

Growing Deeper — Week 6
Jesus in our challenges!

family.fit
fast

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



www.family.fit

It's so easy!

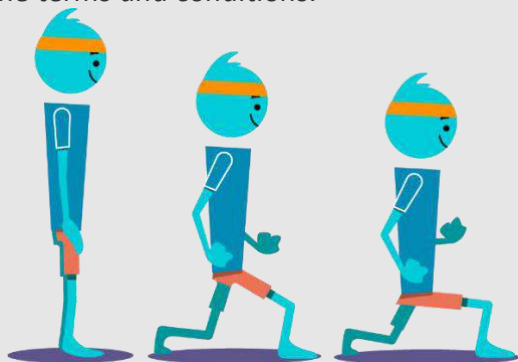
Gather the family for 7 minutes:

	 Get Active 4 minutes	 Rest and Talk 3 minutes
DAY 1	Partner lunges	Read and discuss Mark 6:45-52
DAY 2	Tower challenge	Read and discuss Mark 6:45-52
DAY 3	Throw the ball challenge	Read and discuss Mark 6:45-52

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 6:45-52**.

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



Partner lunges

Stand straight with hands on hips. Step forward with one leg and lower your hips until your front knee is bent at 90 degrees. Alternate legs.

Practice lunges in pairs facing each other. Start slowly and carefully. Do four rounds of 10 repetitions. Rest between each round.



<https://youtu.be/vb0H2Ke823I>

Rest and Talk



Jesus spends time alone

- *What do you enjoy about times when you're alone? What don't you like?*

Read Mark 6:45-52.

After a busy day with crowds, Jesus sends His friends away and takes time to be alone and silent. He prays.

- What do you think Jesus might have prayed about?

Chat to God: Everyone find a space in the home to be alone for a few minutes. Ask God to show you what He wants you to know today.

DAY 2

Get active



Tower challenge

Work in pairs with six cups per pair. One person holds superman while the other does five squats. After each round place one cup to build a tower. Swap roles. Do six rounds. Try to build your tower as fast as possible each time.



<https://youtu.be/TIKIPJciKrQ>

Rest and Talk



Jesus walks on water

- *What motivates you to respond to someone else's need?*

Read Mark 6:45-52.

Notice Jesus' pattern here: (i) He prays to God; (ii) He sees His friends' need; (iii) He then goes to their aid.

Make statue poses for these three aspects from the story. Have fun capturing them in different ways. Take a photo on your phone. Share [@familyfitnessfaithfun](#)

- Who can you see in need today?
- What could your 'going' look like?

Chat to God: Lord give us eyes to see the needs of people around us. Give us wisdom and commitment as we respond to those needs.

DAY 3

Get active



Throw the ball challenge

Everyone makes a paper ball and practices throwing and catching with one hand. Then everyone stands in a circle and throws their ball to the right at the same time as they catch the ball from the left. Encourage one another.



<https://youtu.be/tzmJQQ6Xwlw>

Rest and Talk



Jesus meets our needs

- *When have you been terrified?*

Read Mark 6:45-52.

Everyone draws a terrified face on one side of a piece of paper and an amazed face on the other. As the story is read, each person responds by showing the appropriate face on their paper.

- Jesus says, “Take courage! It’s me. Don’t be afraid.” What does it mean for you if you say ‘Jesus is in my boat today?’

Chat to God: Make an imaginary boat big enough for your family. Sit in it together and pray for each other to experience the presence of Jesus in your challenges.

Words of the Week

You can find these words in a free online Bible here at [Mark 6:45-52](#) (NIV).

Bible passage — Mark 6:45-52 (NIV)

Immediately Jesus made his disciples get into the boat and go on ahead of him to Bethsaida, while he dismissed the crowd. After leaving them, he went up on a mountainside to pray.

Later that night, the boat was in the middle of the lake, and he was alone on land. He saw the disciples straining at the oars, because the wind was against them. Shortly before dawn he went out to them, walking on the lake. He was about to pass by them, but when they saw him walking on the lake, they thought he was a ghost. They cried out, because they all saw him and were terrified.

Immediately he spoke to them and said, “Take courage! It is I. Don’t be afraid.” Then he climbed into the boat with them, and the wind died down. They were completely amazed.

Health tip

Drink more water.

The body can't store water. It needs a fresh supply every 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

