

Growing Deeper — Week 10
Jesus inspires generosity!

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fast



7 minutes to help grow your
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It's so easy!

Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Move to music	Read and discuss Mark 14:3-9
DAY 2	Partner squats	Read and discuss Mark 14:3-9
DAY 3	Running on hot lava	Read and discuss Mark 14:3-9

This is part of a journey through Mark's story as we explore 'Who is this man Jesus?'. It's found in the Bible in **Mark 14:3-9**.

It's easy! No special equipment. Just a sense of fun and an open mind!

More information at the end of the booklet. Please read the terms and conditions.



DAY 1

Get active



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



Surprising generosity

- *Name something for which you are very grateful.*

Read **Mark 14:3-9**.

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.

- *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.

DAY 2


Get active



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>

Rest and Talk



Expected generosity

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

Read **Mark 14:3-9**.

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.

DAY 3

Get active



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



Exceptional generosity

- *What is the best gift you've ever received?*

Read **Mark 14:3-9**.

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.

- *What special talent has God given you?*

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.

Words of the Week

You can find these words in a free online Bible here at [Mark 14:3-9](#) (NIV).

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.”

Health tip

Reduce technology 'screen' time.

Plan family activities to replace time on screens. Be creative!



More Information

We hope you enjoyed *family.fit fast*. It has been put together by volunteers from around the world. It's free!

You will find full family.fit sessions on the website <https://family.fit>. Share it with others.

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Thank you.

The family.fit team



Promotional
video

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