

Growing Deeper — Week 7



*family.fitness.faith.fun*



**Jesus loves children!**

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**DAY 1**

**DAY 2**

**DAY 3**

**Mark  
10:13-16**

**Who seems  
unimportant in  
our world**

**Children are  
valuable to  
Jesus**

**Children are an  
example to  
follow**



**Warm-up**

**Corners  
warm-up**

**Follow the  
leader**

**Junkyard dog**



**Move**

**Wall push-ups**

**Partner  
push-ups**

**100 partner  
push-ups**



**Challenge**

**Push-ups relay**

**Push-ups draw  
lots challenge**

**Grab the tail**



**Explore**

**Read the  
verses and find  
important  
objects**

**Read verses  
and mime how  
to get  
attention**

**Read the  
verses and talk  
about what we  
can learn from  
children**



**Play**

**Family  
competition**

**Change the  
line-up**

**Build a  
play-house**

# 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.



## Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.

1. 10 jumping jacks
2. 10 running on spot
3. 10 mountain-climbers
4. 10 squats



<https://youtu.be/atFvnMT9EVE>

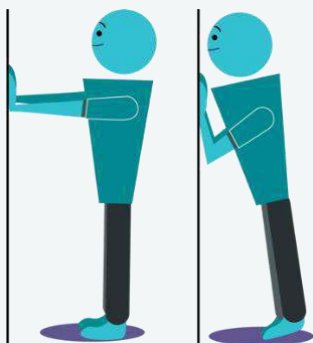
Rest and talk together.

What are the first two things you do each morning?

***Go deeper:*** Rank all the usual events from your day based on importance.



## Wall push-ups



Stand with arms stretched out towards a wall. Lean forwards, place palms on the wall, bend elbows and push back to standing position.

Complete 10 and rest. Do three rounds.

***Go easier:*** Stand closer to the wall.

## Challenge



## Push-ups relay



Divide into two teams and stand on opposite sides of the room. Put 21 objects such as toys, spoons, or balls in the middle.

Members of each team take turns to run to the center, do five push-ups, pick up an object, and run back to tag the next person. Continue until all objects are picked up.

Which team collected the most?



<https://youtu.be/fwXZIf7AjBk>

*Go easier: Do the push-ups on a wall.*



## Who seems unimportant in our world?

Read **Mark 10:13-16** from the Bible.

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

Jesus had become very popular and crowds gathered to see Him and hear His teaching. With so many people, the disciples were unhappy that some were bringing their children to Jesus to be blessed.

### **Bible passage — Mark 10:13-16 (NIV)**

People were bringing little children to Jesus for him to place his hands on them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, “Let the little children come to me, and do not hinder them, for the



kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” And he took the children in his arms, placed his hands on them and blessed them.

***Discuss:***

Read Mark 10:13-16.

Run and get the top three things you would take to a deserted island.

- Why did you choose these three?

In Bible times children were often thought to be unimportant.

- What does the disciples' reaction tell us about their opinion of children?
- Who is unimportant in your world?

Write names of 'unimportant' people as small as you can on a piece of paper. Get a phone camera and magnify the names.

**Chat to God:** Ask God for His help to see in these people what He sees and to accept them like He does.



## Family competition

Which family member can do the following?

- Longest jump from standing position
- Longest time standing on one leg
- Longest time without blinking
- Say your full name in one breath
- Dribble a ball for the longest
- Longest plank or squat

Make up your own. Have fun!



**Health tip**

Drink more water.



## Follow the leader

Put on your favorite music. Run around in a circle.

One person is the leader and uses hand claps to communicate instructions:

- One clap – do a superman
- Two claps – do two lunges
- Three claps – do three speed skaters

Change leaders after one minute.

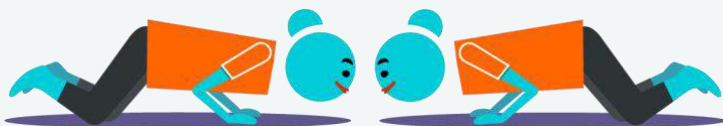
Rest and talk together.

What is the most expensive item you have touched?

***Go deeper:** What is your most valuable possession?*



## Partner push-ups



The key to a good push-up is keeping your body in a straight line and your elbows close to your side.

Face your partner with your knees on the ground and your hands in line with your shoulders. Do a push-up at the same time and then give each other a one-handed high-five.

Complete 10 and rest. Do two rounds.



[https://youtu.be/stuFr3i21\\_M](https://youtu.be/stuFr3i21_M)



## Push-ups draw lots challenge

Write the following tasks on small pieces of paper, fold, and place in a container:

- 5 push-ups
- 10 push-ups
- 15 push-ups
- 20 push-ups
- Give someone a hug
- Give someone a high five
- Give someone a massage
- Get a glass of water for everyone

Take turns to draw lots and do the task picked. Help one another as needed.

Complete three rounds.



## Children are valuable to Jesus

Read Mark 10:13-16.

- How would you try and get Jesus' attention in a crowd? Mime it.

Many people were trying to reach Jesus.

- Why do you think He specifically insisted that children come to Him?
- How do we determine people's value?

**Chat to God:** Write in a paper heart “You are precious to God and to us”. Give one to each member of your family and pray for them.





## Change the line-up

Everyone stands in a line. Time how long it takes the family to put themselves into order for the following:

- Shortest to tallest
- Youngest to oldest
- Alphabetical order of first name
- Length of hair
- Number of books read in the last month



<https://youtu.be/FknPalguWqU>

A close-up shot of water pouring from a dark, textured stone spout on the left. The water falls into a pool below, creating splashes and ripples. The background is a soft-focus landscape of green foliage and blue mountains under a clear sky.

## Health tip

Drink more water.

Drinking water before a meal helps to lose weight.



### 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.

Who is someone you want to be like?

***Go deeper:** What about them would you imitate?*



## 100 partner push-ups

Work with a partner. One starts with one push-up. Then the other does two push-ups. The first does three push-ups. Then the other does four. Continue this way to 10 push-ups and rest when it isn't your turn. Once you get to 10, work your way back down to one. If you do, you will have completed 100 push-ups as a pair. Wow!



[https://youtu.be/stuFr3i21\\_M](https://youtu.be/stuFr3i21_M)

*Go easier: Do push-ups on the wall or on your knees.*

## Challenge

**Grab the tail**

Set the boundaries of the game.

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do three push-ups and continue the game. Have fun!



<https://youtu.be/D7En4-s1laE>

***Go harder: Increase push-ups to five.***



## Children are an example to follow

Read Mark 10:13-16.

Jesus noticed children, prayed for them, and set them as an example for others.

Isn't that amazing?

Brainstorm the differences between children and adults.

- How can children teach us about receiving the Kingdom of God?

**Chat to God:** Lord, thank you that we can learn from each other. Thank you for children who remind us to be trusting and open to new ideas.



## Build a play-house

Have fun with your family building a fort / castle / tent inside. Be creative.

A close-up photograph of water flowing from a dark, textured stone spout on the left. The water is captured in mid-air, creating a dynamic splash as it falls into a pool of water below. The background is a soft-focus landscape of green foliage and blue mountains under a clear sky. An orange rectangular box is overlaid in the center, containing white text.

## Health tip

Drink more water.

Enough water helps us  
think, focus and  
concentrate better.



# 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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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



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