

Growing Deeper — Week 1
Jesus — someone important!

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fast

7 minutes to help grow your
family.fitness.faith.fun



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It's so easy!

Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Crab plank relay	Read and discuss Mark 1:1-3
DAY 2	Plank laughing challenge	Read and discuss Mark 1:4-8
DAY 3	Swamp walk	Read and discuss Mark 1:9-11

This is the beginning of a journey through Mark's story as we explore 'Who is this man Jesus?'. It's found in the Bible in **Mark 1:1-11**.

It's easy! No special equipment. Just a sense of fun and an open mind!

More information at the end of the booklet. Please read the terms and conditions.



DAY 1

Get active



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>

Rest and Talk



Jesus' coming predicted

- *How do you prepare for visitors coming to your home?*

Read Mark 1:1-3.

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.

DAY 2

Get active



Plank laughing challenge

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

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

The person who planks for the longest time wins.



<https://youtu.be/w8i3cG8gCrM>

Rest and Talk



Jesus' coming proclaimed

- *What is the best gift you have ever received?*

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.

DAY 3

Get active



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/DhTSEEasV48>

Rest and Talk



Jesus' coming confirmed

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

Read Mark 1: 9-11.

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?

Words of the Week

You can find these words in a free online Bible here at [Mark 1:1-11](#) (NIV).

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.”

Health tip

Get enough sleep each day.

More Information

We hope you enjoyed *family.fit fast*. It has been put together by volunteers from around the world. It's free!

You will find full family.fit sessions on the website <https://family.fit>. Share it with others.

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Thank you.

The family.fit team



Promotional
video

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