

Growing Deeper — Week 3



*family.fitness.faith.fun*



**Jesus loves people deeply!**

*[www.family.fit](http://www.family.fit)*



DAY 1

DAY 2

DAY 3

Mark  
1:40-45

Jesus wants us  
to be whole

Jesus touches  
the  
untouchable

Jesus is more  
'infectious'  
than disease



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Junkyard dog



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Superman

Superman  
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Challenge

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Explore

Read the  
verses and rip  
a paper into  
pieces

Read verses  
and touch  
something  
slimy

Read the  
verses and use  
objects to  
show doubling



Play

Watch my  
hands

Build a play-  
house

Together we  
stand

# 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.



## Object pick-up relay

Divide into two teams and stand on opposite sides of a space. Put 21 objects in the middle on the floor. Each team runs and collects the objects one by one as a relay. See which team can collect the most.

Rest and then repeat.



[https://youtu.be/leP\\_stRgkBw](https://youtu.be/leP_stRgkBw)

Rest and talk together.

Talk about some of the injuries you have had. How long did it take for them to heal?

***Go deeper:*** *How long can it take a hurt relationship to heal?*



## Superman



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your arms and legs off the floor as far as you can for three seconds. Then return to the starting position.

Do the movement 15 times, resting as needed.

Do three rounds. Rest between rounds.



<https://youtu.be/Yc7kWjUvOts>

*Go easier: Raise only your arms, not your legs. Do less repetitions.*

## Challenge

**Tic-tac-toe**

Make a Tic-Tac-Toe game board on the ground before you start (use tape or rope).

Work in two teams. Each team is given a challenge such as 5 burpees or 10 lunges. When completed, two people run and place their piece on the tic-tac-toe game.

Continue with new challenges until the game is won.



<https://youtu.be/uPbhmZbGCHo>



## Jesus wants us to be whole

Read **Mark 1:40-41** from the Bible.

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

In this story, Jesus has deep compassion on a man with a skin disease that made him an outcast from his family and community. Unlike a grazed knee, leprosy normally never heals. He was considered untouchable by others!

Bible passage — Mark 1:40-45 (NIV)

A man who had a skin disease came to Jesus. On his knees he begged Jesus. He said, “If you are willing to make me ‘clean’, you can do it.”

Jesus became angry. He reached out his hand and touched the man. “I am willing



to do it,” Jesus said. “Be ‘clean’!” Right away the disease left the man, and he was ‘clean’.

Jesus sent him away at once. He gave the man a strong warning. “Don’t tell this to anyone,” he said. “Go and show yourself to the priest. Offer the sacrifices that Moses commanded. It will be a witness to the priest and the people that you are ‘clean.’” But the man went out and started talking right away. He spread the news to everyone. So Jesus could no longer enter a town openly. He stayed outside in lonely places. But people still came to him from everywhere.

### ***Discuss:***

Read Mark 1:40–41.

Rip a piece of paper into a lot of pieces. Now try and put it back together.

- What made this task difficult?
- Who has the power to mend paper?

Having the power to do something is not enough. A choice has to be made about using that power. The man with leprosy believed that Jesus had the power to heal him and Jesus showed He wanted to heal him.

Jesus wants to heal our brokenness too. Share about a part of your life that feels broken right now.

**Chat to God:** Lord we bring to you our brokenness. Please mend us and restore us. Only you can make us whole.



## Watch my hands

Choose a leader. The leader stands at the front and moves their arms in a scissor action. The players must clap whenever the leader's hands cross.

If they don't clap when the hands cross, they are out. They are also out if the leader doesn't cross hands and someone claps. Try to all clap hands at the same time!

Have fun. Change leaders.



<https://youtu.be/4WSQXOPn8oc>



## Health tip

Get enough sleep each day.



## Hand touches

Stand upright in a push-up position facing a partner. Try to touch the other person's hands while you are protecting your own.

How many touches can you make in 60 seconds?



<https://youtu.be/Wc8Uw2Egdz4>

Rest and talk together.

What things are awful to touch?

***Go deeper:*** *When have you felt embarrassed or ashamed? What did it feel like when someone was careful and loving with you at that time?*



## Superman opposites



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your right arm and left leg as far off the ground as you can.

Hold for three seconds and relax.

Repeat with opposite arm and leg.

Do 10 repetitions and rest. Repeat.



<https://youtu.be/Yc7kWjUvOts>

***Go easier:*** Do five repetitions of each.



## Partner challenge



One person does a superman hold with arms and legs off the floor while the other person does five burpees. Swap places and repeat. Do three rounds.

***Go easier:*** Relax and repeat the superman hold.

***Go harder:*** Do five rounds or increase the number of burpees.



## Jesus touches the untouchable

Read Mark 1:41-42.

Put something 'slimy' in a container such as peanut butter or a raw egg. Invite everyone to run their hands through it.

There are some things we don't like touching. Leprosy was contagious, so everyone kept away from lepers.

How would you feel if people always avoided you?

How do you think the leper felt when Jesus reached out and touched him?

For Jesus, loving and helping the man was more important than anything else.

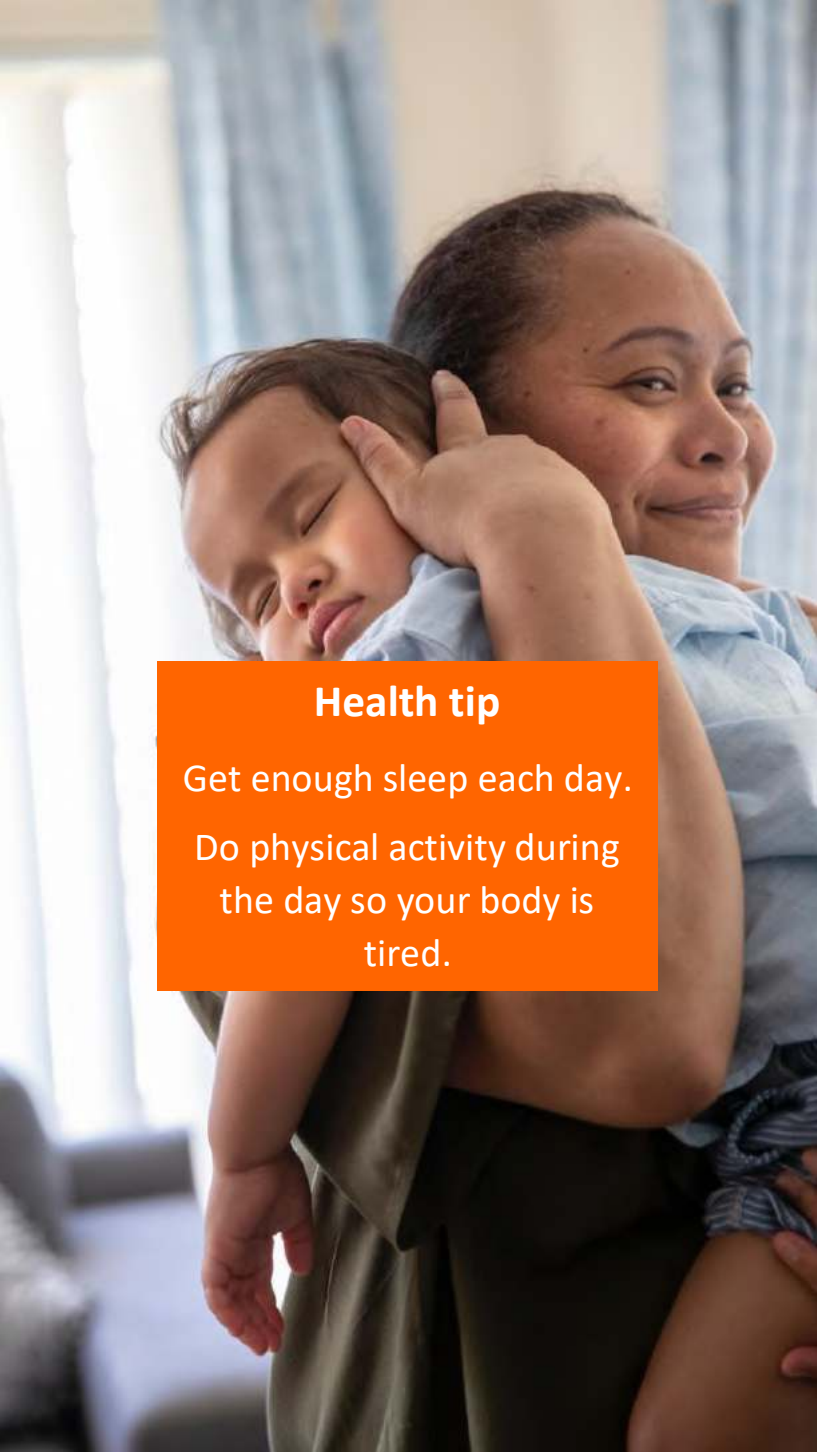
**Chat to God:** Lord open our eyes to see those people around us who are avoided by others. Show us how we can love them and give us the courage to do it.





## Build a play-house

Have fun with your family building a fort, castle or tent inside or outside. Be creative.



### **Health tip**

Get enough sleep each day.

Do physical activity during  
the day so your body is  
tired.



## Junkyard dog

One person sits on the floor with legs out to the front and arms out to the side. The others jump over the arm, the legs and the second arm. Everybody jumps two rounds and changes places so everybody gets to jump.



<https://youtu.be/ZUanzCSLc70>

Rest and talk together.

What do you like about your friends?

***Go deeper:** Who's someone you want to be like? What would you imitate?*



## Superman clock

Holding the superman position, move arms into positions like the arms of a clock. Go from overhead (12 o'clock) to having arms close to the body (6 o'clock). Hold each position for five seconds.

Repeat three times.



<https://youtu.be/TxTwP3CTVuI>

***Go easier:** Only complete the clock once or twice; or shorten the amount of time you hold each position.*

**Tabata**

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

Do planks for 20 seconds, then rest for 10 seconds. Do superman hold for 20 seconds, then rest for 10 seconds.

Repeat this sequence. Do eight rounds.

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



## Jesus is more ‘infectious’ than disease

Read Mark 1: 43-45.

Leprosy was thought to be very infectious. What was the man ‘spreading’ before he met Jesus?

What was he ‘spreading’ after he met Jesus?

Choose something small that you have a lot of such as toy bricks or stones. Put one on the floor. Then start a new row and double the number. Keep doubling the number in each row. Look how fast the number increases. Imagine how quickly the Good News of Jesus can spread when we pass it on.

How can you do that now, 2,000 years after this event?

**Chat to God:** Think of people you know who don't know much about Jesus. Ask God to help them hear and learn about Jesus who loves people more than anything.



## Together we stand

Sit back to back on the floor with a partner. Link your arms together. Now try to stand up while keeping your backs touching and arms linked. Pushing against each other will help.



<https://youtu.be/55n6wHOVKOY>

***Go harder:*** Try to pick up objects around the house while linked!





### **Health tip**

Get enough sleep each day.

Don't eat a big or heavy meal late in the day.

# 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.

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Thank you.

The family.fit team



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