

Growing Deeper — Week 8



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Jesus does the impossible!

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10:17-31

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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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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.



Relays

While everyone does jumping jacks, one person runs to the far side of the room or yard, picks up an object, and runs back. They give the object to someone else to continue the relay. Keep going until everyone has had a turn.

Rest, then do another relay while everyone does speed skaters.



<https://youtu.be/J8XhcRQkgC8>

Rest and talk together.

Talk about the positives and negatives of following rules.

Go deeper: *What makes you think someone is a good person?*



Partner Sit-ups



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to “sit-up”. Return to start position.

Work in pairs. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places.

Do three rounds.



<https://youtu.be/ufGar8JeTuY>

Go harder: Do five or more rounds.



Random challenge

Write the numbers 1-10 on pieces of paper and put them in a hat or bowl.

Each person picks one paper and does the number of sit-ups indicated before tapping out to next person.

Return all papers to the container. Do three rounds. Change the movement each time or even add fun actions.



<https://youtu.be/doIHK7i1dPE>

Go harder: Do four or more rounds.



Being good is not enough

Read **Mark 10:17-31** from the Bible.

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

Jesus continually stretched His disciples in their thinking. In these verses Jesus meets a wealthy, religious man and teaches us important truths about the Kingdom of God.

Bible passage — Mark 10:17-31 (NIV)

As Jesus started on his way, a man ran up to him and fell on his knees before him. “Good teacher,” he asked, “what must I do to inherit eternal life?”

“Why do you call me good?” Jesus answered. “No one is good—except God alone. You know the commandments: ‘You shall not murder, you shall not commit adultery, you shall not steal, you shall not give

false testimony, you shall not defraud, honor your father and mother.”

“Teacher,” he declared, “all these I have kept since I was a boy.”

Jesus looked at him and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.” At this the man’s face fell. He went away sad, because he had great wealth.

²³ Jesus looked around and said to his disciples, “How hard it is for the rich to enter the kingdom of God!”

The disciples were amazed at his words. But Jesus said again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” The disciples were even more amazed, and said to each other, “Who then can be saved?”

Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”

Then Peter spoke up, “We have left everything to follow you!”

“Truly I tell you,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life. But many who are first will be last, and the last first.”

Discuss:

Read Mark 10:17-31.

Write a checklist of the things a good student or worker would do. Read verses 17-22. Write one of these checklists for the man who met Jesus.

- What did he get right and what did he get wrong?

None of us live perfectly. No one is ‘good’ except God!

Chat to God: Think about the things you have done wrong that have hurt others. Say sorry to God. Thank God that He is good!



Ants on a log

Everyone stands on a 'log' (a line, log or a bench). The goal is to reverse your order on the log without anyone falling off. Work together so everyone is successful. Set a timer. Do it again and try to beat your time.



https://youtu.be/uDj_n2U9t3Y

A close-up photograph of water being poured into a clear glass. The water is captured in mid-pour, creating a dynamic, swirling stream that falls into the glass. The water surface is turbulent, with many small bubbles and ripples. The entire image has a monochromatic teal or light blue color cast. In the center, there is a solid orange rectangular box containing white text.

Health tip

Drink more water.



Unbroken circle



Everyone holds hands and stands in a circle.
Do these moves together:

- 5 squats
- 5 lunges
- 5 superman holds
- 5 push-ups

Repeat. Try not to break the circle.



<https://youtu.be/ygkcmvKgJXY>

Rest and talk together.

What things are hard for you to do by yourself?

Go deeper: What is something you would find impossible to do?



Butterfly sit-ups

Lie on your back with the bottom of your feet together and knees out to the side – like a butterfly. Try to keep your feet on the ground as you do five sit-ups. Rest between rounds. Do three rounds.

Go harder: Do five rounds or more.



Sit-up / push-up Tabata



Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

Do sit-ups for 20 seconds, then rest for 10 seconds. Do push-ups for 20 seconds, then rest for 10 seconds.

Repeat this sequence. Do eight rounds.

Go harder: Increase the number of repetitions in 20 seconds.



It's impossible to save yourself

Read Mark 10:23-26.

Gather five differently sized objects around your house. See if you can fit them through a small hole or the 'eye' of a needle.

- What would you have to do to a camel to fit it through?

It's impossible, isn't it? This is a great picture of us trying to get into God's kingdom by being good enough.

Chat to God: Write some good things that you as a family pride yourself in. It's impossible to use these things to qualify you to get into God's kingdom. Ask God to help you see what He wants.



I need, I need

One person leads the game. They shout, “I need, I need ... a ball.” Everyone runs to find a ball. Whoever brings the object back first wins a point. Continue the game by asking for common household objects.

After a few rounds swap leaders. Ask for objects of more value, such as money, phones, watches, or candy. Win five points for these items if you are the first to bring them.



<https://youtu.be/Rvhm7gcjSQY>

Discuss:

What was it like to find and give away more valuable objects? Did it change anything?

A close-up photograph of water being poured from a glass pitcher into a clear glass. The water is captured in mid-pour, creating a dynamic, flowing stream with visible ripples and bubbles. The background is a soft, out-of-focus light blue. The entire image has a teal/cyan color cast.

Health tip

Drink more water.

Carry water with you and
drink some whenever you
feel thirsty.



Mirror warm-up

Stand with a partner. One person decides actions such as high knees running, squats, superman, lunges, and so on. The other person acts as the mirror and follows the actions.

Swap roles after 60 seconds.



<https://youtu.be/hUX5iNJVDjY>

Rest and talk together.

What did you ask someone to help you with this week?

Go deeper: *Is it easy or hard for you to ask for help?*



Weighted sit-ups



Find an object around your home that has some weight to it such as a bottle of water, a toy, or something else you can hold.

Do five sit-ups while holding the weight close to your chest. Be sure to squeeze your core when you do the sit up!

Rest. Do three rounds.



<https://youtu.be/ufGar8JeTuY>

Go harder: Complete five or more rounds.



Sit-up tag



Find a space where you can all run around. One person is the 'tagger' who chases everyone to tag them. When someone is tagged, they stop and do three sit-ups. They then become the new tagger.

Play for three minutes or until everyone is exhausted.

Go harder: Play for five minutes.



God loves to save us

Read Mark 10:24-31.

Get a tightly closed bottle or jar. Let the youngest person in the family try to open it. If they can't do it, they should ask the next person for help.

Although it's impossible for us to save ourselves, God can save us. He wants us to humbly ask Him to do it for us. Do it now!

Chat to God: Lord Jesus, I cannot save myself by being good all the time. I continue to fail. I need you to save me. I put my trust in you.



Tangled up

Stand in a circle shoulder to shoulder. Reach out your right hand and take hold of another person's right hand. Do the same with the left hand. Work together to untangle yourselves, keeping hands connected at all times.



<https://youtu.be/HCXAxkPkXe0>

A close-up, high-speed photograph of water being poured from a source above into a clear glass. The water is captured in mid-pour, creating a dynamic, swirling column of liquid that splashes into the glass. The background is a soft, out-of-focus light blue. The entire image has a teal/cyan color cast. An orange rectangular box is overlaid in the center, containing white text.

Health tip

Drink more water.
Help the environment by
recycling empty plastic
bottles.

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.

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

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

Thank you.

The family.fit team



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