



Helping Kids Manage Digital Distractions God's Way

When Screen Time Steals Our Attention Away from God

Learning Objectives

By the end of this lesson, students will be able to:

1. Explain how Samson's distractions caused him to lose focus on God.
2. Identify ways they can stay focused on what matters most.
3. Practice habits of attention and self-control that honor God.

Scripture Focus

- "But he did not know that the LORD had left him." (Judges 16:20, *ESV*)
- "Set your minds on things that are above, not on things that are on earth." (Colossians 3:2, *ESV*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask, "What does it mean to be distracted? What are some things that make it hard to pay attention to what really matters?"
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

- **Bible Story:** Read or retell the Bible story of Samson's Distraction from God's Strength (Judges 13–16)

Before Samson was born, an angel told his parents that he would be set apart as a Nazirite for God's special purpose. A Nazirite was someone who made a promise to stay pure and devoted to God. That meant he could not drink strong drink, touch anything unclean, or cut his hair. His long hair was an outward sign of his inner promise. God's Spirit gave Samson amazing strength so he could protect His people from their enemies, but his power depended on his obedience and focus on God.

God gave Samson incredible strength so Samson could help protect God's people. But Samson had trouble keeping his focus on God. He often followed his own desires instead of listening to what God wanted.

Samson made choices that were more about what looked fun or exciting instead of what was right. Over time, he started to forget where his strength came from. When he met Delilah, she

wanted to find the secret of his power. Samson kept playing along, thinking he was in control. But when he finally told her his secret, she betrayed him. His hair was cut, his strength was gone, and his enemies captured him.

Samson's story reminds us of what happens when we get distracted from God. Our strength fades when we give our attention to the wrong things. But even at his lowest moment, Samson remembered God. He prayed one more time, asking for strength to do what was right. God heard him and gave him the power to finish the work He had called him to do.

- **Discussion Questions:**

1. What caused Samson to lose focus on God?
2. What can we learn from how he turned back to God?

- **Explain:**

- Judges 16:20 says, "But he did not know that the Lord had left him." This means Samson became so distracted and confident in his own strength that he didn't notice when God's power was gone. His strength had always come from God, not from himself. When Samson turned his attention away from God, he lost that strength. This reminds us that we need to stay close to God every day. When we look to Him first, the Holy Spirit gives us the strength and wisdom to make good choices.
- Our focus shows who we trust most.
- God always welcomes us back when we return our attention to Him.

- **Assessment:** Check understanding through student answers and participation.

3. Model (7 min)

- **Teacher shares:** a time when you were distracted and how focusing on God helped you refocus.
- **Student activity:** Invite kids to draw or act out short "charades" scenes showing distractions (like a buzzing phone or video game) and refocus moments (like praying or helping someone). Help them experience what it looks like to give attention back to God.
- **Assessment:** Note engagement and ability to apply focus to examples.

4. Pray (2-3 min)

- *"God, thank You for helping us focus. When we get distracted, please guide our eyes and hearts back to You. Give us strength to make wise choices today."*
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** Wise choices grow when we train our hearts to look up before we look down.
- **Student Reflection:** Ask: "What's one way you can look up to God instead of being distracted this week?"
- **Teacher Closes:** Remind students that strength and wisdom come from God when our attention stays on Him.
- **Assessment:** Teacher listens for thoughtful and practical responses.

Optional Extension: Independent Practice

- Choose one hour this week to go screen-free and do something that helps you look up and grow in wisdom.