

Growing Deeper — Week 11



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Jesus submits to God's will!

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DAY 1

DAY 2

DAY 3

Mark
15:12-20,
37-39

Pilate gives in
to the crowd

Jesus submits
to God's will

Jesus
recognized as
God



Warm-up

Draw a person
relay

Corners
warm-up

Follow the
leader



Move

Basic plank

Up-down
planks

Mirror planks



Challenge

Crazy clock

Battle of the
socks

Plank and
lunge
challenge



Explore

Read the
verses and
discuss

Read verses
and act out the
scene

Read verses
and tell your
story



Play

Kick the can

Trust fall

Family walk

Getting started

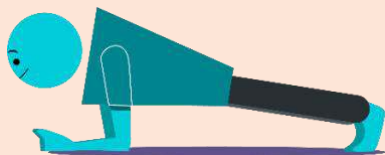
Help your family to be active inside or outside this week with three fun sessions:

- 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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Draw a person relay

Do a family relay. One person does five burpees, runs to a paper on the far side of the room and draws one body part. They run back and tag the next person who does the same. The aim is for the family to draw a whole body (head, body, arms, hands, legs, feet) as fast as possible.



<https://youtu.be/ru-UxLtJxxs>

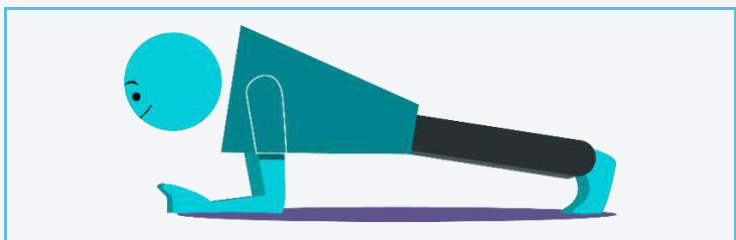
Rest and talk together.

When have you been in a crowd yelling out the same words together?

Go deeper: *When have you done something you didn't want to do just to please others?*



Basic plank



Put hands and feet on the ground and keep your whole body straight like a plank. Support your weight on your elbows.

Hold for 20 seconds and rest. Repeat one more time.

Go harder: Move between hands and elbows in a fluid action.



Crazy clock

You will need a plastic bottle and signs with the numbers 1 to 12.

Place the numbers on the ground like a clock face and put the bottle in the middle.

Take turns to spin the bottle. The whole family does that number of repetitions to any movement they choose. (For example, seven squats or three sit-ups.)

Play for five minutes.



https://youtu.be/9_3pYqNuclI

Go easier: Only play for three minutes.



Pilate gives in to the crowd

Read **Mark 15:12-15** from the Bible.

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

After three years of ministry and 33 years on earth, we come to the final day of Jesus' life. The Jewish leaders hand Jesus over to Pilate, the Roman Governor, and demand that He be crucified. Before this cruel punishment is carried out, Jesus is humiliated and tortured – willingly – for us.

Bible passage — Mark 15:12-20, 37-39 (NIV)

“What shall I do, then, with the one you call the king of the Jews?” Pilate asked them.

“Crucify him!” they shouted.

“Why? What crime has he committed?” asked Pilate.

But they shouted all the louder, “Crucify him!”

Wanting to satisfy the crowd, Pilate released Barabbas to them. He had Jesus flogged, and handed him over to be crucified.

¹⁶ The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. They put a purple robe on him, then twisted together a crown of thorns and set it on him. And they began to call out to him, “Hail, king of the Jews!” Again and again they struck him on the head with a staff and spit on him. Falling on their knees, they paid homage to him. And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.

³⁷ With a loud cry, Jesus breathed his last.

The curtain of the temple was torn in two from top to bottom. And when the centurion, who stood there in front of Jesus, saw how he died, he said, “Surely this man was the Son of God!”

Discuss:

The Jewish leaders stirred up the crowd to get what they wanted. Why do you think Pilate gave in to the crowd’s demand?

Chat to God: Lord Jesus, I’m sorry for the times I give in to others and do what they want. Please help me to always do what you want me to do.



Kick the can

Make a circle on the ground and put an empty can in the middle. One person guards the can while everyone else tries to kick it out of the circle. If the guard tags someone else before they kick the can, they become the new guard. Players can work together to distract the guard. If you kick the can without getting tagged, you win that round.



<https://youtu.be/2Beyf3fvC80>

Reflect:

What did you enjoy about the game?

What made it easier for someone to kick the can?



Health tip

Reduce technology 'screen' time.



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.

- 10 jumping jacks
- 10 back heels kicking
- 10 sit-ups
- 10 squats

Do two rounds.



https://youtu.be/fe_bRnV04ao

Rest and talk together.

When have you sacrificially done something for someone else?



Up-down planks



Start in the plank position on your elbows and toes with your body in a straight line. Shift your weight and press up so you are supported on your hands - left hand then right hand. Then go back down to elbows. Do 10 repetitions and rest. Do two rounds.



<https://youtu.be/0-yQkbNzZHY>

Go easier: Keep the same technique from your knees (instead of your toes) or on a chair.

Go harder: Increase the number of rounds.



Battle of the socks



You will need about 20 pairs of rolled socks. Mark an 8 x 4 meter court and divide it into two. Form two teams and put half of the socks on each side.

Team members run to a pair of socks, perform a squat, then throw the socks to the other side of the court. Continue for 30 seconds. The team with the fewest socks wins.

Repeat three times.



<https://youtu.be/tCZyHBIYIVs>

Go harder: Increase the number of rounds.



Jesus submits to God

Read Mark 15:16-20.

Slowly and reverently re-enact this scene if appropriate for your family. Use a robe or coat, find a stick and any other suitable props. Use the words 'the soldiers' instead of 'they' to start each sentence as Mark 15:16-20 is read aloud. Finish in silence with your Jesus figure in the crucifixion pose.

- How did Jesus respond to this cruelty?

Chat to God: Gather together in a tight circle and thank Jesus for being willing to take the punishment for our sins.



Trust fall

Do the trust fall in two ways:

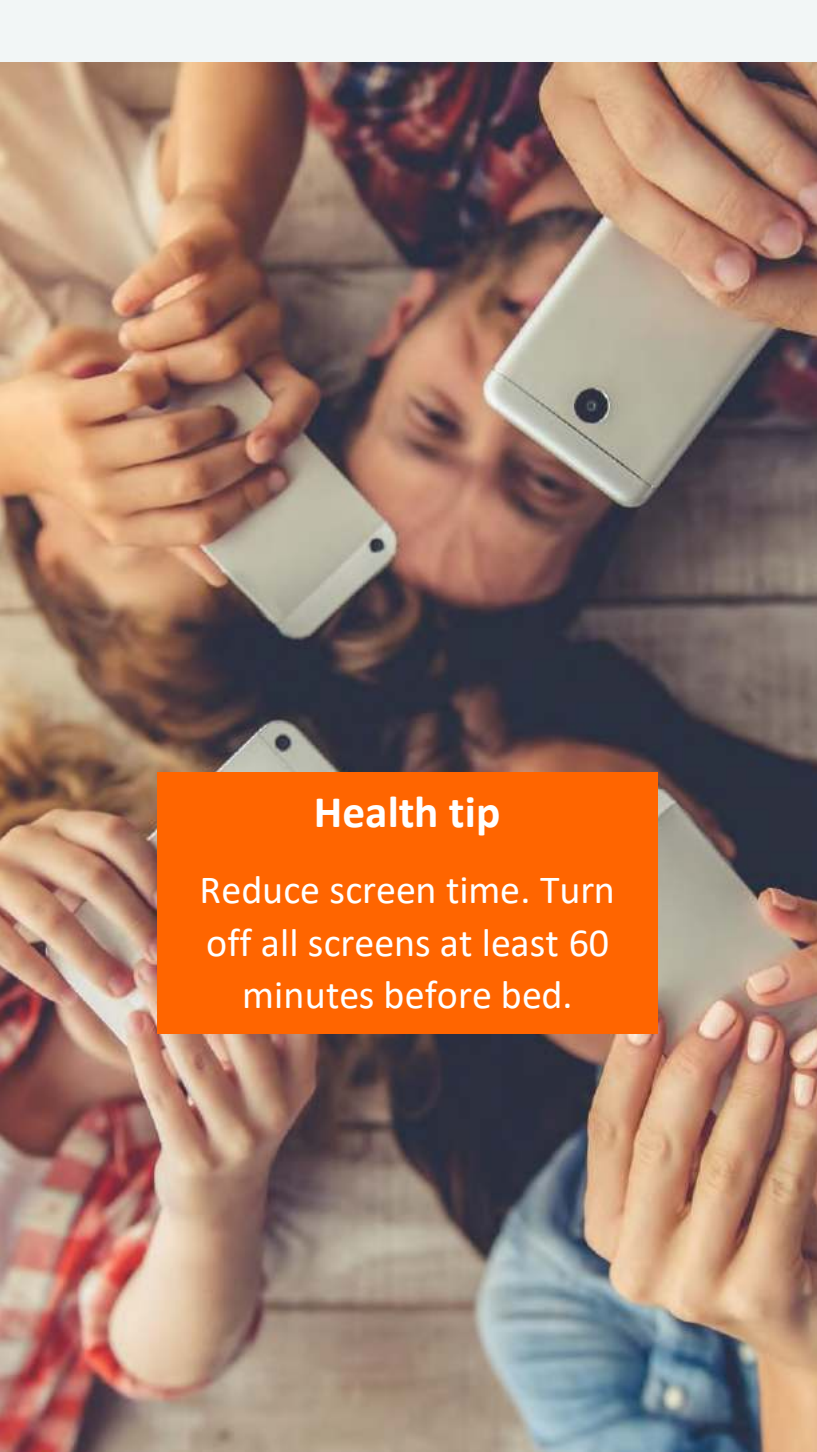
1. One person stands between two others and falls backwards and forwards with eyes closed. What did it feel like being caught by the family?
2. Stand on a chair, close your eyes, and fall backwards into the hands of the family.



https://youtu.be/lw_UWIET_0k

Reflect:

How are these two trust fall activities like Jesus and God the Father at the moment of crucifixion?



Health tip

Reduce screen time. Turn off all screens at least 60 minutes before bed.



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 - one plank
- Two claps - two mountain-climbers
- Three claps - three squats

Change leaders after one minute.



<https://youtu.be/dvqrHUmakTQ>

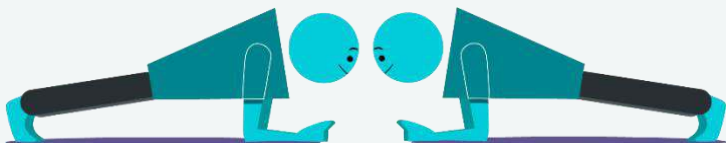
Rest and talk together.

What important thing did you first understand about Jesus?

Go deeper: *What is one reason to follow Him today?*



Mirror planks



Work in pairs. Get into a plank position facing a partner. One person in each pair will be the mirror and will need to copy everything the other one does. Have fun.



<https://youtu.be/wCTfeCnjCkQ>

Go easier: Refer to the plank move from Day 1 or 2 this week.



Plank and lunge challenge



Work with a partner. While one person is in a plank position the other does lunges. Change places after 10 lunges on each leg. Do four rounds.

Go easier: Do five lunges on each leg.

Go harder: Add weights to your lunges.



Jesus recognized as God

Read Mark 15:37-39.

This Roman soldier saw Jesus die and was convinced about who Jesus really was.

Tell the story of when you became convinced about Jesus and started following Him.

Chat to God: There are many people in your circle of family, friends and community who are yet to be convinced about Jesus. Name some and pray for them to have the same response as the soldier.



Family walk

Enjoy a walk together as a family. Walk around your home, yard, or if possible, your neighborhood.



A top-down photograph of a group of people, including a man and a woman, all looking down at their smartphones. The man in the center has his eyes closed, appearing focused on his device. The woman to his right is also looking at her phone. Other hands holding phones are visible around them. The background is a light-colored wooden floor.

Health tip

Reduce screen time.
Schedule screen time for
each person in the family.

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 so it can be shared with others.

Thank you.

The family.fit team



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