

Growing Deeper — Week 3
Jesus loves people deeply!

family.fit *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	Object pick-up relay	Read and discuss Mark 1:40-41
DAY 2	Partner challenge	Read and discuss Mark 1:41-42
DAY 3	Together we stand	Read and discuss Mark 1:43-45

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 1:40-45**.

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



Object pick-up relay

Divide into two teams and stand on opposite sides of a space. Put 21 objects in the middle on 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/leP_stRgkBw

Rest and Talk



Jesus wants us whole

- *Talk about some of the injuries you have had. How long did it take for them to heal?*

Read Mark 1:40-41.

- *When have you felt angry about an injustice to someone else?*

Jesus was upset that this leper was missing out on life and community. Jesus' love made Him angry!

Chat to God: Lord we bring to you our brokenness. Please mend us and restore us. Only you can make us whole.

DAY 2

Get active



Partner challenge

One person does a superman hold with arms and legs off the floor while the other person does five burpees. Swap places and repeat. Do three rounds.



Rest and Talk



Jesus touches the untouchable

- *What things are awful to touch?*

Read Mark 1:41-42.

- *How would you feel if people always avoided you?*
- *How do you think the leper felt when Jesus reached out and touched him?*

For Jesus, loving and helping the man was more important than anything else.

Chat to God: Lord open our eyes to see those people around us who are avoided by others. Show us how we can love them and give us the courage to do it.

DAY 3

Get active



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.

To make it more challenging try to pick up objects around the house while linked!



<https://youtu.be/55n6wHOVKOY>

Rest and Talk



Jesus is more infectious than disease

- *Who's someone you want to be like? What would you imitate?*

Read Mark 1: 43-45.

Leprosy was thought to be very infectious.

- *What was the man 'spreading' before he met Jesus?*
- *What was he 'spreading' after he met Jesus?*

Chat to God: Think of people you know who don't know much about Jesus. Ask God to help them hear and learn about Jesus who loves people more than anything.

Words of the Week

You can find these words in a free online Bible here at [Mark 1:40-45](#) (NIV).

Bible passage — Mark 1:40-45 (NIV)

A man who had a skin disease came to Jesus. On his knees he begged Jesus. He said, “If you are willing to make me ‘clean’, you can do it.”

⁴¹Jesus became angry. He reached out his hand and touched the man. “I am willing to do it,” Jesus said. “Be ‘clean’!” Right away the disease left the man, and he was ‘clean.’

⁴³ Jesus sent him away at once. He gave the man a strong warning. “Don’t tell this to anyone,” he said. “Go and show yourself to the priest. Offer the sacrifices that Moses commanded. It will be a witness to the priest and the people that you are ‘clean.’” But the man went out and started talking right away. He spread the news to everyone. So Jesus could no longer enter a town openly. He stayed outside in lonely places. But people still came to him from everywhere.

Health tip

Get enough sleep each day.



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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