

Growing Deeper — Week 1



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**Jesus – someone important!**

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DAY 1

DAY 2

DAY 3

Mark  
1:1-11

Jesus' coming  
predicted

His coming  
proclaimed

His coming  
confirmed



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Follow the  
leader

Grab the tail

Wheelbarrow  
and inchworm



Move

Planks

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planks

Mirror planks



Challenge

Crab plank  
relay

Plank laughing  
challenge

Plank tic-tac-  
toe



Explore

Read the story  
and predict 60  
seconds

Read story and  
discuss

Read story in  
roles and  
imagine being  
there



Play

Quick topic  
words

Show me the  
way

Swamp 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.**

## **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.



## Follow the leader

One person is leader for each round. Start by jogging around. The leader says a name and the family must move like this. Mix them up.

- Mr. Slow - move slowly
- Mr. Rush - move fast
- Mr. Jelly - shake your whole body
- Mr. Muddle - walk backwards
- Mr. Bounce - hop around
- Mr. Small - crouch and keep moving
- Mr. Strong - move flexing your muscle
- Mr. Tall - stretch up and move
- Mr. Tickle - wave your arms around
- Mr. Happy - move and smile



<https://youtu.be/CIhcURJ-KvI>

Rest and talk together.

How do you prepare for visitors coming to your home?

***Go deeper:*** Why do you make these preparations?



## Planks



Put hands and feet on the ground and keep your whole body straight like a plank.

Support your weight on your elbows.

Hold for 20 seconds and rest. Repeat another three times.

***Go harder:*** Move between hands and elbows in a fluid action.



## Crab plank relay

Divide into two teams. Set a distance of about five meters across the room or yard and mark it. One person from each team starts in a plank position at one end of the room. On GO, they shuffle sideways across to the marker and back staying in the plank position as they go. Continue with the next person in each team until finished.



<https://youtu.be/6rilHyfVUAc>

***Go harder: Make the course longer.***



## Jesus' coming predicted

Read **Mark 1:1-11** from the Bible.

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

There are four records of the life of Jesus in the New Testament. This is the beginning of a journey through Mark's story as we explore 'Who is this man Jesus?'. Mark's opening statement emphasizes two foundational starting points:

1. Jesus is the Messiah (the promised one from God).
2. This is Good News.

### **Bible passage — Mark 1:1-11 (NIV)**

This is the beginning of the good news about Jesus the Messiah, the Son of God. Long ago Isaiah the prophet wrote,



“I will send my messenger ahead of you.  
He will prepare your way.”

“A messenger is calling out in the desert,  
‘Prepare the way for the Lord.  
Make straight paths for him.’”

And so John the Baptist appeared in the desert. He preached that people should be baptized and turn away from their sins. Then God would forgive them. All the people from the countryside of Judea went out to him. All the people from Jerusalem went too. When they admitted they had sinned, John baptized them in the Jordan River. John wore clothes made out of camel’s hair. He had a leather belt around his waist. And he ate locusts and wild honey. Here is what John was preaching. “After me, there is someone coming who is more powerful than I am. I’m not good enough to bend down and untie his sandals. I baptize you with water. But he will baptize you with the Holy Spirit.”

At that time Jesus came from Nazareth in Galilee. John baptized Jesus in the Jordan River. Jesus was coming up out of the water. Just then he saw heaven being torn open. Jesus saw the Holy Spirit coming down on him like a dove. A voice spoke to him from heaven. It said, “You are my Son, and I love you. I am very pleased with you.”

### ***Discuss:***

Read the first three verses. Choose one person to time a one-minute challenge with a phone or watch. Others put up their hand when they think one minute has passed.

Who was the closest to 60 seconds?

Predicting the future is hard. Isaiah told us Jesus was coming 700 years before He came.

What does this say about Jesus?

**Chat to God:** Take turns to pray for each other, thanking God that He knows the future for each person.



## Quick topic words

Sit in a circle. Select topics such as cities, countries, names, or objects. Someone goes through the alphabet in their head until someone else says stop.

Take turns to quickly say a word on the topic which starts with the chosen letter. Continue until someone cannot think of a word, then start a new round. Rotate the topics every round.

Make it competitive if you like.



**Health tip**

Get enough sleep each day.

## Warm-up

**Grab the tail**

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. 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/J8zIzBxJM4o>

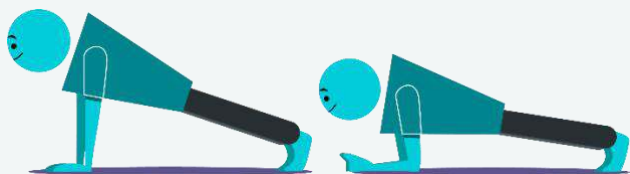
Rest and talk together.

What is the best gift you have ever received?

***Go deeper:** How do you choose the right gift for someone?*



## Up-down planks



Start in the plank position on your elbows and toes with your body in a straight line. Shift your weight and press up so you are supported on your hands – left hand then right hand. Then go back down to elbows.

Do 10 repetitions and rest. Do two rounds.



[https://youtu.be/91uewFI\\_Ly4](https://youtu.be/91uewFI_Ly4)

***Go easier:*** Keep the same technique from your knees (instead of your toes) or on a chair.



## Plank laughing challenge

Family members take turns to do a plank while timed with a watch or phone.

Other family members not planking make funny faces to try to make them laugh.

The person who planks for the longest time wins.



<https://youtu.be/w8i3cG8gCrM>

***Go harder:*** Do another round and try to improve your time.



## Jesus' coming proclaimed

Read Mark 1:4-8.

John was Jesus' older cousin. What made him stand out? What was his message?

John proclaimed that Jesus would come with the gift of the Holy Spirit. How does the Holy Spirit help us live life?

**Chat to God:** Find a blanket, sit closely together and wrap it around you. This is a picture of the Holy Spirit enfolding your family each day. Thank Jesus for His gift to us.





## Show me the way

Work with a partner. One is blindfolded and has a ball and the other has a bucket or similar.

In round one, the blindfolded person has three attempts to throw the ball into the bucket without knowing where it is. Place the bucket about two meters away.

In round two, the blindfolded person throws the ball into the bucket as it held by their partner. The partner can give directions like, “I am here” or “This way”. Swap roles.



<https://youtu.be/eD05N9sjuXo>

### **Discuss:**

Were you able to get the ball in the basket without the help of your partner? Why was it easier the second time?



### **Health tip**

Get enough sleep each day.

Be consistent – go to bed  
and wake up at the same  
time every day.



## Wheelbarrow and inchworm

**Wheelbarrow:** Work with a partner. Walk 10 meters then swap places.

**Inch worm:** Bend at the waist and place your hands on the floor. Walk your hands out until you're in a plank position with a flat back. Then walk your feet as close to your hands as you can.

Repeat for 10 meters. Do three rounds.



<https://youtu.be/tVYGRLFQqLA>

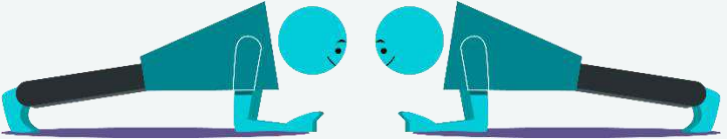
Rest and talk together.

Talk about some announcements you have heard 'important' people make.

**Go deeper:** *How does 'who makes the announcement' change how you hear the message?*



## Mirror planks



Work in pairs. Get into a plank position facing a partner. One person in each pair will be the mirror and will need to copy everything the other one does. Have fun.

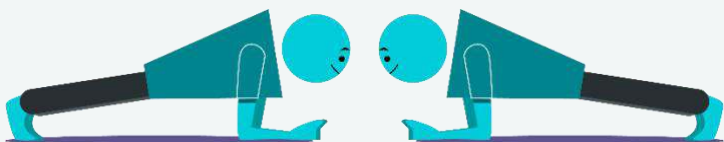


<https://youtu.be/FGj0seDO2QM>

***Go easier:** Refer back to the plank move from Day 1 or Day 2 this week.*



## Plank tic-tac-toe



Draw an outline for a tic-tac-toe game on a piece of paper and get markers for each person to use. Get into a plank position facing a partner and take turns to play the game while holding your plank.



<https://youtu.be/N5VeQKSEFNU>

***Go harder:*** Have the winners of each game play one another.



## Jesus' coming confirmed

Read Mark 1: 1-11.

Allocate the roles in the story: narrator, Isaiah, John and God. Read Mark 1:1-11 again. Add costume props if you want.

Imagine you were there on that day when God confirmed His special messenger. Talk about what you would have seen, heard, and felt.

What made this moment so special?

**Chat to God:** Name someone within your extended family circle who needs to know this Good News of Jesus. Can you be the voice of an Isaiah, a John, or God to them this week?



## Swamp walk

Find a partner and get two sheets of paper. Pretend the ground is a swamp and the sheets of paper are the only dry land. One person places and moves the papers on the floor to help the other person step across the swamp.

Swap places and guide the other person across safely.



<https://youtu.be/DhTSEEsV48>



### **Health tip**

Get enough sleep each day.

Remove electronic devices  
from the bedroom.



# 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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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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