

Growing Deeper — Week 11
Jesus submits to God's will!

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fast

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

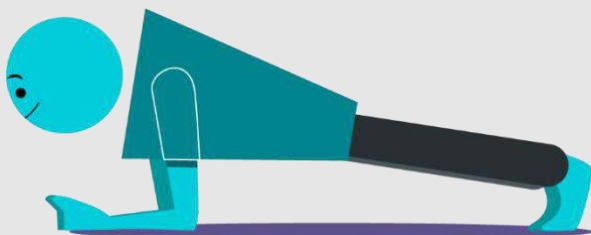
Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Crazy clock	Read and discuss Mark 15:12-15
DAY 2	Battle of the socks	Read and discuss Mark 15:16-20
DAY 3	Plank and lunge challenge	Read and discuss Mark 15:37-39

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 15:12-20, 37-39**.

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



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_3pYqNucl

Rest and Talk



Pilate gives in to the crowd

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

Read Mark 15:12-15.

After three years of ministry and 33 years on earth, we come to the final day of Jesus' life. 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.

DAY 2

Get active



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>

Rest and Talk



Jesus submits to God

- *When have you sacrificially done something for someone else?*

Read Mark 15:16-20.

Slowly and reverently re-enact this scene if appropriate for your family.

- *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.

DAY 3

Get active



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.



Rest and Talk



Jesus recognized as God

- *What important thing did you first understand about Jesus?*

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.

Words of the Week

You can find these words in a free online Bible here at [Mark 15:12-20, 37-39](#) (NIV).

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!”

Health tip

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



More Information

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

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Thank you.

The family.fit team



Promotional
video

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