

Growing Deeper — Week 2



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Jesus – worth following!

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Mark
1:14-20

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verses and
write 'good
news'

Read verses
and chat about
leader
qualities

Reread the
verses and act
it out



Play

Knee tag

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basketball

Ready, set ...
move

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.



Running on hot lava

Spread out around a 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 together.

Talk about a time when you received some good news.

Go deeper: *What impact does good news have on your life?*



Burpee preparation



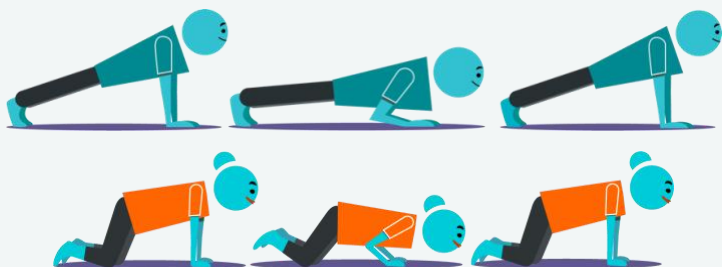
Part of a burpee is pushing off the floor. Do three rounds of 9 push-ups and 12 squats. These movements will help you to build up to a burpee.

Rest between rounds.

Go easier: Do only two rounds or lower the repetitions to 5 push-ups and 10 squats.



Push-ups challenge



See how many push-ups your family can do in two minutes. Set this number as a benchmark. Rest for one minute and be sure to praise each person's effort.

Repeat the two-minute challenge and see if you can beat your benchmark number.

Rest and drink water.



<https://youtu.be/58vFoCvmWfE>

Go easier: Do knee push-ups.

Go harder: Do three rounds.



Jesus' message

Read **Mark 1:14-20** from the Bible.

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

After God's affirmation from heaven, Jesus begins His public ministry. His first tasks are to announce His purpose and choose His small team of followers who will travel with Him for the next three years.

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.

Discuss:

Read the first two verses.

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. Put each paper on a plate at the meal table.

Think: Our food gives us life – the ‘good news’ gives us true life.

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



Knee tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position. Change partners and repeat.

Try it in groups of three.



https://youtu.be/WYMr_BAr_iE



Health tip

Get enough sleep each day.



Bear shoulder taps

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



<https://youtu.be/5FDgbQVUyDc>

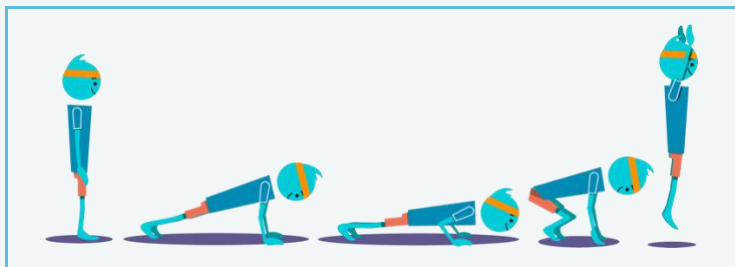
Rest and talk together.

Who are the people or teams you follow?

***Go deeper:** What are the benefits of following someone else? What could be a problem?*



Burpees



Start slowly and use the correct technique. Stand upright and move to the plank position to do a push-up on the floor. Then leap into the air and clap above your head. Try to do it in one fluid movement.

Do three burpees then rest. Do three rounds.



<https://youtu.be/ztcPXUuhmvl>

***Go easier:** If jumping is a problem, don't jump and clap at the end of the burpee.*



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>

Go harder: Increase the number of rounds to five or six.



Jesus' invitation to 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.

Take three kitchen utensils. Make a '+' sign with two of them and a '-' sign with the other one and place them on the table. Talk about the '+' ways your family is following Jesus. Then talk about '-' ways you struggle to follow Jesus. Pray about these together.

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



Sock basketball

Make a ball from a rolled-up sock. One person uses their arms as the goal.

Choose three places to shoot from.

Everyone gets three shots at each place.

Count the number of successful shots to find the winner.



<https://youtu.be/3S7GciVa2qU>



Health tip

Get enough sleep each day. Most adults need 7-9 hours of good quality sleep every night. Kids need even more.



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 together.

Talk about a favorite memory from a fishing experience – yours or someone else's.

Go deeper: *What makes fishing so popular?*



Burpee frog jump



Start from a standing position and do a normal burpee. Each time after you stand and clap, jump as far forward as you can like a frog.

Take turns and measure how far each person can jump!

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



Burpee time challenge



Choose four areas in your home or yard where you can all do burpees together. Start a timer, run to the first area and do 20 burpees. Complete 15 burpees at the second area, 10 burpees at the third, and five burpees at the fourth.

Stop the timer.

How long did your family take to finish the challenge?

Go easier: Reduce the number of burpees per area to 8, 6, 4 and 2.

Go harder: Increase the distance between the four areas.



Jesus' task for His followers

Read Mark 1: 14-20.

As you read the verses, act out the story together.

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. You can even use a magnet and a paper clip to show how people could be drawn to Him.

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.



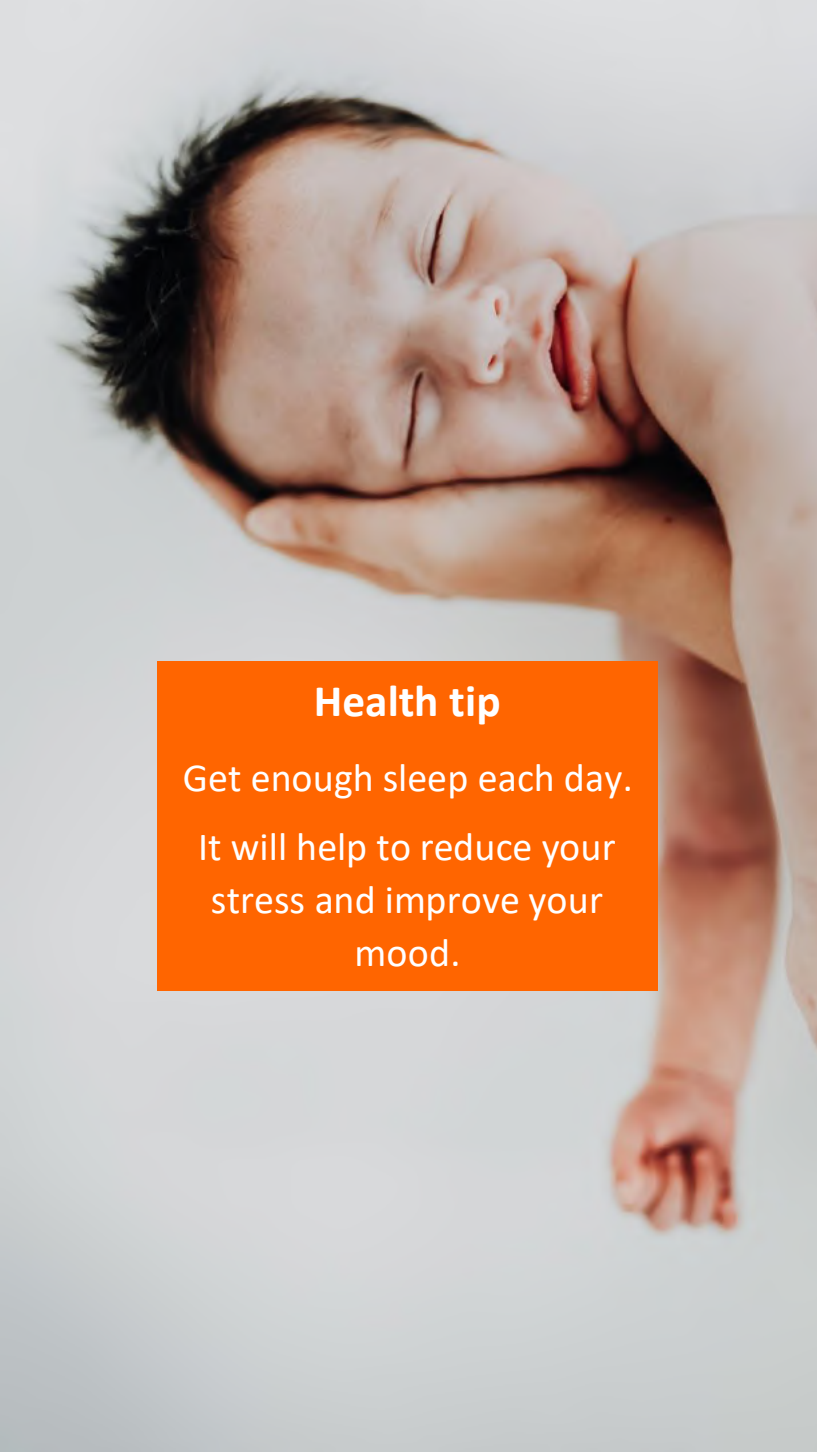
Ready, set, move

The leader calls out “Ready ... set ... move”, and everyone moves their bodies. The leader calls out “Ready ... set ... stop” and no one should move. Everyone must stay still if any word other than ‘move’ is called.



<https://youtu.be/LmJbJOTHWgo>

Go harder: *Players can be eliminated if they move when they shouldn't.*



Health tip

Get enough sleep each day.
It will help to reduce your
stress and improve your
mood.

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.

This resource is given freely and meant to be shared with others at no cost.

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<https://family.fit/subscribe/>.

If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



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