

Growing Deeper — Week 8
Jesus does the impossible!

family.fit
fast

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



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It's so easy!

Gather the family for 7 minutes:



Get Active
4 minutes



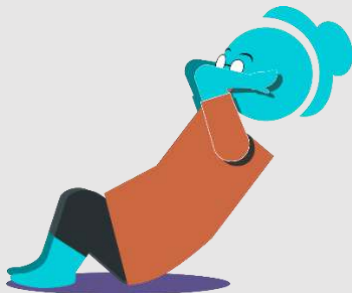
Rest and Talk
3 minutes

DAY 1	Partner sit-ups	Read and discuss Mark 10:17-31
DAY 2	Unbroken circle	Read and discuss Mark 10:17-31
DAY 3	Sit-up tag	Read and discuss Mark 10:17-31

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 10:17-31**.

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 sit-ups

Work in pairs. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places. Do three rounds.



<https://youtu.be/ufGar8JeTuY>

Rest and Talk



Being good is not enough

- *Talk about the positives and negatives of following rules.*

Read Mark 10:17-31.

Write a checklist of the things a good student or worker would do. Read verses 17-22. Write one of these checklists for the man who met Jesus.

- What did he get right and what did he get wrong?

None of us live perfectly. No one is 'good' except God!

Chat to God: Think about the things you have done wrong that have hurt others. Say sorry to God. Thank God that He is good!

DAY 2

Get active



Unbroken circle

Everyone holds hands and stands in a circle. Do these moves together:

- 5 squats
- 5 lunges
- 5 superman holds
- 5 push-ups

Repeat. Try not to break the circle.



<https://youtu.be/ygkcmvKgJXY>

Rest and Talk



It's impossible to save yourself

- *What things are hard for you to do by yourself?*

Read Mark 10:23-26.

Gather five differently sized objects around your house. See if you can fit them through a small hole or the 'eye' of a needle.

It's impossible, isn't it? This is a great picture of us trying to get into God's kingdom by being good enough.

Chat to God: Write some good things that you as a family pride yourself in. It's impossible to use these things to qualify you to get into God's kingdom. Ask God to help you see what He wants.

DAY 3

Get active



Sit-up tag

Find a space where you can all run around. One person is the 'tagger' who chases everyone to tag them. When someone is tagged, they stop and do three sit-ups. They then become the new tagger.

Play for three minutes or until everyone is exhausted.



Rest and Talk



God loves to save us

- *Is it easy or hard for you to ask for help?*

Read Mark 10:17-31.

Get a tightly closed bottle or jar. Let the youngest person in the family try to open it. If they can't do it, they should ask the next person for help.

Although it's impossible to save ourselves, God can save us. He wants us to humbly ask Him to do it for us. Do it now!

Chat to God: Lord Jesus, I cannot save myself by being good all the time. I continue to fail. I need you to save me. I put my trust in you.

Words of the Week

You can find these words in a free online Bible here at [Mark 10:17-31](#) (NIV).

Bible passage — Mark 10:17-31 (NIV)

As Jesus started on his way, a man ran up to him and fell on his knees before him. “Good teacher,” he asked, “what must I do to inherit eternal life?”

“Why do you call me good?” Jesus answered. “No one is good—except God alone. You know the commandments: ‘You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, you shall not defraud, honor your father and mother.’”

“Teacher,” he declared, “all these I have kept since I was a boy.”

Jesus looked at him and loved him. “One thing you lack,” he said. “Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.” At this the man’s face fell. He went away sad, because he had great wealth.

²³ Jesus looked around and said to his disciples, “How hard it is for the rich to enter the kingdom of God!” The disciples were amazed at his words. But Jesus said again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” The disciples were even more amazed, and said to each other, “Who then can be saved?”

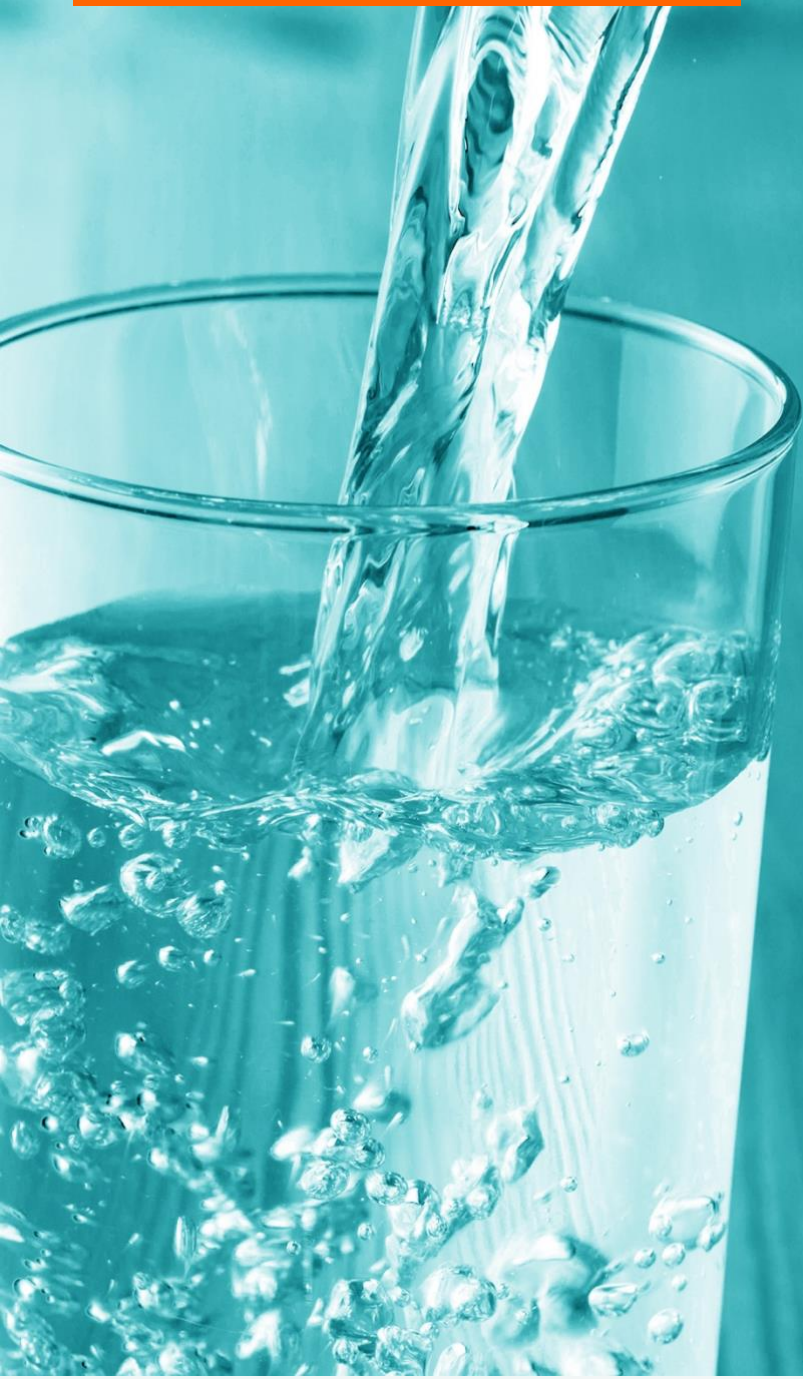
Jesus looked at them and said, “With man this is impossible, but not with God; all things are possible with God.”

Then Peter spoke up, “We have left everything to follow you!”

“Truly I tell you,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age: homes, brothers, sisters, mothers, children and fields—along with persecutions—and in the age to come eternal life. But many who are first will be last, and the last first.”

Health tip

Drink more water. Carry water with you and drink it whenever you feel thirsty.



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](#)

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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

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