

## 150418 Friday "SAMSONIZED"

Pro 24:21-22

My son, fear thou the LORD and the king; and meddle not with them that are given to change: For their calamity shall rise suddenly; and who knoweth the ruin of them both?



### Samson's 'Gaza Gates'

Judges 16-18 details an escapade Samson had when the Philistines thought they had him cornered in their ancient fortified city of Gaza.

Albeit his intentions were less than honorable from the Lord's perspective, he was able, by his YHVH ordained strength to uproot the Philistines security gates from the entrance of the City of Gaza.

Gaza's security, like most ancient walled cities, relied upon the walls and gates of the city to protect them. Samson's removal of the gates revealed the power of the Hebrew God and the Philistines lack of ability to prevent Him from performing whatsoever He wished.

Samson pulled the gates out of the ground, posts and all. He then carried them on his shoulders to the outskirts of Hebron, a city approximately 20 miles away.

So in celebration of Samson's God given strength, find something heavy, pick it up and run with it. That's how simple this WOD is. . .simple, but not easy.

### **400 Burden Carry**

45-135 Overhead walk for 400 Meters

Use an Olympic Bar, Sandbag, Backpack etc. and walk 400 meters holding the burden overhead.

### Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17