

STOP, DROP  
COVER and ROLL



THE  
GOSPEL  
IN THE OLD TESTAMENT

And the woman bore a son and called his name Sampson. And the young man grew, and the Lord blessed him. And the Spirit of the Lord began to stir him...

Judges 13:24-25

Sampson went down to Timnah, and at Timnah he saw one of the daughters of the Philistines. Then he came up and told his father and mother, “I saw one of the daughters of the Philistines at Timnah. Now get her for me as my wife.”

Judges 14:1-2

But his father and mother said to him,  
“Is there not a woman among the  
daughters of your relatives, or among  
all our people, that you must go to take  
a wife from the uncircumcised  
Philistines?”

Judges 14:3a

But Sampson said to his father,

“Get her for me,  
for she is right in my eyes.”

Judges 13:3b

But he did not know that the Lord had left him.

And the Philistines seized him and gouged out his eyes and brought him down to Gaza and bound him in bronze shackles. And he ground at the mill in the prison.

Judges 16:20b-21

Redemption is the essence of the Gospel



Redemption is not just about me being delivered out of difficult places and dark spaces that are the result of my sin and selfishness.

Redemption is also about me being delivered from myself every day –

I can choose to do what is right in my own eyes, but why live that way????

For you closed your eyes to the facts and did not choose to reverence and trust the Lord, and you turned your back on me, spurning my advice. That is why you must eat the bitter fruit of having your own way and experience the full terrors of the pathway you have chosen. For you turned away from me – to death; your own complacency will kill you.

Fools! But all who listen to me shall live in peace and safety, unafraid.

Proverbs 1:29-33LB

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# I CAN CHOOSE TO LIVE LIFE

With my hair on fire



Or my heart on fire!

This is an ongoing everyday process of learning to walk and talk with Jesus about everything

KISS Principle

Keep it simple, silly!

May the Lord of peace himself  
give you peace,  
at all times  
and in every way.

2 Thess. 3:16

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