

Growing Deeper — Week 4
Jesus — welcomes everyone!

family.fit *fast*

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



www.family.fit

It's so easy!

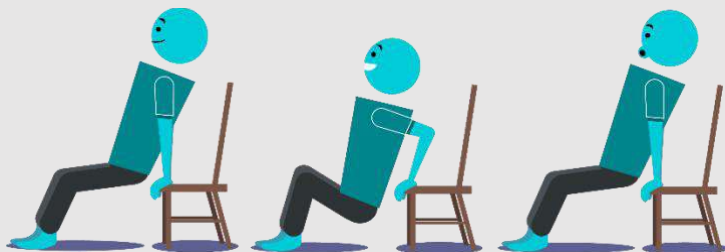
Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Burpee relay	Read and discuss Mark 2:13-17
DAY 2	Dips with leg raises	Read and discuss Mark 2:13-17
DAY 3	Grab the tail	Read and discuss Mark 2:13-17

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 2:13-17**.

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



Burpee relay

Set up a course about 10 meters long.

Do this relay in pairs. One person in each pair does a lap of the course doing a sequence of burpees and long jumps while the other person does superman holds at the start line. Tag and swap places.

Do four to six laps each.



<https://youtu.be/YxACO9-xYWg>

Rest and Talk



Jesus welcomes the least deserving

Share together about a time when you were surprised that someone noticed you.

- *What did they say or do? How did you feel?*

Read Mark 2:13-17.

Jesus was a popular person. Crowds followed Him everywhere. Yet, He stopped to talk with one person: Levi, an unpopular tax collector.

- *How would you have felt if you were Levi?*

Chat to God: Thank God that He takes notice of you every day. Ask Him to help you to notice and encourage people who are not in your usual group.

DAY 2

Get active



Dips with leg raises

Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs. Do 10 repetitions and rest. Repeat.



<https://youtu.be/KKSmes5IMZ0>

Rest and Talk



Jesus welcomes the unpopular

- *Who would you invite to a family party?*

Read Mark 2:13-17.

Make two lists of people: those the world labels 'unworthy' like Levi, and those who are 'popular'.

- *Why do you think Jesus accepted the invitation to a tax collector's dinner party?*

Chat to God: Lord help us to make everyone feel welcome in our home.

DAY 3

Get active



Grab the tail

Everyone wears a scarf or small towel as a 'tail' tucked in at the back. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five push-ups and continue the game. Have fun!



<https://youtu.be/D7En4-s1laE>

Rest and Talk

Jesus shows us who we really are

- *On a scale of 1 to 10, how good and deserving are you compared to other people?*

Read Mark 2:13-17.

Check the health of each person using whatever you have available (thermometer, heart rate, visual check, and so on).

- *Who did Jesus say He came to help?*

Chat to God: Thank you God that you welcome us, even though all of us are broken, sinful and in need of you. Help us to welcome other people the same way.

Words of the Week

You can find these words in a free online Bible here at [Mark 2:13-17 \(NIV\)](#).

Bible passage — Mark 2:13-17 (NIV)

Once again Jesus went out beside the Sea of Galilee. A large crowd came to him. He began to teach them. As he walked along, he saw Levi, the son of Alphaeus. Levi was sitting at the tax collector's booth.

"Follow me," Jesus told him. Levi got up and followed him.

Later Jesus was having dinner at Levi's house. Many tax collectors and sinners were eating with him and his disciples. They were part of the large crowd following Jesus. Some teachers of the law who were Pharisees were there. They saw Jesus eating with sinners and tax collectors. So they asked his disciples, "Why does he eat with tax collectors and sinners?"

Jesus heard that. So he said to them, "Those who are healthy don't need a doctor. Sick people do. I have not come to get those who think they are right with God to follow me. I have come to get sinners to follow me."

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!

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](#)

Find us on social media here:



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



Promotional
video

TERMS AND CONDITIONS

IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE

By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



family.ft

