

Growing Together — Week 12



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**Do I put others first?**

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Squats

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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.**

## **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.



## Team warm-up

Make a shape (square or hexagon) or a special word using the bodies of everyone in the family. Then do these warm-ups:

- 20 mountain-climbers
- 20 high knees running
- 20 heel kicks
- 20 jumping jacks

Do three rounds. Then make the shape or word again.



<https://youtu.be/rzRn2JWbsuo>

Rest and talk together.

In what situations are you told where you have to sit?

*Go deeper: When you have a choice about where to sit, how do you decide?*

## Squats



Stand in front of a low chair. Bend your knees so you sit lightly on the chair. Stand up again.

Do 15 repetitions. Repeat.

Complete five rounds.

*Go harder: Increase the number of repetitions to 20 and remove the chair.*



<https://youtu.be/mwpMmpAWVds>

## Challenge

**20, 15, 10 and 5**

Start with 'high fives' then do:



- 20 jumping jacks
- 15 squats
- 10 mountain-climbers
- 5 speed skaters

End with 'high fives'.

Do three rounds. Try to get faster each round.

*Go harder: Increase number of rounds.*



## Humility is putting others first

Read **Luke 14:7-11** from the Bible.

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

Jesus has been invited to the home of an important person. He notices that people choose their seats on the basis of social ranking, status, and honor. In today's story Jesus teaches about humility.

Bible passage — Luke 14:7-11 (NIV)

When he [Jesus] noticed how the guests picked the places of honor at the table, he told them this parable: “When someone invites you to a wedding feast, do not take the place of honor, for a person more distinguished than you may



have been invited. If so, the host who invited both of you will come and say to you, 'Give this person your seat.' Then, humiliated, you will have to take the least important place. But when you are invited, take the lowest place, so that when your host comes, he will say to you, 'Friend, move up to a better place.' Then you will be honored in the presence of all the other guests. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

### *Discuss:*

Which seat would you want on a bus? In the car? In a classroom? Why?

How would you define humility from Jesus' story?

Create a 'chair of honor' and take turns to sit in it while another family member prays for you.



## Balance and walk

Take turns to balance a book on your head and walk to the other side of the room and back without dropping or touching it. Try it backwards. Then try a book with a plastic cup on top. Can you add water to the cup? Have fun!

*Go harder: Divide into two teams and make it a relay.*



**Health tip**

Eat well.



## Corners warm-up

Label the corners of the room with the numbers 1-4. Start at different corners and do different warm-ups. Move around the room to the next number. Do two rounds.



- 10 running on spot
- 10 speed skaters
- 10 mountain-climbers
- 10 squats

Rest and talk together.

Tell of a time when you let someone else go ahead of you.

*Go deeper: Why did you let them go first?*



## Squats

Do 15 squats and tap out to the next person. Continue until you have completed 150 as a family.



<https://youtu.be/mwpMmpAWVds>

*Go easier: Do 10 squats before tapping out.*

*Go harder: Set a higher family total.*



## Plank and squat challenge

Work with a partner.

While one person is in a plank position the other does squats. Change places after 10 squats.



Do five rounds.

*Go harder: Increase the number of rounds.*



## Humility has benefits

Read Luke 14:7-11.

Prepare a table so that one chair is far superior to the others. As you sit down, see who sits where.

Now act out the main part of the story where someone is asked to leave the superior seat so that another person can take their place.

Ask those who had to move seats how this felt. Why did they feel this way?

Together make a list of the benefits of being humble. Pray and ask for God's help.



## Flip-flop relay

Work in pairs. One will be the walker, the other will move the flip-flops. The walker walks slowly across the room while the other person moves the two flip-flops so that the walker always steps on a flip-flop. Swap roles.

Do three rounds. In the last round the walker can close their eyes. What happens?



<https://youtu.be/Wvc7x5xYPQM>







## Health tip

Eat well. Start the day with  
a healthy breakfast.



### Run and squat tag

Play 'tag' where one person chases the others to tag them. Whoever is tagged does five squats and then becomes the chaser. Continue for three minutes.



Rest and talk together.

Do you have a certain seat at the table in your family? Do you always sit there?

*Go deeper: How do you make a guest feel welcome? Where would they sit for a meal?*



## Partner squats



Stand facing a partner. Hold each other's wrists and squat at the same time.

Do three rounds of 15 squats.



<https://youtu.be/ExCB4SdQGn0>

*Go harder: Increase the number of rounds.*

## Tabata

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>



Do each movement for 20 seconds,  
followed by 10 seconds of rest:

- Squats
- Mountain-climbers
- Push-ups
- Sit-ups

Repeat this sequence. Do eight rounds.

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



## Being humble every day

Read Luke 14:7-11.

Put out enough chairs in a row for your family to sit on. Take turns to call out topics and sit in the correct order (for example, tallest to shortest; birth month; age).

Choose one family member to reread the story. Think of Jesus' words "Friend move up to a better place". What could this mean for us today? At school? On the bus? At work? At meals?

Write down names of people you know who need prayer. Stick these names to chairs in your house. Pray for them each time you sit in that chair.



## Coffee or coke

Draw a cup of coffee on one side of a piece of paper and a bottle of coke on the other.

Stand opposite a partner holding your paper. Without looking at it, flip it in your hands a few times and then show one side (coffee or coke). Did you choose the same as your partner?

Repeat five times. See how many times you both choose the same side.



<https://youtu.be/TQchZPvFazo>



## Health tip

Eat well. Chew slowly to enjoy the flavors and allow time for your food to digest.

# 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.



## MORE INFORMATION

# 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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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**!

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Thank you.

The family.fit team



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