

Growing Deeper — Week 2
Jesus — worth following!

family.fit
fast

7 minutes to help grow your
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It's so easy!

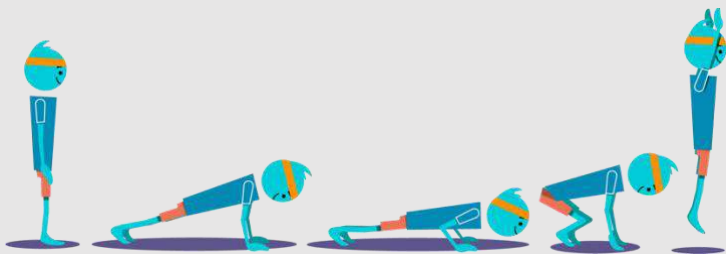
Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Running on hot lava	Read and discuss Mark 1:14-15
DAY 2	Burpee dice challenge	Read and discuss Mark 1:16-20
DAY 3	Follow the leader	Read and discuss Mark 1:16-20

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 1:14-20**.

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



Running on hot lava

Spread out around the space. Select a leader.

When the leader says “hot lava” everyone runs on the spot as fast as they can. When the leader says “stop” everyone does squats. Repeat until everyone is breathing heavily.



<https://youtu.be/G774IJKk9nQ>

Rest and Talk



Jesus' message

- *Talk about a time when you received some good news.*

Read Mark 1:14-15.

Jesus came proclaiming the ‘good news’.

- *What is the ‘good news’ of God?*

Write five statements describing this ‘good news’ on separate pieces of paper.

Chat to God: Thank God together for each of these parts of the ‘good news’.

DAY 2

Get active



Burpee dice challenge

You will need a dice or small pieces of paper numbered 1-6 in a bowl.

Stand in a circle and take turns to roll the dice or select a piece of paper and do the number of burpees indicated. Add the total number of burpees for your family. What's your score?

Do four rounds or continue for four minutes.



<https://youtu.be/cNKiaxH8k2o>

Rest and Talk



Jesus' invitation to follow

- *Who are the people or teams you follow?*

Read Mark 1:16-20.

- *Why do you think the disciples were so quick to follow Jesus?*

List some of the qualities you would look for when choosing to follow someone.

Chat to God: Thank you that you are trustworthy to follow. Help us to follow you every day, even when it is challenging. Amen.

DAY 3

Get active



Follow the leader

Put on your favorite music. Run around in a circle. One person is the leader and uses hand claps to communicate instructions:

- One clap – one plank
- Two claps – two mountain-climbers
- Three claps – three squats

Change leaders after one minute.



Rest and Talk



Jesus' task for His followers

- *Talk about a favourite memory from a fishing experience – yours or someone else's.*

Read Mark 1: 16-20.

To catch fish you need the right bait to attract them. Jesus is sending His followers out to 'catch people'.

- *Brainstorm some ways to attract people to the 'good news' of Jesus.*

Chat to God: Create some fish shapes out of paper. Write the names of people you know who need Jesus on each of them. Attach your 'school of fish' to the wall and use them as a focus for prayer this week.

Words of the Week

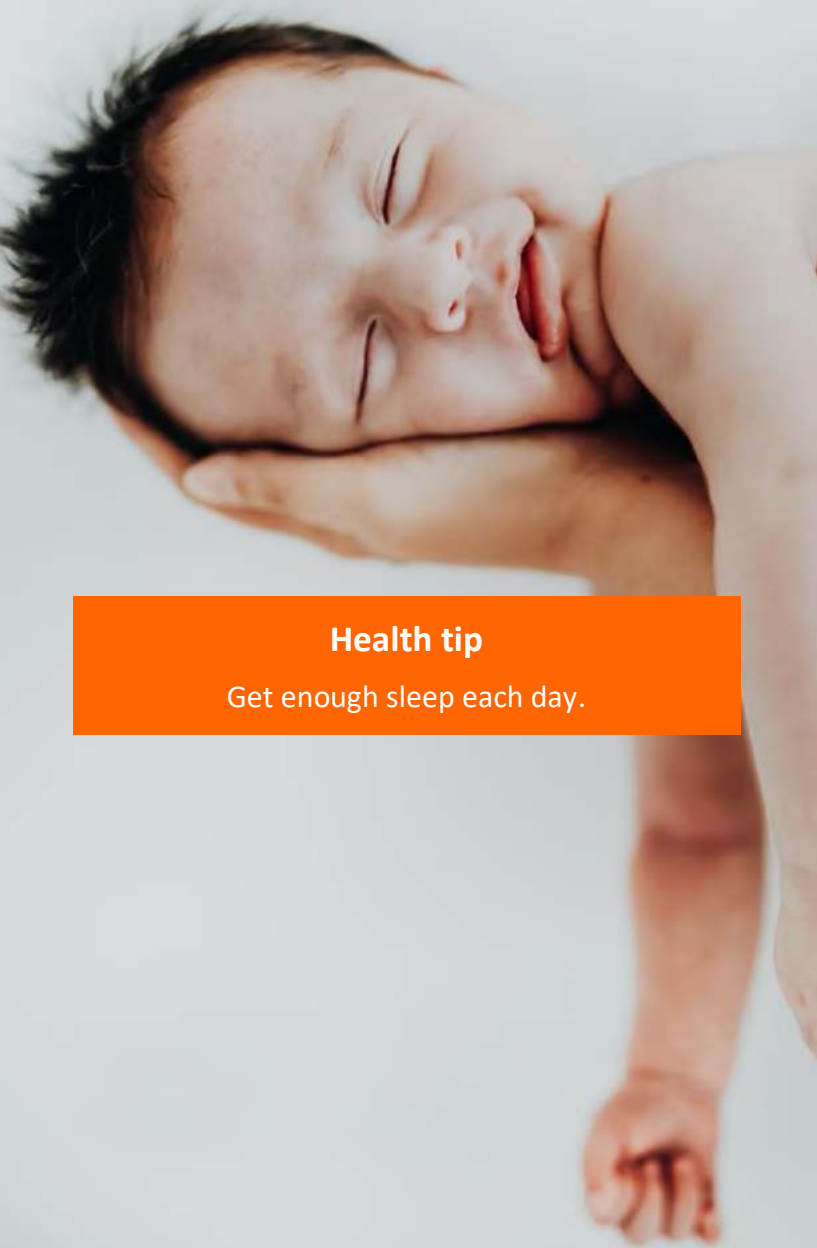
You can find these words in a free online Bible here at [Mark 1:14-20](#) (NIV).

Bible passage — Mark 1:14-20 (NIV)

After John was put in prison, Jesus went into Galilee. He preached the good news of God. “The time has come,” he said. “The kingdom of God has come near. Turn away from your sins and believe the good news!”

¹⁶ One day Jesus was walking beside the Sea of Galilee. There he saw Simon and his brother Andrew. They were throwing a net into the lake. They were fishermen. “Come and follow me,” Jesus said. “I will send you out to fish for people.” At once they left their nets and followed him.

Then Jesus walked a little farther. As he did, he saw James, the son of Zebedee, and his brother John. They were in a boat preparing their nets. Right away he called out to them. They left their father Zebedee in the boat with the hired men. Then they followed Jesus.



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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