

Growing Deeper — Week 10



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Jesus inspires generosity!

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Mark
14:3-9

Surprising
generosity

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generosity

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generosity



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squats



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Explore

Read the
verses and act
out the story

Read verses
and consider
what's
expected

Read verses
and draw or
make a gift box



Play

Generous
words

It's better to
give than
receive

Guard the
treasure

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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Move to music

Put on some favorite music. Do laps of the following around your space until the music ends:

- Jogging
- High knees running
- Back heels kicking
- Frog jumping



<https://youtu.be/PK3ByxwflgA>

Rest and talk together.

Name something for which you are very grateful.

Go deeper: *How do you demonstrate gratitude when you receive gifts?*



Slow squats



Family.fit is about fun, but correct technique is important too!

Complete five squats as follows:

- Take five seconds to descend as low as you can
- Hold for three seconds
- Stand up fast in one second

Do 20 repetitions. Rest after 10.



<https://youtu.be/NrhYxStRYFs>

Go easier: Squat onto a low chair.

Go harder: Increase the repetitions.



Family squat challenge



Stand in a circle facing each other. Do 150 squats as a family. One person starts and then taps out to the next person when ready for a break.



<https://youtu.be/FsFDAR-nIDM>

Go harder: Use a stopwatch. Repeat the challenge and try to improve your time.



Surprising generosity

Read **Mark 14:3-9** from the Bible.

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

Just before the Last Supper, Jesus shares a meal with Simon (a leper He probably healed), some other guests, and an unexpected visitor who is incredibly generous.

Bible passage — Mark 14:3-9 (NIV)

While he was in Bethany, reclining at the table in the home of Simon the Leper, a woman came with an alabaster jar of very expensive perfume, made of pure nard. She broke the jar and poured the perfume on his head. Some of those present were saying indignantly to one another, “Why this waste of perfume? It could have been sold for more than a year’s wages and the

money given to the poor.” And they rebuked her harshly. “Leave her alone,” said Jesus. “Why are you bothering her? She has done a beautiful thing to me. The poor you will always have with you, and you can help them any time you want. But you will not always have me. She did what she could. She poured perfume on my body beforehand to prepare for my burial. Truly I tell you, wherever the gospel is preached throughout the world, what she has done will also be told, in memory of her.”

Discuss:

Find some simple props and costumes and act out the story. Don't rush. Stop to consider the feelings and responses of each person in the story.

- Why did the woman pour the perfume on Jesus?

Chat to God: Silently meditate on your own response to Jesus. Thank Him for all He has done for you and worship Him.



Generous words

Tape a sheet of paper to the back of each person and give everyone a pen. Take turns to write positive things about each family member on their paper. Younger ones can draw pictures or ask for help in writing. When everyone is finished remove the papers and sit in a circle to read them.



<https://youtu.be/DjGOfaWJCO>

Reflect:

How did you feel after you read the words about you? Was it hard to write about other family members? Why?



Health tip

Reduce technology 'screen' time.



Stretch to the sky

Stand tall then crawl down to a push up position. Crawl up again, stand, and stretch arms to the sky. Crawl down again, extend right foot for balance and right arm to the sky. Crawl up again, stand, and then repeat on the left side.

Do three rounds.



<https://youtu.be/86BuXRW8P-c>

Rest and talk together.

To whom do you give regularly? You may give time, practical help, money ...

Go deeper: *When have you been challenged to give more than usual?*



Partner squats



Stand facing a partner. Hold each other's wrists and squat at the same time. Do three rounds of 15 squats.

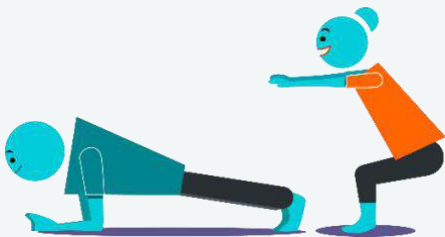


<https://youtu.be/McKuB4rlun0>

Go harder: Increase the number of rounds.



Plank and squat challenge



Work with a partner.

While one person is in a plank position the other person does squats. Change places after 10 squats.

Do four rounds.

Go harder: Increase the number of rounds.



Expected generosity

Read Mark 14:3-9.

Think of a joke and say it without the punchline. Can others guess the ending?

We can often work out endings because we expect them. We know how the story goes.

Verses 4-5 show us that the guests thought the expensive perfume should be used 'as expected'. Jesus, however, honored the woman for giving unexpectedly. Is Jesus calling us to some unexpected acts of gratitude and worship?

Chat to God: Ask God if your giving (individual or household) needs to be redirected or increased. Give Him time to speak and inspire you.



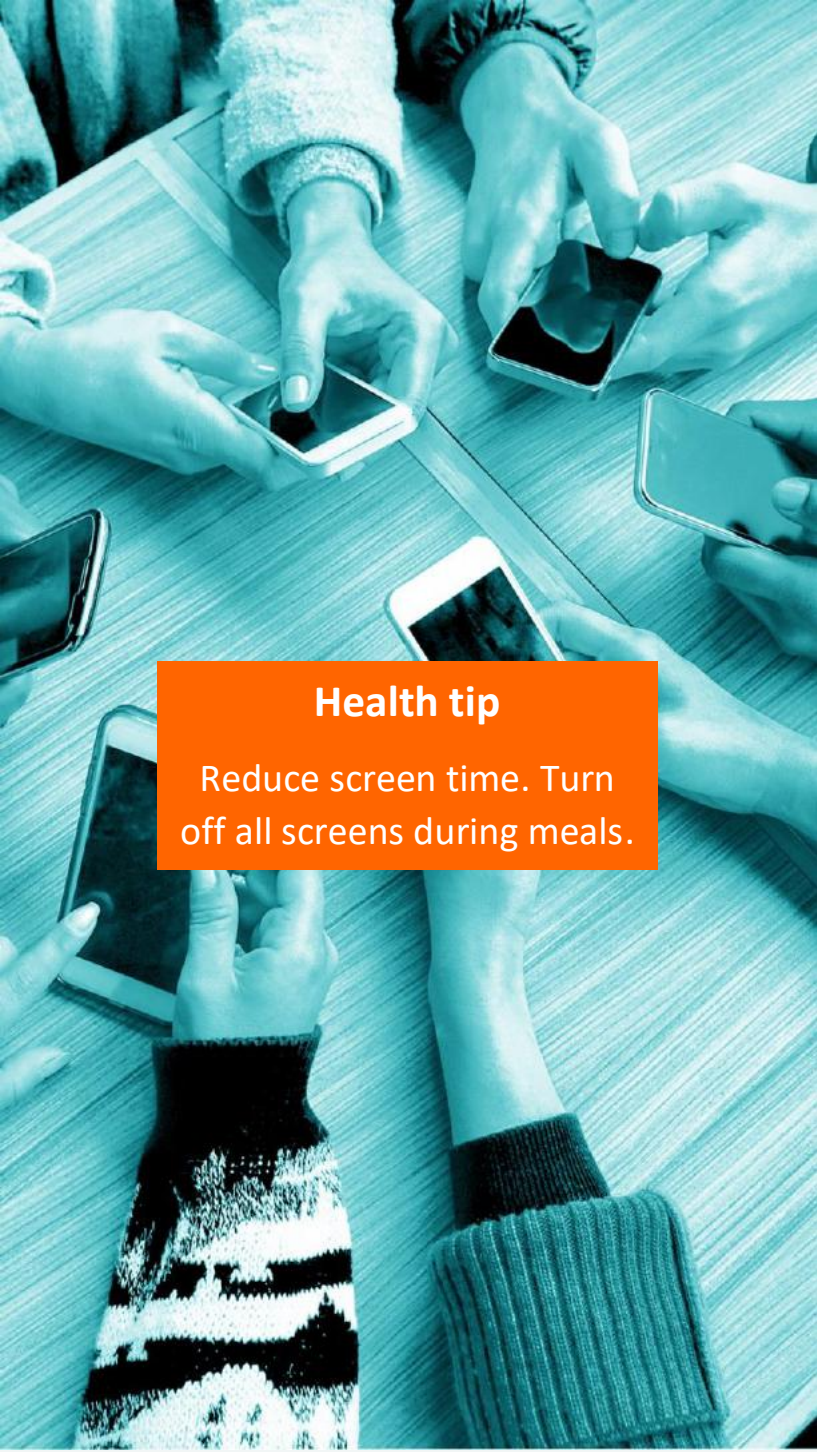
It's better to give than receive

Use tape or rope to make a line down the middle of your space. Choose at least two soft things per person such as shoes or stuffed toys that can be safely thrown and place them on the line. Divide into two teams, step back from the line, and set a timer for three minutes. On “go” run to the line, grab an item and toss it over the line. Continue tossing back and forward until the time is up.

The team with the least items wins.



<https://youtu.be/VIO9-vraTac>



Health tip

Reduce screen time. Turn off all screens during meals.



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/JZ7oOjNQYDI>

Rest and talk together.

What is the best gift you’ve ever received?

Go deeper: *What special talent has God given you?*



Weighted squats



Add weight to the squat if you can. Take turns to grab a backpack, a large water bottle (or a child!) and complete 10 squats. Encourage one another!

Do three rounds.



<https://youtu.be/NrhYxStRYFs>

Go easier: Do five squats each round.

Challenge

Partner relay



Work with a partner. One person does jumping jacks while their partner crawls 10 meters like a bear, does five squats with jumps, and then crawls back like a crab. 'High five' and swap places.

In the second round do 10 sit-ups instead of squats.

End with 'high fives'.



<https://youtu.be/pAqhKti0BVA>



Exceptional generosity

Read Mark 14:3-9.

Smell some perfume or flowers. The perfume the woman poured on Jesus' head was probably worth a year's wages. Even though she may not have realized it, the woman was preparing Jesus for His crucifixion and burial.

Jesus' words in verse 7 show that giving to the poor is expected of us. Giving extraordinary – even extravagant – gifts to Jesus should be our response to His incredible generosity and love towards us.

Draw or make a gift box for each person. Decorate it and write the special talent or ability God has given you inside.

Chat to God: Hold the gift box before God. Ask Him to use this gift for His purposes.



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 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/r3IPb7AY_cs



Health tip

Reduce screen time. Plan family activities to replace time on screens.

Be creative!

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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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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