

Growing Together — Week 10



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Am I honest?

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2 Kings
5:20-27

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Sit-ups

Sit-ups



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Getting started

Help your family to be active inside or outside 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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Grab the object

Stand in a circle with an object on the floor in the middle. Start in a squat position. A leader gives random cues such as “head”, “shoulder”, “knees”. If the leader says “head”, everyone touches their head, and so on. When the leader says “object”, the first one to grab it from the floor wins. Everyone else does three jumping jacks.

Do five rounds.

Rest and chat briefly.

What does it mean to be honest?

Go deeper: Do you think honesty comes naturally to you?



Sit-ups



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to “sit up”. Return to start position.

Work in pairs. One person does sit-ups while the other holds their feet down. Alternate between five sit-ups and five squats.

Complete five rounds.

Go harder: Increase the number of repetitions.



https://youtu.be/Eec_8fsinAU



Sit-ups draw lots challenge

Write the following tasks on small pieces of paper, fold, and place in a container:

- 5 sit-ups
- 10 sit-ups
- 15 sit-ups
- 20 sit-ups
- Give someone a hug
- Give someone a high five
- Give someone a massage
- Get a glass of water for everyone

Take turns to draw lots and do the task picked. Help one another as needed.

Go harder: Increase the number of sit-ups.



Dishonesty is devious

Read **2 Kings 5:20-27** from the Bible.

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

Naaman, a wealthy leader, was healed from a skin disease when the prophet Elisha told him to wash in the River Jordan. Naaman wanted to thank Elisha with a gift but Elisha refused because it was God who had healed Naaman. Gehazi, Elisha's servant, realized he could benefit so he took the initiative to get something from Naaman. Look what happens next.

Bible passage — 2 Kings 5:20-27

Gehazi was the servant of Elisha, the man of God. Gehazi said to himself, "My master was too easy on Naaman from

Aram. He should have accepted the gift Naaman brought. I'm going to run after him. I'm going to get something from him. And that's just as sure as the Lord is alive."

Gehazi hurried after Naaman. Naaman saw him running toward him. So he got down from the chariot to greet him. "Is everything all right?" he asked.

"Everything is all right," Gehazi answered. "My master sent me to say, 'Two young men from the group of the prophets have just come to me. They've come from the hill country of Ephraim. Please give them 75 pounds of silver and two sets of clothes.'"

"I wish you would take twice as much silver," said Naaman. He begged Gehazi to accept it. Then Naaman tied up 150 pounds of silver in two bags. He also gave Gehazi two sets of clothes. He gave all of it to two of his own servants. They carried it ahead of Gehazi. Gehazi came

to the hill where Elisha lived. Then the servants handed the things over to Gehazi. He put them away in Elisha's house. He sent the men away, and they left. Then he went back inside the house. He stood in front of his master Elisha.

“Gehazi, where have you been?” Elisha asked.

“I didn't go anywhere,” Gehazi answered.

But Elisha said to him, “Didn't my spirit go with you? I know that the man got down from his chariot to greet you. Is this the time for you to accept money or clothes? Is it the time to take olive groves, vineyards, flocks or herds? Is it the time to accept male and female slaves? You and your children after you will have Naaman's skin disease forever.” Then Gehazi left Elisha. And he had Naaman's skin disease. His skin had become as white as snow.

Discuss:

This story is made for drama! Get some simple costumes and act out the story together.

What dishonest plan did Gehazi devise?

Ask yourself the question: Am I honest?

What parts of your life are not lived out honestly or truthfully? In quiet, ask God to reveal that to you. Spend a few moments praying.



Candy challenge

Sit in a circle on the floor with a bowl of candies in front of each person and an empty bowl one meter behind.

Without looking, each person throws the candies one by one into the bowl behind them.

Give one point for each candy in the bowl.
See who wins.



<https://youtu.be/PfJL7LISXX8>



Health tip

Eat well.



Follow the leader

Choose one person as leader for each round and start by jogging. The leader names a movement and the family must move like this. Mix up the moves. Do three rounds.



https://youtu.be/e_qFyz6i_JY

Rest and talk together.

Is there such a thing as a *small lie* or a *big lie*?

Go deeper: Apart from words, what other ways do we lie?



Sit-ups



Sit in a circle facing each other. Do 50 sit-ups as a family. One person starts. Tap out to the next person when you need a break. After 50 sit-ups, run as a family to a marker and back. Run to pace of slowest runner. Then start sit-ups again.

Do three rounds of 50.



https://youtu.be/Eec_8fsinAU

Go harder: Increase the number of rounds.



Squat tag



Find a space where you can all run around. One person is the 'tagger' who chases everyone to tag them. When someone is tagged, they stop and do three squats. They then become the new tagger.

Play for three minutes or until everyone is exhausted.

Go harder: Play for five minutes.



Dishonesty is telling lies

Read 2 Kings 5:20-27.

Take turns to make two statements to your family – one true statement and the other false. The rest of the family decides which is the lie.

Read the Bible story again looking for the two lies Gehazi told. Why did he lie to Naaman and Elisha?

Why do we tell lies? When do we sometimes 'stretch the truth'?

Work together to make a *Family Honest Covenant*. Write three ideas that express the value of honesty in your family. Use these as a focus of prayer together.



Sequence memory

Everyone faces a leader who thinks of three or more different workout movements in a sequence (for example, jumping jacks, lunges, jogging). The leader demonstrates the sequence of movements and the others mimic the routine in the right order as quickly as possible. Whoever completes the sequence first correctly becomes the next leader.



<https://youtu.be/YoVR4Bv5-CQ>

Go harder: Include more movements in the sequence.



Health tip

Eat well. Include children on a roster to help prepare each family meal.



Clean-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 two minutes (bring clothes to wash, tidy the yard or put away toys and books).

Rest and chat briefly.

What results from being honest?

Go deeper: What are the consequences of being dishonest even if you are not found out?



Sit-ups



Do as many sit-ups as possible in 60 seconds. Do three rounds.

Try to beat your personal record every time.



https://youtu.be/Eec_8fsinAU

Go harder: Increase the number of repetitions each round.



Hip shuffle race

Sit on the floor with legs straight in front. Move legs alternately forward for five meters. At the five meter mark, turn and crawl like a bear back to the start. Do three sit-ups between rounds.

Do three rounds.

Make it a race!



<https://youtu.be/RXIfYksro5M>

Go harder: Increase the distance to eight meters.



Dishonesty has consequences

Read 2 Kings 5:20-27.

Take turns to read a sentence of the Bible story. After each sentence, call out *Honest* or *Dishonest* depending on what happened in the story.

What was the consequence of Gehazi's dishonesty?

Make a poster headed with two columns: **Honesty** and **Dishonesty**. List the consequences that flow from each.

Name and pray for members of your community or nation who may have acted dishonestly. Ask God to help them to be truthful and honor Him.



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 everyone is successful. Set a timer.



<https://youtu.be/nWuc8srcbGE>



Health tip

Eat well. Drink water
before the meal so you will
eat less.

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.

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family.fit Five Steps



Promotional video

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Thank you.

The family.fit team



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