

Growing Deeper — Week 5
Jesus — the multiplier!

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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 4 minutes	 Rest and Talk 3 minutes
DAY 1	Zigzag hopping relay	Read and discuss Mark 4:3-8
DAY 2	10, 20, 30 challenge	Read and discuss Mark 4:3-8
DAY 3	Obstacle speed skaters	Read and discuss Mark 4:3-8

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 4:3-8**.

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



Zigzag hopping relay

Set a course 10-15 meters long. Take turns to hop on one foot to the end. Zigzag to make it more challenging if you can.

Split into two teams to compete as a relay.



<https://youtu.be/Of11qjMJZVI>

Rest and Talk



Jesus calls us to listen

- *How good are you at listening? (Score yourself out of 10.)*

Read Mark 4:3-8.

Jesus said “Listen!”.

- *How well did you listen to the story?*

Choose someone to read the story again but this time leave out key words. For fun, substitute ‘bubble gum’ for each missing word. Others can take turns to say the key words left out.

Chat to God: Our prayers can be more about asking than listening. Today pray simply, “Speak, Lord, for your servant is listening.” Be prepared to receive an answer as you go about your day.

DAY 2

Get active



10, 20, 30 challenge

Work with a partner. While one person holds superman, the other does 10 speed skaters. Swap places and repeat. Next do 20 speed skaters while the other person holds superman. Swap. Continue with 30, 40 and 50 repetitions if you can.



Rest and Talk



Jesus wants us to understand

- *What have you grown that has produced a lot of 'fruit'?*

Read Mark 4:3-8 and 4:13-20.

- *What is the meaning of each type of soil?*

Share your own stories of when you first heard the message about Jesus and how you responded.

Make a family list of some distractions that make it hard to be a follower of Jesus.

Chat to God: Each person can choose one or two distractions to pray about, asking the Holy Spirit to bring understanding of how to deal with these.

DAY 3

Get active



Obstacle speed skaters

Do speed skaters with an object such as a rope or book on the ground that you have to step over. Make the speed skaters smooth and then increase speed.

Do 20. Rest and then do 20 again. Do three rounds.



https://youtu.be/qTbh7-y4_A0

Rest and Talk



How to grow our impact

- *Who are some of the people you admire for the work they do in your community?*

Read Mark 4:3-8.

- *What is the result of the seed that fell on 'good' soil?*

Do some mathematics. Can you find examples of multiplication in your garden or park?

Chat to God: Look out at your neighborhood. Each person focus on one person or group and pray for opportunities for your family to share God's love with them and make a difference in their lives.

Words of the Week

You can find these words in a free online Bible here at [Mark 4:3-8](#) (NIV).

Bible passage — Mark 4:3-8 (NIV)

“Listen! A farmer went out to sow his seed. As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain. Still other seed fell on good soil. It came up, grew and produced a crop, some multiplying thirty, some sixty, some a hundred times.”

Health tip

Drink more water.



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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