

*Growing Deeper — Week 12*  
**Jesus — risen and alive!**

# family.fit *fast*

7 minutes to help grow your  
*family.fitness.faith.fun*



[www.family.fit](http://www.family.fit)

# It's so easy!

Gather the family for 7 minutes:

	 <b>Get Active</b> <i>4 minutes</i>	 <b>Rest and Talk</b> <i>3 minutes</i>
<b>DAY 1</b>	Plank relay	Read and discuss Mark 16:1-2
<b>DAY 2</b>	Object pick-up relay	Read and discuss Mark 16:3-6
<b>DAY 3</b>	Family.fit finale	Read and discuss Mark 16:1-7

This is the end of a journey through Mark's story as we have explored 'Who is this man Jesus?'. It's found in the Bible in **Mark 16:1-7**.

**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



### Plank relay

Divide into two groups and stand five meters apart. One person starts in the plank position and moves sideways to the other group. They tag the next person who moves back across the space in a sideways plank.



<https://youtu.be/1U4foL-hyQg0>

## Rest and Talk



### Jesus was buried

- *What are some of the rituals in your family or community?*

Read **Mark 16:1-2**.

Jesus was laid in a tomb cut out of rock. The entrance was sealed with a huge stone and guarded by soldiers to prevent anyone stealing the body.

Anointing a body with spices was part of the burial ritual. The scented spices were extremely expensive and were an expression of love and respect.

- *Why were the women willing to put so much effort into anointing Jesus' body?*

**Chat to God:** Write a letter to God expressing your love. Choose someone to gather the letters and keep them in a safe place. Agree on a time to open them again.

# DAY 2

## Get active



### Object pick-up relay

Divide into two teams and stand on opposite sides of a space. Put 21 objects in the middle of the floor. Each team runs and collects the objects one by one as a relay. See which team can collect the most. Rest and then repeat.



<https://youtu.be/T1ATkd4LuxE>

## Rest and Talk



### Jesus has risen

- *Why do incredible or unusual events sometimes scare us?*

Read **Mark 16:3-6**.

The women in this story experienced an alarming surprise. Jesus was no longer in the tomb!

- *What new thing did they learn about Jesus in this moment? What does this mean for you today?*

**Chat to God:** Thank you Lord Jesus for taking our sin to the cross. You conquered sin and death. You rose again to prove that you are God. Help us live each day in the light of this truth.

# DAY 3

## Get active



### Family.fit finale

In pairs complete these movements as fast as possible, but with good technique:

- 20 seconds of planks and superman
- 20 burpees, dips, speed skaters, lunges, push-ups, sit-ups, mountain-climbers, squats.

Do three rounds. Don't forget to use a timer!



<https://youtu.be/3SaLawSacSw>

## Rest and Talk



### Jesus is waiting

- *Tell about the longest time you have waited for someone.*

Read **Mark 16:1-7**.

- *Why were the women looking for Jesus in the wrong place?*

The risen Jesus was expecting them in Galilee, where He had promised He would be.

- *Where could Jesus be waiting for you today?*

**Chat to God:** Pray in a journey around four different places in your home for: (1) your personal life with God; (2) following God as a family; (3) your country; (4) your friends who are not yet following Jesus.

# Words of the Week

You can find these words in a free online Bible here at [Mark 16:1-7 \(NIV\)](#).

## **Bible passage** — Mark 16:1-7 (NIV)

When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb <sup>3</sup>and they asked each other, "Who will roll the stone away from the entrance of the tomb?"

But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

<sup>6</sup> "Don't be alarmed," he said. "You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. But go, tell his disciples and Peter, 'He is going ahead of you into Galilee. There you will see him, just as he told you.'"

## Health tip

Reduce technology 'screen' time.

Only use programs and apps that bring benefit to your family.



# 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.

Find videos at the [family.fit YouTube® channel](#)

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Thank you.

*The family.fit team*



Promotional  
video

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