

Growing Deeper — Week 6



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**Jesus in our challenges!**

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DAY 1

DAY 2

DAY 3

Mark  
6:45-52

Jesus spends  
time alone

Jesus walks on  
water

Jesus meets  
our needs



Warm-up

Dance and  
freeze

Arm circles and  
body shapes

Bear and crab  
walk



Move

Partner lunges

Slow deep  
lunges

Weighted  
lunges



Challenge

Penguin jump  
tabata

Tower  
challenge

Fill the cup



Explore

Read the  
verses and  
listen in silence

Read verses  
and statue  
poses

Read the  
verses and  
draw two faces



Play

Squat and run

Build a tower  
race

Throw the ball  
challenge

# 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.



## Dance and freeze

Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and then does 10 speed skaters.

Repeat until everyone is breathing heavily.



<https://youtu.be/XOZ7GQczakg>

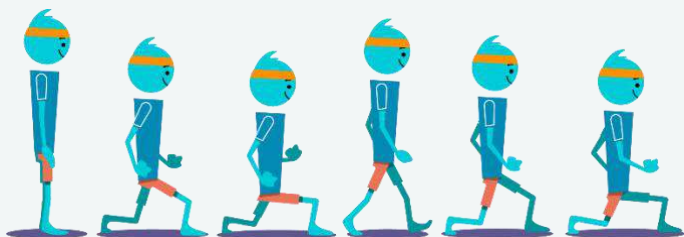
Rest and talk together.

What do you enjoy about times when you're alone? What don't you like?

***Go deeper:*** *Why is it important to schedule time alone in your life?*



## Partner lunges



Stand straight with hands on hips. Step forward with one leg and lower your hips until your front knee is bent at 90 degrees. Alternate legs.

Practice lunges in pairs facing each other. Start slowly and carefully. Do four rounds of 10 repetitions. Rest between each round.



<https://youtu.be/vb0H2Ke823I>

***Go easier:*** Do two rounds.

***Go harder:*** Increase repetitions to 20 each round.



## Penguin jump tabata

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

Work in pairs. As one person sits against a wall (without a chair), the other person jumps like a penguin (arms straight down with hands tapping side). Do this for 20 seconds. Rest for 10 seconds and swap places. Do eight rounds.



<https://youtu.be/tkpatTU8lGY>

***Go harder:*** Repeat and try to beat your personal record.



## Jesus spends time alone

Read **Mark 6:45-52** from the Bible.

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

In this section of Mark's account, Jesus spends a lot of time with crowds of people. He feeds them, heals them, and teaches them. The events in this story reveal two important priorities for Jesus. He spends time with His Father, and He cares for His friends.

### **Bible passage — Mark 6:45-52a (NIV)**

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray.



Later that night, the boat was in the middle of the lake, and he was alone on land. He saw the disciples straining at the oars, because the wind was against them. Shortly before dawn he went out to them, walking on the lake. He was about to pass by them, but when they saw him walking on the lake, they thought he was a ghost. They cried out, because they all saw him and were terrified.

Immediately he spoke to them and said, "Take courage! It is I. Don't be afraid." Then he climbed into the boat with them, and the wind died down. They were completely amazed.

### ***Discuss:***

Play some loud music, clap along, stamp your feet to the rhythm, and sing. After a short time stop the music. Stand still and be silent. Listen carefully. What do you hear?

After a busy day with crowds, Jesus sends His friends away and takes time to be alone and silent. He prays.

- What do you think Jesus might have prayed about?

**Chat to God:** Everyone find a space in the home to be alone for a few minutes. Ask God to show you what He wants you to know today.



## Squat and run



Place two containers on the ground about five meters apart. Put four objects in one container.

One person moves four objects (one at a time) from one container to the other while a second person does squats. The person squatting then becomes the runner and a third family member does squats. Repeat until everyone has had a turn at squats and running.



<https://youtu.be/T0GoBsU61nE>

A low-angle, silhouette-style photograph of a person drinking water from a clear plastic bottle. The person's hand and the bottle are on the left, and their profile is on the right. The background is a bright, clear blue sky with some light clouds. The overall color palette is dominated by light blues and oranges.

## Health tip

Drink more water.



## Arm circles and body shapes

**Arm circles:** Stand in a circle and together complete 15 of each arm movement. Small circles forward, small circles backward, big circles forward, big circles backward.

**Body shapes:** Lie face down, arms overhead and palms facing each other. Move your arms like the hands of a clock into each formation.

Do three rounds.



<https://youtu.be/UonZ9iHrg5Y>

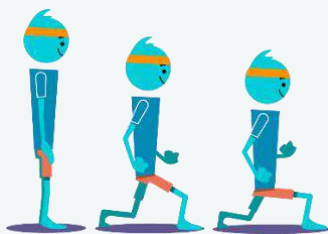
Rest and talk together.

Share some stories about when any of your family members were 'rescued' from a difficult situation.

**Go deeper:** *What motivates you to respond to someone else's need?*



## Slow deep lunges



Practice the slow lunge. Today our focus is on tempo.

Step forward with one leg and count to five as you slowly lower your hips until your back knee touches the ground. Stand up quickly. Repeat for the other leg.

Be a turtle, not a rabbit!

Repeat five times per leg.



<https://youtu.be/vb0H2Ke823I>

***Go easier:*** Decrease the tempo and count to three as you lunge.



## Tower challenge



Work in pairs with six cups per pair. One person holds superman while the other does five squats. After each round place one cup to build a tower. Swap roles. Do six rounds. Try to build your tower as fast as possible each time.



<https://youtu.be/TIkIPJciKrQ>

***Go harder:*** Make a triangular tower with 10 cups.



## Jesus walks on water

Read Mark 6:45-52.

Notice Jesus' pattern here:

1. He prays to God
2. He sees His friends' need
3. He then goes to their aid.

Make statue poses for these three aspects from the story. Have fun capturing them in different ways. Take a photo on your phone. Share [@familyfitnessfaithfun](https://www.instagram.com/familyfitnessfaithfun)

- Who can you see in need today?
- What could your 'going' look like?

**Chat to God:** Lord give us eyes to see the needs of people around us. Give us wisdom and commitment as we respond to those needs.





## Build a tower race

Divide into two teams. Each team finds eight objects around the house to use to build a tower.

Have a race to build the tallest tower possible. Do it as a relay.

Alternatively, set different challenges each time using the same objects, such as strongest tower, most creative tower, widest tower, and so on.



[https://youtu.be/2G8ppdg\\_bWU](https://youtu.be/2G8ppdg_bWU)

A low-angle, close-up photograph of a person's hands holding a clear glass bottle of water. The person is drinking from the bottle, and the water is visible inside. The background is a bright, clear blue sky with some light clouds. The overall color palette is dominated by shades of blue and teal, with the person's silhouette in dark tones.

## Health tip

Drink more water.

The body can't store water.  
It needs a fresh supply  
every day.



## Bear and crab walk

Bear walk across the room and crab walk back. Do five laps.

**Bear walk:** Walk face down with feet and hands on the floor.

**Crab walk:** Walk face up with feet and hands on the floor.



<https://youtu.be/azlijvxQGykc>

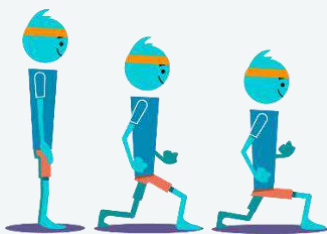
Rest and talk together.

When have you been terrified?

***Go deeper:** What helped you cope when you were terrified?*



## Weighted lunges



Add weight to the lunge. Wear a backpack with a book in it or hold water bottles in your hands. Think creatively to find weights the right size for each person. Remember to keep a proper technique.

Complete two sets of 10 repetitions. Rest 30 seconds between sets.



<https://youtu.be/vb0H2Ke823I>

***Go harder:*** Hold the weight over your head while performing the lunges.



## Fill the cup challenge



Using a chair, each person does three dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going in a relay until the glass is full.

Three dips = one spoon.



<https://youtu.be/Hrz56LDlsc>

***Go harder:*** Increase the number of dips per spoonful.



## Jesus meets our needs

Read Mark 6:45-52.

The disciples changed from being terrified to being amazed.

Everyone draws a terrified face on one side of a piece of paper and an amazed face on the other. As the story is read, each person responds by showing the appropriate face on their paper.

- Jesus says, “Take courage! It’s me. Don’t be afraid.” What does it mean for you if you say ‘Jesus is in my boat today?’

**Chat to God:** Make an imaginary boat big enough for your family. Sit in it together and pray for each other to experience the presence of Jesus in your challenges.



## Throw the ball challenge

Everyone makes a paper ball and practices throwing and catching with one hand. Then everyone stands in a circle and throws their ball to the right at the same time as they catch the ball from the left. Encourage one other.



<https://youtu.be/tzmJQQ6XwIw>

***Go harder: Increase the speed.***

A low-angle, close-up photograph of a person's hands holding a clear glass bottle of water. The person is drinking from the bottle, and the water is visible inside. The background is a bright, clear blue sky with some light clouds. The overall color palette is dominated by shades of blue and teal.

## **Health tip**

Drink more water.

People need different amounts of water each day depending on their age, gender and activity level.



# 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

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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:

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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)