

Growing Together — Week 8



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Am I trustworthy?

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Luke 12:
42-48

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discuss and do
trust test

Reread story
and think of
reward for
trust

Reread story
and measure
trust



Play

Mime a story

Catch the
airplane

Trust walk

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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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.



<https://youtu.be/P9u-QN0MXx8>

Rest and chat briefly.

What does it mean to be trustworthy?

Deeper: How do you know if someone is trustworthy?



Lunges



Stand straight with hands on hips. Step forward with one leg and lower your hips until your front knee is bent at 90 degrees.

Alternate legs.

Practice lunges in pairs facing each other. Start slowly and carefully.

Do four rounds of 10 repetitions with 30 seconds pause between each round.

Go harder: Increase number of repetitions.



<https://youtu.be/etkUxqBZ9Wo>



Spin the bottle

Write labels for the six movements below (one per card) and place in a circle. One person spins a bottle and does the movement it points to. Tap to the next family member.

Challenge: 100 movements as a family.

- 5 lunges
- 5 squats
- 5 burpees
- 5 speed skaters
- 5 supermans
- 10 mountain-climbers

Go harder: Increase the total number of movements to 150 or 200.



<https://youtu.be/yUJBHuHZj08>



Qualities of a trustworthy person

Read **Luke 12:42-48** from the Bible.

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

After teaching his disciples that they should seek treasure that will last rather than the things of this world, Jesus speaks about being trustworthy and ready.

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

Bible passage — Luke 12:42-48

The Lord answered, “Who then is the faithful and wise manager, whom the master puts in charge of his servants to give them their food allowance at the proper time? It will be good for that

servant whom the master finds doing so when he returns. Truly I tell you, he will put him in charge of all his possessions. But suppose the servant says to himself, 'My master is taking a long time in coming,' and he then begins to beat the other servants, both men and women, and to eat and drink and get drunk. The master of that servant will come on a day when he does not expect him and at an hour he is not aware of. He will cut him to pieces and assign him a place with the unbelievers.

“The servant who knows the master’s will and does not get ready or does not do what the master wants will be beaten with many blows. But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked.”

Discuss:

In today's passage, a master gives someone the responsibility of being a manager. What words does Jesus choose to describe this person?

Do the trust test. Choose a 'catcher' and take turns to stand with your eyes closed and fall backwards towards your 'catcher'. Why did you trust them? Why do you trust other people?





Mime a story

Everyone except one person leaves the room. That person selects a Bible story and then mimes it to the second person who enters the room so they can guess what it is. This person will then mime it to another person who enters. It goes on in this manner until the last person enters the room and has to guess the Bible story.



<https://youtu.be/smBQvAcwXpU>



Health tip

Reduce technology 'screen time'.



Tail competition

Everyone wears a scarf or small towel as a 'tail' tucked in at the back. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five push-ups and continue the game. Have fun.



<https://youtu.be/WtDX86rDWks>

Rest and talk together.

Share some of the responsibilities that others trust you to do.

Go deeper: What are the benefits of being trustworthy?



Slow deep lunges



Practice the slow lunge. Today our focus is on tempo.

Step forward with one leg and count to five as you slowly lower your hips until your back knee touches the ground. Stand up quickly. Repeat for the other leg.

Be a tortoise, not a rabbit!

Repeat five times per leg.



<https://youtu.be/etkUxqBZ9Wo>

Go easier: Count to three as you lower your knee to the ground.



Tic Tac Toe

Make a Tic Tac Toe game board on the ground before you start (use tape or rope).

Work in two teams. Each team is given a challenge such as 10 squats or 10 lunges. When completed, two people run and place their piece on the tic-tac-toe game.

Continue with new challenges until the game is won.



<https://youtu.be/j22gdOy1kdQ>

Go harder: Do more repetitions of each movement.



Rewards for a trustworthy person

Read Luke 12:42-48.

Reread the story. What was the reward for the trustworthy servant? Choose an edible 'reward' your family can enjoy at the end of this session.

What 'non-edible' rewards do you receive when you are trusted?

What would you like your family to be known for in your neighborhood?

Get into a team huddle - a tight circle with arms on each other's shoulders. Pray that God would help your family to have a reputation of being trusted.



Catch the airplane

Make a paper airplane. Stand in a circle. One player throws the airplane to another person. When they catch the airplane, they should name a person they can trust. Continue playing until everyone has had a turn.

Ask each person to think about why they can trust the people they named.



<https://youtu.be/MaN84RNWrPk>



Health tip

Try not to use technology to 'babysit' children on car trips or at restaurants. Use these times to talk, discover and learn.



Warm-up to music

Put on some favorite music. Do laps of the following around your space until the music ends:

- Jogging
- High knees running
- Back heels kicking
- Frog jumping



<https://youtu.be/Bi89SHI3BFo>

Share a time when someone you trusted let you down.

Go deeper: Describe the feelings that arise when trust is broken.



Weighted lunges



Add weight to the lunge. Wear a backpack with a book in it or hold water bottles in your hands. Think creatively but remember to keep a proper technique.

Complete two sets of 10 repetitions. Rest 30 seconds between sets.



<https://youtu.be/etkUxqBZ9Wo>

Go harder: Do more sets or carry more weight.



Plank and lunge challenge



Work with a partner. While one person is in a plank position the other does lunges. Change places after 10 lunges on each leg.

Do four rounds.

Go easier: Do five lunges on each leg.

Go harder: Add weights to your lunges.



Consequences of not being trustworthy

Read Luke 12:42-48.

Look at the serious consequences for the manager who was not worthy of trust. Find a measuring object such as a ruler or a jug. If you want to, hold the object and talk about a time when you were not trustworthy (did not measure up).

Discuss what needs to happen in order to restore trust. Which of the managers are you most like in Jesus' story?

Read together the last sentence from the passage and then say this prayer together:

“Lord, help us to keep our promises and be honest so that our words always match our actions.”



Trust walk

Work in pairs. One person is blindfolded while the other gives instructions to get to a goal. Put some obstacles out to make it more challenging. If possible do it outside.



<https://youtu.be/0004NuT1E9g>



Health tip

Turns screens off at least 60 minutes before bed to allow the brain to prepare for sleep.

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.

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Thank you.

The family.fit team



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