

Growing Together — Week 5



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**Does my life have purpose?**

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DAY 2

DAY 3

Joshua  
1:1-9

Discovering  
your purpose

God's promise  
to your family

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Challenge

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mountain-  
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Superman and  
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discuss

Reread story  
and make a  
poster

Reread story  
and blindfold  
prayer



Play

Musical  
pillows

Ants on a log

Board game

# 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** or **@familyfitnessfaithfun**
- Do family.fit with another family

**More information at the end of the booklet.**



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## Galloping horses

Stand in a line. With one hand in the air, gallop around the room. Swap arms, go fast, go slow, jump over pillows, and so on. Do five laps.



<https://youtu.be/HIHVHCH955M>

Rest and chat briefly.

Take turns to ask fun questions beginning with “Why do we have ...?” Ask “What is its purpose?” For example, ice-cream, pets ...

*Go deeper: How would you answer someone who asked what is the purpose of life?*



## Superman



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman). Raise your arms and legs as far off the ground as you can. Hold for three seconds and relax.

Do 10 repetitions and rest. Repeat.

*Go harder: Increase the number of repetitions.*



<https://youtu.be/3Ytnaqmsy9A>



## Pair challenge



Work in pairs. One person does a superman hold with arms and legs off the floor while the other person does 20 mountain-climbers.

*Go easier: Relax and repeat the superman hold.*

*Go harder: Increase the number of mountain-climbers.*



## Discovering your purpose

Read **Joshua 1:1-9** from the Bible.

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

Moses, the leader of God's people, the Israelites, has died. Joshua is chosen to lead God's people into the land God promised them. His purpose is clear but he was afraid to step into the future.

Bible passage — Joshua 1:1-9

After the death of Moses the servant of the Lord, the Lord said to Joshua son of Nun, Moses' aide: "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them—to the Israelites. I will give you every place where you set your foot, as I promised Moses. Your



territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

“Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

*Discuss:*

What purpose did God give to Joshua?

While Joshua's purpose was clearly given to him, it can often be harder to work out our purpose. What might be an important purpose for your life right now?

Spend some time in silence, asking God to reveal or confirm His purpose for your life now and into the future.



## Musical pillows

Put pillows on the floor in a circle (two less than the number of people). One person sits in the middle with their eyes closed and plays a simple instrument (rice shaker, pan and stick, and so on). Everyone hops around the circle and tries to sit on a pillow when the music stops. Whoever misses out becomes the next musician.



<https://youtu.be/VaV0IT6ZcKw>



**Health tip**

Reduce technology 'screen time'.



## Follow the leader

Put on your favourite music. Run around in a circle.

One person is the leader and uses hand claps to communicate instructions:

- One clap - everyone puts a hand on the floor
- Two claps - three squats
- Three claps - everyone sits on the floor

Change leaders after one minute.



<https://youtu.be/-EsQ12iNUwk>

Rest and talk together.

How do you feel when someone keeps a promise?

*Go deeper: What is it like when someone breaks a promise?*



## Superman opposites



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman). Raise your right arm and left leg as far off the ground as you can. Hold for three seconds and relax. Repeat with opposite arm and leg.



<https://youtu.be/V7A-FI9BQCA>

Do 10 repetitions and rest. Repeat.

*Go harder: Increase the number of repetitions.*

## Challenge

## Superman roll



Everyone takes turns to roll in the superman position from one side of the room to the other while carrying a cup. Roll without your hands and feet touching the floor. Continue as you build a tower of cups. Choose the size of the tower by the number of cups you use.



[https://youtu.be/vKGI0IRA\\_2s](https://youtu.be/vKGI0IRA_2s)



## God's promise to your family

Read Joshua 1:1-9 (see Day 1).

What promises did God make to Joshua? Which of these promises is relevant for us today? Many of these promises were just for Joshua at that point in history, but one promise is for anyone who believes in Jesus. Find the promise in Romans 8:38-39. Write it on a poster in your own words and put it where you can see it as a reminder.

As you sit around the meal table together each day, take turns to share where you noticed God was with you today.





## Ants on a log

Everyone stands on a 'log' (a line or a bench). The goal is to reverse your order on the log without anyone falling off. Work together so that everyone is successful. Set a timer.



<https://youtu.be/flb1kkwOfGE>

*Go harder: Increase speed and improve your time.*



### **Health tip**

Reduce screen time.  
Schedule 'screen-free'  
times for the whole family,  
parents included.



### Tidy up to music

Put on a favorite up-tempo song. As the music plays, everyone moves quickly to pick up things and put them away for about four minutes.

Share a good piece of advice someone has given you.

*Go deeper: Have you ever ignored advice and had it go badly?*



## Superman hold



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman). Raise your arms and legs as far off the ground as you can. Hold for 10 seconds and relax for 10 seconds.

Repeat 10 times.



<https://youtu.be/LkOqaz3syu4>

**Tabata**

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>



Do superman for 20 seconds, then rest for 10 seconds. Do burpees for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.

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



## God's commands

Read Joshua 1:1-9 again (see Day 1).

Identify the different commands God gave to Joshua. Write them on separate sheets of paper and space them out on the floor. Say each one aloud together. Which one is most challenging for you right now? Go and stand on that paper. Which is challenging for your family? Stand and discuss.

Find blindfolds for everyone. Many people are looking for a purpose in their lives. Some feel lost and in the dark. Put on your blindfolds and name some people like this known to your family. Pray for them to find God's purpose for their lives.



## Board game

Many families play games online. Choose a board game to play in person together.



### **Health tip**

Reduce screen time.  
Balance screen time with  
physical and outdoor  
activities.



# 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

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

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Thank you.

The family.fit team



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