4-5 below for the "hair" on the headband. Talk about the covenants written on the strands on page 4 while attaching them to the headband. How does following these give us spiritual strength? On the blank strips from page 5 below, draw pictures of ways you will prepare to make and keep those baptism covenants and attach these to the headband as well. Remind them that these will help us have the Holy Ghost in our lives, which gives us strength to overcome Satan!
Note: If you want to make these "hair strands" longer, you can glue them onto bigger pieces of construction paper, or, if you don't want to print anything, just write the covenants on long construction paper pieces.
 - **Friend Story:** Read "[The Two-Month Wait](#)" story from *The Friend* and discuss how we can prepare for our baptismal covenants now if we're not already baptized.



4. Balloon Muscle Activity – When the Israelites stopped keeping God’s commandments, they lost His strength and protection. How can we stay strong and true to the Lord no matter what others are doing?

- Have each person wear large shirts with sleeves that they can stuff balloons/balls into (*idea inspired by website linked in picture below*).
- Use the balloon muscle activity cards on page 6 below. Cut the cards apart and place them in a bowl. Take turns pulling one out of the bowl. As each is answered in a way that shows you are keeping your covenants, you can put a balloon or ball “muscle” in your sleeves to represent the extra strength the Lord gives you for making good choices.
- Remind them that the strength the Lord gives us for keeping our covenants is to be used in defeating Satan.



5. Deborah and Gideon – Show pictures on page 7 below. Share/summarize the stories of Gideon’s army and Deborah. Explain that their victories and strength came from the Lord. In Judges 4:14, what did Deborah do to show that her faith in the Lord was strong? Church videos about these stories:

- [“Deborah the Prophetess”](#)
- [“The Army of Gideon”](#)

6. Scripture Draw – Discuss how Gideon thought he was poor and insignificant, but he trusted the Lord, and the Lord helped him do what he needed to do. Do the scripture draw on page 3 below. Testify of the importance of keeping our covenants and trusting the Lord.

7. Treat – Make smiley face cookies and add Twizzlers pull ‘n’ peel pieces to represent Samson’s hair while reviewing how God gives us spiritual strength when we make and keep covenants.

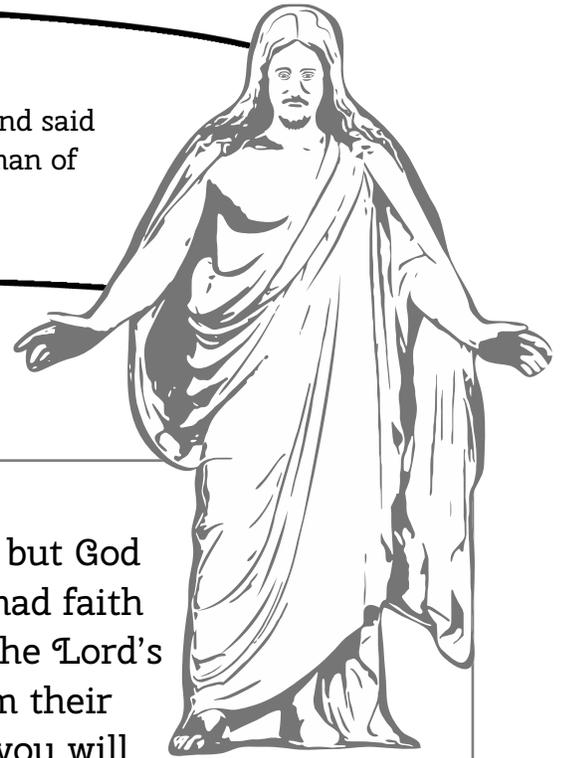


Additional Ideas:

More Great Free Ideas at www.theredcrystal.org
[Old Testament Cartoon Videos from the Church Website](#)
[Kid Video About Samson](#)
[Baptism Covenant Matching Game from The Friend](#)

Judges 6:12

“And the angel of the Lord appeared unto him, and said unto him, The Lord is with thee, thou mighty man of valour.”



Gideon thought he was poor and insignificant, but God saw him as a “mighty man of valour.” Gideon had faith and followed the Lord’s instructions. Through the Lord’s help, his small army saved the Israelites from their enemies. Write or draw a picture of one way you will trust the Lord like Gideon did.

Samson Hair Covenant Strips: Tape these onto a headband to represent Samson's hair. Discuss how making and keeping our covenants give us strength.

I will always remember Jesus Christ and bear testimony of Him.

I will try to keep the commandments each day.

I will help others and bear others' burdens.

I will follow Jesus Christ and take His name upon me.

Samson Hair Covenant Strips: Draw pictures of covenants you'll make at baptism on these strips and ways you can keep those covenants. Tape these onto your Samson's hair headband.

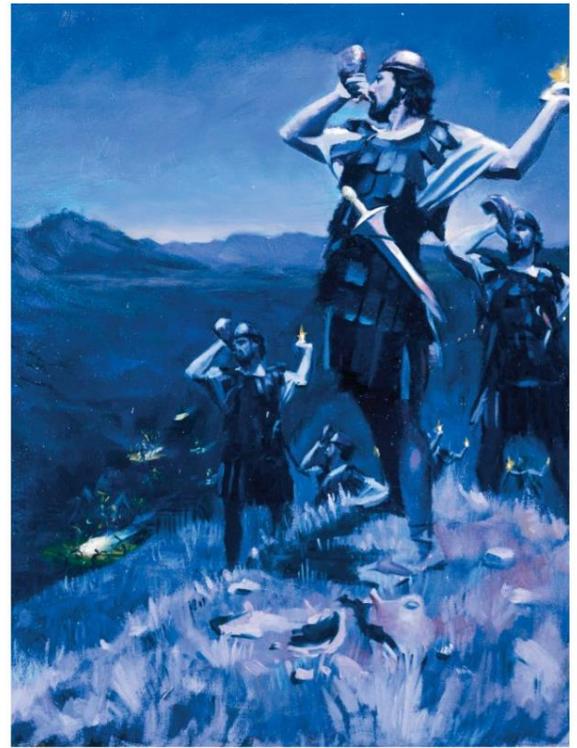
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Balloon Muscle Activity Cards: Cut these apart and take turns pulling one out of a bowl. If you can answer the question in a way that shows you are keeping your covenants, you can put a balloon or ball “muscle” in your sleeves to represent the extra strength the Lord gives you for making good choices.

<p>You picked weeds today for Grandma and she paid you \$5 for your work. When you get home, your mom reminds you to pay your tithing. You remember that when you are baptized you covenant to pay tithing. Do you pay 50 cents or not?</p>	<p>It’s been a long, packed day, and now you are tired. Your parents say it’s time for scripture study, and you aren’t happy about it. They remind you that when we are baptized, we covenant to love the Lord. Do you love the Lord by learning more about Him or not?</p>	<p>You find your mom’s secret stash of chocolate-covered cinnamon bears. They look so good, and it would be easy to take some without asking. Will you be honest or will you sneak one without asking? Does taking things that don’t belong to us make us stronger spiritually or weaker?</p>	<p>You made a mistake and feel bad about it. How can repentance help make your spirit stronger again?</p>
<p>At school, you are taking a test and don’t know some of the answers. It would be so easy to take a peek at your neighbor’s paper to get the right answers. Do you decide to cheat or keep your promise to be honest?</p>	<p>You are really excited that summer vacation is starting and school is out. When bed time rolls around, it’s still light outside. You remember that when we are baptized, we covenant to keep the commandments, including honoring and obeying our parents. Do you listen to them and go to bed?</p>	<p>You see a classmate sitting alone at lunch time. You know that they don’t have many friends and that some of the kids tease them. You know that the Savior would want you to love your neighbor. Do you follow what the Savior would do and love your neighbor or not?</p>	<p>Name three things you’re willing to do this week that will help you remember the Lord.</p>
<p>Share a story of a time when you helped someone who was sad or hurt.</p>	<p>Share a favorite story about Jesus. How does learning about Him help our spirits be stronger?</p>	<p>Name one thing you will do to be a better listener at church.</p>	<p>Share your testimony of Jesus. How do we strengthen ourselves and others when we talk about Him?</p>



Samson Puts Down the Pillars, by James Tissot and others



Gideon's Army, by Daniel A. Lewis



Illustration of Deborah leading Israel's armies, © Lifeway Collection/licensed from goodsalt.com