

Growing Together — Week 6



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Do I have self-control?

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DAY 1

DAY 2

DAY 3

Genesis
39:1-12

Success builds
trust and favor

Success brings
temptation

Success is
doing right



Warm-up

Bear shoulder
taps

Run around
the house

Toe taps and
squats



Move

Chair dips

Dips with leg
raises

Timed dips
with leg raises



Challenge

Fill the cup

Partner dips

Triangle circuit



Explore

Read part of
story and
discuss
responsibilities

Read more of
story and pull
up a chair

Read more of
the story and
hand actions



Play

Guard duty

Ready, set,
'move'

Build a play-
house

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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Bear shoulder taps

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



<https://youtu.be/VHTIHsF1EXs>

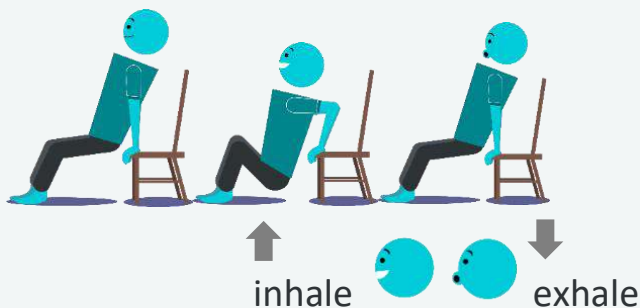
Rest and chat briefly.

What is something people would say you are very good at?

Go deeper: Describe how it feels to be successful at something.



Chair dips



Dip on a chair by supporting your weight on your arms. Keep feet on the floor.

Do 10 repetitions and rest. Repeat.

Go harder: Increase the number of repetitions.



<https://youtu.be/aQGEQORYVTY>

Challenge

**Fill the cup**

Using a chair, each person does three dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going in a relay until the glass is full.

Three dips = one spoon

Go harder: Increase the number of dips per spoonful.



https://youtu.be/kRfQ5XsE_5w



Success builds trust and favor

Read **Genesis 39:1-4** from the Bible.

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

Joseph was one of the 12 sons of Jacob. His brothers sold him into slavery in Egypt and he became a servant in the house of Potiphar, an official of Pharaoh.

Bible passage — Genesis 39:1-4

Now Joseph had been taken down to Egypt. Potiphar, an Egyptian who was one of Pharaoh's officials, the captain of the guard, bought him from the Ishmaelites who had taken him there.

The Lord was with Joseph so that he prospered, and he lived in the house of his Egyptian master. When his master saw that the Lord was with him and that the Lord gave him success in everything he did, Joseph found favor in his eyes and became his attendant. Potiphar put him in charge of his household, and he entrusted to his care everything he owned.

Discuss:

What was the secret of Joseph's success?

Each person finds one item in the house that is a clue to one of their responsibilities. Now try to guess.

Who is in charge of different responsibilities in your home?

How successful have you been in carrying out your responsibilities in the last week? In the last month? Give yourself a score out of 10. How does self-control affect this score?

Give the item you chose to represent one of your responsibilities to another family

member and ask them to pray for you to be trustworthy with your responsibility.





Guard duty

One person is the 'jester' and everyone else pretends to be 'guards'. The guards must be as serious as possible while the jester tries to distract them and make them laugh. Anyone who laughs leaves the game.



<https://youtu.be/J5SxNfrhwy4>



Health tip

Reduce technology 'screen time'.



Run around the house

Put on your favourite music. Run around the house doing these movements:



- Running
- Skipping
- High knees running
- Hopping
- Back heels kicking



<https://youtu.be/anqiKURji6Q>

Rest and talk together.

What is one edible thing you find it hard to say 'no' to, or to stop eating?

Go deeper: Share a time when you gave into temptation and the result wasn't good.



Dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

Do 10 repetitions and rest. Repeat.



https://youtu.be/sTOx5G_PAG8

Go harder: Increase the number of repetitions.

Challenge



Partner dips



Set up two chairs facing each other. Partners face each other in the dip position. Raise one foot and place it against your partner's foot, keeping the other leg on the floor. Do two dips then swap legs. Repeat for a total of 10 dips then rest. During the rest period massage your partner's arms ready for the next set.

Do three rounds.



<https://youtu.be/pn-5zQ4VWD8>

Go harder: Do more rounds.



Success brings temptation

Read Genesis 39:6-7.

Note: You may need to modify the wording of the story for younger children.

So Potiphar left everything he had in Joseph's care; with Joseph in charge, he did not concern himself with anything except the food he ate.

Now Joseph was well-built and handsome, and after a while his master's wife took notice of Joseph and said, "Come to bed with me!"

What do you think Joseph will do?

What is temptation? Talk about it together.

Take turns to sit on a chair and describe what it looks like in your life. As each person finishes, loop a rope around the legs of the chair and gently pull it,

demonstrating how temptation pulls us along.

How do you respond to temptation? Think of a specific area in your life in which you are being tempted. Pray for this situation quietly to yourself.



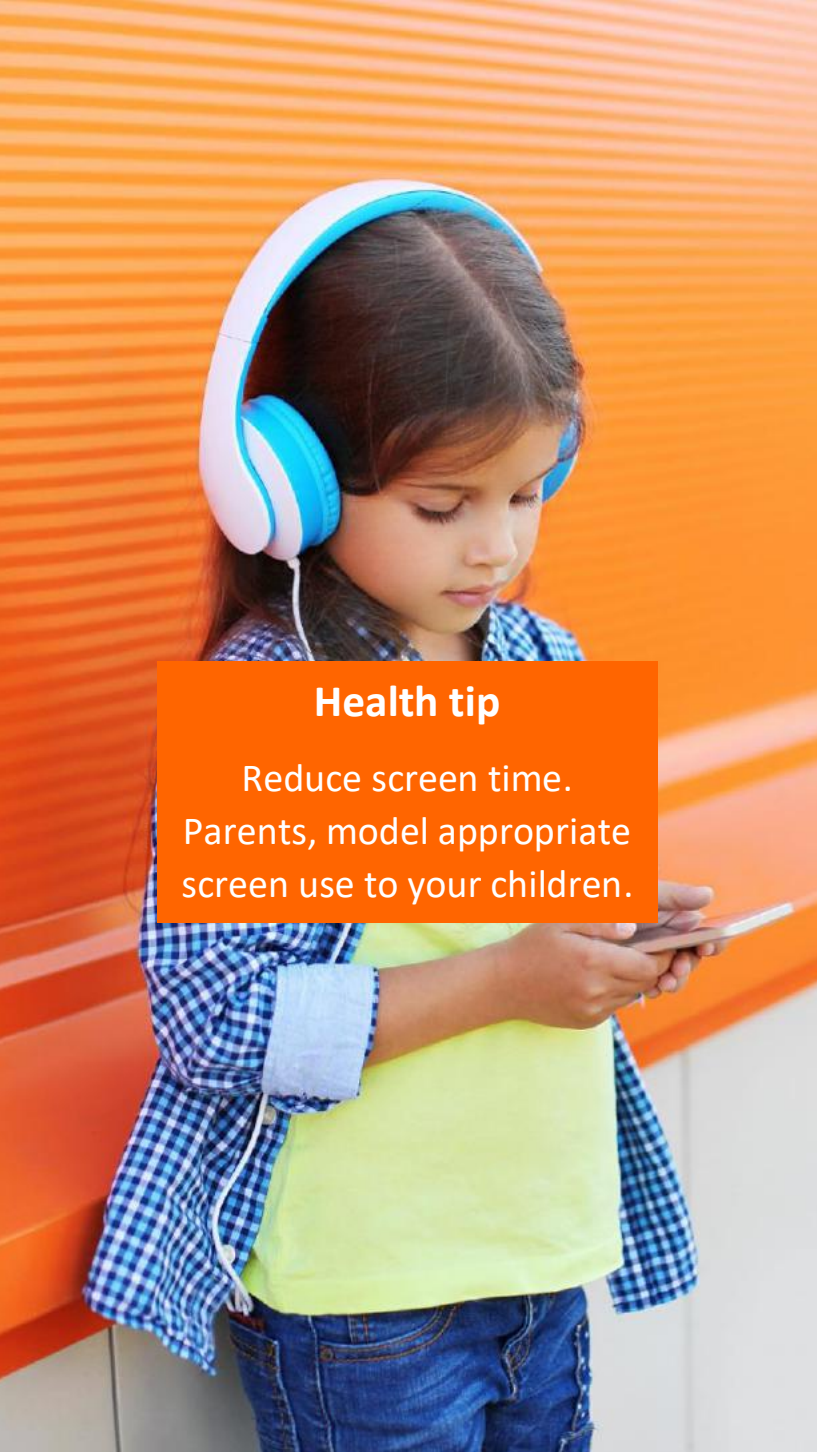
Ready, set, move

The leader calls out “Ready ... set ... move”, and everyone moves their bodies. The leader calls out “ready ... set ... stop” and no one should move. Everyone must stay still if any word other than ‘move’ is called.



<https://youtu.be/x7refEeSPLQ>

Go harder: Players can be eliminated if they move when they shouldn't.



Health tip

Reduce screen time.
Parents, model appropriate
screen use to your children.



Toe taps and squats

Stand facing a partner. Tap your toes together four times as you jump, swapping legs each time. Then do one squat. Repeat five times.



Do three rounds.

Can you decide which member of your family has the most self-control? The least? Why?



<https://youtu.be/8DZQF6FDPxg>

Go deeper: How do you know the right thing to do?



Dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

How many can you do in 30 seconds?
Repeat and try to increase your number.



https://youtu.be/sTOx5G_PAG8

Go harder: Increase the time limit to one minute.



Triangle circuit

Set up three stations in your house or yard in a triangle shape with the numbers 1-3. Each person starts at a different station and does a different warm-up:

1. Plank
2. Burpees
3. Squats



Move around to the next number after 30 seconds. Do three rounds. Rest between rounds.

Go harder: Increase the number of repetitions in 30 seconds.



Success is doing right

Read Genesis 39:8-12.

Note: You may need to modify the wording of the story for younger children.

But he [Joseph] refused. “With me in charge,” he told her, “my master does not concern himself with anything in the house; everything he owns he has entrusted to my care. No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. How then could I do such a wicked thing and sin against God?” And though she spoke to Joseph day after day, he refused to go to bed with her or even be with her.

One day he went into the house to attend to his duties, and none of the household servants were inside. She

caught him by his cloak and said, “Come to bed with me!” But he left his cloak in her hand and ran out of the house.

Explore Joseph’s strategy for being self-controlled:

1. REMEMBER who is trusting you
2. Know what is RIGHT
3. RUN AWAY from temptation

Practice hand actions as reminders to use when faced with temptation: 1. fingers on temples; 2. open hands (what is the right thing for these hands to do); 3. two fingers running on the other palm.

As a family, think of people you know who may be struggling with self-control in the midst of temptation and write their names on a piece of paper. One person sits on a chair and holds the paper while other family members pull the chair along while praying for them.



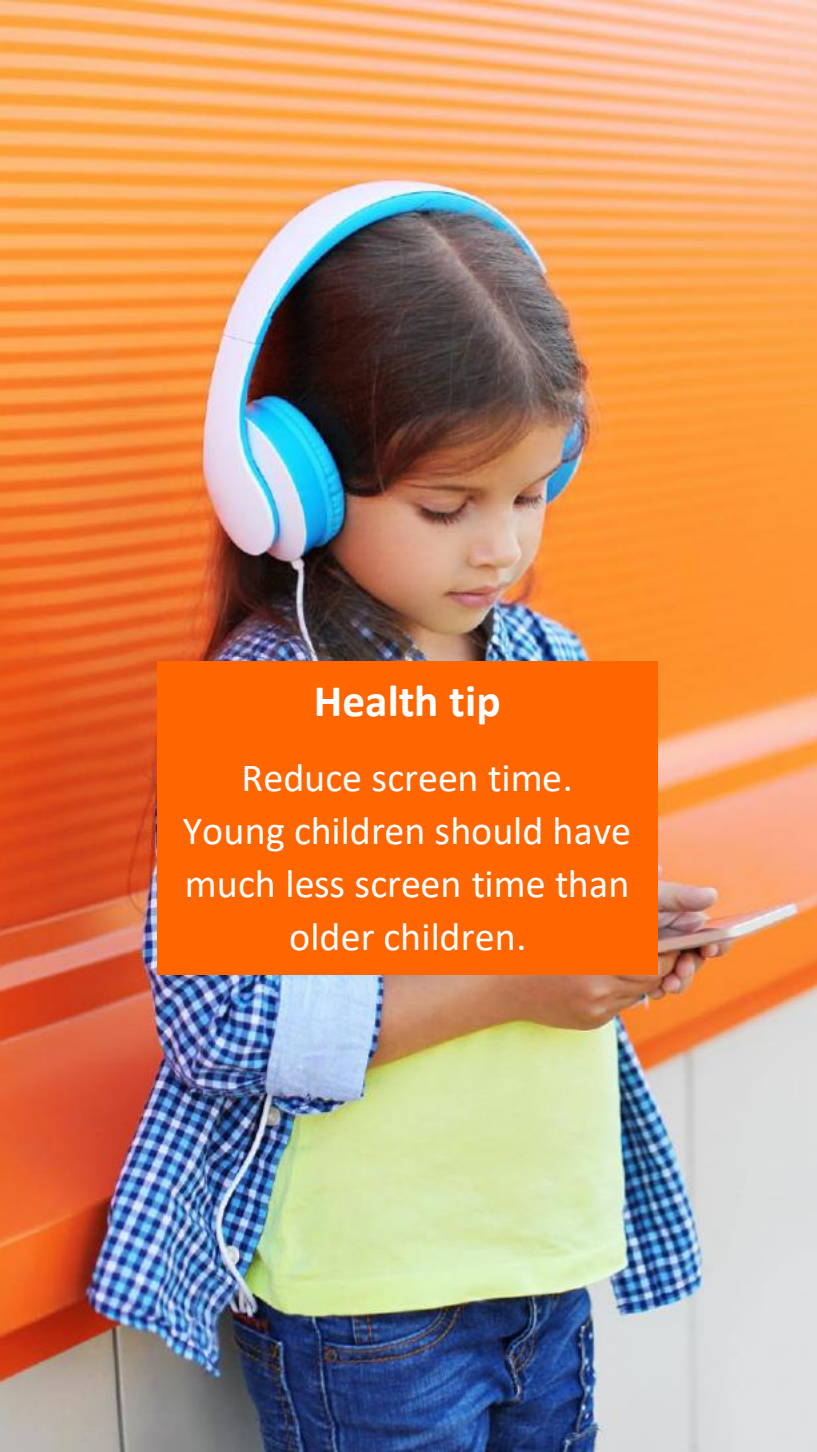
Build a play-house

Have fun with your family building a fort/castle/tent. You can do it inside your house or outside in the yard.

Be creative!

Share photos of your play-house with us!





Health tip

Reduce screen time.
Young children should have
much less screen time than
older children.

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.

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Thank you.

The family.fit team



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