

Growing Deeper — Week 4



*family.fitness.faith.fun*



**Jesus – welcomes everyone!**

*www.family.fit*



DAY 1

DAY 2

DAY 3

Mark 2:13-17

Jesus welcomes the least deserving

Jesus welcomes the unpopular

Jesus shows us who we really are



Warm-up

Burpee relay

Warm-up to music

Grab the tail



Move

Chair dips

Dips with leg raises

Elevated feet dips



Challenge

Circuit challenge

Obstacle course

Tower challenge



Explore

Read the verses and discuss being noticed

Reread verses and list people in two categories

Reread verses and do a health check



Play

Help with the basics

Grab a partner

Quick topic words

# 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.

## Warm-up



## Burpee relay



Set up a course about 10 meters long.

Do this relay in pairs. One person in each pair does a lap of the course doing a sequence of burpees and long jumps while the other person does superman holds at the start line. Tag and swap places.

Do four to six laps each.



<https://youtu.be/YxACO9-xYWg>

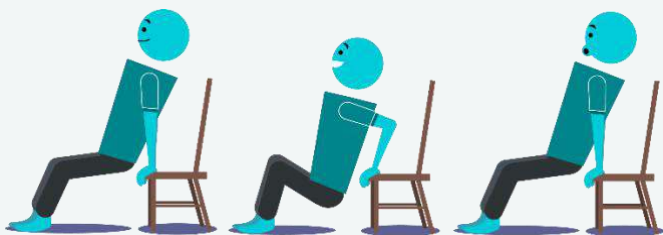
Rest and talk together.

Look around you. How many things can you notice that have changed since yesterday?

**Go deeper:** *Who do you try to connect with in a group? Someone like you or someone different? Why?*



## Chair dips



Dip on a chair by supporting your weight on your arms. Keep feet on the floor.

Inhale ↑  ↓  Exhale

Do 10 repetitions and rest. Repeat one more time. Rest between rounds.



<https://youtu.be/TNn--LUjc4E>

**Go harder:** Increase the number of repetitions or do four rounds.

## Challenge

## Circuit challenge



Set up four activity stations around the yard. Each person starts at a different station. Do the following sequence and then rest for 60 seconds. Do three rounds.

- Five planks down on elbows and up on hands
- Five superman with swimming arms
- Five dips
- Three burpees



<https://youtu.be/OqYivZU97i8>

***Go harder: Do five rounds.***



## Jesus welcomes the least deserving

Read **Mark 2:13-17** from the Bible.

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

Four fishermen – Peter, Andrew, James and John – were the first to join Jesus’ team. Now it’s Levi’s turn to decide how to respond when Jesus invites him.

### **Bible passage — Mark 2:13-17 (NIV)**

Once again Jesus went out beside the Sea of Galilee. A large crowd came to him. He began to teach them. As he walked along, he saw Levi, the son of Alphaeus. Levi was sitting at the tax collector’s booth. “Follow me,” Jesus told him. Levi got up and followed him.



Later Jesus was having dinner at Levi's house. Many tax collectors and sinners were eating with him and his disciples. They were part of the large crowd following Jesus. Some teachers of the law who were Pharisees were there. They saw Jesus eating with sinners and tax collectors. So they asked his disciples, "Why does he eat with tax collectors and sinners?"

Jesus heard that. So he said to them, "Those who are healthy don't need a doctor. Sick people do. I have not come to get those who think they are right with God to follow me. I have come to get sinners to follow me."

### ***Discuss:***

Share together about a time when you were surprised that someone noticed you.

- What did they say or do? How did you feel?

Jesus was a popular person. Crowds followed Him everywhere. Yet, He stopped

to talk with one person: Levi, an unpopular tax collector.

- How would you have felt if you were Levi?

We all like to be noticed by someone we admire.

**Chat to God:** Thank God that He takes notice of you every day. Ask Him to help you to notice and encourage people who are not in your usual group.



## Help with the basics

Work in pairs. One person will do a basic task for the other by standing behind them and 'being their hands'.

Do tasks like brushing hair, cleaning teeth, or washing the face. Afterwards swap places.

What was this like for each person?



<https://youtu.be/PW9IDPpR1Wc>



**Health tip**

Get enough sleep each day.



## Warm-up to music



Put on some up-tempo music and do the following:

- 20 running on the spot
- 5 squats
- 20 high knees running
- 5 jumping jacks

Do five rounds.



<https://youtu.be/Fhfi-xEjI74>

Rest and talk together.

Who would you invite to a family party?  
How did you choose who to invite?

**Go deeper:** *Are there people who don't deserve to be invited? Why? What are your reasons?*



## Dips with leg raises



Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

Do 10 repetitions and rest. Repeat.



<https://youtu.be/KKSmes5IMZ0>

***Go easier:*** Decrease the number of repetitions.

***Go harder:*** Increase the number of repetitions.

# Challenge



## Obstacle course

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug, and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



[https://youtu.be/gya0WqKDV\\_Q](https://youtu.be/gya0WqKDV_Q)

***Go harder:*** Try to do the course in pairs. You must be connected together at all times.



## Jesus welcomes the unpopular

Read Mark 2:13-17.

Make two lists of people: those the world labels 'unworthy' like Levi, and those who are 'popular'.

- Why do you think Jesus accepted the invitation to a tax collector's dinner party?
- How comfortable did His disciples feel? How comfortable would you feel?

Go back to your invitation list for the family party. Are there any changes to make?

**Chat to God:** Lord help us make everyone feel welcome in our home.





## Grab a partner

Work with a partner. One person wears a blindfold and stands about 10 steps away from their partner. The partner slowly walks towards the blindfolded partner. The blindfolded partner must listen carefully to how close their partner is getting and say 'stop' at the right time to grab them.



<https://youtu.be/7pc-modgyJg>



## Health tip

Get enough sleep each day.

You'll feel better and be more alert and energetic.

## Warm-up



## Grab the tail

Everyone wears a scarf or small towel as a 'tail' tucked in at the back. 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/D7En4-s1laE>

Rest and talk together.

Is it easier to find stories of people doing bad things or good things? Why?

***Go deeper:*** *On a scale of 1 to 10, how good and deserving are you compared to other people?*



## Elevated feet dips



Dip on a chair by supporting your weight on your arms. Find a box or couch or other object to put your feet on so that they are also elevated.

Do 10 repetitions and rest. Repeat.

***Go easier:*** Do chair dips from Day 1 instead.

# Challenge



## Tower challenge

Work in pairs. Find six plastic cups per pair. One person holds superman while the other does five chair dips. After each round place one cup on the floor to build a pyramid tower then swap roles. Do six rounds to build the tower.

Time the teams to compete against each other.



<https://youtu.be/AGsogCB6pBk>

***Go harder:*** Increase the tower to 10 cups.



## Jesus shows us who we really are

Read Mark 2:13-17.

Check the health of each person using whatever you have available (thermometer, heart rate, visual check, and so on). Take turns to think about your own health, naming something that is not well in your physical body.

- How is knowing you're sick like knowing you are sinful?
- Who did Jesus say He came to help?

**Chat to God:** Thank you God that you welcome us, even though all of us are broken, sinful and in need of you. Help us to welcome other people the same way.



### 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.

A young girl with long dark hair is sleeping peacefully at a desk. She is leaning her head on her hand, and a laptop is open in front of her. The entire image has a teal color overlay. An orange text box is positioned in the lower-middle part of the image.

### **Health tip**

Get enough sleep each day.  
It will help you make better  
decisions and avoid  
injuries.



# 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.

If you would like to receive family.fit as a weekly email you can subscribe here:

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

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

Thank you.

The family.fit team



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