

Growing Deeper — Week 5



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Jesus – the multiplier!

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DAY 1

DAY 2

DAY 3

Mark 4:3-8

Jesus calls us
to listen

Jesus wants us
to understand

How to grow
our impact



Warm-up

Jump the rope

Rabbit in the
hole

Warm-up to
music



Move

Slow speed
skaters

Toe touch
speed skaters

Obstacle speed
skaters



Challenge

Zigzag hopping
relay

10, 20, 30
challenge

Family speed
skater
challenge



Explore

Read the
verses and test
listening

Reread verses
and share
stories and
distractions

Reread verses
and consider
multiplication



Play

Samurai, Ninja
and Sumo

Guard the
treasure

Balance and
walk

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.



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Jump the rope

One person swings a rope from side to side close to the ground. Players have to jump over the rope each time it passes without touching it. Anyone who touches the rope swaps places with the person who is swinging it.



<https://youtu.be/36rijZa0kDA>

Rest and talk together.

How good are you at listening? (Score yourself out of 10.)

Go deeper: *When is good listening important?*



Slow speed skaters



Practice speed skaters to develop leg and core strength. Bend and touch the knee with the opposite hand. Each touch is one repetition. Start slow then increase speed and make the movements fluid.

Do six. Rest and then do 12. Rest again and do 18.



<https://youtu.be/fjolG1GdoAU>

Go harder: Increase repetitions to 30.



Zigzag hopping relay

Set a course 10-15 meters long. Take turns to hop on one foot to the end. Zigzag to make it more challenging if you can.

Split into two teams to compete as a relay.



<https://youtu.be/0f11qjMJZVI>

Go harder: Make the course longer.



Jesus calls us to listen

Read **Mark 4:3-8** from the Bible.

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

Jesus attracted a large crowd as He taught beside Lake Galilee. Not all of these people were His followers – many were undecided. So Jesus used stories (parables) to engage them. He gave a clear explanation to His closest followers afterwards. This is one of Jesus' best-known stories.

Bible passage — Mark 4:3-8 (NIV)

“Listen! A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil.

It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain. Still other seed fell on good soil. It came up, grew and produced a crop, some multiplying thirty, some sixty, some a hundred times.”

Discuss:

Jesus said “Listen!”.

- How well did you listen to the story?

Choose someone to read the story again but this time leave out key words. For fun, substitute ‘bubble gum’ for each missing word. Others can take turns to say the key words left out.

Chat to God: Our prayers can be more about asking than listening. Today pray simply, “Speak, Lord, for your servant is listening.” Be prepared to receive an answer as you go about your day.



Samurai, Ninja and Sumo

Make up a simple action for the three different characters – Samurai, Ninja and Sumo. Stand facing each other and choose a leader.

Everyone, including the leader, secretly chooses a character to act out. At the count of 3, everyone does the action for their chosen character. Anyone with the same character as the leader gets a point. The first person to five points wins.

Swap leaders and play again.



<https://youtu.be/r8b5OypNbgg>



Health tip

Drink more water.



Rabbit in the hole

Spread hoops or sheets of paper around the floor. These are the rabbit holes. Everyone starts in a different one.

The leader says “Rabbit in the hole”, and everyone hops on one leg to another hole. Change legs each time you move to a new hole. If you step out of the hole you become the next leader.



<https://youtu.be/fYJ9JbS0EEc>

Rest and talk together.

What have you grown that has produced a lot of ‘fruit’?

Go deeper: *How open are you to new ideas? Why or why not?*



Toe touch speed skaters



Practice speed skaters. Each time your foot comes forward, try to reach and touch it with the opposite hand. Start slowly and then increase speed and fluency.

Do 10 of them. Rest and then do 20. Rest again and do 30.

Go harder: Increase the number of repetitions to 40, 50 or 60.



10, 20, 30 challenge



Work with a partner. While one person holds superman, the other does 10 speed skaters. Swap places and repeat. Next do 20 speed skaters while the other person holds superman. Swap. Continue with 30, 40 and 50 repetitions if you can.

Go easier: Decrease the number of repetitions to 30 or 40.

Go harder: Increase the number of repetitions to 60 or more.



Jesus wants us to understand

Read Mark 4:3-8 and 4:13-20.

In verse 13 Jesus said to His followers, “Don’t you understand this parable?” He then went on to explain it.

- What is the meaning of each type of soil?

Share your own stories of when you first heard the message about Jesus and how you responded.

Make a family list of some distractions that make it hard to be a follower of Jesus.

Chat to God: Each person can choose one or two distractions to pray about, asking the Holy Spirit to bring understanding of how to deal with these.



Guard the treasure

One person, the 'guard', sits on a chair facing a wall with a set of keys under the chair. Everyone else starts at the other end of the room and silently creeps up to the chair to try to grab the keys and run back to the start. The guard can turn at any time and catch people moving. Anyone caught has to start again. The guard chases and tags anyone who snatches the keys. The tagged player becomes the guard for the next game.



<https://youtu.be/96tSINScrqQ>



Health tip

Drink more water. Start each day by drinking a full cup of water.



Warm-up to music



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

- 20 jumping jacks
- 5 ski jumps (jump from side to side)
- 10 push-ups against a wall or fence
- 5 big jumps

Repeat.

Rest and talk together.

What have you made or done in the last week?

Go deeper: *Who are some of the people you admire for the work they do in your community?*



Obstacle speed skaters

Do speed skaters with an object such as a rope or book on the ground that you have to step over. Make the speed skaters smooth and then increase speed.

Do 20. Rest and then do 20 again. Do three rounds.



https://youtu.be/qTbh7-y4_A0

Go easier: Reduce the number of rounds.



Family speed skater challenge

Stand in a big circle facing each other. Do 300 speed skaters as a family. One person starts and then taps out to the next person when ready for a break. After 100, run as a family to a marker and back. Run to the pace of the slowest runner. Continue with the next 100 speed skaters until you have completed 300 as a family.



<https://youtu.be/fjolG1GdoAU>

Go harder: Increase family total to 500.



How to grow our impact

Read Mark 4:3-8.

This story shows how people who listen and respond to God can be effective.

- What is the result of the seed that fell on 'good' soil?

Do some mathematics. Can you find examples of multiplication in your garden or park?

- If each member of your family told two people about Jesus and each of them told two people, how many people would your family influence for God's Kingdom?

Chat to God: Look out at your neighborhood. Each person focus on one person or group and pray for opportunities to share God's love with them and make a difference in their lives.



Balance and walk

Take turns to balance a book on your head and walk to the other side of the room and back without dropping or touching it. Try it backwards. Then try a book with a plastic cup on top. Can you add water to the cup? Have fun!

Go harder: Divide into two teams and make it a relay.



Health tip

Drink more water.

We need water for digestion, to help us move, and to regulate body temperature.

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.

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family.fit Five Steps



Promotional video

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Thank you.

The family.fit team



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