

Growing Together — Week 3



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How do I know I am loved?

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DAY 3

Luke
19:1-10

Showing love

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Loving as a
family



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walk

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Up-down
planks

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Challenge

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mountain-
climber tabata

Plank jump

Squats



Explore

Draw
Zacchaeus and
discuss

Reread story
and share
learning

Have a meal
and ask
questions



Play

Trust fall

Paper ball
circle

Make up an
'I love you'
family sign

Getting started

Help your family to be active this week with three fun sessions:

- Involve everyone – anyone can lead!
- Adapt for your family
- Encourage each other
- Challenge yourselves
- Don't exercise if it causes pain

Share family.fit with others:

- Post a photo or video on social media and tag with **#familyfit**
- Do family.fit with another family

More information at the end of the booklet.



IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE

By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



Bear and crab walk

Bear walk across the room and crab walk back. Do five laps.

Bear walk - walk face down with feet and hands on the floor.

Crab walk - walk face up with feet and hands on the floor.



<https://youtu.be/WSlqgNNocxM>

Rest and chat briefly.

How do you like to show someone you love them?

Go deeper: When is it hard to show someone you love them?



Plank



Put hands and feet on the ground and keep your whole body straight like a plank.

Support your weight on your elbows.

Do 20 repetitions and rest. Repeat.

Go harder: Move between hands and elbows in a fluid action.

Tabata

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>



Do planks for 20 seconds, then rest for 10 seconds. Do mountain-climbers for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.

Go harder: Increase the number of repetitions in 20 seconds.

Showing love

Read **Luke 19:1-10** from the Bible.

If you need a Bible, go to <https://bible.com>
or download the Bible App onto your phone.

This is an encounter Jesus had with a man when Jesus was followed by crowds of people in Jericho. Jesus showed love to the man when everyone else mistrusted him.



Bible passage — Luke 19:1-10

Jesus entered Jericho and was passing through. A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. He wanted to see who Jesus was, but because he was short he could not see over the crowd. So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

When Jesus reached the spot, he looked up and said to him, “Zacchaeus, come down immediately. I must stay at your house today.” So he came down at once and welcomed him gladly.

All the people saw this and began to mutter, “He has gone to be the guest of a sinner.”

But Zacchaeus stood up and said to the Lord, “Look, Lord! Here and now I give half of my possessions to the poor, and if

I have cheated anybody out of anything, I will pay back four times the amount.”

Jesus said to him, “Today salvation has come to this house, because this man, too, is a son of Abraham. For the Son of Man came to seek and to save the lost.”

Discuss:

What does Jesus do when He meets a person who is not loved by the community?

Ask an artist in the family to draw Zacchaeus in a tree. Together, on one side of the tree, write what Jesus did to show Zacchaeus He loved him. On the other side, write what Zacchaeus did to show Jesus he loved Him.

Put your two hands together to make a heart shape. This shape reminds us of God’s love. Look at your hands and say a silent prayer: ‘Thank you God for your love for me.’



Trust fall

Do the trust fall in two new ways:

1. One person stands between two others and falls backwards and forwards with eyes closed. What did it feel like to be caught by the family?
2. Stand on a chair, close your eyes, and fall backwards into the hands of the family.



https://youtu.be/mB38k8F_96M

A close-up photograph of water being poured from a glass pitcher into a clear glass containing ice cubes. The water is captured in mid-pour, creating a dynamic splash and bubbles. The background is a soft, out-of-focus green, suggesting an outdoor setting. An orange text box is overlaid on the center of the image.

Health tip

Drink more water.



Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.



1. 10 jumping jacks
2. 10 running on spot
3. 10 mountain-climbers
4. 10 squats



<https://youtu.be/4n3p994xmhk>

Rest and talk together.

*What actions or words make you feel loved?
Go deeper: What makes you feel unloved?*



Up-down planks



Start in the plank position on your elbows and toes with your body in a straight line. Shift your weight and press up so you are supported on your hands – left hand then right hand. Then go back down to elbows. Do 10 repetitions and rest. Do two rounds.



<https://youtu.be/LGzExZcaudg>

Go easier: Keep the same technique from your knees (instead of your toes) or on a chair.



Plank jump challenge



Get into a line next to each other in a plank position. The end person stands up and jumps over each family member and resumes the plank at the other end of the line. The next person does the same until everyone has jumped over all the people in the line. Work as a team! Time your effort. Repeat and try and beat the clock.



<https://youtu.be/cjIFKjZYYTY>



Receiving love

Read Luke 19:1-10 (see Day 1).

Reread the story. What do we learn about Jesus in this story?

Choose someone to be Zacchaeus and stand on a chair (like being in a tree). Stand around Zacchaeus and take turns sharing one thing learned while Zacchaeus keeps count.

Put your two hands together to make a heart shape. Look at your family members through it. As you do, say 'God loves you' to each one. Pray for each other.



Paper ball circle

Everyone writes what they love most about the family on the same sheet of paper. Screw up the paper into a ball and stand in a circle. Take turns to throw the paper ball to another person and give them an exercise to do such as mountain-climbers, or jogging on the spot. Everyone else copies.



<https://youtu.be/kE7HcRNqLj8>

Go harder: Increase speed.

A close-up photograph of water being poured from a tap into a clear glass. The water is captured in mid-pour, creating a dynamic stream with visible splashes and bubbles. The background is a soft, out-of-focus green, suggesting an outdoor setting. An orange rectangular box is overlaid on the lower half of the image, containing white text.

Health tip

Drink more water. Give each family member a unique cup that is always ready for use near the tap.



Junkyard dog

One person sits on the floor with legs out to the front and arms out to the side. The others jump over the arm, the legs and the second arm. Everybody jumps two rounds and changes places so everybody gets to jump.

Think of how you could show someone outside your home that you love them.



<https://youtu.be/WTEKvu4NQH4>

Go deeper: Plan for when and how you will do this.



Mirror planks



Work in pairs. Get into a plank position facing a partner. One person in each pair will be the mirror and will need to copy everything the other one does. Have fun.



<https://youtu.be/gcUSKiSp6nk>



Throw the dice

Find or make a dice.



Standing in a circle, complete 100 squats as a family. Each person rolls the dice and does that number of squats before tapping out to the next person. Keep a total count of the family's squats.

Go harder: Complete 150 or 200 squats.



Showing love as a family

Read Luke 19:1-10 again (see Day 1).

Jesus came to the home of Zacchaeus for dinner. He says in verse 10 that He “came to seek and save the lost,” — those like Zacchaeus, and like you and me.

Sit around your table and imagine that Jesus joined you for a meal. What is one question you would ask Him? What questions might He ask your family?

As a family, stand at a window. Hold your hands up in a heart shape and look through it out the window. Share together the names of people you know in your neighborhood who need to know God’s love for them. Pray for them.



A way to say 'I love you'

Together make up an original sign for your family to use to say how much you love each other. It could use fingers and hands. Be creative and have fun. Use this sign during the week in both happy and stressful circumstances.

A close-up photograph of water being poured from a source above into a clear glass. The water is captured mid-pour, creating a dynamic stream with visible ripples and bubbles. The background is a soft, out-of-focus green, suggesting an outdoor setting. The glass sits on a blue and white checkered surface.

Health tip

Drink more water.
Most of your body is made
up of water so you need to
replenish it.

Terminology

A **warm-up** is a simple action that gets muscles warm, breathing deeper, and blood pumping. Play fun, up-tempo music for your warm-up activities. Do a range of movements for 3-5 minutes.

Stretches are less likely to cause injury when done AFTER warm-ups. Stretch gently – and hold for five seconds.

Movements can be seen on the videos so you can learn the new exercise and practice it well. Starting slowly with a focus on technique will enable you to go faster and stronger later.

Rest and recover after energetic movement. Conversation is great here. Sip water.

Tap out is a way to pass the exercise on to the next person. You can choose different ways to “tap out” for example, hand clap or whistle. You make it up!

Round – a complete set of movements that will be repeated.

Repetitions – how many times a movement will be repeated in a round.

Web and Videos

Find all the sessions at the [family.fit website](#)

Find us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](#)



family.fit Five Steps



Promotional video

Stay Connected

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world.

You will find all the family.fit sessions on the website <https://family.fit>.

The website has the latest information, ways you can give feedback, and is the best place to stay connected with **family.fit**!

If you enjoyed this, please share with others who might like to participate.

This resource is given freely and meant to be shared with others at no cost.

If you would like to receive family.fit as a weekly email you can subscribe here:

<https://family.fit/subscribe/>.

If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



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