

THE JUDGE

1. As the pupils enter

Have the [webpage open](#), display images and play the [Superman March](#).

2. Introduction

Who knows what music that was? [Gather responses. Share that it is the main theme from the Superman film series.]

What super powers does Superman have? [Great strength / fly / etc.]

Can you think of any other superheroes and identify what powers they have?

[List them on a board or pin up pictures each time a new superhero is identified.]

Today we're going to watch a short video that shares a story from the Bible of a man called Samson. Samson was given a special superpower from God - the superpower of strength. Samson was to use this power to free the Israelites from the Philistines who were oppressing them. The story comes from the Old Testament, which was before Jesus' time and when there were lots of battles for power. This particular story shows how Samson was nearly defeated by his nemesis...and it wasn't someone he was expecting...

3. Play the video

The duration is 6' 01". Final words: '...and I am...The Judge!'

4. Time to talk

- Explain that in stories all superheroes have a *nemesis*. What is a nemesis? Who was Superman's nemesis? (Lex Luther.) Batman's? (The Joker.) Spiderman's? (The Green Goblin.) See how many pupils can list.
- In this story Samson has a nemesis that he was not expecting. Ask pupils to think about who Samson's nemesis was and how she tricked him.
- Discuss the strength that Samson had. This is a really good superpower to have but there are other kinds of strength that we can have that are more important.
- Discuss what other kinds of strength people can have. Concentrate on strength of character. We can have 'strength of resolve'. What does that mean? (A strong determination to do something.) Who has ever made a new year's resolution? Did you stick to it? How about giving up something for Lent? Did it last? It is easy to resolve to do something, like Samson knew to not cut his hair or share his secret with anyone, but it is sometimes extremely challenging to stick to it. Samson was pressurised by Delilah to tell her his secret and we can often feel pressurised ourselves to do certain things; but the stronger our inner will, the more likely we are not to give up.

[Link to video page](#)



5. Opportunity to sing

An opportunity to sing your chosen song. Suggestions on the webpage.

6. Opportunity to reflect

Can you think of an area of your life that you have resolved to do something about in the past but gave up..?

This could be helping at home with the tidying up, or keeping in contact with a friend who moved away, or something completely different...

Think about how you can try again with a new sense of strength to keep your promise this time...

What might you need to change to make sure you do not give up this time..?

7. Opportunity for prayer

Use your usual form of address ('Dear God', 'Lord', 'Close your eyes and reflect' etc) and:

Thank you that we all have different strength that we can be proud of.

Help us to recognise the strength that we have been given.

Help us to focus on our own strength of character and not give up or give in when things get difficult.

Amen.