

Growing Deeper — Week 9



family.fitness.faith.fun



Jesus responds to our needs!

www.family.fit



DAY 1

DAY 2

DAY 3

Mark
10:46-52

Call on Jesus
anytime

Jesus hears us

Jesus is ready
to respond



Warm-up

Speed ball

Starfish

Bear and crab
walk



Move

Mountain-
climbers

Partner
mountain-
climbers

Mountain-
climbers and
holds



Challenge

Tabata
challenge

Back to back
squats

20, 15, 10, 5



Explore

Read the
verses and
stand up
challenge

Read verses
and identify a
secret sound

Read the
verses and
brainstorm
how to help



Play

Together we
stand

Together we
go

Sock
basketball

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.



Speed ball

Find a ball. Everyone runs around the space throwing the ball to one another to catch. When someone drops the ball, they must do six squats or three burpees.



<https://youtu.be/wb5lwu1pbQ>

Rest and talk together.

When have you been in a big crowd seeing someone famous?

***Go deeper:** How do you respond when you see famous people or teams?*



Mountain-climbers



Put hands and feet on the ground and keep your whole body straight like a plank. Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.

Do 50 repetitions. Rest after every 10.



<https://youtu.be/JJ7TnZfPUaA>

Go easier: Reduce the number of repetitions to 20 or 30.

Go harder: Increase the number of repetitions to 80 or 100.



Tabata challenge

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

Do mountain-climbers for 20 seconds, then rest for 10 seconds. Run on the spot for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.

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



Call on Jesus anytime

Read **Mark 10:46-52** from the Bible.

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

Jesus was on the way to Jerusalem. As He walked, Jesus and His disciples passed a blind beggar near Jericho. Blind Bartimaeus shouts for Jesus' help – even when others tell him to be quiet. Jesus stops and responds to his deepest need.

Bible passage — Mark 10:46-52 (NIV)

Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means “son of Timaeus”), was sitting by the roadside begging. When he heard that it was Jesus

of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”

Many rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”

Jesus stopped and said, “Call him.”

So they called to the blind man, “Cheer up! On your feet! He’s calling you.”

Throwing his cloak aside, he jumped to his feet and came to Jesus.

“What do you want me to do for you?” Jesus asked him.

The blind man said, “Rabbi, I want to see.”

“Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road.

Discuss:

Everyone sits cross-legged on the floor or a chair. Time each person to see how long it

takes to stand up without using hands, clap five times and shout “Jesus, Son of David”.

Who was the fastest?

When Bartimaeus called Jesus “Son of David”, he was saying he believed Jesus was the Messiah. The Jews looked forward to the coming of the Messiah who would save people from their sin.

What would you call out to Jesus?

Chat to God: Spend time in silent prayer. Picture yourself in a crowd, seeing Jesus. Now take turns to say one sentence to describe your reactions. Thank Jesus for being present.



Together we stand

Sit back to back on the floor with a partner. Link your arms together. Now try to stand up while keeping your backs touching and arms linked. Pushing against each other will help.



<https://youtu.be/Sp8aIMD-4jY>

Go harder: Try to pick up objects around the house while linked!

A hand holding a black smartphone is the central focus. The background is a blurred crowd of people. Overlaid on the image are several circular icons: a red heart, a yellow smiley face with rosy cheeks, a yellow smiley face with an open mouth, a blue thumbs-up, and a yellow smiley face with a neutral expression. An orange rectangular box is positioned in the lower-middle part of the image, containing white text.

Health tip

Reduce technology 'screen' time.



Starfish

Work with a partner. One person gets in a plank position with legs apart. The other person jumps over the legs, one leg at a time and returns to the start. Repeat 10 times and then swap places.

Do three rounds.



[https://youtu.be/20HcA -iK k](https://youtu.be/20HcA-iK_k)

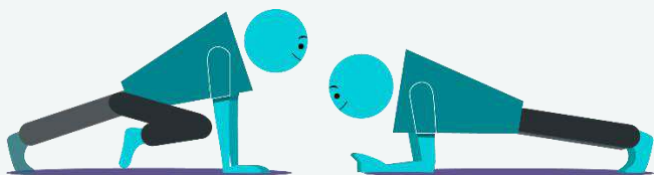
Rest and talk together.

Talk about a time you had to struggle to be heard.

Go deeper: *Whose voices need to be heard more in our community?*



Partner mountain-climbers



Work in pairs. One person does 10 mountain-climbers while the other person is in a plank position. Swap places.

Do three rounds.



<https://youtu.be/JJ7TnZfPUaA>

Go harder: Do five rounds.



Back to back squats



Stand back to back with a partner. Lean on each other and descend to a 90-degree squat position. Maintain that position and pass a ball overhead to each other. See how many times you can pass it in 30 seconds.

Rest and repeat.

Do three rounds. Try to increase the number of ball passes each round.



<https://youtu.be/wjYd0GDTGbw>



Jesus hears us

Read Mark 10:46-52.

Each person secretly finds an object that makes a sound. Sit in a circle with eyes closed. Now take turns to listen to each object's sound.

Can you identify each one?

Bartimaeus was making plenty of noise and many people told him to stop! But he just shouted even louder. Jesus hears us when we call on Him – from our shouts to our whispers.

What do you need Jesus to help you with?

Chat to God: Tell God the needs of your household in whispers. Pause and in a louder voice, thank Him for hearing you.



Together we go

Line up next to each other. Using a rag or nylon stocking, tie yourself at the ankle to the person on either side of you. (The people on each end will have their outside foot free.)

As a team work together to move from a starting point to the finish as fast as possible. Make sure you stay connected.

Rest and repeat.

Do three rounds. Try to get faster each time.



<https://youtu.be/iUNq82vnbil>

A close-up photograph of a person's hand holding a black smartphone. The background is blurred, showing other people and lights. Overlaid on the image are several circular icons: a red heart, a blue thumbs-up, and various yellow emojis (smiling face with rosy cheeks, surprised face, and neutral face).

Health tip

Reduce screen time. Limit the number of hours you look at screens each 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/HE9ljmzwB_A

Rest and talk together.

When did you receive something that was **exactly** what you needed? It may have been a gift, advice, assistance ...

Go deeper: *Why was it important to get something you really needed at just the right time?*



Mountain-climbers and holds



Do 10 mountain-climbers then hold a superman position with arms and legs off the floor for 10 seconds.

Do five rounds with no breaks.



<https://youtu.be/JJ7TnZfPUaA>

Go easier: Do holds for just five seconds.

Challenge

20, 15, 10, 5



Start with 'high fives' then do:

- 20 jumping jacks
- 15 speed skaters
- 10 chair dips
- 5 sit-ups

End with 'high fives'.

Do three rounds with no rest between them. Time everyone.

Go harder: Increase number of rounds.



Jesus is ready to respond

Read Mark 10:46-52.

The crowd changed. It went from telling Bartimaeus to stop shouting, to encouraging him. “Don’t be afraid! Come on!” So he jumped up, full of hope, and Jesus healed him.

Think of someone in your community who is in need. Brainstorm ideas to help them.

Could your household respond to this need and encourage them?

Are we “jumping up” to respond?

Can we prompt someone else to seek Him too? “He’s calling you!”

Chat to God: Lord help us to notice the needs of people around us and respond.



Sock basketball

Make a ball from a rolled-up sock. One person uses their arms as the goal. Choose three places to shoot from. Everyone gets three shots at each place. Count the number of successful shots to find the winner.

Play again and blindfold the person taking the shots.



<https://youtu.be/5zt0ZewwXzU>

A close-up photograph of a person's hand holding a black smartphone. The background is blurred, showing other people and lights. Overlaid on the image are several circular icons: a red heart, a blue thumbs-up, and various yellow smiley faces with different expressions like surprise, happiness, and neutral. An orange rectangular box is positioned in the lower-middle part of the image, containing white text.

Health tip

Reduce screen time. Close some social media accounts.

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.

If you would like to receive family.fit as a weekly email you can subscribe here:

<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



www.family.fit