

*Growing Deeper — Week 7*

**Jesus loves children!**

**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> 4 minutes	 <b>Rest and Talk</b> 3 minutes
<b>DAY 1</b>	Push-ups relay	Read and discuss Mark 10:13-16
<b>DAY 2</b>	Change the line-up	Read and discuss Mark 10:13-16
<b>DAY 3</b>	Grab the tail	Read and discuss Mark 10:13-16

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 10:13-16**.

**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



### Push-ups relay

Divide into two teams and stand on opposite sides of the room. Put 21 objects such as toys, spoons, or balls in the middle.

Members of each team take turns to run to the center, do five push-ups, pick up an object, and run back to tag the next person. Continue until all objects are picked up. Which team collected the most?



<https://youtu.be/fwXZIf7AjBk>

## Rest and Talk



### Who seems unimportant in our world?

- *What are the first two things you do each morning?*

Read Mark 10:13-16.

- What does the disciples' reaction tell us about their opinion of children?
- Who is unimportant in your world?

Write names of 'unimportant' people as small as you can on a piece of paper. Get a phone camera and magnify the names.

**Chat to God:** Ask God for His help to see in these people what He sees and to accept them like He does.

# DAY 2

## Get active



### Change the line-up

Everyone stands in a line. Time how long it takes the family to put themselves into order for the following:

- Shortest to tallest
- Youngest to oldest
- Alphabetical order of first name
- Length of hair
- Number of books read in the last month



<https://youtu.be/FknPalguWqU>

## Rest and Talk



### Children are valuable to Jesus

- *What is the most expensive item you have touched?*

Read Mark 10:13-16.

- How would try and get Jesus' attention in a crowd? Mime it.

Many people were trying to reach Jesus.

- Why do you think He specifically insisted that children come to Him?

**Chat to God:** Write in a paper heart "You are precious to God and to us". Give one to each member of your family and pray for them.

# DAY 3

## Get active



### Grab the tail

Set the boundaries of the game.

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



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

## Rest and Talk



### Children are an example to follow

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

Read Mark 10:13-16.

Jesus noticed children, prayed for them, and set them as an example for others. Isn't that amazing?

- How can children teach us about receiving the Kingdom of God?

**Chat to God:** Lord, thank you that we can learn from each other. Thank you for children who remind us to be trusting and open to new ideas.

# Words of the Week

You can find these words in a free online Bible here at [Mark 10:13-16](#) (NIV).

## **Bible passage — Mark 10:13-16 (NIV)**

People were bringing little children to Jesus for him to place his hands on them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, “Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it.” And he took the children in his arms, placed his hands on them and blessed them.

## Health tip

Drink more water. Drinking water before a meal helps to lose weight.



# 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](mailto:info@family.fit) so it can be shared with others.

Thank you.

*The family.fit team*



Promotional  
video

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